

Annual Program Guide



ALPINE SKI RACING

SUNRIDGE
ALPINE SKI TEAM



2019-2020 Season

1) **Purpose:**

- a) This guide serves as a guidance document for the structure of the dryland and on-snow programming of the Club as well as a summary description of the programs to be run by the Club in the given year. The guide should help you select the type of programming that is right for your athlete. Club coaches and experienced Club directors are also available to discuss options. Programs as outlined will be available for registration for the upcoming year.

2) Overall Program Age Flowchart

Program Age (Dec 31)	Program Classification	Program Flow Chart 2019-2020 Sunridge Alpine Ski Team		
4 U6	Nancy Greene	U6 Nancy Greene Technical Focus	Sundogs	
5 U6	Nancy Greene	U6 Nancy Greene Technical Focus	Sundogs	
6-7 U8	Nancy Greene	U8 Nancy Greene Technical Focus	Sundogs	
8-9 U10	Nancy Greene	U10 Nancy Greene Technical Focus	Sundogs (By Exception)	
10-11 U12	Nancy Greene	U12 PACE Add-on Technical Focus	U12 Nancy Greene Technical Focus (includes with Caribou Flex option)	
12-13 U14	Kinder	U14 PACE Add-on Technical Focus	U14 Technical Focus	
14-15 U16	Kinder	U16 Provincial Alliance Technical Focus	U16-19 PACE SX Add-on Technical/SX Focus	U16-19 SX/Technical Focus
16-18 U19	Junior	U18/21 FIS Technical/Speed Focus Alberta North FIS	Alberta North FIS SX SX/GS/Speed Focus	U16-19 SX/Technical Focus
19-20 U21	Junior	U18/21 FIS Technical/Speed Focus Alberta North FIS	AB North FIS SX SX/GS/Speed Focus	U16-19-21 SX/Technical Focus
		High Intensity Programming	Mid-Intensity Programming	Lower Intensity Programming
<ul style="list-style-type: none"> Bubbles are presented in approximation of the relative proportion of racers in each age group we expect to be registered in each Program. 				

- 3) Program Intensity
- a) For a better understanding of ski race programming, we categorize programs by “Intensity” which is a catch-all term referencing several aspects including travel and time commitment (missed school days), physical conditioning expectations, family commitment (cost), caliber of racing competition, minimum skill requirements, and developmental expectations of the athletes.
 - b) At all program levels offered by the Sunridge Ski Club, we endeavor to effectively manage burnout. We feel adding too much intensive and costly programming early in a racer’s career greatly increases the risk of both family and racer burnout and frankly, does not necessarily produce a better **Junior** aged racer. One of our primary goals is racer retention, we want as many racers as possible to stay in the sport through high school and burnout prevention is an important factor in that.
- 4) Terms:
- a) Regular Program
 - i) Calendared program elements (training or race events) for which the coaching costs are included in registration fees.
 - (1) For Nancy Greene/U12, Race Entry Fees are also included in registration fees for Regular Program.
 - (2) For U14+, All Race Entry Fees (and some other charges) are billed back to the Racer.
 - b) Optional User Pay or “User Pay”
 - i) Calendared events offered to athletes but for which coaching fees or other costs were not included in registration fees. Therefore, attendance is optional and there is a full User Fee to attend the event.
 - c) Race Account:
 - i) Refers to your athlete’s financial account with the Club.
- 5) Program Summaries:

a) NANCY GREENE PROGRAMS

i) Sundogs

- (1) Age Group
 - (a) Age 4-7 as at Dec. 31 of the winter season
 - (b) Age 8-9 as at Dec. 31 of the winter season by exception only
- (2) Minimum Entry Requirements
 - (a) All skiers must be able to ride the lifts safely on their own and with other skiers.
 - (b) All skiers must be able to be self-mobile on their equipment.
 - (c) All skiers must be able to control their speed and be able to perform linked “snowplow” turns safely on a green slope and stop on command.
 - (d) All skiers should have had some participation in learn to ski lessons at an accredited ski school.
- (3) Program Goals
 - (a) LTSD - AIM 2 Win Stage
 - (i) Gliding Start 4-5 year olds
 - (ii) Skier Essentials 6+ year olds
 - (b) Development Goals

- (i) An introduction to Ski Race Training with emphasis on fun and participation.
 - (ii) General overall development of agility, balance and coordination.
 - (iii) Basic ski skills of stance, balance, turn initiation and steering.
 - (iv) Basics of line and turn shape.
 - (v) Kids train to ski well in all conditions; groomed, soft, bumps, steep, flat.
- (c) Advancement
- (i) Participant can graduate to Full Program in the next season or even mid-season.
 - (ii) **New for 2019-20, athletes can register as a Sundog for as many seasons as they prefer from ages 4-7.**
- (4) Program Composition
- (a) Dryland
- (i) Age group applicable Dryland training programs are available to Sundog registrants per programs below.
- (b) Training
- (i) Local Training (average start, Nov 20, average local finish, Mar 8)
 1. Participants elect to participate in (1) session per week. You may select Tuesday, Thursday, OR Saturday sessions and must keep to that selection for the season:
 - a. Tuesday 6-8pm
 - b. Thursday 6-8pm
 - c. Saturday 9:30am-12:30pm
 - (ii) Mountain Training
 1. Sundog registrants may elect to participate in a Mountain Training camp on a user pay basis. Available events:
 - a. Late Season (March/April) 2-day camp. (User Pay)
- (c) Race Selection
- (i) Sundog registrants may elect to participate in the Sunridge Hosted Nancy Greene Race Series Event (U8-U10 only) for the additional cost of the Race Entry Fee plus a Coaching Fee. (For certainty, participation is not allowed in Jasper Junior Olympics)
 1. U6 Sundogs may elect to participate in a Nations Cup race at another Edmonton venue for the additional cost of the Race Entry Fee plus a Coaching Fee.
- (5) Notes:
- (a) No make-up sessions are available for missed training regardless of the reason for misses.
 - (b) If registration numbers allow, Sundog athletes will be placed in daily Sundog training groups sorted by age. Otherwise, participants will be spotted into regular training groups. If so, we do not require the Sundog's skill level to be equal to the rest of their training group but they can participate effectively as long as they are willing to try.
 - (c) There is a limited quota on Sundog spots per training day.
 - (d) The Sundog sessions should NOT be the only skiing the athlete does. Additional skiing with family and even additional ski school lessons are extremely important to development.

ii) U6

(1) Age Group

- (a) Age 4-5 as at Dec. 31 of the winter season
- (2) Minimum Entry Requirements
 - (a) 4 year olds must be approved by the coaching staff to be accepted for Full Program registration. We recommend Sundog registration for that age.
 - (b) All skiers must be able to ride the lifts safely on their own and with other skiers.
 - (c) All skiers must be able to be self-mobile on their equipment.
 - (d) All skiers must be able to control their speed and be able to perform linked “snowplow” turns safely on a green slope and stop on command.
 - (e) All skiers must have had some participation in learn to ski lessons at an accredited ski school.
- (3) Program Goals
 - (a) LTSD - AIM 2 Win Stage
 - (i) Gliding Start
 - (b) Development Goals
 - (i) An introduction to Ski Race Training with emphasis on fun and participation.
 - (ii) General overall development of agility, balance and coordination.
 - (iii) Basic ski skills of stance, balance, turn initiation and steering.
 - (iv) Basics of line and turn shape.
 - (v) Kids train to ski well in all conditions; groomed, soft, bumps, steep, flat.
 - (vi) Racing is mostly untimed.
 - (c) Advancement
 - (i) Participant will advance to U8 Nancy Greene the following season.
- (4) Program Composition
 - (a) Training
 - (i) Local Training (average start, Nov 20, average local finish, Mar 8)
 1. Tuesday 6-8pm
 2. Thursday 6-8pm
 3. Saturday 9:30am-12:30pm
 - (ii) Mountain Training
 1. Friday of Jasper Junior Olympics Weekend (Base Program)
 2. Late Season (March/April) 2-day camp. (User Pay)
- (5) Race Selection
 - (a) Race days in U6 generally consist of (1) local Nations Cup event (un-timed) (Rabbit or Snow Valley), Jasper Junior Olympics (2 days) (un-timed Dream Team course), Rabbit Hill Lauberhorn Race (timed)(1), Intra-Club Race(s) (1-2).

iii) U8-U10

- (1) Age Group
 - (a) Ages 6-9 as at Dec. 31 of the winter season
- (2) Minimum Entry Requirements
 - (a) No previous “ski racing” experience is necessary.

- (b) All skiers must be able to ride the T-bar (most times) and chair lifts safely on their own or with another child.
- (c) All skiers must be able to be self-mobile on their equipment.
- (d) All skiers must be able to control their speed and be able to perform linked “snowplow” turns safely on a green slope and stop on command.
- (e) All skiers should be confident enough to ski green, blue, and black runs.
- (f) All skiers must have had some participation in learn to ski lessons at an accredited ski school.

(3) Program Goals

- (a) LTSD - AIM 2 Win Stage
 - (i) Skier Essentials
- (b) Developmental Goals
 - (i) Emphasis on fun and participation.
 - (ii) Fitness development through fun and games.
 - (iii) General overall development of agility, balance and coordination.
 - (iv) Basic ski racing skills stance and balance, turn initiation and steering.
 - (v) Basics of line and turn shape.
 - (vi) Introduction to ski cross training, terrain, and racing.
 - (vii) Develop, train and race in modified Slalom and Giant Slalom, and Ski Cross courses.
 - (viii) Kids learn to ski well in all conditions; groomed, soft, bumps, steep, flat.
 - (ix) Learn to carve the ski rather than sliding the skis.
- (c) Advancement
 - (i) Participant will advance to U12 Nancy Greene, at the program age of 10.

(4) Program Composition

- (a) Dryland
 - (i) Light program focusing on agility, core strength, and to have the kids interact and have fun socially. (User Pay)
- (b) Training
 - (i) Local Training (average start, Nov 20, average local finish, Mar 8)
 1. Tuesday 6-8pm
 2. Thursday 6-8pm
 3. Saturday 9:30am-12:30pm
 - (ii) Mountain Training
 1. Early season (Nov-Dec) 2-day camp. (User Pay)
 2. Mid-Season day camp in Red Deer is usually scheduled. (Base Program)
 3. Friday of Jasper Junior Olympics weekend. (Base Program)
 4. Late Season (March/April) 2-day mountain training camp. (User Pay)
- (c) Ski Cross Integration
 - (i) Training: Approx 15% of athlete training time will be in SX
 - (ii) Race: At coach’s discretion, those athletes at SnowStars Level 2 or higher may be registered in the NG SX race day.
- (d) Race Selection

- (i) Sunridge SX Race (1-2), Snow Valley SL (1), ESC SL (1), Jasper Junior Olympics GS/KK (2), Rabbit Hill Lauberhorn SL/GS (1), Intra-Club Race(s) (2).

iv) U12

Structure: For U12, all athletes register as a U12 into the “Regular Program” and then add “PACE” blocks of events to supplement their training and race schedules if desired.

(1) U12

- (a) Age Group
 - (i) Ages 10-11 as at Dec. 31 of the winter season
- (b) Minimum Entry Requirements
 - (i) No previous “ski racing” experience is necessary.
 - (ii) All skiers must be able to ride the T-bar and chairlift.
 - (iii) All skiers should be confident enough to ski green, blue, and black runs.
 - (iv) All skiers must be able to control their speed and at least be able to perform linked “mostly parallel” turns safely on a blue slope.
 - (v) All skiers should have had some participation in learn to ski lessons at an accredited ski school.
- (c) Target Athlete Type
 - (i) Athletes continuing their development from U10 Nancy Greene
 - (ii) Entry Level athletes new to Ski Racing
- (d) Program Goals
 - (i) LTSD - AIM 2 Win Stage
 - 1. Skier Essentials
 - (ii) Developmental Goals
 - 1. Emphasis on fun and participation.
 - 2. Fitness development through fun and games.
 - 3. General overall development of agility, balance and coordination.
 - 4. Basic ski racing skills stance and balance, turn initiation and steering.
 - 5. Basics of line and turn shape.
 - 6. Introduction to ski cross training, terrain, and racing.
 - 7. Develop, train and race in modified Slalom and Giant Slalom, and Ski Cross courses.
 - 8. Kids learn to ski well in all conditions; groomed, soft, bumps, steep, flat.
 - 9. Learn to carve the ski rather than sliding the skis.
 - 10. Local and mountain venues for training and racing.
 - (iii) Advancement
 - 1. Athletes will advance to U14 Regular Program or PACE level.
- (e) Program Composition
 - (i) Dryland
 - 1. Moderate program focusing on agility, core strength, and endurance. (Optional User Pay) generally running Tuesdays and Saturdays.

2. U12 athletes will also have the option of enrolling in the U10 dryland program if wanted.
- (ii) Training
1. Local Training (average start, Nov 20, average local finish, Mar 8)
 - a. Tuesday 6-8pm
 - b. Thursday 6-8pm
 - c. Saturday 9:30am-12:30pm
 2. Mountain Training
 - a. Early season (Nov) 2-day camp. (Regular Program)
 - b. Christmas Camp – generally a 4 day mountain training camp between Xmas and New Years at Whitefish. (User Pay)
 - c. Mid-Season day camp in Red Deer is also usually scheduled. (Regular Program)
 - d. Friday of Jasper Junior Olympics weekend (Regular Program)
 - e. Late Season (March/April) 2-day mountain camp. (Regular Program)
- (f) Ski Cross Integration
- (i) Training: Approx 10-15% of athlete training time will be in SX
 - (ii) Race: At coach's discretion, those athletes at SnowStars Level 2 or higher may be registered in a SX race event in a season. Generally the Sunridge hosted SX race.
- (g) Race Selection
- (i) ESC Slalom (1), Snow Valley Slalom (1), Sunridge Hosted SX Event (1-2), Jasper Junior Olympics (2), Rabbit Hill Lauberhorn Race (1), Intra-Club Race(s) (2).

(2) U12 PACE Events

- (a) Delivery Concept
- (i) The U12 PACE program is a group of events signed up for which are designed for U12 Nancy Greene athletes who are keen and ready to partake in additional training and competitive opportunities. This program is an "add-on" to U12 Nancy Greene registration with some additional and alternative events including mountain camps and U12 Provincial Series races.
- (b) Age Group
- (i) Ages 10-11 as at Dec. 31 of the winter season
- (c) Minimum Entry Requirements
- (i) All skiers must be able to control their speed and perform linked "parallel" turns safely on a blue slope.
- (d) Target Athlete Type
- (i) Athletes continuing their development from U10 Nancy Greene or U12 desiring a more competitive and intensive program.
 - (ii) Athletes should have a high competitive confidence level to benefit from this program. This does not mean that all athletes must be high performers in order to enroll, but just that their skill and competitiveness are at a level high enough to benefit and sustain the challenge.
 - (iii) It is common for athletes to partake in the PACE events for their 11 year old season.

- (e) Program Goals
 - (i) LTSD - AIM 2 Win Stage
 - 1. Refinement of Skier Essentials transitioning to Learn to Train
 - (ii) Additional Developmental Goals
 - 1. More engaged education on basics of line and turn shape.
 - 2. More in depth race preparation
 - 3. Additional mountain training elements to transition to Learn to Train stage.
 - (iii) Advancement
 - 1. Athletes will advance to either U14 or U14 PACE.
- (f) Program Composition
 - (i) Dryland
 - 1. Same as U12
 - (ii) Training
 - 1. Local Training
 - a. Same as U12
 - 2. Additional/Flex Mountain Training and Races
 - a. December 2-day camp.
 - b. New Years Camp – 2 day mountain camp on the last weekend of Xmas holidays.
 - c. Additional Mid-Season day camp in Red Deer is also usually scheduled.
 - d. Rabbit Hill U12 Provincial SL (January)
 - e. Nakiska U12 Provincial SL/GS (February)
 - f. Caribou Cup Provincial race weekend (March)
 - g. Sunshine U12 Prov Race weekend (April)
 - (iii) Ski Cross Integration
 - 1. Same as U12
- (g) Projected Race Day Selection
 - (i) Rabbit Hill U12 Provincial SL (2), Sunridge Hosted U12 Provincial SX Race (2), Nakiska U12 Provincial (2), Jasper Junior Olympics (2), Caribou Cup U12 Provincial (2), Intra-Club Races (2), Sunshine U12 Finals (2).
 - (ii) Athletes may choose to Flex out of Provincial starts in favour of Divisional starts if deemed prudent.

b) **KINDER PROGRAMS**

Structure: For U14 and U16-19 (non-FIS) programs, athletes register as a U14 or a U16-19 into the “Regular Program” and then add “PACE” blocks of events to supplement their training and race schedules.

Fee Note: For U14 and older programs, certain program expenses are no longer covered by your registration fees. For example, race entry fees, away lift tickets, lane space rentals, banquet tickets, van fees, and shared accommodations will be billed to

your Race Account for payment. The Club will request a Deposit in the fall for each program.

i) U14

- (1) Delivery Concept
 - (a) U14 offers a co-mingled training environment among all U14s and occasionally U16+ athletes. Coaches are prepared and will work to accomplish the different athletic goals that each athlete type in the group may have. Athletes in U14 will frequently work with different members of our Kinder coaching team depending on the training plans for each group within the Club.
- (2) Age Group
 - (a) Ages 12-13 as at Dec. 31 of the winter season
- (3) Minimum Entry Requirements
 - (a) No previous “ski racing” experience is necessary.
 - (b) All skiers must be able to control their speed and perform linked “parallel” turns safely on a blue slope.
- (4) Target Athlete Type
 - (a) Athletes continuing their development from U12 Nancy Greene (Regular or PACE) in a Program in which they can continue to participate and improve their skills.
 - (b) Entry Level athletes new to Ski Racing.
- (5) Program Goals
 - (a) LTSD - AIM 2 Win Stage
 - (i) Achieve and refine the Learn to Train stage.
 - (b) Developmental Goals
 - (i) A program intended to assist in the transition from the fundamental stage of skill development to the Learn-to-Train stage.
 - (ii) Emphasis on fun and participation.
 - (iii) Continued overall fitness development.
 - (iv) Further development of agility, balance and coordination.
 - (v) Advanced techniques of line and turn shape in more difficult terrain.
 - (vi) Introduction to more technical Ski Cross Training and Racing.
 - (vii) Develop, train and race in Slalom, Giant Slalom and Ski Cross.
 - (viii) Introduction to race strategies and tactics.
 - (c) Advancement:
 - (i) Advancement from U14 is to U16 Programming.
 1. U14 PACE – Athletes may also advance from U14 Regular to U14 PACE for their 13 year old season.
- (6) Program Composition
 - (a) Local and mountain venues for training and racing.
 - (b) Dryland
 - (i) More intensive program focusing on agility, core strength, and endurance.
 1. Monday & Wednesday Evenings, 6:00-8:00pm

2. Saturday Morning, 9:00-11:00am
 3. Held at Sunridge Ski Area and Millennium Place when weather dictates.
 4. May contain various cross-training elements per coaches' discretion, i.e. mountain biking etc.
- (c) On-snow Training
- (i) Local Training (average start, Nov 20, average local finish, Mar 8)
 1. Tuesday 6-8:30pm
 2. Thursday 6-8:30pm
 3. Saturday 9:30am-1:30pm
 - (ii) Mountain Training Days
 1. Early Season (Nov) 2-day camp. (Sunshine). (Regular Program)
 2. Early Season (Dec) 2-day Fast & Female Camp. (Bow Valley) (User Pay)
 3. Early season (Dec) 2-day camp in Jasper. (Regular Program)
 4. Christmas Camp – we generally operate a 3-4 day mountain training camp over Christmas holidays. (Regular Program)
 5. Late Season (Apr) 3-day Spring camp. (User Pay)
 6. Training Days ahead of mountain race events (Regular Program)
- (d) Ski Cross Integration
- (i) Training: Approx 15% of athlete training time will be in SX
- (e) Race Selection
- (i) Per Calendar

ii) U14 PACE

- (a) Delivery Concept
 - (i) The U14 PACE program is a group of events signed up for which are designed for U14 athletes who are keen and ready to partake in additional training and competitive opportunities. This program is an "add-on" to U14 registration with some additional and alternative events including mountain camps and U14 Provincial Series races.
 - (ii) Coordination with all U14 athletes is important for team unity and to improve the strength of the cohort and Club. PACE registered athletes will be intermingled with effective U14 training groups.
 - (iii) U14 PACE registered and paid athletes may alternatively select some Regional Series or Western SX Series events if they are offered on the calendar as an alternative to certain Provincial Series Race starts as long as their overall number of events does not change. This is done in consultation with coaching staff and athlete. For certainty, Provincial races can be switched out for Regional and WSX; Regional and WSX races cannot be switched out for Provincial Starts or Speed Camps.
- (b) Age Group
 - (i) Ages 12-13 as at Dec. 31 of the winter season
- (c) Minimum Entry Requirements
 - (i) All skiers should be able to control their speed and perform linked "parallel" turns safely on a black slope.

(d) Target Athlete Type

- (i) Athletes continuing their development from U12 Nancy Greene (Regular or PACE) or U14 Regular desiring a more competitive and intensive program.
- (ii) Athletes should have a high competitive confidence level to benefit from this program. This does not mean that all athletes must be high performers in order to enroll, but just that their skill and competitiveness are at a high enough level to benefit and sustain the challenge.
- (iii) Athletes may also do one season of U14 Regular prior to enrolling in U14 PACE for their 13 year old season.

(e) Program Goals

(i) LTSD - AIM 2 Win Stage

- 1. Learn to Train transitioning to Learn to Race

(ii) Additional Developmental Goals

- 1. The U14 PACE program introduces the Learn-to-Train stage of skill development. The program provides a competitive series which allows racers to test their skills against their peers at a provincial level. The program also develops ski specific physical and mental skills and continues to develop the technical skills learned in Nancy Greene and U14.
- 2. Advanced fitness development and increase the athletes' knowledge of goal setting, nutrition, and intention of an athletic lifestyle.
- 3. Introduction to speed events (SG).
- 4. More technical introduction to Ski Cross training and racing.
- 5. Advanced race strategies and tactics.
- 6. Advancement to Western and National competitions.

(iii) Advancement:

- 1. Racers would likely graduate to U16 PACE SX or Provincial Alliance

(f) Program Composition

(i) Dryland

- 1. Same as U14 Regular

(ii) Training

- 1. Local Training
 - a. Same as U14 Regular
- 2. Additional Mountain Training Days
 - a. Early Season (Nov) 4-day camp. (Panorama).
 - b. New Year's Camp – 2 day mountain camp at the end of Xmas holidays.
 - c. U14 Legends 2-day Speed Camp. (Nakiska).
 - d. 2-day March Camp.
 - e. 3-day April Training Camp
 - f. Training Days ahead of mountain race events.

(iii) Ski Cross Integration

- 1. Training: Approx 10% of athlete training time will be in SX
- 2. Race: Big White Western SX (User Pay) may be chosen, plus the Red Deer SX Race.

iii) **U14 SPEED – Flex Pack**

- (a) New for 2019-20 we are offering a User Pay option for a U14 Regular Program athlete to participate in the Legends Club Speed Camp and Provincial SG without signing up for the full PACE package. This SPEED Flex Pack also includes a Red Deer weekend training camp. NOTE: there is an additional fee for the Speed Camp which the athlete must pay directly to AASA for lane space etc. All athletes must also attend the Red Deer SX race as part of their preparation for the Speed event. (which is included as a Regular Program element)

iv) **U16-19**

- (1) Delivery Concept
 - (a) U16-19 offers a co-mingled training environment among all U16-19s. Coaches are prepared and will work to accomplish the different athletic goals that each athlete type in the group may have. Athletes in U16-19 will frequently work with different members of our Kinder/Junior coaching team depending on the training plans for each group within the Club.
- (2) Age Group
 - (a) Ages 14-15 as at Dec. 31 of the winter season
 - (b) Ages 16-17-18 (U19) as at Dec. 31 of the winter season
- (3) Minimum Entry Requirements
 - (a) No previous “ski racing” experience is necessary.
 - (b) All skiers must be able to control their speed and perform linked “parallel” turns safely on a blue slope.
- (4) Target Athlete Type
 - (a) Athletes continuing their development from U14 (Regular or PACE) in a Program in which they can continue to participate and improve their skills.
 - (b) Entry Level athletes new to Ski Racing.
- (5) Program Goals
 - (a) LTSD - AIM 2 Win Stage
 - (i) Achieve and refine the Learn to Race stage.
 - (b) Developmental Goals
 - (i) A program intended to assist in the transition from the fundamental stage of skill development to the Learn-to-Race stage and transition into Train-to-Race or Skiing-for-Life.
 - (ii) Emphasis on fun and participation.
 - (iii) Continued overall fitness development.
 - (iv) Further development of agility, balance and coordination.
 - (v) Advanced techniques of line and turn shape in more difficult terrain.
 - (vi) More technical Ski Cross Training and Racing.
 - (vii) Develop, train and race in Slalom, Giant Slalom and Ski Cross.
 - (viii) Introduction to race strategies and tactics.
 - (c) Advancement:

- (i) Advancement from U16-19 Programming.
 1. Alberta North FIS Tech
 2. Alberta North FIS SX
 3. Skiing-for-Life: Begin a coaching career.
- (6) Program Composition
 - (a) Local and mountain venues for training and racing.
 - (b) Dryland
 - (i) More intensive program focusing on agility, core strength, and endurance.
 1. Monday & Wednesday Evenings, 6:00-8:00pm
 2. Saturday Morning, 9:00-11:00am
 3. Held at Sunridge Ski Area and Millennium Place when weather dictates.
 4. May contain various cross-training elements per coaches' discretion, i.e. mountain biking etc.
 - (c) On-snow Training
 - (i) Local Training (average start, Nov 20, average local finish, Mar 8)
 1. Tuesday 6-8:30pm
 2. Thursday 6-8:30pm
 3. Saturday 9:30am-1:30pm
 - (ii) Mountain Training Days
 1. Early Season (Nov) 2-day camp. (Bow Valley). (Regular Program)
 2. Early season (Dec) 2-day camp in Jasper. (Regular Program)
 3. Christmas Camp – we generally operate a 3-4 day mountain training camp over Christmas holidays. (Regular Program)
 4. Late Season (Mar) 3-day Spring camp. (Bow Valley). (User Pay)
 5. Training Days ahead of mountain race events. (Regular Program)
 - (d) Ski Cross Integration
 - (i) Training: Approx 20% of athlete training time will be in SX

v) U16 PACE SX

- (a) Delivery Concept
 - (i) The U16 PACE SX program is a group of events signed up for which are designed for U16 athletes who are keen and ready to partake in additional training and competitive opportunities focused on SX development, although there IS still Slalom content in the program.
 - (ii) Coordination with all U16-19 athletes is important for team unity and to improve the strength of the cohort and Club. PACE registered athletes will be intermingled with effective U16-19 training groups.
- (b) Age Group
 - (i) Ages 14-15 as at Dec. 31 of the winter season
 - (ii) U19 SX Focused athletes should register in FIS SX.
- (c) Minimum Entry Requirements

- (i) All skiers should be able to control their speed and perform linked “parallel” turns safely on a black slope.
- (d) Target Athlete Type
 - (i) Athletes continuing their development from U14 (Regular or PACE) or U16 Regular desiring a more competitive and intensive program.
 - (ii) Athletes should have a high competitive confidence level to benefit from this program. This does not mean that all athletes must be high performers in order to enroll, but just that their skill and competitiveness are at a high enough level to benefit and sustain the challenge.
 - (iii) Athletes may also do one season of U16 Regular prior to enrolling in U16 PACE SX for their 15 year old season.
- (e) Program Goals
 - (i) LTSD - AIM 2 Win Stage
 1. Learn to Train transitioning to Train to Race
 - (ii) Additional Developmental Goals
 1. The U16 PACE SX program introduces the Train to Race stage of skill development. The program provides a competitive series which allows racers to test their skills against their peers at a provincial, western, and possibly national level. The program also develops ski specific physical and mental skills and continues to develop the technical skills learned in U14.
 2. Introduction to speed events (SG).
 3. More technical introduction to Ski Cross training and racing.
 4. Advanced race strategies and tactics.
 - (iii) Advancement:
 1. Racers would likely graduate to FIS SX
- (f) Program Composition
 - (i) Dryland
 1. Same as U16-19 Regular
 - (ii) Training
 1. Local Training
 - a. Same as U14 Regular
 - (iii) Ski Cross Integration
 1. Training: Approx 25% of athlete training time will be in SX

vi) U16 PROVINCIAL ALLIANCE

- (a) Delivery Concept
 - (i) The U16 Provincial Alliance program in 2019-20 is being delivered in conjunction with Edmonton Alpine Ski Racing Society (“EASRS”) (ESC) and Rabbit Hill Alpine (RABBT). Local training and some training camps will be with SUNRI cohort but a selection of training camps and the U16 Provincial races and Westerns will be with the Provincial Alliance cohort. There is minimal SX training in this program.

- (ii) Registration fee to SUNRI covers coaching for the Home Club provided content as well as Provincial Alliance coaching for the originally calendared days. Any additional Alliance coached days will be billed to the athlete at \$90 per day.
- (b) Age Group
 - (i) Ages 14-15 as at Dec. 31 of the winter season
 - (ii) Athletes 16+ may participate
- (c) Target Athlete Type
 - (i) Athletes continuing their development from U14 PACE desiring to continue in a competitive and intensive program pursuing Technical disciplines.
 - (ii) Athletes should have a high competitive confidence level to benefit from this program. This does not mean that all athletes must be high performers in order to enroll, but just that their skill and competitiveness are at a high enough level to benefit and sustain the challenge.
- (d) Program Goals
 - (i) LTSD - AIM 2 Win Stage
 1. Train to Train transitioning to Train to Race
 - (ii) Developmental Goals
 1. The U16 Provincial Alliance is an intensive Provincial program that advances the racer through Train to Train up to Train to Race stage of development. The program provides a competitive series which allows racers to test their skills against their peers at a provincial level. The program also develops ski specific physical and mental skills and continues to develop the technical skills learned in U14.
 2. Emphasis on fun and participation.
 3. Advanced fitness development and increase the athletes' knowledge of goal setting, nutrition, and intention of an athletic lifestyle.
 4. Further development of agility, balance and coordination.
 5. Advanced techniques of line and turn shape in more difficult terrain.
 6. Introduction to speed events.
 - (iii) Advancement:
 1. Racers would likely graduate to a U19 Alberta North FIS Program or FIS SX.
- (e) Program Composition
 - (i) Dryland
 - a. Saturday Home Club content plus an enhanced weekday (gym) fall dryland program with Propel Performance Institute.
 - (ii) Training
 - a. Local, same as U16
 2. Additional Mountain Training Days
 - a. Per Calendar
 - (iii) Ski Cross Integration
 1. Minimal.
 - (iv) Race Selection
 1. Rabbit Hill Open SL, All U16 Provincial Series Races, U16 Westerns

c) JUNIOR AGED PROGRAMMING

i) FIS SX

(1) Please view the separate 2019-20 SUNRI FIS SX Program Guide for information