

Annual Program Guide



ALPINE SKI RACING

SUNRIDGE
ALPINE SKI TEAM



2018-2019 Season

1) Purpose:

- a) This guide serves as a guidance document for the structure and developmental goals 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.

That said, particularly in the Kinder and Junior age group programs, the actual final number of registered athletes for the season will dictate how and whether each program is run. If there is a shortfall situation, the Club will present alternative programming and/or run joint programming options to suit the needs of each athlete.

2) Integration of SX into Alpine Development

- a) Sunridge Ski Club considers Ski Cross as one of the five core Alpine Disciplines and as an important element in ensuring the long term vigour of alpine racing programs in Alberta. We feel strongly that introducing the fun and excitement of Ski Cross elements into North Zone racing will help us accomplish one of our key goals, which is to keep athletes participating in the sport at older ages.
- b) Ski Cross training and racing is introduced gradually into the development model; technical skill development will remain the primary goal and the vast majority of the program hours in Nancy Greene and Technical focused Kinder programs.

3) Scheduling

- a) Training and race schedules are selected based on the developmental goals of the program and the prescribed composition of the program; but, preseason planning is based on preliminary race schedules which are subject to change. Occasionally, scheduling conflicts will arise that will change the program or make some races unavailable.
- b) Race Frequency:
 - i) Sunridge Alpine Ski Team believes in the training/race day ratio guidelines in Alpine Canada's AIM 2 Win model, especially in Nancy Greene programs. The model suggests 4-6 race days for skiers in those groups with a training day to race day ratio of 12:1 to 9:1. There are more Alberta Alpine calendared race days on the schedule than would be allowed for in maintaining these ratios. Alberta Alpine's stated intention is not for every club to attend all these races as both the high attendance numbers would degrade event quality and it would skew the total number of race starts for the athletes. Based on our standard schedule for U10, including the user pay mountain training camps, we target a ratio of approx 9:1. We also incorporate informal intra-club races to give the athletes race experience in a comfortable fun environment.

4) Overall Program Age Flowchart

Program Age (Dec 31)	Program Classification	Program Flow Chart 2018-2019 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	
12-13 U14	Kinder	U14 PACE Add-on Technical Focus	U14 Technical Focus	
14-15 U16	Kinder	U16 PACE TECH Add-on Technical Focus w/ESC	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	Sunridge 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. 				

- 5) 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.
- 6) Coaching Hierarchy
 - a) There are many factors at play in the coaching assignments of the Club, but generally, the Club will assign coaches with the most experience and/or technical awareness firstly to High Intensity programs, secondly to Mid-Intensity programs, and thirdly to Low Intensity Programs. Note that in coaches, technical ability is NOT as important as technical awareness and ability to communicate coaching tactics.
 - b) Our evaluation and technical direction systems mean all athletes and coaches will receive some benefit from the Club’s most experienced coaches, even if they are not directly coached by them.
- 7) Terms:
 - a) Base/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.
 - 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) PACE Camp (or Race) Events
 - i) **Performance And Coaching Excellence** – This is a term used to designate program events that are offered on a user pay basis to athletes in order to increase the intensity level of their program with additional specific training and racing opportunities. Some events may be on an invitation basis and for U12 and up, athletes may elect to sign up for a group of PACE events, or be required to commit to a block of PACE events. Club coaches’ decisions are based on achieving the training goals of the athletes.
 - (1) The term also references the higher performance nature of these events.
 - d) LTSD – AIM 2 Win
 - i) **Long Term Skiier Development** model
 - ii) **Alpine Integration Model**
 - (1) Both are references to Alpine Canada’s master development guidance document. Full Manual is available on our website.
- 8) 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 should graduate to Full Program in the next season.
- (ii) **Sundog registration is only available once in the athlete’s career. The only exception to this is for 5 year olds who may register as a Sundog after being a Sundog as a 4 year old.**

(4) Sundog FAQ

(a) Why is it only offered once in a career?

- (i) The Club exists to advance dedicated athletes in the sport. Our management volunteer hours and scarce coaching resources are employed to advance skiers into the sport and to develop cohorts of long term athletes. The Sundog program is intended as an entry point for U6 athletes and as an introductory program for U8 and occasionally U10 athletes. After completing the introductory Sundog year, we require athletes make a larger commitment.

(b) What if my athlete can’t attend all program elements? The Sundog worked great for us.

- (i) Full Program athletes are not penalized (ie. pulled from races) for missing training sessions or race events so there should be no concern there. For those concerned with the larger financial commitment knowing there will be missed training time or if the parent is still uncertain of the athlete’s commitment level, if you register for Nancy Greene with a Gold or even Silver Volunteer Package, the financial commitment is not

actually much more than the Sundog Program.

We've had several families over time whose NG athletes will miss every Tuesday for example.

(5) 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.

(d) Ski Cross Integration

(i) Training: Approx 10-15% of athlete training time will be in SX for those athletes showing sufficient ability to perform safely in the course at coach's discretion.

(6) Notes:

(a) No make-up sessions are available for missed training regardless of the reason for misses.

(b) Exceptions may be made for late season entrants.

(c) 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.

(d) There is a limited quota on Sundog spots per training day.

(e) 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 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
- (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)
- (b) Ski Cross Integration
 - (i) Training: Approx 10% of athlete training time will be in SX for those athletes showing sufficient ability to perform safely in the course at coach’s discretion.
 - (ii) Race: U6 will not race SX.

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

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. (Base Program)
 - b. Christmas Camp – generally a 3 day mountain training camp between Xmas and New Years at Kicking Horse. (User Pay)
 - c. Mid-Season day camp in Red Deer is also usually scheduled. (Base Program)
 - d. Friday of Jasper Junior Olympics weekend (Base Program)
 - e. Late Season (March/April) 2-day mountain camp. (Base Program)

(f) 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 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 Western SX Race (per restrictions) (2), Sunridge Hosted SX Event (1), Jasper Junior Olympics (2), Rabbit Hill Lauberhorn Race (1), Intra-Club Race(s) (1-2).

(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.
- (ii) Coordination with all U12 athletes is important for team unity and to improve the strength of the cohort and Club. We prefer race selection including some Divisional races as well as Jasper Junior Olympics for this purpose and also as confidence builders for the U12 PACE athletes. We believe in building up the Race intensity through the season.
- (iii) PACE registered athletes will be intermingled with effective U12 training groups.

(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 Lear 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 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. Caribou Cup Provincial race weekend (February)
 - e. April U12 Prov Race weekend
 - (iii) Ski Cross Integration
 - 1. Same as U12
- (g) Projected Race Selection
 - (i) ESC Slalom (1), Sunridge Hosted Western SX Race (2), Sunridge Hosted NGSL SX Event (1), Jasper Junior Olympics (2), Rabbit Hill Lauberhorn Race (1) Caribou Cup (U12 Prov) (2), April Nakiska (U12 Prov)(2), Intra-Club Race(s) (1-2).

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, shared van fuel, 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. (Bow Valley). (Base Program)
 2. Early Season (Dec) 2-day Fast & Female Camp. (Bow Valley) (User Pay)
 3. Early season (Dec) 2-day camp in Jasper. (Base Program)
 4. Christmas Camp – we generally operate a 3-4 day mountain training camp over Christmas holidays.
 5. Late Season (Mar) 3-day Spring camp. (Bow Valley). (Base Program)
 6. Training Days ahead of mountain race events (4) (Base Program)
- (d) Ski Cross Integration
 - (i) Training: Approx 15% of athlete training time will be in SX
- (e) Race Selection
 - (i) Rabbit Hill Open SL (2), ESC Regional Slalom (1), Snow Valley Regional Slalom (1), Sunridge Western SX Event (2), Red Deer Regional GS (2), Rabbit Hill Regional GS (1), Jasper Regional Finals SL-GS (2), Big White Western SX (User Pay)

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
- (f) Program Composition
 - (i) Dryland
 1. Same as U14 Regular
 - (ii) Training
 1. Local Training
 - a. Same as U14 Regular
 2. Mountain Training Days
 - a. Early Season (Nov) 4-day camp. (Panorama). (Base Program)
 - b. Early Season (Dec) 2-day Fast & Female Camp. (Bow Valley) (User Pay)
 - c. Early season (Dec) 2-day camp in Jasper. (Base Program)
 - d. Christmas Camp – we generally operate a 3-4 day mountain training camp over Christmas holidays.

- e. New Year's Camp – 2 day mountain camp at the end of Xmas holidays.
- f. U14 Legends 2-day Speed Camp. (Nakiska). (Base Program)
- g. Late Season (Mar) 3-day Spring camp. (Bow Valley). (Base Program)
- h. Training Days ahead of mountain race events (4) (Base Program)

(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 Sunridge SX Race.

(iv) Race Selection 2018-19

- 1. Rabbit Hill Open SL (2), U14 Prov SL (2), U14 Provincial GS(2), Sunridge Western SX Race (2), U14 Speed Camp, U14 Prov GS-SG, Panorama U14 Provincial Finals.

iii) 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 U16-194 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). (Base Program)
 2. Early season (Dec) 2-day camp in Jasper. (Base Program)
 3. Christmas Camp – we generally operate a 3-4 day mountain training camp over Christmas holidays.
 4. Late Season (Mar) 3-day Spring camp. (Bow Valley). (Base Program)
 5. Training Days ahead of mountain race events (4) (Base Program)
 - (d) Ski Cross Integration
 - (i) Training: Approx 20% of athlete training time will be in SX
 - (e) Regular Race Selection
 - (i) Rabbit Hill Open SL (2), ESC Regional Slalom (1), Snow Valley Regional Slalom (1), Sunridge Western SX Event (2), Red Deer Regional GS (2), Rabbit Hill Regional GS (1), Jasper Regional Finals SL-GS (2), Big White Western SX (User Pay)

iv) 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
 - 2. Mountain Training Days
 - a. Early Season (Nov) 4-day camp. (Panorama). (Base Program)
 - b. Early season (Dec) 2-day camp in Jasper. (Base Program)

- c. Christmas Camp – we generally operate a 3-4 day mountain training camp over Christmas holidays.
- d. New Year’s Camp – 2 day mountain camp at the end of Xmas holidays.
- e. U14 Legends 3-day Speed Camp. (Nakiska). (Base Program)
- f. Late Season (Mar) 3-day Spring camp. (Bow Valley). (Base Program)
- g. Training Days ahead of mountain race events (4) (Base Program)

(iii) Ski Cross Integration

- 1. Training: Approx 10% of athlete training time will be in SX
- 2. Race: Big White Western SX plus the Sunridge Western SX Race.

(iv) Race Selection 2018-19

- 1. Rabbit Hill Open SL (2), Sunridge Western SX Race (2), U16 Speed Camp, U16 Provincial SG(2), Big White Western SX, Sunshine U16 Provincial Finals.

v) U16-19 PACE TECH

(a) Delivery Concept

- (i) The U16 PACE TECH program in 2018-19 is being delivered in conjunction with Edmonton Alpine Ski Racing Society (“EASRS”) (ESC). Local training and some training camps will be with SUNRI U16-16s but a selection of Jasper training camps and the U16 Provincial SL, GS, and Westerns will be with ESC. There is minimal to no SX training in this program.

(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. Learn to Race transitioning to Train to Race
- (ii) Developmental Goals
 - 1. The U16 PACE is effectively a Provincial program that advances the racer through Lear to Race 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. Same as U16

(ii) Training

- a. Same as U16
2. Mountain Training Days
 - a. Early Season (Nov) 3-day camps. (Bow Valley).
 - b. Early Season (Nov) 4-day camps. (Panorama).
 - c. Early season (Dec) 2-day camp in Jasper.
 - d. Christmas Camp – we generally operate a 3-4 day mountain training camp over Christmas holidays.
 - e. U16 Legends 3-day Speed Camp. (Nakiska).
 - f. Late Season (Mar) 3-day Spring camp. (Bow Valley).
 - g. Training Days ahead of mountain race events (6)
 - h. 2-3 Jasper weekend camps with ESC (Race Account Charge from ESC)

(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 2018-19 SUNRI FIS SX Program Guide for information

ii) U19/21 Alberta North FIS (Tech)

- (1) Alberta North FIS is not running in 2018-19, long term plan is to operate this program in 2019-