

PARENT HANDBOOK

v.01-2017



ALPINE SKI RACING

SUNRIDGE
ALPINE SKI TEAM

v.01-2017

A child must learn to walk before learning to run. Skiing skill development must follow the same sequence, with basic skiing technique being mastered, allowing young skiers to master steeper slopes and more difficult snow conditions, before serious ski racing begins. The challenge of speed, the essence of ski racing, must come in a “run for fun,” not “run to win” situation. Formal competition too early in the development of skills may stifle a child’s natural delight in racing before they can develop their full potential.”

Nancy Greene



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1) Welcome to the Sunridge Ski Club

a) About the Sunridge Ski Club

- i) Sunridge Ski Club is an Alberta registered non-profit society which is parent lead and managed. Most often, we will refer to ourselves as the Sunridge Ski Team to avoid confusion with ski hill operators some of which operate as “Clubs”. We are a separate entity but with a working relationship with Calido Recreation Management Inc, the for-profit operator of the Sunridge Ski Area. We are a member Club of the North Zone Division of the Alberta Alpine Ski Association (AASA). AASA is the Provincial Sport Organization (PSO) affiliated with Alpine Canada Alpin (ACA) in the province of Alberta. Alpine Canada Alpin is the National Sport Organization responsible for the management and development of alpine ski racing in Canada and is a member of the Canadian Snowsports Association (CSA), which is a federation of ski and snowboard discipline organizations.
- ii) The Sunridge Ski Club is operated by a volunteer Executive Board and several volunteer non-executive positions. In any given year, certain powers of the Alpine Chair position may be delegated to a hired Head Coach or Program Director. For details, job descriptions, and a directory of the current Club management, please review the current Club Management & Directory available on the Club website. See the Downloads section of the website for the full text of our Bylaws.

b) Why Ski Racing?

- i) Skiing and ski racing offer the rare combination of developing a lifelong sport with continual personal challenges but in a team environment that thrives on friendship and family involvement.

Unlike many other winter sports, ski racing offers opportunities for the entire family to be involved. From family ski trips, volunteering on race days, to spending time with other families at club events, ski racing is fun for the entire family. Many race parents remain involved with ski racing long after their children have retired. Furthermore, dryland training programs will engage athletes in cross training endeavors that will also offer lifelong opportunities for participation. For example, many ski racers become avid mountain bikers.

c) Why choose the Sunridge Ski Club?

- i) Inclusive atmosphere
- ii) Offer manageable programming with a focus on long term sport retention and affordability
- iii) We have the closest training facility to St. Albert, Sturgeon County, Sherwood Park, Fort Saskatchewan, north west Edmonton, northeast Edmonton, and east Edmonton.
- iv) Integration of Ski Cross as an Alpine discipline with a training facility.

d) Vision, Mission, and Goals

- i) Vision

Skiing for Life

This vision has a dual meaning:

- (1) Firstly, as a reference to the final AIM 2 Win Development stage wherein athletes advance to some or all of coaching, racing for recreation, or continued involvement in the sport to which we strive to have all of our athletes achieve. Some may reach this stage by way of a high performance path and some recreationally; and some may reach it earlier than others, but we strive to have all members achieve their personal excellence and reach their goals.
- (2) Secondly, in reference to how a ski racing career can help instill a lifelong passion for sport and athletics leading our members to a life of positive healthy living.

- ii) Mission

The mission of the Sunridge Ski Club is to provide quality programs to enable and promote our athletes to achieve their personal excellence in alpine ski racing and cross training thereby fostering a lifelong passion for ski and sport and developing them as individuals. We seek to advance our coaching staff to

achieve their best in the profession and we also strive to engage our member parents as skiers, volunteers, and Club leaders.

This mission requires coordination of our Club leadership, coaches, parents, volunteers and athletes. Only by working together can our athletes identify and achieve their goals.

iii) Goals

- (1) Maximize the long term development potential of each of our athletes*
- (2) Produce athletes that are well conditioned to compete in their sport*
- (3) Prove to our athletes and parents that we can develop Provincially competitive athletes in North Zone programs.*
- (4) Provide affordable and accessible high quality training and racing programs*
- (5) Develop a club culture that gives our members a sense of belonging*
- (6) Produce athletes that demonstrate persistence in the pursuit of personal excellence*
- (7) Ensure that athletes develop a lifelong love of skiing and ski racing*

iv) Strategic Priorities

- (1) Provide high performance programing in Technical disciplines at least up to and including U16*
- (2) Participate in and support the Alberta North Ski Association in its mandate to provide high level competitive opportunities and programs for FIS aged athletes in North Zone centered programs.*
- (3) Develop and leverage the Ski Cross discipline to maintain long term athlete participation in the Club through U19. This includes maintaining the Ski Cross training facility.*
- (4) Provide developmental opportunities to our athletes to continue their Club involvement as coaches at the conclusion of their competitive careers.*
- (5) Increase the non-fee revenue of the Club through sponsorships and other initiatives.*

e) North Zone vs South Zone

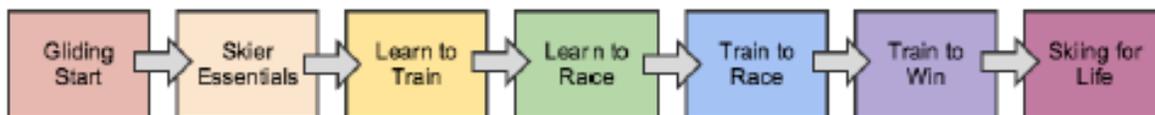
- i) We sometimes hear discussion amongst parents regarding a presumption that to be a good ski racer, you have to train with and join a "mountain" club. We adamantly disagree with this notion and the proof is in the history books. Some of Alberta's greatest ski racers have come from the Edmonton river valley including 1994 Olympic Medalist Ed Podivinsky. And in his era, Nancy Greene racers never went to the mountains with the programs. Here are the factors at play as to why we know racers can be developed in Edmonton compared to a Calgary/Mountain(South Zone/SZ) Club:
 - (1) Shorter runs and "lift loops" in training mean our racers actually have as many or more "coach viewed" turns during training. And, a turn is a turn.
 - (2) We have as many "days on snow" as the South Zone clubs.
 - (3) We do supplement our local training with Mountain camps where we stay in hotels which actually gives us more hours on snow and dryland hours per mountain day than the SZ clubs who commute back and forth from Calgary each day.
 - (4) Still the most important factor in ski development is talent; talent comes from everywhere.
 - (5) The one natural advantage the mountain trained athletes do have is in that skiing in extended intervals (additional vertical descent between stops) gives those athletes a conditioning advantage. We are cognizant of this and North Zone athletes must make up this difference in dryland. We encourage our athletes to continue dryland training throughout the year in U12 and up.

f) Development Philosophy

- i) Ski Racing involves a long term development model as outlined in Alpine Canada's AIM to WIN manual and our Club intends to operate by those guidelines. Much of the content of Ski Racing programs is actually training. This is a departure from other sports with which you may be familiar such as hockey and soccer. Especially at young ages, sanctioned race days are limited in favour of developmental training days and activity and this is in harmony with the quote from Nancy Greene at the opening of this document. More detail on programs offered in a given year can be found in the annual program guide of the Club and these programs are designed in accordance with Alpine Canada Alpin's Athlete Integration Models principles of growth, development and maturation outlining the phases an alpine racer may

experience. This developmental model assists coaches, parents and volunteers in providing the best environment for our athletes. Please review the Alpine Canada AIM to WIN manual on our website for further details.

AIM 2 Skiing Development Phases



2) What is Alpine Ski Racing?

- a) The objective of Alpine Ski Racing is to pass between all the gates and get to the bottom of the course and across the finish line as quickly as is possible. Ski Racing involves making turns around gates in a race course. There are several different disciplines or types of courses included in Alpine Racing which are explained below and each have their own sets of rules covering such things as what configurations are allowed or mandated for an official course, ski sizes, ski sidecuts, boot heights, binding risers and other regulations which seek to establish safety and ensure that one particular skier has no advantage over another. Ski racing is controlled by a set of rules which are enforced by FIS, the worldwide governing body (Federation Internationale de Ski) of which Alpine Canada Alpin is the affiliated National Sport Organization (NSO) for Canada.
- b) Elite Competitive Levels of Racing for Technical/Speed:

Race Series/Program	Sanction	Club/Team Membership
U12/Nancy Greene	Alpine Canada	Local Club Team
U14 Provincial	Alpine Canada	Local Club Team
U16 Provincial	Alpine Canada	Local or Regional Club/Academy Team
Alberta Cup FIS (16+)	ACA/FIS	Alberta North FIS
NorAm/Alberta Cup FIS	FIS	Alberta Provincial Ski Team
Europa Cup/NorAm Circuit	FIS	Canadian National Development Team
World Cup/Olympics	FIS/IOC	Canadian National Ski Team

- c) Competitive paths for Ski Cross racing or recreational racing are more varied. Please consult the Sunridge Ski Team Program Guide.
- d) Disciplines of Alpine Ski Racing
 - i) By Category:

Alpine Single Discipline:	Category:
Slalom	Technical
Giant Slalom	Technical
Ski Cross	Ski Cross (Blend of Technical/Speed)
Super Giant Slalom	Speed
Downhill	Speed
Derivative and Combined Disciplines:	
Kinder Kombi	Technical
Super Combined	Speed
Terrain	Obstacle
Dual (SL/GS)	Technical

ii) SLALOM - SL

- (1) Slalom is a discipline, involving skiing around or between single poles (gates) spaced much closer together than in GS, SG or DH, thereby causing quicker and shorter turns. The race winner is decided by the combined time of two runs on two different courses down the same race trail. For younger racers, race days are often composed of two "single run" races. Courses are set by alternating red and blue poles. The skier must pass across an imaginary line between the two poles forming the gate.

For slalom the vertical offset between gates is around 9 meters and the horizontal offset around 2 meters. The gates are arranged in a variety of different configurations to challenge the competitor, including delay gates and vertical combinations known as hairpins and flushes. A hairpin is a series of gates including two gates with one closing gate. A flush is a series of gates including three or more gates with one closing gate. Because the offsets are relatively small in slalom, skiers take a fairly direct line and often knock the poles out of the way as they pass, which is known as blocking. (The main blocking technique in modern slalom is cross-blocking, in which the skier takes such a tight line and angulates so strongly that he or she is able to block the gate with the inside hand.) In modern slalom, a variety of protective equipment is used such as shin pads, hand guards, helmets and face guards. Slalom skis are the shortest of the four disciplines.

iii) GIANT SLALOM - GS

- (1) The Giant Slalom discipline involves skiing between sets of double poles with a panel between them (gates) spaced at a greater distance to each other than in slalom but less than in super-G. Giant slalom and slalom make up the technical events in alpine ski racing. This category separates them from the speed events. The technical events are composed of two runs, held on different courses on the same ski trail. Giant slalom skis are shorter than super G and downhill skis, and longer than slalom skis. Protective padding is worn on the arms to allow the racer to take a tighter line and brush up against the poles. For younger racers, race days are often composed of two "single run" races.

iv) SKI CROSS - SX

- (1) The action-packed and adrenaline-fueled discipline made its Olympic debut as a medal sport at the 2010 Winter Games in Vancouver-Whistler. Prior to the Olympics, ski cross had already established itself as a hugely popular TV event. And with Canada's Ashleigh McIvor winning a historic first gold medal in the women's event, plus teammate Chris Del Bosco authoring one of the stories of the Games in going for gold but crashing out in the men's final, the sport has experienced an explosion in popularity.

Ski cross courses have both naturally occurring terrain and artificial features including big-air jumps, "tabletop" jumps (where the take-off point is at a similar level to the landing spot), rollers (rounded and/or wavy terrain) and high-banked turns.

Ski Cross is considered a Category of its own and combines both Technical and Speed elements. But what sets Ski Cross apart from other disciplines is the fact that there's more than one skier racing down the course. Four to six racers go head to head, at the same time, with the aim of finishing first. Other than in the initial qualification round, it's not a time trial. The unique combination of technically-challenging terrain and head to head racing make ski cross a thrilling discipline for both athletes and spectators. Contact between racers is frowned upon.

In World Cup, world championship and Olympic races, there's an initial qualification round that is run as a time trial, with racers skiing the course solo. The skiers with the fastest times advance to heats, in which four skiers race head to head. The top two advance to the next heat, a format that is

repeated until the final four battle it out for gold, silver, bronze and fourth place. A small or consolation final is also held to determine which skiers finish fifth to eighth overall. At the Winter X Games – one of the sport's biggest events – six skiers compete head to head instead of four. At Regional or national sanctioned events, initial seeding will be random or seeded using a prior timed race result.

v) SUPER-G - SG

- (1) The Super Giant Slalom is a discipline in Alpine Skiing regarded as a Speed event. It consists of just one single run down a longer track with gates spaced 8-12 meters apart. In Super-G you get to inspect and race once. The varying terrain of the mountain is utilized to flow with the speed of the course. Turn shape, speed anticipation, air anticipation all play a role. The FIS imposes a minimum ski length of 205 centimeters for men and 200 centimeters for Women. After first appearing in World Cup competition in 1982, it was added to the world championships two years later and made its Olympic debut in 1988. Canada's Erik Guay took the Crystal Globe as the overall super-G World Cup champion at the end of the 2009-10 season.

vi) DOWNHILL - DH

- (1) The Downhill discipline is the fastest of the Speed events and requires skiers to perfect an aerodynamically efficient (tuck) position to minimize drag and increase speed. This contrasts to the technical expertise required in slalom events where turns are progressively more emphasized. For the downhill, each skier gets to take one run down the course, and the skier with the fastest time wins. To get acclimated to the course and the conditions, skiers are required to participate in one of three official training runs held prior to the race.

The downhill stakes its reputation on speed, but there are some limits. According to International Ski Federation rules, it must be possible to slide down the downhill course from start to finish without using poles. The terrain must also be clear of stones, stumps and any such obstacles in order to eliminate all objective danger. In the event of excessive speed, control gates can be set, forcing skiers to slow down as they navigate the course. Gates must be at least 8 meters wide, colored red or "international orange" and set at right angles to the racing lane. Medium and high-speed turns must have a clear "safety zone" to provide ample room for fallen skiers. Padding or fencing is also to be placed along the side of the course, and any stretches through wooded terrain must be at least 30 meters wide. In all forms of Downhill, both at a local youth-level as well as the higher FIS international level, racers are allowed extensive preparation for the race, which includes daily course inspection and discussion with their coaches and teammates as well as several practice runs before the actual race. Racers do not make any unnecessary turns while on the course, and try to do everything they can to maintain the most aerodynamic position while negotiating turns and jumps.

Unlike Slalom and Giant Slalom, where racers have two combined times, in the Downhill, the race is a single "run." Times are typically between 1:30 (1 minute, 30 seconds) and 2:30 for World Cup courses and must be over 1 minute in length to meet international minimum standards. Tenths and hundredths and, occasionally, thousandths of seconds count: World Cup races and Olympic medals have sometimes been decided by as little as one or two hundredths of a second, and ties are not unheard of. Equipment for the Downhill is different from the Technical events. Skis are 30% longer than those used in Slalom, for more stability at high speed. They usually have rounded, low-profile tips rather than pointed tips. Ski poles are bent so as to curve around the body as the racer stays in a "tuck position" and may have aerodynamic, cone-shaped baskets. As in other alpine disciplines, Downhill racers wear skin-tight suits to minimize drag. Minimum ski lengths are regulated 215 centimeters and 210 centimeters for women.

vii) Derivative and Combined Disciplines

(1) Kinder Kombi - KK

- (a) Is a combined discipline where both Slalom gates and Giant Slalom gates are set into the same race course. The course may begin as Slalom and then turn into Giant Slalom or vice versa. This format is most often used in U12 and occasionally U14 races.

- (2) Super Combined - SC
 - (a) Consisting of a shortened downhill or super-G run followed by a slalom run, super combined was introduced by the International Ski Federation in 2005. Prior to that, the traditional combined discipline comprised one downhill run and two slalom runs. In both forms of combined, the winner is determined by the fastest aggregate time.
- (3) Terrain - T
 - (a) Is a format consisting of slalom gates as well as obstacles for the racer to maneuver. It is sometimes used in U10 to U6 racing.
- (4) Dual Slalom/Giant Slalom - DS
 - (a) Race format in which two identical courses are set side by side on the same run and racers compete head to head in untimed races in a tournament style race.
 - (b) Many Nancy Greene races are set as dual courses but the athletes are still being timed individually and are not technically racing each other.

3) Registration, Fees, & Fundraising

- a) Registration generally opens in late August annually.
- b) Registration in our programs is made up of several required components. These components are:
 - i) Club Fundraising and Volunteering
 - ii) Ski Coaching Fees
 - iii) Alberta Alpine Registration Fees (Racer and Family)
 - iv) Dryland Fees
 - v) Race Account Deposit
 - vi) User Pay Event Registrations
- c) Examples of volunteer/fundraising activities are:
 - i) Bingos, Casino, Grocery Card, Race Volunteering, Club Administration, Race Organizing Committees
- d) Please see the Registration & Volunteer Policy Guide on our website for details.

4) General Club Policies

- a) Sunridge Ski Club Discipline Policy and Procedures:
 - i) An undertaking to comply with the Alberta Alpine Ski Association Code of Conduct and the Sunridge Ski Club racer/parent conduct requirements must be signed by the racer and a parent or guardian of the racer, prior to the commencement of dryland and/or on hill training.
 - ii) Please review the Discipline Policy on our website for details.
- b) Members will have the option of executing a photo release in favour of the club for use of photos or videos taken during club activities.
- c) Social Media: The Club does utilize social media in its promotion and club building activities. We take steps to not specifically name members under the age of 14 in social media posts.
- d) COMMUNICATION
 - i) Primary method of communication with parents is via email or website notification. Please ensure that club distributed information gets delivered to your inbox and is not blocked.
 - (1) The Club presumes that you read all emails sent in a reasonable amount of time to react to the message.
 - (2) If you do not have access to your email, specifically on a mountain trip, you must inform your program coordinator that you will require text message or other means of communication.
 - ii) The Club and coaches will maintain an Emergency Contact List with phone numbers for use if needed.
 - iii) The Club will have posted schedules on the website for your athlete's program. It is updated and does change throughout the year. It is your responsibility to monitor it and be aware of what program schedule your child is to follow. Clarify and questions you have with your Program Coordinator.
- e) Custody and Care Policies for U12 and under
 - i) Sunridge & Mountain Events
 - (1) A Parent must remain at the hill during training or race events or you must designate another parent

- to take responsibility for your athlete to assist in breaks, cold protection, or in case of injury.
- ii) Mountain Events
- (1) Custody Protocols and Early Departure
- (a) Once the day starts our coaches are responsible for the athletes of their training group until the end of the day except during main lodge break times at which time parents are to assume duty of care so coaches can have lunch and look after any other details.
 - (b) Early athlete departure has been disrupting the training plans that the coaches have for the day to take time to hand over duty of care to the parents. Ultimately the disruption affects those athletes that are not departing early.
 - (c) The training plans that our coaches have are scheduled to end as per the schedule and even though the final hours of the day can be a continuation of the technical freeski portion of the day, it is essential for the athletes to attend till the end of the day. Occasionally, the final hour includes a cool down / debrief with the athletes that is important for the athlete to participate in.
 - (d) If you wish your athlete(s) to have an early departure from a training camp, the only times that early departures will be allowed will be during the scheduled breaks of the day. (Lunch or mid afternoon)
 - (i) The exceptions to this rule are:
 - 1. If the athlete is sick
 - 2. If the athlete is injured
 - 3. If a parent meets their child and their child's coach on hill and assumes duty of care with the coach's permission.
 - (e) If the coaches adjust the schedule based on athlete performance. If athletes are showing fatigue, coaches will end sooner.
 - (f) Athletes will not be sent on their own to meet their parents as the duty of care is not clear and the athlete can easily become injured or lost at which time our coaches can be held liable as they were the last adult with duty of care of the athlete.
 - (g) For older children, during gate training sessions, the athletes will be required to cycle from the bottom of the training course to the bottom of a coach designated lift and then from the top of the lift to the top of the training course without coach supervision. The route will be communicated to the athletes by the supervising coaches and the athletes will be required to cycle with a buddy, so that in the case of an emergency there is someone else that can communicate the emergency to the coaches.
 - (h) Our coaches need to know where the athletes are at all times and co-operation from athletes, parents and coaches is the only way to successfully have this happen.
 - (i) At the end of the day, a coach (or coaches) will be available in the daylodge until duty of care for all athletes has been given to their parents or assigned guardian.
- (2) Lodge Parent Program
- (a) The Lodge Parent will carry a radio and will be connected to all coaches. Late athletes must check in with the Lodge Parent to radio their coach and establish a meeting spot.
 - (b) Once all the groups are out with their coaches, the Lodge Parent will "set up" in the daylodge to act as a connection between parents and coaches (via the radio). They will continue to be easily identifiable and stay close by.
 - (c) If, during the course of the day, coaches have athletes who need to come in or find their parents, the athlete needs to have their coach contact the Lodge Parent via the radio prior to coming to the lodge and establish a meeting place where the Lodge Parent can assist the athlete and allow the coach to continue moving with his/her group.
 - (d) When the athlete is ready to rejoin the group, the Lodge Parent will radio the coach and establish a pick up location or send the athlete with a "Shuttle Parent" to meet with the coach.
 - (e) If a child is sick and cannot continue with the days planned activities, the Lodge Parent will attempt to contact the athlete's parent and will wait with the athlete inside the lodge until the parents arrive to pick up their child.
 - (f) Lunchtime/Break Time: Lunch time and break times will vary greatly at events. At some events the coaches will supervise the athletes, at other events a lodge parent or parents will be required to supervise the break while the coaches perform other duties. Lodge parent will assist Coaches in ensuring all athletes are accounted for when arriving at lodge and that all athletes return outside to meet the coach.

- (g) At the end of the day the Lodge Parent will pack up any applicable signage and radio then pass it along to the next lodge parent or supervising coach for charging for use during the next day or event.

5) Athlete Preparation & Equipment

a) Nutritional Guidelines

- i) Nutrition is just as important as an athlete's training sessions. Athletes who eat properly and get adequate rest are better able to train and perform better. The saying "you are what you eat" might be adapted for the athlete to "you compete how you eat". In addition, nutrition for adolescent athletes must allow for physical growth and development.

Athletes need guidance to make healthy and productive choices. Excessive Starchy carbs like Pizza, French Fries, Poutine etc between runs puts the athlete to sleep and compromises their activation levels and performances. Athletes must also stay hydrated with water or low sugar drinks.

See our website for more nutritional information.

b) Athletic Conditioning

- i) Alpine Ski racing is a demanding sport that requires the participants to be in good physical condition to perform safely and achieve individual athlete goals. The twists, turns and speeds that the athletes encounter are far different from other sports. Each run challenges the athlete with rotational forces, anaerobic and aerobic loads, uneven terrain, inconsistent surfaces, and all while increasing speeds and keeping their balance. Sounds challenging we know! It is, and lots of fun as well.

To support out athletes in preparing for the ski season Sunridge Ski Team offers a series of dryland training session in the fall preseason for all athletes and throughout the year mainly on mountain training and race days for older athletes. Attendance by all athletes is strongly encouraged. Fall preseason dryland may include fitness testing at regular intervals. Fitness testing provides an opportunity for athletes to keep track of their physical strengths and areas for improvement.

Our fitness training philosophy is to train each individual to be a better, fitter athlete first, then train sport specific drills and exercises that simulate the forces they will encounter while skiing. We build a better athlete by focusing on their core development because every move we make in sports and in daily life is preceded by the activation of the core muscles and internal stabilizers: namely the transverse abdominis, or the TVA's. So, the fitter and stronger the core, the faster and more efficient you move, the greater your balance, and the greater your ability to learn and perform new skills. In addition to the main focus of core development, we include overall body strengthening appropriate the athlete's age by improved motor skill coordination, increased motor unit activation, other neurological adaptations. We incorporate the training aspects of agility, quickness, speed training, vision training, balance, power and plyometrics.

c) Athlete Injury

- i) Falls can result in a need for medical attention (ski patrol). Often this is simply a precautionary action to ensure the safety of the athlete. In the event of injury Sunridge Ski Club has the following rules that the coaching staff will follow:
 - (1) Coaching staff will accompany the athlete to the first aid station and remain with the athlete until the parents or a designated alternate can attend, or until the parent has been contacted and has issued other instructions. Designated alternates may be either another member of the Club staff, or an individual designated by the parents or Club.
 - (2) Arrangements will be made to ensure athletes remaining on the hill are supervised.
 - (3) Upon release from the first aid station a member of the Club staff will remain with the athlete until parents or designated alternate can attend. The coach will ensure all medical instructions are conveyed to the appropriate care givers.

- (4) If there is any suspicion of a concussion the coach will follow the advice of the onsite professional and follow the Club concussion protocol.
- ii) Head injury and concussion
- (1) Head injuries are a concern to the Club and should be to the parents of all athletes. Data shows that minor head injury (trauma) requires close attention from both coach and athlete. The following protocol will be followed by Club coaches in the event of any head injury:
 - (a) First response should be the responsibility of the Ski Patrol or on site medical professionals.
 - (b) Parents will be notified immediately by coaching staff.
 - (c) Follow up and return to training and racing will be done under the direction of the appropriate medical professionals.
 - (d) Any athlete returning to ski with Sunridge following a head injury must first be cleared by an appropriate doctor.
 - (2) The coach will contact the athlete as often as possible to follow up on progress.
 - (3) Based on the injury, the return to the ski program will be planned appropriately, and then communicated to the athlete and parents before skiing with Sunridge can resume.
 - (4) If the athlete is expected to be off snow for an extended period of time, the coach and Club will ensure that all Sunridge communications to the athlete will continue, to ensure they still feel part of the team.
- iii) Follow up after injury
- (1) The coach will contact the athlete as often as possible to follow up on progress.
 - (2) Based on the injury, the return to the ski program will be planned appropriately, and then communicated to the athlete and parents before skiing with Sunridge can resume.
 - (3) If the athlete is expected to be off snow for an extended period of time, the coach and Club will ensure that all Sunridge communications to the athlete will continue, to ensure they still feel part of the team.
- iv) Returning to skiing after injury
- (1) Sunridge recognizes that we have a responsibility to our athletes to ensure that, following an injury; athletes are physically and mentally ready prior to their return to our program and on snow activities. Coaches may use discretion to help determine whether the athlete is able to cope with the demands of alpine ski racing and training. The following will apply:
 - (a) Following any injury resulting in an absence from skiing, athletes and parents should discuss with the coach a suitable schedule for a return to skiing.
 - (b) In some cases, the coach or Club Executive may first request clearance from a Doctor and/or Physiotherapist prior to a return to snow.
 - (c) Athletes may be required to perform a physical fitness test delivered by the coach (or designate). This test is designed to evaluate the athlete in preparation for undergoing the normal stresses associated with skiing.
- d) General Equipment Requirements by Program
- i) TEAM APPAREL
- (1) Team apparel is very important to team building in ski racing. Currently, our Club does not make it mandatory that athletes have a Team jacket but it is highly encouraged. Order forms for new outerwear are generally available in February/March annually but the Club will have some inventory available for sale in the fall. Used items are also generally available from Club members. Official Team items include heavy jackets, lighter jackets, ski pants, slalom shorts, and speed suits. Order forms for logoed sportswear (t-shirts, sweatshirts, sweatpants etc,) are generally available in the fall season for order.
- ii) Alpine skiing is a “gear intensive” sport but does not require you to buy expensive equipment all the time. It is possible to spend considerable sums of money on equipment, however, by shopping wisely, buying used equipment, and only buying what is essential, you can keep costs down.

The following will give some specific guidelines on what to look for when purchasing this equipment. We recognize that this can be overwhelming for those new to the sport of ski racing. Thus we recommend that you be in close contact with your athlete’s coach or Club Executive to ensure that your athlete has the appropriate equipment that will do the job but not be prohibitively expensive.

For U10, it is not necessary to have “Race Skis” but for U12 and up, always look for equipment that was designed for junior racing as opposed to recreation gear. All junior racing products have been designed specifically with junior racing speeds and athlete sizes in mind.

- iii) U10

- (1) One pair skis (SL or Hybrid SL/GS if buying race skis)
- (2) Ski boots
- (3) Ski poles (Not Required – Coach will advise)
- (4) Helmet (proper race helmet with hard ear coverings)
- (5) Goggles
- (6) Gloves/Mitts
- (7) Jacket and pants
- (8) Mouth Guard
- (9) Boot Bag
- (10) Cold Weather Gear (See Below)

We do not recommend Speed Suits for U10 as they are unnecessary and make most kids uncomfortable on race day. They will not improve your athlete's finish result in the race.

- iv) U12 racers will need the following equipment:
- (1) One pair of GS or SL race style skis
 - (2) Ski boots
 - (3) Ski poles
 - (4) Helmet (proper race helmet with hard ear coverings)
 - (5) Goggles
 - (6) Gloves/Mitts
 - (7) Jacket and pants
 - (8) Mouth Guard
 - (9) Back Protector
 - (10) Boot Bag
 - (11) Cold Weather Gear (See Below)

Optional Equipment:

- (12) GS Suit / Speed suit (add Slalom Shorts if buying Speed Suit)

- v) U14/U16/U19 Provincial/Regional racers will need the following equipment:
- (1) One pair Slalom skis
 - (2) One pair GS skis (optional for Regional racers)
 - (3) Ski boots
 - (4) Ski poles - We recommend that racers have two sets of poles - one for GS and one for Slalom. They are not an expensive item and having a pair of Slalom and a pair of GS poles prevents the racer having to take the pole guards on and off the poles [see below under protective equipment].
 - (5) Helmet
 - (6) Goggles
 - (7) Gloves/Mitts
 - (8) Jacket and pants
 - (9) GS Suit / Speed suit
 - (10) Protective equipment: shin guards, pole guards, chin guards, mouth guard, back protector
 - (11) Slalom shorts [not essential, but recommended]
 - (12) Boot Bag
 - (13) Ski Bag
 - (14) Cold Weather Gear (See Below)

- vi) Ski Cross Program racers will need the following equipment:
- (1) One pair GS skis
 - (2) Ski boots
 - (3) Ski poles – 1 pair, SL or curved GS poles
 - (4) Helmet – FIS approved
 - (5) Goggles
 - (6) Gloves

- (7) Jacket and pants
- (8) Slim fitting pant and jacket for SX Racing meeting FIS spec
- (9) GS Suit / Speed suit
- (10) Mouth Guard
- (11) Back Protector
- (12) Boot Bag
- (13) Ski Bag
- (14) Cold Weather Gear (See Below)

vii) Ski Buying Guide

- (1) It is beneficial to go shorter rather than longer when choosing length for the entry-level participants.
- (2) A shorter ski will facilitate turning, allowing quicker progression of basic skills and definitely increasing the athletes' enjoyment of skiing.
- (3) The ski should reach mid-forehead for entry level participants.
- (4) Longer skis may be appropriate as skill acquisition occurs. Purchasing skis that are too long may impede skill development in the long term.
- (5) Do not feel as though you have to buy new skis. Many used skis are available that have had limited use as they have been used solely for racing and not training by athletes. These skis are virtually new yet cost a fraction of the price.
- (6) How do you know if you're looking at a Slalom or GS ski? It will be marked on the ski -- look for SL or GS. The length will also be marked on the ski.
- (7) FIS (International Ski Federation) rules apply for U14 skis:
 - (a) Minimum length for Slalom skis: 130 cm.
 - (b) Minimum length for GS skis: 140cm (it should be marked on the ski)
- (8) Please see the "Rossignol Race Department Recommendations for Skis and Bindings" PDF on the downloads section of our website for more detailed recommendations.

viii) Helmets

- (1) All racers require a hard sided ("eared") race helmet; these can only be purchased at ski shops.
 - (a) For U14+, helmets MUST have the new FIS approved sticker (SNELL98 model + FIS RH2013) to be in compliance with rules.
 - (b) Notable brands are POC, Uvex, Briko, Shred, Sweet Protection, and Giro.
 - (c) Note that in most POC models, the goggle clip is not attached to the helmet and the kids can often lose the clip.
- (2) Helmets can absolutely NOT have camera mounts or covers while skiing.
- (3) Helmets should not have stickers.

ix) Pacesetter Ski Shoppe is our Official Alpine Retail Partner so they are our preferred supplier for purchasing gear in Edmonton. Their experts will also help you select proper gear for your athlete.

- (1) 10054 167 St NW, Edmonton, AB T5P 3W4
(780) 483-2005
- (2) www.pacesettersb.com
- (3) Mention you are with the Sunridge Ski Team and you will receive a discount on non-sale merchandise.

x) There are several opportunities for purchasing used equipment.

- (1) Buy/Sell forum on the Club website
- (2) Ski Swap at the Edmonton Ski & Snowboard Show in the fall. Arrive early at this ski swap for best selection.
 - (a) powderfest.com

xi) Cold Weather Preparation

Cold is a reality of our sport and with our short seasons we have to make the most out of every day on snow. Being well prepared for extreme cold will provide a good experience for racers, coaches, and parents and there should be no issues with frost bite or cold toes. Here are some tips to keep warm and free of frost bite.

Socks - Make sure all athletes bring two pairs of socks to the hill; you should never go skiing in the same socks you drove to the hill in. You should also have a change at lunch.

Boots - Only put your boots on when you are ready to go skiing; driving in them or waiting too long inside will cause your feet to sweat leading to cold toes later.

Gloves/Mitts – Mitts should be worn as they are much warmer than gloves.

Layers - Dress in layers but not too many. Once you put your helmet on, go outside immediately. Otherwise you will sweat and get cold faster once outside.

Charcoal Hot Packs (Feet) – Be careful using these; you must ensure the boot has enough room for the pack without restricting blood circulation in the feet causing them to go numb and increasing your risk of frost bite or even burns from the packs.

Electric Boot/Sock Heaters – While very expensive, they can be effective in keeping feet warm.

Charcoal Hot Packs (Hands) – These are very effective for keeping hands warm and every athlete should purchase a case of them at the beginning of the season. They should be exposed to air for 15 minutes prior to inserting into mitts.

Face Covering – In extreme cold, exposed skin must be completely or partly covered on the face. Racers should have a selection of masks and balaclavas allowing them to change it out at lunch break as they will become wet. Face masks must still be breathable so as not to fog up goggles. Adhesive athletic tape (which can be cut into shapes) or cloth/cotton medical tape is also very effective in preventing frost bite when placed directly on the nose and cheeks. (KT brand tape is not recommended, as it does not stick well.) The other advantage of face taping is that it easily allows moisture to escape preventing goggle fog.

Breaks - taking short breaks at regular intervals will allow you to warm up and stay functional during the day. Don't stay inside too long because you will get colder once you go out again. Inside breaks and swinging the leg at stops are the most effective methods for keeping feet warm. On cold days, coaches will bring the kids in regularly to warm up.

Neoprene Boot Covers – while not “cool” and the kids won't want to wear them most days, when it is extremely cold, “cool” goes out the window and they are recommended. For best use, put on when the boot is warm to act as an insulator. Also, take them off when inside for a long break to allow the boot shell to warm up.

Start Dry – Make sure all gear (boots/mitts) are dry when you start the day, if skiing back to back days, purchase a glove/boot dryer and travel with it. Take the liners out of ski boots overnight for drying.

xii) Equipment Maintenance

(1) Tuning

- (a) Nothing is more difficult for the athletes than trying to carve on dull skis. Being from northern Alberta, we don't have the problems of dealing with a whole bunch of powder skiing days, and being worried that our skis are too sharp for the soft snow. We are generally skiing on a tilted skating rink, and as you wouldn't play hockey with dull blades, you can't go ski racing with dull edges.

One of the very first fundamentals that we teach the kids is the ability to carve a turn. In order

for that to happen the kids must feel a firm platform underneath their foot. It is from that sensation of a solid platform that they roll their ankles side to side to initiate the carving of the ski. We teach them that their heel follows the exact same line as their toes. The heel does not push out the side - that is called stopping! When the edges of the skis are not sharp the heel naturally wants to drift out to the side and it will no longer be following the toes, at best it becomes a controlled skid. This can become intensely frustrating for the athletes, because no matter what they do they are fighting the equipment.

The harder the snow is the faster the skis edges become dull. This means if you are only having your kids' skis tuned once a month, they are fighting their equipment. Given the conditions that we are skiing on, which often resembles concrete, the kids' skis should be tuned at minimum once a week, minimum.

Taking them into a shop once a week is just not feasible; nor recommended. Simply learning how to sharpen the edges and then maintaining the sharp edges with a diamond stone after each training session is all that is basically required between sessions. This will go a long way alleviate a tremendous amount of frustration for your athlete. The skis do not have to be waxed after every session, but should be done once a week to keep the base saturated with wax.

Teach your kids how to tune their skis and in no time they will be tuning them on their own as part of their preparation for training. By the age of 11-12, racers should be able to tune and wax their own skis.

One thing to keep in mind, when you do take the kids' skis into a shop for a base grind (or full servicing) it is the shop's policy to turn the bindings down. It is very important that you turn the bindings back up to where they were before your athlete skis on them.

- (b) Minimum and Recommended tools
 - (i) Ski vices (these are very expensive but they will last forever and can be sold)
 - (ii) Elastic bands or break retention device
 - (iii) Ski brush (nylon and horse hair - sometimes brass)
 - (iv) File card (or wire brush to remove filings)
 - (v) 6-10" metal files (mill bastard 2nd cut)
 - (vi) 89-87 degree side file guides (0.5-1.5 degree base bevel & 89-87 degree side bevel)
 - (vii) Soft or "Gummy" stone
 - (viii) Diamond stone (medium to fine)
 - (ix) Quality Alpine ski hot wax (variety of snow temps).
 - (x) Waxing Iron.
 - (xi) Plastic Scraper.
 - (xii) Tool box to hold
 - (xiii) Portable workbench or table to mount vices
 - (xiv) Many other tools are available but are generally not necessary, use your discretion.

- (c) Everything should be put into a toolbox big enough to add more equipment as tuning skills develop. Training is available in the early season on ski tuning. Pacesetter will hold training sessions which are highly recommended to attend and at which special equipment and product pricing is available. Tuning is best done in a heated area so we recommend you establish a tuning area in your basement or heated garage.

6) Expectations We Have of the Coaching Staff

- a) Sunridge Ski Club believes that its success and reputation is built upon the principles of quality ski coaching and ethical conduct of our employees, parents, racers and volunteers. We strive for the highest standards of conduct and personal integrity. Coaching conduct is based on good judgement and high ethical principles.

Any situation that presents an ethical dilemma will be presented to the Alpine Chair for discussion. It is the responsibility of the coaching staff to ensure their conduct falls within the code of conduct guidelines as outlined by Alpine Canada. Disregard for these standards could lead to disciplinary action, up to and including termination of employment.

- b) Protocol for Handling Coach/Athlete Concerns
 - i) Parents with questions or concerns regarding coaching or programming must direct their questions to the applicable Program Coordinator. If not resolved at that level, the Program Coordinator will forward to the Alpine Chair for consideration. Parents must NOT direct concerns or complaints directly to coaches.
- c) Training Groups
 - i) Training groups are set collaboratively between the applicable program coaches, senior coaches, and Alpine Chair. They are set to maximize the efficiency and efficacy of training for the athletes grouped. These groups may and will change throughout the year. Groups are not specifically set by age, perceived ability nor race times; they are set more so by the specific skill training need. Large cohorts will then be somewhat randomized. We also prefer to have no more than a 3 year gap between the oldest and youngest members of a training group. A well-coached group will challenge all participants and advance their development. Our athletes have much opportunity to fraternize on and off hill so your child should not be concerned if they are not currently training with their specific friend.
- d) Coach Assignments:
 - i) We believe it is important and beneficial for athletes to be able to be coached by different coaches throughout the year. High level teams like the Alberta Ski Team have 2-3 coaches working with each athlete. While there will be some consistency applied, our coaches are in communication with each other and they see all the athletes throughout the year. There will be times that one specific coach will handle the team at a certain event and that may not be your athlete's regular coach but they will be prepared to handle your athlete.
- e) Evaluations
 - i) The coaching staff will perform and document evaluations of your athlete at intervals and formats as decided by the Alpine Chair and senior coaches. We do subscribe to the Snow Stars program. More information on Snow Stars is available through their website: snowstars.ca/
 - (1) Entry into certain events will be limited to athletes of certain Snowstars levels at the coaches' discretion.
- f) Training Format
 - i) Training sessions are planned by our coaches based on their assessment of need of their athletes and as part of a long range development plan. Training sessions are planned using resources made available to our coaches through their Alpine Canada training and also via resources that the Club and senior coaches make available to them.
 - (1) Gate training is only one part of overall training and race preparation. Gates are a test of fundamental skill acquired during technical free ski, not necessarily where those skills are acquired. Parents should not fret if they don't think there is enough gate training.

7) Typical Training Day

- a) Sunridge
 - i) Typical Schedule
 - (1) Tuesdays and Thursdays (6-8 pm), Saturdays (9:30-12:30)
 - ii) Notes:
 - (1) Please arrive on time for your Racer to be outside in front of the lodge ready to ski by the scheduled start time.
 - (2) Frequency of breaks will be dictated by the weather.
 - (3) If there is a train blocking the entrance from 17th St for an inordinate amount of time (more than 15 mins), please call CN Rail Hotline at 1-800-465-9239 select Option 2, and mention "Strathcona Science Park" Crossing being blocked.
 - (4) Please pack a snack and water in your racer's boot bag for break times.
 - (5) Ensure that they are prepared for the weather.
- b) Mountain
 - i) Typical Schedule (Jasper)

8:00AM - Depart Hotel
 8:20AM - Arrive at Marmot Basin Ski Area Parking
 - Store bags at "lower daylodge".
 8:50AM - Meet outside lower daylodge w/ lift ticket purchased and ready to ski.
 9:00AM - Morning technical freeski training session.
 11:30AM - Lunch break at the lower daylodge (Bring bag lunch or money for the cafeteria)
 12:15PM - Meet outside of daylodge ready to ski.
 Afternoon technical freeski training session.
 2:00PM - 15 Minute break @ the daylodge
 U6 - End of session if the athletes are fatigued and cannot continue
 2:15PM - Meet outside of daylodge ready to ski.
 3:30PM - Meet parents at daylodge and prepare for departure.
 (Personal free ski from the end of training till ski area close with approval of each racer's parent)

ii) Notes

- (1) Please arrive on time for your Racer to be outside in front of the lodge ready to ski by the scheduled start time.
- (2) Frequency of breaks will be dictated by the weather.
- (3) Please pack a snack and lunch (with water) in your racer's boot bag for break times.
- (4) Ensure that they are prepared for the weather.
- (5) U12 and under groups will utilize Lodge Parent system explained above.
- (6) A parent or other designate must remain at the hill and be contactable by the Lodge Parent although they may ski for the day. A parent or designate should plan to meet your racer in the lodge for lunch break.
- (7) Pre-purchasing lift tickets makes a mountain morning go much smoother.
- (8) If purchasing lift tickets utilizing the Sunridge Season Pass discount. The actual pass card is required to be presented at the window.
- (9) Groups should stay together in the daylodge so as not to have racers separated from the group.
- (10) Lunch breaks will be either 45 mins or 1 hour depending on the day.

8) Race Days

a) What to expect and tips for race days:

- i) You will receive and email prior to an upcoming race asking if you will NOT be attending. Otherwise, the Club will enter your child in the races per their program. Please respond to their inquiry promptly so they can generate the entry for our club and send it to the race administrator before the entry deadline. Your prompt response will ensure that we avoid wasted expenses and confusion.
- ii) Ensure that you arrive for race day with tuned and waxed skis.
- iii) Please arrive on time and meet up with your coach in the daylodge the morning of the race.
- iv) Before the race starts your athlete will receive their bib, and lift ticket. Treat these items like gold. Do not lose them. You need to attach your lift ticket on a piece of clothing that your athlete will be wearing all day. The number on their bib indicates when they will race, and without their bib they cannot race.
- v) The awards ceremony for the day is usually 1 hour after completion of the race and teardown. Please attend and support your teammates.
- vi) Support the team and make it fun! Encourage your racer to meet their personal goals and not to worry about others. For those of you that have been around for a few years this is regular routine. For new members this is completely uncharted waters for them.
- vii) Please do not fixate on the results of your athlete or pressure other parents to discuss theirs. Be mindful not to overtly discuss raceday results within earshot of the kids.

b) Typical Schedule

- i) Typical Nancy Greene Race Day Schedule (Dual Course Slalom with Flag Event in PM):
 - (1) 7:00 Coaches' Bib pick-up & coaches meeting
 - (2) 7:45 – 8:15 Volunteer Check-in

- (3) 8:00 Racers should be at the hill ready to ski – collect bib from coaches
- (4) 8:30 Course Inspection
- (5) 9:15 Course Closed – officials and gatekeepers in place
- (6) 9:25 Forerunners
- (7) 9:30 First Racer – Run 1
- (8) 11:30 Course closed – Finish Run 1
- (9) 11:45 Officials and gatekeepers in place
- (10) 11:50 Forerunners
- (11) 12:00 First Racer – Run 2
- (12) 1:45 Course closed and Teardown (Racers are expected to help, even Nancy Greeners)
- (13) 2:00 Run 3 – Untimed Dual Race – Team Event
- (14) 3:30 Teardown
- (15) 4:00 Award presentations

Note: Times above are “estimated” and are based on a “typical” race day schedule. You will receive a race schedule the week leading up to the race but check with your Coordinator or other parents the morning of the race for final schedule details as the race may advance faster or slower depending on the size of the field of competitors and snow conditions.

Schedules for race day will vary depending on the venue and are subject to change with very little or no notice.

Race days can be hectic with varying schedules. Your racer must stay in close contact with their coach during break times to ensure the day runs smoothly. There is not necessarily a designated “lunch break” on race days but a series of short breaks,

- ii) Nancy Greene Race formats:
 - (1) Typically races are 2 run races – AM run and PM run. They can be two separate races or the 2 runs can be combined to calculate results.
 - (2) Some cases races are dual format. – Two exact courses set side by side that 2 racers compete against each other.
 - (3) Most cases the racers’ runs will be timed and does not matter if they win the dual or not. Some cases the athletes are not paired with equal ability. Duals are usually to provide as many race runs as possible in as short of time as possible.
- c) Please see the complete guide “The Rules of Alpine Ski Racing - What competitors need to know” in the download section of our website.
- d) Race Volunteering
 - i) Sunridge Hosted Race
 - (1) Sunridge usually hosts 1 race weekend during a typical season: a race in early February which will be a 2 day race event. The organization of this race takes the committed effort of all parents. For those new to ski racing, it can be quite overwhelming and intimidating. However, rest assured that it does not take a long time to understand ski race organization. Taking officials courses can help tremendously and as such all new parents are expected to take at least their Level 1 course. See below for more information on officials’ courses.
 - (2) For our hosted race, our Race Organizing Committee and volunteers are responsible for the primary setup (netting, start, finish etc.) and organization of the race but on race day, volunteers from other clubs will participate in many roles as discussed below. Primary course setup generally takes place in the week leading up to the race.
 - ii) Non-Sunridge Hosted Races
 - (1) Conversely, when we go to races hosted by other clubs, we are expected to fill several race day roles not not generally ROC roles.
 - iii) Jasper Junior Olympics
 - (1) JJO is a race that is its own legal entity and is operated cooperatively by the North Zone Clubs.
 - (2) Sunridge will supply some volunteers to the ROC for this event as well as race day volunteers.
 - (3) Other races in older age groups may also be jointly hosted between clubs.

iv) Race Day Roles

- (1) All the races hosted by ski clubs across Alberta and BC are put on by parent volunteers. Thus if you have a child who is racing, you will be expected to help out in some capacity. If you have two children racing in the same race, your volunteer obligations for that race increase accordingly. This is a fun way to meet other parents and to watch your child perform while keeping busy with your peers. A number of volunteer positions [both on and off the hill] are available that best suit your interests and abilities. The volunteer coordinator will help match your talents and availability with the club expectations and in so doing will track your volunteering to ensure that all members are contributing equitably.
- (2) Course Crew
 - (a) Under the direction of the chief of course, the course crew is responsible for the preparation of the course and its maintenance throughout the race. This requires being responsible for the course marking, including direction marking and marking pole positions as well as providing the course setter with assistance and all the necessary equipment in order to be productive. The course crew also takes care of the preparation of the start and finish areas and makes sure that the course is well prepared and maintained while the race is underway. Some members of the course crew are positioned in key places along the course and use rakes and shovels to ensure that the course is kept in a good condition. Other members of the course crew are positioned at the top of the course and used to run equipment down to places where it may be required during the race. Yet other members of the course crew may act as slippers in which they side-slip the course to minimize the ruts and berms.
- (3) Gate Judges
 - (a) A gate judge is responsible for judging the passage of each competitor through the gates and deciding whether the passage is correct. Gate judges must have completed their Level 1 Official's course so they are aware of the rules concerning correct passage. Gate judges are assigned a certain number of gates to watch by the chief of gates. They stand to the side of the course and watch each competitor pass through their designated gates. If a competitor does not have the correct passage through the gates the gate judge marks this down on a gate judge card.
- (4) Start Crew
 - (a) The start area is overseen by the start referee [who must be a Level 2 Official]. Volunteer positions at the start include the starter, assistant starter(s), and two manual timers. The starter wears a headset and is in communication with timing. The race is started on the signal from the starter. The assistant starter organizes the racers according to their start order. The manual timers work in pairs using a stopwatch and a recording sheet to record a manual time at which each racer starts. This forms a backup time for all the electronic timing system. The assistant starter and manual timers are appropriate volunteer positions for inexperienced volunteers.
- (5) Finish Crew
 - (a) The finish area is overseen by the finish referee. The finish crew consists of the finish spotter, two manual timers, scoreboard, and bib collector. The finish spotter has a headset and informs timing of the bib number of races as they cross the finish line. The manual timers, as with start manual timers, work in pairs using a stopwatch and a recording sheet to record a manual time at which each racer finishes. The volunteer on scoreboard has either a headset connected to timing or can visually see an electronic scoreboard on which times are displayed. He or she manually records these times on the scoreboard so the racers can quickly see their times. The bib collector collects the bibs from racers after their final race. The finish spotter, two manual timers, scoreboard, and bib collector are appropriate volunteer positions for inexperienced volunteers.
- (6) Timing Crew
 - (a) Under the supervision of the Chief of Timing, the timing crew is responsible for the electronic timing systems of the race. There are usually two independent electronic timing systems. Each requires two pairs of wire to be in place from the start to the finish to carry both the timing signal and communications between the areas; the start wand, finish beam, and a timing unit to receive and process the start and finish signals. Regardless of how the system is set up, the principles of timing are the same. The starter gives the start signal. When the racer opens the start wand, the circuit is broken and the start signal is sent to the timing machine. When the racer breaks the

light beam at the finish the circuit is again broken and the finish signal is sent to the machine, which calculates the elapsed time of the racer and prints it out. Members of the timing crew work together as a team to ensure the systems are in place and functioning correctly. Any volunteers with electrical know how would be welcomed as part of this team.

(7) Race Office [off- hill position]

(a) Overseen by the Chief of Administration, also known as the Race Secretary, the Race Office takes care of the considerable amount of paperwork that a race inevitably requires. This includes sending the race notice, taking minutes at all race committee meetings, Jury meetings and Team Captain's meetings, handling all correspondence, receiving all entries and race entry fees, preparing the draw cards, preparing start lists, distributing and collecting bibs as well as giving out information. The Race Office is also responsible for the preparation and the distribution of the results. The Race Office is an appropriate place for volunteers who do not wish to be outside for the duration of the race and have excellent organizational and administrative skills.

(8) Food and socials [off- hill position]

(a) All volunteers are supplied with a lunch. Thus volunteers are needed to prepare these lunches ahead of time. In addition, most races include a social function to thank all the volunteers. Volunteers are needed to help organize the socials. This is a great volunteer position for individuals who do not wish to be or cannot be on the hill and perhaps have other commitments such as younger children

v) Race Officials

(1) The National Alpine Officials' program is a structured and integrated program involving four levels of Officials. It is administered by the Alpine Canada Alpin (ACA) National Officials Committee, which includes Officials Chairpersons from the Provincial Sports Organization (PSO) level. Given the requirement of parents to help organize WMSC races, all parents are expected to complete their Level One Officials Course. The course is organized at the start of the season and can be completed in just three hours.

Level One is a basic course prepared for race volunteers with little or no experience as alpine race officials. The goal is simple: To inform you about alpine ski racing. The different types of race events will be explained, how they are organized, the required personnel to run a race and the roles and duties of those involved. You will receive information on timing and learn the responsibilities of the Gate Judge. You will see examples illustrating diverse situations. The main objective is to allow all Level One Officials to better understand the fundamental aspects of alpine ski racing. All sports are regulated by a set of rules, and alpine skiing is no exception. However, during this course, only the necessary rules of this level will be presented, and in an informal manner.

The Level Two course is a detailed introduction to alpine ski racing and the roles and duties of various Officials positions. It is a fairly intensive course that does not repeat the material covered in Level One and does require some prior knowledge and experience in order that the material covered is absorbed to the best advantage. It takes 8 hours and includes a one-hour exam. On completion of the Level Two course, participants assume leadership positions within races, such as Chief of Course, Start Referee or Chief of Administration.

The Level Three course is an interactive one in which there is emphasis on discussion and exchange of ideas, opinions, and experiences by the participants and the instructor(s). The course is designed for Officials with considerable practical experience. It covers rules to particular disciplines as well as the work and duties of the Jury and Technical Delegate in detail. Also covered are the duties of senior Officials, course preparation, maintenance and setting, as well as calculations of points and penalties. Throughout the course, participants take part in many case studies taken from actual experiences and will be asked to make decisions on these as well as participating in Jury decisions. It takes 12 hours and includes a two hour open book exam.

In order to become a Level Four Official, it is necessary to be recommended to the National Officials Committee by the PSO (Provincial Sports Organization) Officials Chair. Level Four Officials are the most experienced Officials, having showed a superior level of ability.

- vi) The Do's and Don'ts of Being a Race Volunteer
 - (1) Most parents find volunteering for a race to be a fun and rewarding experience. However we ask that you respect the following guidelines:
 - (a) Dress for the weather. Take a warm coat, winter boots, mitts and a hat with you. You could be standing outside longer than you might think. Lunches and hot drinks are usually given out to volunteers throughout the day. Consider bringing a piece of carpet to stand on.
 - (b) If you are volunteering on hill, make sure your child knows where their lunch and bag is as you may not be able to meet them in the lodge on their breaks. Or, ask another team parent to help your child with snacks and equipment.
 - (c) If both parents cannot volunteer all day because of other obligations, even portions of the day will be appreciated.
 - (d) If you have volunteered for a position please ensure you show up. Many people are relying on you to be there. If an emergency arises and you're not able to make it please contact your crew chief [you will be given their phone number ahead of time] as soon as possible.
 - (e) If you want to see your child race, consider being a course worker or gate keeper. That way you will be right on the course when your athlete races.
 - (f) Do not slip the course just before your athlete races and then disappear. While there is nothing wrong with slipping just before your child so you can meet them at the bottom of the course, please be aware that other racers are depending on you to return to the start to the course as soon as possible.
 - (g) If you are volunteering in the start area, please let the coaches do their job and manage the athletes. Parents often do more harm than good at the start of a race, despite their best intentions.
 - (h) If you do not know what to do, just ask a more experienced parent. No one has any expectations that you be perfect.
 - (i) Do not worry about carrying clothing [pants and jacket] down to the bottom of the course for the racers. The boys and girls ski at different times and usually perform this role for each other.
 - (j) Please avoid using your cell phone during the race. It can be distracting for the racers and other volunteers.

9) Changes to Race / Training Schedules

- a) Sunridge Ski Club Cold Weather Policies:
 - i) Sunridge Training:
 - (1) U6/U8:
 - (a) Weekdays: If the forecast temperature at the start of training is -20C or lower and/or the wind chill factor is predicted to be -27C or lower, training will be cancelled by 2:00 PM of that training day. Communication will be via website notification and email. Responsibility for cancellation is with the respective Program Coordinators.
 - (b) Weekends (Saturday): If the forecast temperature at the start of training is -25C or lower or the wind chill factor is -30C or lower, training will be cancelled by 5:00pm, Friday. Communication will be via website notification and email. Responsibility for cancellation is with the respective Program Coordinators. If conditions deteriorate overnight versus the forecast, cancellation may happen Saturday morning.
 - (i) Occasionally we may declare a delayed start to Saturday Training.
 - (2) U10/U12/U14/U16/U19
 - (a) If the Ski Area is open, training will likely proceed. These athletes are more able to safely monitor their coldness.
 - (3) Cancellations may also occur due to dangerous road conditions i.e. freezing rain or heavy snowfall.
 - ii) Races:
 - (1) Responsibility for cancellation or amendment to Race schedules (local or mountain) lies with the applicable ROC (Race Organizing Committee). Changes will be communicated via email as soon as the Club receives notice from the ROC.
 - iii) Mountain Training or Race Events:

- (1) Mountain events will run regardless of weather, so long as the venue is open. No refund of fees or program costs will be available for members who do not participate due to inclement weather.
- b) There are no makeup days available for training or events cancelled due to weather. We budget for a number of cancelled dates when setting fees.
- c) There will be neither refunds nor extra charges for changes in the Sunridge training schedule due to early or late start in November/December or early or late finish in February/March due to snow conditions or hill availability.
- d) Guidelines for Parents With Athletic Children
 - i) Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
 - ii) Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
 - iii) Be helpful but don't coach them on the way to the hill or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
 - iv) Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, for having fun.
 - v) Try not to re-live your athletic life through your children in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure them because of your lost pride.
 - vi) Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within hearing distance.
 - vii) Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.
 - viii) Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky in this."

10) Season Pass Availability and Discounts

- a) Sunridge Season Pass
 - i) Sunridge Ski Area Season pass is necessary for your racer for the season and is NOT included in your registration fees. It must be purchased separately. There are often discounts available early in the summer season. Season passes at Sunridge entitle you to unlimited and unrestricted use of the lifts and hills at Sunridge (except snowtubing). The season pass deals at other ski areas that are commonly arranged are listed below. Blackout dates and other restrictions at each ski vary and may apply. Please check with the individual ski areas before heading there to make sure the discount is available at the time of your ski trip. These discounts only apply when Sunridge Ski Area is open for the season.
 - (1) 20% off lift tickets at Marmot Basin (except during Jasper in January).
 - (2) 20% off lift tickets at Lake Louise
 - (3) \$15 off lift tickets at Kimberley , Fernie and Kicking Horse (\$5 for children age 6-12)
 - (4) \$8 off lift tickets at and Nakiska (\$5 for children age 6-12)
 - (5) 25% off lift tickets at Big White, Kelowna
 - (6) 25% off lift tickets at Silver Star, Vernon
 - (7) 25% off lift tickets at Nitehawk Recreation Area
 - (8) 25% off lift tickets at Snow Valley
 - (9) 25% off lift tickets at Rabbit Hill
 - (10) 25% off lift tickets at Edmonton Ski Club
- b) Mountain Lift Tickets

- i) Mountain lift tickets are the responsibility of the parent.
- ii) Review your proposed schedule for your program and plan your lift tickets accordingly, there are several discount programs available for adults and children. Some examples are:
 - (1) Costco Tickets
 - (2) AMA tickets
 - (3) Sunshine/Marmot Cards
 - (4) Grade 2 Snow pass
 - (5) Grade 4 ski free days
 - (6) Airmiles offers
- iii) Investigate these options and discuss with other Club members.
- iv) NOTE: venues may change unexpectedly for a variety of reasons. The Club is NOT responsible for reimbursement if you have pre-purchased lift tickets and the ski venue changes for an event. Pre-buy tickets at your own risk.

11) Glossary and Ski Term Definitions

Snow Condition Terms:

Snow Condition Term	Definition
Powder	Light, fluffy snow, found during and immediately after snowfall.
Packed Powder	Packed powder is compressed powder that is formed after the snow is groomed. Whereas hard pack (see below) is extremely dense and hard to ski on, packed powder is slightly less dense and able to support skis without sinking. This makes it very easy and fun to ski on.
Chowder	Chopped up powder. Powder that has fallen in the prior few days and remains light and fluffy but has been skied or tracked up.
Crud	Once powder snow settles and becomes tracked up by skiers and snowboarders it firms or freezes into texture that is challenging and usually undesirable. Crud may contain “chicken heads”, balls of frozen snow.
Groomed or corduroy	Snow that has been tilled by a grooming machine. This snow condition is favored by beginners and the majority of recreational skiers, in that it tends to be relatively forgiving, easy to turn upon, and requires less skill to negotiate than powder snow. The name comes from the look of the snow after it is groomed, as it looks like corduroy fabric.
Granular snow	Snow with large crystals, i.e. small pellets. Depending on sun and temperature conditions, it may be wet granular snow — meaning that there is a considerable amount of unfrozen water in it, or loose granular snow, which has no unfrozen water. Wet granular snow will form a snowball; loose granular snow will not. Wet granular conditions are often found in the springtime. Loose granular conditions are generally produced when wet granular snow has re-frozen and then been broken up by snow grooming apparatus.
Corn snow	The result of repeated daily thaws and nightly re-freezing of the surface. Because of the

Snow Condition Term	Definition
	thaw-refreeze cycle, snow crystal shapes change over time, producing crystal shapes somewhat akin to wet granular, but larger. True corn snow is a delight to ski or ride once it softens in the afternoons.
Ice Cookies/Snow Snakes	Similar to corn snow but much larger. Snow has melted, re-frozen, and been “skied out”, creating hard snowballs of ice- sometimes as big as tennis balls. Skiing in these conditions can be tricky and sometimes dangerous.
Slush	When the sun heats the snow and causes it to become very wet and very heavy. Skiing in these conditions can be difficult.
Ice/Hard-Pack	Skiers typically regard any snow condition that is very hard as “ice”. In fact, true ice conditions are comparatively rare. Much of what is perceived to be ice is actually a frozen granular condition — wet granular snow that has refrozen to form a very dense surface. Telling the difference is comparatively easy; if one can get a ski pole to stand up in it, the surface is likely to be more of a frozen granular surface than an icy one — and while it is certainly not as enjoyable as many other snow conditions, skilled skiers can successfully negotiate it. In fact, ice is a preferred condition among racers, in that the surface tends to be quite fast and race course conditions tend to remain more consistent during the race, with fewer ruts developing on the course. Another form of icy condition can be found at higher elevation resorts in the Rocky Mountains and in Europe; direct sunlight can melt the top layers of snow crystals and subsequent freezing produces a very shiny, slick surface.
Crust	A crust condition exists when soft snow is covered by a harder upper layer upon the surface. This crust can be created by freezing rain (precipitation formed in warmer upper levels of the atmosphere, falling into a temperature inversion at which surface temperatures are below freezing, and freezing on contact with the ground), by direct sunlight, and by wind loading which packs down the upper layers of the snowpack but leaves lower layers more or less unaffected. Crusts are extremely challenging conditions.
Dust on crust	A trace of new snow on top of crust. Undesirable.
Spring conditions	A catch-all term ski areas use to describe conditions when numerous different surface types can be found on the mountain — usually in the later part of the season, although the term is sometimes used during an extended midwinter thaw. The term also generally reflects the presence of bare spots and/or areas of thin cover. With spring conditions, the snow is usually firm in early morning, breaking a softer corn or wet granular surface mid-day, and is often very soft and mushy in afternoon (many skiers refer to this type of snow condition as “mashed potatoes”, due to its heaviness). The speed with which conditions change on a given spring day is directly related to the exposure of the slope relative to the sun. In the northern hemisphere, east- and south-facing slopes tend to soften first; west-facing slopes generally soften by mid-day. North-facing slopes may hold on to their overnight snow conditions throughout the day.
Windblown	A type of snow that forms when powder isn’t skied on for a long period of time. It is

Snow Condition Term	Definition
	essentially powder past its expiration date. The consistency is that of a thick and “sticky” powder, that provides lots of resistance; it often is covered by a crust of hard packed snow. It is prone to happening in large, open areas where there is little shelter from the wind. Its appearance often fools inexperienced skiers to believe it is fresh powder.
Variable	“Variable” simply means that all types can be on the mountain, ranging from hard pack to crud. It is usually a secondary classification.

RACE TERMS

Race Term	Definition
Across the fall line	Gates set across the fall line require the skis to complete the turn perpendicular to the fall line (or close to it). Angulation - The body’s action to edge the ski and to balance on the edged ski.
Carving	Cleanly edging the ski without skidding.
Closed Gate	A pair of poles between which the racer must pass, set vertically down the hill.
Countering	The dynamic balancing of the upper body to the pressures built up in the turn by edging and pressure. In a countered position the shoulders are level and the upper body is directed downhill over the outside ski. aiming toward the outside of the turn.
Downhill Ski	The ski that is down the hill from the other in the turn. The ski that will be downhill at a turn completion. Also called outside ski. The ski farthest away from the gate.
Edge Angle	The degree to which the ski is edged in the snow
Edging	The action of the skier placing the ski on edge to allow the skis to turn.
Fall Line	The line down a slope that gravity would follow. Picture it as the imaginary line a snowball would travel if rolling down the slope.
Fall Line Turns	Turns requiring little direction change, where the skis mostly remain in the fall line.
Breakaway Gate	A pole that is hinged at the snow line so that it bends out of the way when hit by a racer. Also called flex gate.
Fore-Aft Balance	Forward-and-back balance.
Gate	Pairs of poles through which skis and boots must pass.
Hip Angulation	Edging the ski by moving the hips to the inside of a turn.
Independent Leg Action	Moving easily from ski to ski.
Initiation Phase	Phase of the turn where the skis begin to be steered into the turn.
Inside Ski	Ski closest to the center of the turn.
Knee Angulation	Edging the ski by moving the knees in the direction the skier wants to turn.
Lateral Balance	Side-to-side balance.
Line	Path a race takes through the racecourse; where to ski in the course.
Line Markers	Small, unobtrusive, but visible flags used to point out the line.
Open Gate	Pair of poles between which the skier must pass, set horizontally across the hill.
Outside Pole	Used with the turning pole in a gate to help mark the imaginary line - the racer must cross.
Panel	Wide flag tied to two poles, pairs of which form gates for giant slalom, super-g, and downhill.
Pole Plant	Touch of a ski pole to the snow between turns; serves to signal the beginning of the next.

Race Term	Definition
Pressure Control	Actively adjusting weight distribution for powerful turns.
Rhythm	Tempo of turns, usually a repetitive beat.
Rotation	Turning of the body to turn the skis in the same direction.
Speed Elements	Skills tested in the speed events.
Steering	Guiding the skis into the turn by a twisting action of the lower legs in the direction of the turn. Used with edging in advanced levels.
Stubby Gates	Flex gates with 2 ft. shafts used to introduce slalom.
Tactics	Strategy of where and when to turn in a race course.
Technique	Basic skiing skills.
Timing	When to turn in a race course to maintain momentum while racing.
Traverse	Skiing straight across the hill from one side of a slope to the other.
Tuck	A Low, aerodynamic position on skis.
Vertical Combinations	Hairpins and flushes in a slalom course.
Vertical Drop	Change in elevation from one point to another (usually start to finish).
Weight Distribution	Where the skier's weight falls on the skis.
Weight Transfer	Shifting the skier's weight from one ski to the other.

12) Useful Website Links

- a) Alberta Alpine <http://www.albertaalpine.ca/>
- b) Alpine Canada Training Aids <http://www.alpinecanada.org/>
- c) Sunridge Ski Team Web <http://www.sunridgeskiteam.com/>
- d) Sunridge Ski Team Facebook <https://www.facebook.com/pages/Sunridge-Ski-Team/174787672691736>
- e) Sunridge Ski Team Twitter <https://twitter.com/sunridgeskiteam>
- f) ACA Points <http://acapoints.ca/>
- g) Live Timing <http://live-timing.com/>
- h) Pacesetter Ski <http://www.pacesettersb.com/>
- i) Edmonton Ski & Snowboard Show <http://powderfest.com/>
- j) Sunridge Ski Area Facebook <https://www.facebook.com/SunridgeSkiArea>
- k) Sunridge Ski Area Twitter <https://twitter.com/sunridgeskiarea>