



ELITE ALPINE
SKI CROSS
ONTARIO



TEAM HANDBOOK

Developing lifelong skiers and creating everlasting memories.

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Who We Are

Elite Alpine Ski Cross (EASX)

Elite Alpine SX is the first Ski Cross/Alpine Racing Team in Northern Ontario, and is based out of North Bay. EASX is a part of the Northern Ontario Division and members of Alpine Ontario, the governing body for alpine ski racing in Ontario.

EASX is a not-for-profit organization ran by the most experienced, high levelled coaches within the region who continually strive to provide the very best quality training for the athletes, focusing on athlete development in ALL disciplines of alpine ski racing which includes: Ski Cross, Super G, Giant Slalom (GS), Slalom (SL) and free-ski techniques.

To ensure the best possible experience for all of athletes, programs are athlete driven. Your expectations will be consistently exceeded.

Alpine Ontario Alpin (AOA)

ALPINE ONTARIO ALPIN (AOA) Alpine Ontario Alpin is a not-for-profit provincial sport organization responsible for compliance and regulations in Alpine ski racing, Para-alpine racing and Ski Cross racing as stipulated by its governing bodies Alpine Canada Alpin (ACA) and The Fédération Internationale de Ski (FIS) based in Switzerland. This organization runs the Ontario race program, finds sponsors, officially administers the provincial race program, maintains a web site, establishes the provincial racing rules and schedules, etc. The web site address is: <http://www.alpineontario.ca/>

Elite Alpine SX Board of Directors

EASX is governed by a Board of Director's, which are volunteers who manage the affairs and business of the club. In accordance with EASX's By-Laws, the Board of Directors is composed of the following roles:

- President
- Vice-President
- Treasurer
- Secretary
- Directors

Directors names and contact information will be provided each year. Athletes and/or parents are welcome to reach out to any Director with questions, concerns, or feedback.

Programs

Our programs will teach and train athletes of all ages to be amazing, all-around, GREAT skiers in all conditions and on all runs.

ALL training programs will challenge athletes at their own pace, allowing athletes to reach their full potential.

Youth training programs will include:

- ✓ Ski Cross basic fundamental skills and techniques
- ✓ Alpine race skiing techniques
- ✓ GS gate training
- ✓ SL gate training
- ✓ Speed training
- ✓ Free ski carving techniques and drills
- ✓ Jumping and rollers
- ✓ Bump training
- ✓ Video review
- ✓ Dry-land training and exercises
- ✓ Team bonding/outings (dinners, bowling, movies, etc.)
- ✓ and much more.

ALL of our programs offers the very best licensed, certified coaching, more days on snow, and a wider variety of training at the best rates.

U6/U8/U10/U12 Elite Program

Price \$750 including NOD fees (**Early Bird Price \$710** if paid before October 9, 2023 at 11:59 pm)

January 2024 - March 2024 (10 weeks min.- if weather permits)

Saturdays and Sundays 9:00 am - 3:00 pm

Bonus session - Thursday nights 5:00 pm to 8:00 pm

Providing 25+ full days on snow plus, Christmas Break Camp and a March Break Camp (weather permitting)

U14/U16/U18 Elite Program

Price \$1,350 including NOD fees (**Early Bird Price \$1,310** if paid before October 9, 2023 at 11:59 pm)

This program begins in December 2023, as soon as the snow hits the ground!

This program will run until April 1, 2024.(any athletes who advance beyond April 1 will still have coaching)

Wednesday and Thursday nights 5:00 pm - 8:00 pm

Scheduled Friday afternoons 12:00 pm - 4:00 pm

Saturday and Sundays 9:00 am - 3:00 pm

Christmas Break Camp and March Break Camp included (weather permitting)

U14/U16/U18 Elite Program Part-Time and Trial Programs

Please inquire for pricing.

One day intro programs, trial programs, and part-time programs are also available if needed due to multi-sports athletes, other commitments or availability. If this is something that interests you, please inquire for more information.

U21/FIS Elite Program

Please inquire for pricing. We tailor to suit each athlete (school, travel etc...) We have the first and only FIS SX team in the province of Ontario, and the first FIS team in NOD in over 10 years.

FIS Athletes will have coaching for all O Cup SX races, Ontario FIS series SX and any Alpine races that Elite Alpine SX attends. Other races will be discussed.

Adult Elite Program

Price \$200 (Parents with an athlete/s in the program receive a discount.)

This ever-so-popular program allows adults of all ages to improve on their carving techniques, and overall skiing skills and abilities. This program allows adults to ski at their own pace in a very FUN and SOCIAL environment. Sessions till snow is gone!

Sunday Mornings - 9:00 am to 12:00 pm

Important Administrative Matters

In addition to paying your Elite Alpine SX Program fees, you will need to:

- Register through SnowReg for your EASX Program and Alpine Ontario
- Purchase lift tickets or a season's pass at Laurentian Ski Resort
- Purchase a Terrain Park Pass at Laurentian Ski Resort

Refund Policy

Conditions

Program offerings are subject to enrolment. Elite Alpine SX reserves the right to combine programs as required. Program days should be considered guidelines as skiing is an outdoor sport and weather may impede Elite Alpine SX's ability to meet allotted program days.

General Refund Policy

General refunds will only be considered up to and including the program start date or December 1, whichever comes first. Alpine Ontario registration, Northern Ontario Division, FIS registration, National Card fees cannot be refunded as these are paid to third parties.

Injured Athlete Refund Policy

Refunds will only be offered in the case of athlete injury in which the participant is unable to continue in the program. A doctor's certificate/note is required. The refund credit is determined according to the following:

- Injury before Dec 20th: 75%
- Injury before Jan 15th: 50%

Refunds for all other situations are at the sole discretion of the Elite Alpine SX Board of Directors.

Equipment Requirements

Not sure what equipment your athlete needs? Here is what Alpine Ontario suggests:

2020/21 AOA Equipment Reference Sheet												
U8-U10	Slalom											Recommended: 1 Pair - Wood Core Kombi
	Giant Slalom											
	Kombi											
	Dual											
U12	Slalom											Recommended: 1 - 2 Pairs
	Giant Slalom											
	Kombi											
	Dual											
U14	Slalom											Recommended: 1 Pair - SL, 1 Pair - GS
	Giant Slalom											
	Super-G											
	Dual											
U16	Slalom											Recommended: 2 Pairs - SL, 1 Pair - GS, 1 Pair - SG
	Giant Slalom											
	Super-G											
	Dual											

Legend				
	Permitted	Recommended	Mandatory	Not Permitted

The Role of the Parent

Parents are responsible for getting their athletes to the hill on time for training and races. Families do car-pool athletes to share travel commitments, but ultimately you are responsible for your own athlete. During those car rides home from training and race events parents play an important part of the athletes' enjoyment of the sport by:

- Pointing out something good that your child did and good behaviour they exhibited in training/race
- Avoid criticizing or correcting mistakes
- Ask questions like:
 - ❖ Did you have fun?
 - ❖ Did you give it your best effort?
 - ❖ What did you learn from the training or race?
- What was your best moment and how did it make you feel?

We all need to work together to create a rewarding, safe and respectful environment. Here are some things to consider:

- Encouraging your child's participation - don't force it
- Praising their efforts
- Being proud of them
- Children love to have adults at their races, if you can't be there, let them know why
- Talking to your child about what they want from racing
- Ensuring the first question you ask is NOT "did you win?" Instead ask, "did you have fun?"
- Offering children support in different ways like: free ski with them if you can, organize equipment with them and support the time it takes to tune skis as they get older
- Encouraging your child to ski in their free time away from their ski clubs, or try a family ski vacation
- Not using guilt on your child to make them "perform better" i.e. do not use guilt as a 'motivator' for your child
- Not living your athletic dreams through your child
- Not losing perspective - not every child will be an Olympian nor will talent necessarily mean they love what they are doing
- Watch your child closely to gauge what makes them happiest

Remember it is more important to be a good person than to be a good athlete. 70% of kids QUIT SPORT by the age of 13 because they stop having fun! The most common reason why PARENTAL BEHAVIOUR. (Source - *Respect in Sport for Parents*)

What to Expect Pre-Season

Dryland Training & Fitness Testing

- To prepare athletes for the upcoming ski season, EASX organizes weekly sessions during October and November for athletes to gather and participate in facilitated fitness training on basic strength training, mobility/flexibility work and cardio.
- At the end of dry-land training, athletes will complete the Alpine Ontario fitness testing with EASX to set goals for future years, and identify movement patterns. For U14 and U16 athletes, completion of the AOA fitness testing is mandatory to be eligible to race.

Mt. Tremblant Pre-Season Training Camp

- The week before Christmas, EASX travels to Mt. Tremblant for early season on-snow training. Accommodations and lift tickets are the responsibility of athletes and families attending, however, EASX coordinates a discounted rate. Additional information (i.e. dates and price) is provided in early fall.

What to Expect on Training Days

- Everyone is to meet Coaches at the EASX Training Shed (top of Laurentian Ski Resort), ready to ski at the designated time.
- Coaches will communicate the start and end time of the lunch break. Please be advised that athletes are not supervised during lunch breaks.
- Should an athlete need to leave the group during training for any reason, they must advise the Coach when they are leaving.
- Depending on weather conditions, additional breaks may be taken during the day to allow the athletes to warm up.
- Training will end at the time designated by the Coaches. If an earlier end time is determined by the Coaches (i.e. due to weather), communication will be provided to the parents.

What to Expect at Race Events

Training Day

- Everyone is to meet at the Host Hill at a designated spot & time given by the Coaches.
- Race bibs will be provided to each Racer, lift tickets to be obtained.
- The course will open for inspection and training runs.
- Parents will be advised when athletes will be in the chalet for lunch, and the time to meet again at the top of the course.
- Once coaches end training, athletes to return bids to the coach or designated location.
- If possible, arrangements will be made for the team to ski tune together later in day/evening.

Race Day(s)

- Everyone is to meet at the Host Hill at a designated spot & time given by the Coaches.
 - Race bibs will be provided to each Racer, lift tickets to be obtained.
 - Athletes will meet at the top of the course for inspection.
 - Qualifications will start after inspection (either timed runs or heats, depending on event).
 - Parents will be advised when athletes will be in the chalet for lunch, and the time to meet again at the top of the course.
 - Quarter final heats, semi final heats and final heats will be run.
 - Once the race has finished, ALL racers are encouraged to stay for Awards regardless of personal results to support your Team!
- * It is suggested that Racers bring their lunch as not every Host Hill offers a Cafeteria to purchase lunch

Volunteers

Every season, Elite Alpine Ski Cross counts on the enthusiasm and strength of Parent Volunteers for its success. You will get to know your club family, make new friends and have a lot fun. As a not-for-profit, we require that all families get involved and volunteer in some way.

Team Manager ***NEW***

In addition to Team Coaches, an enthusiastic Team Manager is needed to help effectively run the team during the season. The Team Manager will support the following:

Coach Liaison with Parents

- Be a source of communication between the coach and team parents, using tools (i.e. WhatsApp). Relay key information from coaches on training days and during race events.

Race Support - Home

- Help to co-ordinate on-hill volunteers for the race, ensure parents are aware of the expectation that all parents help on-hill during the year.
- Email your team at the beginning of the week before the race (or sooner) with registration details and/or race day logistics

Race Support - Away

- Confirm racers attending the event and create WhatsApp group for the race to facilitate communication
- Pre-book hotels near the ski hill well in advance, advise parents that hotel rooms have been booked and it is their responsibility to confirm the booking. A week before race, cancel any extra rooms previously booked without incurring any cost
- Arrive early to collect the start list, bibs and lift tickets from the coaches. Bring pens/highlighters as you will be marking off racers on the bib list as they arrive
- Lift tickets: arrange with the race office to pick-up racer tickets (if applicable). Liaise with the event organizer on process for parent lift tickets and share with the team
- During race day, take photo of heat/race order and share with the team via WhatsApp group
- Liaise with coach on after race activities (i.e. team dinner, ski tuning) and coordinate/communicate with parents and athletes

Fundraising

As a not-for-profit, EASX relies on fundraising to support the purchase of needed equipment and supplies for the team. Throughout the ski season, parents will be expected to support the fundraising efforts. One very profitable fundraising initiative for EASX is providing two volunteers at the Blue Sky Bingo twice per month. Each night EASX volunteers, the team is paid \$500 +/- and this money goes towards equipment and team purchases as a whole, benefiting all athletes. Each family is requested to sign-up for at least one (1) bingo each year, sign-up sheets are shared throughout the year. Other fundraising initiatives will be shared throughout the season.

Race Day Volunteers

Volunteers are needed for home and away races! While we encourage all Parents to come out and cheer for all of our Racers, we also need Volunteers to be able to safely and effectively run Races. While there are many volunteer positions needed for each race (i.e. starter and assistant starter, finish line judge, bib coordinator, race secretary), 8 - 12 Gate Judges are required for each race day. Gate Judges observe and report accurately whether the passage of each racer was correct through the assigned area of observation. Instruction will be provided to Gate Judges, and any other race day volunteer position in advance to ensure the volunteer is comfortable with the assignment.

Concussion Awareness & Sports

Concussion awareness and sports is becoming all too real and Snow Sports are no exception. As a Parent, we all have a responsibility to ensure the safety of our Athletes.

Recognize Symptoms of a Concussion

Everyone can help recognize a possible concussion if they know what to look for. A person with a concussion might have any of the signs or symptoms listed below. They might show up right away or hours, or even days later. Just one sign or symptom is enough to suspect a concussion. Most people with a concussion do not lose consciousness.

Common Signs and Symptoms

Physical – Headache, Pressure in the head, Dizziness, Nausea or vomiting, Blurred vision, Sensitivity to light or sound, Ringing in the ears, Balance problems, Tired or low energy, Drowsiness, “Don’t feel right”

Emotional - Irritability (easily upset or angered), Depression, Sadness, Nervous or anxious

Sleep-related – Sleeping more or less than usual, Having a hard time falling asleep

Cognitive (Thinking) – Not thinking clearly, Slower thinking, Feeling confused, Problems concentrating or remembering

What to do if you Suspect a Concussion

Follow these three steps if you — or someone you know — experiences a blow to the head, face, neck or body and you suspect a concussion. Call 911 if you are concerned the injury is life threatening, such as the person is unconscious or they had a seizure.

1. Recognize signs and symptoms of a concussion and remove yourself or the athlete from the sport/ physical activity, even if you feel OK or they insist they are OK.
2. Get yourself or the athlete checked out by a physician or nurse practitioner.
3. Support gradual return to school and sports.