



FORT McMURRAY
SKI TEAM
INFORMATION SESSION
OCTOBER 2023

Our Mission

To offer a developmental program that encourages racers of all levels to strive for their goals and personal best in alpine skiing while fostering a lifelong love for the sport.

AGENDA

- Ski Club General Information
- Raising Funds for the Club
- Coach's Corner
- Equipment
- Technical Officials Training
- Volunteering

SKI CLUB GENERAL INFORMATION

Board of Directors

- President
 - Vice President
 - Treasurer
 - Secretary
 - Media & Public Relations Director
 - Regional Director
 - NGSL Director
 - Corporate Sponsorship Director
 - Fundraising/Volunteer Director
 - Directors at Large
- Tyler Spitzer
 - Tanya Ryan
 - Tanya Poulin
 - Lori Coombs
 - Serena Tong
 - Isabelle Leclerc
 - Marc Bailey
 - Crystal Mills
 - Erika Darling
 - Mitzi Drydges



Coach Leadership

- Mike Cox – Head Coach/Program Director



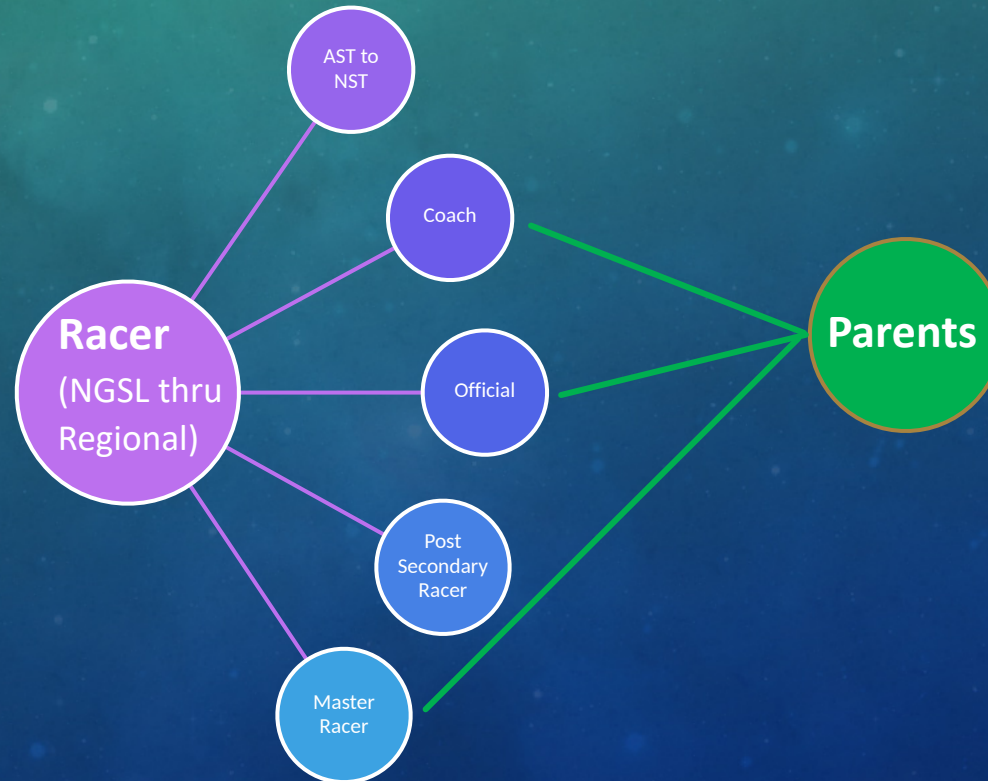
Our National and Provincial Connections:



ALBERTA ALPINE
Inspiring Excellence



**Development
Pathway**



Administrative – MUST HAVES

All payments must be submitted **before first day of ski**

- Registration fees
 - Cheque payable Dec. 1 or before to Fort McMurray Ski Team
 - Electronic Funds Transfer to info@fortmcmurrayskiteam.com
- Volunteer Commitment \$500 cheque post dated May 1, 2024



Daytime Details

- Have children ready to ski, boots on by **0945hrs**, waiting for announcement of groups/coaches
- Parents or identified adult supervisor are 100% responsible for their child(ren) for snack times, bathroom breaks etc.
- If your child cannot self-load on the chair lift, the parent may need to assist with the group and lift your child onto the chair until they are feeling comfortable.
- Lunch for all NGSL groups ~ **1200hrs to 1245hrs**
- End time for all groups is **1445hrs**. Groups will all return to the Day Lodge at that time to be turned back over to parents/guardians

Check your email for Team Snap notices! It is the primary mode of communication regarding all club activities and are almost ALWAYS time sensitive (i.e. weather impacts, travel planning, training details).



Near Term Activities – Mark your Calendars....

Administration Day: PLAN A = Sat Nov. 18 (or PLAN B = Sat Nov. 25)

Morning:

- Fee payment, volunteer levy cheques collected, Team Jacket pickup, Vista Pass pickup at Guest Services (if you don't already have)
- Free ski day for returning members

Afternoon:

- New Racer assessment (all ages)
- Regional Racers – first day on hill for returning athletes



First Full Team Training Weekend: PLAN A = Nov 25 – 26 (or PLAN B Dec. 2- 3)

Winter Holiday Camp (subject to possible change with notice and always weather dependent)

- Jan 3 – 5

(Holiday camp dates are never mandatory to attend all – but we do ask that you indicate your racer availability on Team Snap in advance to assist Coaches with planning)

Training Events and Scheduled Races

MONTH	TEAM	NGSL	REGIONAL
November			
December			*Rabbit Hill Open (16 – 17)
January	Holiday Camp (3-5)		*Red Deer (27 – 28)
February		*Cold Lake (3-4)	*Rabbit Hill Regional (24-25)
March		* Jasper Junior Olympics (1-3) *Rabbit Hill (17)	Regional Gate Training - Jasper (16 – 17) * Regional Finals (22-24)
April	* Mountain Training - Banff (TBD)		

Training Events and Scheduled Races

- These are just the race/training dates....travel days are before and after with detailed itinerary issued before departure.
- Travel to all other races not indicated on the Club calendar are arranged by parents in coordination with the Head Coach.

NGSL & Regional coordinators will send out notices with all hotel booking info for each race

REMINDER: Travel events are not mandatory and only a portion of the travel expenses are covered by the Club. There is a User-pay portion calculated and due BEFORE departure. Racer/Family accommodations are not covered by the Club.

RAISING FUNDS FOR THE CLUB

Registration Fees

- Registration Fees cover approx 40% of Expenses and we aim to hold them steady from year to year....BUT, we cannot live on registration fees alone and still provide access to race locations, safe winter transportation and coach support.

Corporate Sponsorship Program

- Each family is asked to connect with the community and obtain \$1000 sponsorship support by using the Sponsorship letter for approach (get from the website)
- Ensure our Sponsorship Director receives the cheques to log family and sponsor

Company Grants

- Your employer may reward your volunteer time by contributing grants to the non-profit you support.

Fundraising

- Stay tuned for details on this season's activities
- Employee Grant Programs!! Don't miss out!

Casino

- March 13,14

Our Season Plan

EARLY SEASON (Dec – Jan)

back to basics
technical skill development
early race skill development
terrain adaptation

RACING SEASON (Feb - Mar)

race skill & tactics development
in house events
AASA races
intro to ski cross and speed



Communication with Coaches

Collaborative and constructive discussion between coaches and parents is encouraged with a 2-way dialogue....however, when issues arise...

- We ask that parents refrain from raising concerns directly with coaches of the day to minimize disruptions to instructors daily routine
- Parents please bring your concerns for understanding and discussion to the Head Coach – 24 hours later

Equipment for Racers

Mandatory:

- Hard-tabbbed ear race helmet (FIS approved for U14 and older)
- Race skis (no twin tips)
- Ski poles
- U14 and older:
 - ✓ Chin protector, pole guards, shin protectors for SL
 - ✓ Back protector for GS

Recommended for Advanced Racers:

- Race/skin suits
- zip off shorts or pants
- wax and sharpening kits (club has full set) - athletes will receive training

Buying Equipment?

- Talk to a Coach!
- Sundance and Pacesetter (Edmonton)
(mention that you are with our ski team to receive a discount.)
- Sporting Life (Calgary)
- Put your "ask" out on Team Snap for current families looking to sell
- Email www.info@fortmcmurrayskiteam.com and we will put you in touch with a coach or answer questions.

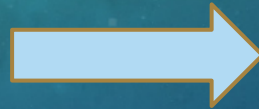
ALWAYS ASK YOUR COACH IF YOU ARE UNSURE!

TECHNICAL OFFICIALS TRAINING

Just like any sport – Alpine Ski Racing has a number of volunteer and official positions required to host a competition.

There are 4 Areas of a Race Organizing Committee (ROC)

- Administration
- Course
- Timing
- Jury



When FMCSS attends a race, it is expected that we contribute to the Volunteer call out and fill positions.

Almost ALL positions require a minimum of **Technical Officials Level 1 Training**

TECHNICAL OFFICIALS TRAINING

JUST DO IT.

Technical Officials Level 1&2 Training

- Level 1 – a 4hr virtual course will be offered in January. Exact dates to be confirmed, info and registration links will be sent out
- Level 2 – 8hr virtual course will be offered in late Nov or early Dec, info to follow soon

CSC Entry Level coaching course will be offered at our Club in January (2 days on hill + online component). Exact dates and details to be sent out when available

VOLUNTEERING



All hours you track contribute to the minimum 30 hour commitment

Day 1 Administration

- Collect registration payments & levy cheques
- Issue Ski Team Jackets

Lodge Contacts

- The Lodge Contact person is responsible for radio communication between the lodge and the coaches at all times. This role is part of the Club Emergency Response Plan and we need people to cover this for a morning and/or afternoon shift each and every training day.

Lodge Contact Coordinator

- The Coordinator schedules the list of Lodge Contacts from the parent members for morning and afternoon shifts.

Tail Gunners

- Assist with the youngest of our team on chair lift and kid-corralling in general. Will not be in a coach position; is assigned to a specific group & coach if required.

Table Sales Coordinator

- will work with the Fundraising & Volunteer Director on coordinating the people who sign up for table sales for their tickets. Will ensure those who sign up keep their commitment, ensure the Ski Team banners are kept track of between time slots and returned to the team and other logistics that might come up.

Race Volunteers

- Races need volunteers! Any position for an out of town race that you support goes towards your Club volunteer hours

Other

- During the season as required to support events

You will be using Clockify to log Family Volunteer Hours – no more paper!! :-)





QUESTIONS?

