



FORT McMURRAY

SKI TEAM

INFORMATION SESSION

OCTOBER 2022

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 & the Enhanced Program
- 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
- Kathi Gouthro
 - Tanya Ryan
 - Tanya Poulin
 - Lori Coombs
 - Serena Tong
 - Simon Fedun
 - Tyler Spitzer
 - Rich Ryan
 - Erika Darling
 - Crystal Coffin, Crystal Mills

Coach Leadership

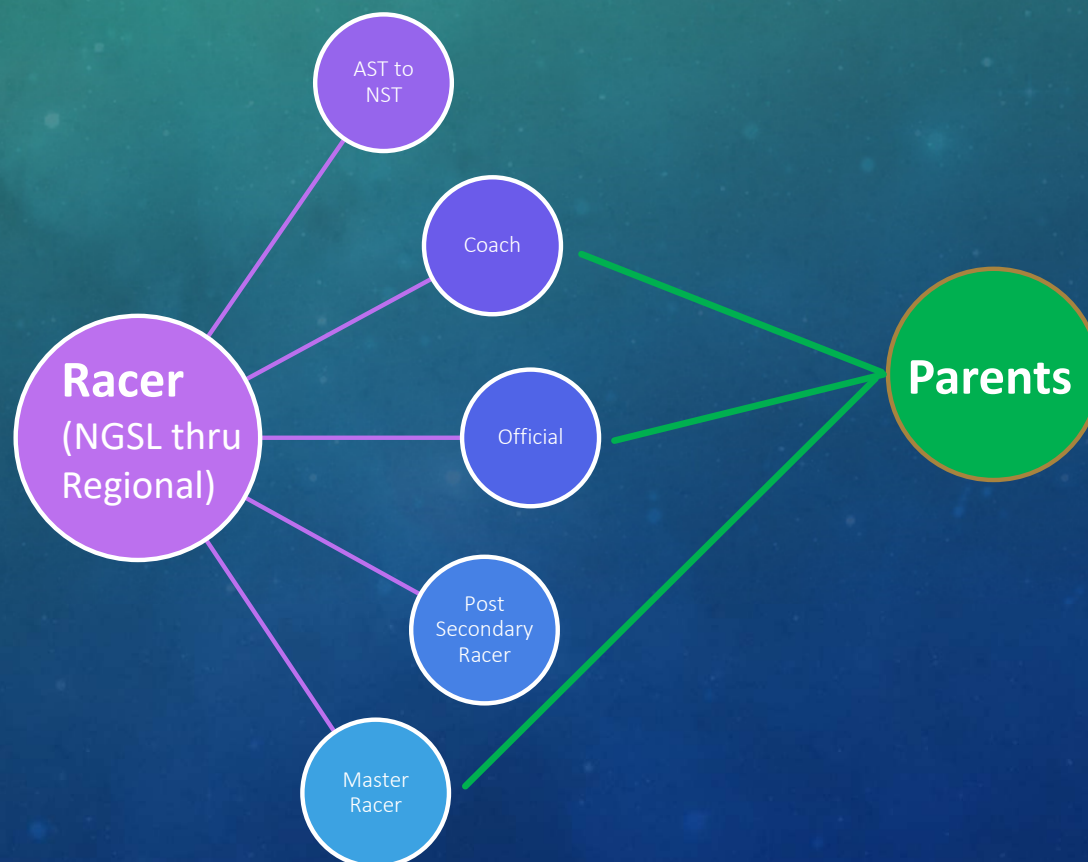
- Mike Cox – Head Coach/Program Director



Our National and Provincial Connections:



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, 2023



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 snacktimes, 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 (fingers crossed!) = Sat Nov. 19 (or PLAN B = Sat Nov. 26)

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 26 – 27 (or PLAN B Dec. 3- 4)

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

- Chapter 1: Dec 27 – 30
- Chapter 2: Jan 5 – 6

(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			Pre-Season Training (28 – 30)
December	Holiday Camp (27 – 30)		Pre-Season Training (con't) (1, 7 – 9) Rabbit Hill Open – Arctics Athletes (17 – 18)
January	Holiday Camp (con't) (5 – 8)	* Cold Lake (21-22)	Red Deer (28 – 29)
February			Rabbit Hill (4-5) Snow Valley (25)
March		* Jasper Junior Olympics (4-5)	Regional Gate Training - Jasper (11 – 12) * Regional Finals (25-26)
April	* Mountain Training - Banff (~ 13 – 15)		

Training Events and Scheduled Races

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

**JJO – Room Block # 2306936 @ Forest Park Hotel; Arrive Mar 2 - Depart Mar 5
(Deadline Feb 2)**

**Regional Finals – Room Block # 2306951 @ Forest Park Hotel; Arrive Mar 23 – Depart Mar 26
(Deadline Feb 21)**

Call 1-866-606-6700 to book

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 just under 50% 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

- Raffle Tickets and 50/50
- Employee Grant Programs!! Don't miss out!

Casino

- Thankfully we have already had ours so are covered for this season!

COACH'S CORNER

Our Coach Team

Mike Cox – Head Coach
Chris Sundholm
Kris Creor
Keisha Gendron
Jill Anderson
Jonah Donald
Steven Knott
Dave Higdon
Spencer Chaulk
Kathi Gouthro



All Coaches have training or certification with Alpine Canada Canadian Ski Coaches (ACA - CSC)

Some Coaches have certification in Canadian Ski Instructors Alliance (CSIA)

All Coaches must be licensed each season by completing Safe Sport Training and obtaining their annual Risk Management and Education Credits

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

Enhanced Program Option

- ~ 16 Additional weekday training sessions
- Available to U12 and older at Snow Stars Level 3 or higher
- Athlete needs to be self-driven with the ability/want to set goals to improve their skiing
- Athlete must be self-sufficient and able to follow instruction at an advanced level of discipline
- \$500 additional season fee

Contact: Mike Cox – Head Coach

Coxmike@telus.net

780-714-8670

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-tabbed 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.

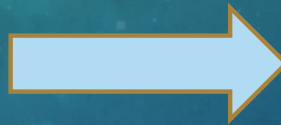
ALWAYS ASK YOUR COACH IF YOU ARE UNSURE!

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**



JUST DO IT.

TECHNICAL OFFICIALS TRAINING

JUST DO IT.

Officials Update Session

- Nov 5 & 6 (online). Register NOW for just one of them at alpinepoints.ca through your officials account. If you don't have an account yet, please create one and then register.

Technical Officials Level 1 Training – has moved back to in person only

- Must be provided by the club, with a Level 3 or TD as the instructor.
- FMCSS does not have a Level 3 or higher Official in house and would need to approach AASA to conduct a course and would need a minimum of ~ 5-6 participants to host a course

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?

