

MOUNT WASHINGTON SKI CLUB HANDBOOK



**BUILDING SKIERS FOR LIFE!
PUTTING THE FUN IN FUNDAMENTALS FOR 30 YEARS!**





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INTRODUCTION

This handbook will outline some information you will find helpful as you learn about the club and its procedures. This handbook is intended as a guide for skiers and their families, and will provide information that is particularly helpful in the first year. Topics such as club activities, types and levels of competition, and a glossary to introduce you to the vocabulary of skiing/racing are included.

The MWSC looks forward to you participating in the activities scheduled for this season. Working together as a team will enable us to continue to be the dynamic club we are known to be. It is our hope that all members will assist in whatever way(s) possible to make this club work for all our children. There are many areas where you could help out that may be of interest to you, or you may have an idea or a talent that enables us to better support the goals of all our children and those of the club.

If at any time there is something you are unsure of, please do not hesitate to ask the Head Coach or a member of the Executive. If you have suggestions on how we could better service you or a particular group of athletes, or you have comments, good or bad about our programs please forward them to the Head Coach or an Executive Member, we welcome your thoughts.

We hope that your family's experience with the Mt. Washington Ski Club is a rewarding one, filled with memories that last a lifetime!



MOUNT WASHINGTON RESORT

We are very fortunate to have a strong working relationship with Mount Washington. This relationship is critical to the successful operation of the club.

Thanks to Mount Washington we have:

1. Access to some of the best skiing and training areas in the Country.
2. Complementary staff passes for our senior coaching staff.
3. Support with the organization and running various other mountain events.
4. Increased promotions of club programs via distribution and display of club materials.
5. Full support for all our Races including: grooming, equipment moving, first aid and event co-ordination.

Our relationship with the mountain is a major asset and must be maintained by every member of the club. This relationship is based on respect, trust and common goals. Please discuss this with your children.

As a Ski Club we will:

1. Be respectful of mountain staff and customers.
2. Follow the skier's responsibility code.
3. All high speed skiing and tucking has to be confined to training and racing slopes.
4. Support the mountain in the same spirit of cooperation that they support us.
5. Recognize and promote the mountain as well as promote new skier recruitment and retention.



**PLEASE SUPPORT THOSE THAT SO
GRACIOUSLY SUPPORT US!**





SPONSORS

Acme Concrete Pumping
Action Door Services
Alpine Canada
Bartle and Gibson
BC Alpine
Best Western Westerly
Campbell River Noon Rotary
Campbell River Return It
Cloverdale Paint
Comox Rotary
Emcon Maintenance
Gorge Harbour Marina
Gough Electric
Graham and Frame
Hard Rock & Rd
Herrold Engineering
Home Hardware
Insolex Duncan
Insulpro Drywall
Island Trust
Joico
Nanaimo Foundry

National Car Rental
Nelson Roofing
Pacific Sport
Quality Signs
Ray Lipp
Rick Gibson
Robert Hotte Construction
Ryan Williams – Remax
Sky High Scaffolding
Southside Welding
Surgeoner Brewing
Teck
Ted Prystupa
Telus
Thrifty Foods
Travel Masters Victoria
Uplands Excavating
Uplands Readymix
Walker Parker Construction
Westcan Decorating
Westcoast Hauling
Wired Electric



The Contest

*The contest lasts for moments
Though the training's taken years
It wasn't the winning alone that
Was worth the work and the tears
The applause will be forgotten
The prize will be misplaced
But the long hard hours of practice
Will never be a waste
For in trying to win, you build a skill
You learn that winning depends on will
You never grow by how much you win
You only grow by how much you put in
So any new challenge you've just begun
Give it your best and you've already won.
-Author unknown.*



OUR VISION

Mt. Washington Ski Club – *Building youth one turn at a time.*

The Mt. Washington Ski Club provides a family oriented environment in which members make friends, develop a passion for Alpine Skiing and Alpine Ski Racing, and achieve excellence in a sportsmanlike culture.

OUR VALUES

Excellence, Expertise, Teamwork, Sportsmanship, Friendship, Fun

CLUB GOALS & PHILOSOPHY

The Mt. Washington Ski Club is a non-profit society incorporated under the Societies Act of the Province of British Columbia. The Ski Club operates under the umbrella of BC Alpine and Alpine Canada. Our aim as a ski club is to provide a high quality and affordable ski program that:

- Builds character and self-esteem in participants;
- Recognizes different ski abilities and interests as part of the skill development process;
- Encourages individuals to achieve their highest potential;
- Recognizes the importance of a fun environment in everything we do;
- Develops and reinforces the importance of learning as a member of a team.

OUR PROGRAMS ARE SAFE, FUN AND TECHNICALLY SOUND!

WE PUT THE FUN IN FUNDAMENTALS.





PROGRAMS

NANCY GREENE SKI LEAGUE

The Rio Tinto Nancy Greene Ski League is the “FUNdamental” stage of ski racing for children 4 – 10 years of age. During this time they will be introduced to basic skiing techniques and skills, develop the ABC’S (agility, balance, coordination, strength /speed) in as many different snow conditions and terrains as possible and most of all, have fun on skis. Each year the children participate within their club in team and individual competitions. These events encourage new friendships in a fun and friendly environment while demonstrating the skills developed in the Nancy Greene Ski League program sponsored by Rio Tinto Alcan.

Developing Skills for Life

Children who are physically educated feel confident. They are encouraged to build confidence and skills through competitive and recreational sport activity. They will enjoy overall health benefits by developing greater physical literacy, which encourages them to be more physically active throughout their lives. Increased activity reverses the current trends in childhood and adult obesity and cardiovascular disease. Skiing is a life-long sport that is practiced by people of every age, shape, size, ethnicity and level of ability, but skiing skills are not the only benefits of this ski program. In addition, the children will learn: *Ski safety, Cooperation, Independence, Listening Skills, Self-confidence, Goal-setting, Group/peer learning, Task-focused activities.*

The Philosophy

The Rio Tinto Nancy Greene Ski league is to encourage participation, interaction and the development of technical skills in an exciting and motivating atmosphere without the pressures of intense competition. Skiers are grouped by ability with consideration to age and led by professional coaches. Coaches follow the Alpine Canada [“Husky Snow Stars Program”](#)- a seven step skills progression specially designed for children of this age and Husky Skill Awards program.

The Mount Washington Ski Club Nancy Greene Program Offers:

- 14 days of professional coaching (1 day/week program) plus a 3-day spring break camp
- National seven step skill awards program
- Group and individual pictures
- Individual season award
- Family use of ski club cabin
- Fun social club atmosphere that encourages parent interaction
- Sweet learning aids (treats)
- Free hot chocolate to help keep kids warm

Helmets are Mandatory!!



Half Day Program

Ages 4-5, for new club skiers

Ability- Must be able to load chair unassisted and ski independently

Times- Saturdays 9:00-11:30

Includes a Christmas Camp

Full Day Program (Nancy Greene E1)

Ability- Must be able to load chair unassisted and ski independently

Times- Saturdays or Sundays 9:15-2:45

Includes a Christmas Camp

K-STARS PROGRAMS

The K-Stars program is for member's 9-11 years of age and as such the program still falls under the FUNDamental phase of skill development and is part of Nancy Greene. This Nancy Greene program is meant to give our future K1's the necessary skills and challenges to bridge the gap between the Fundamental phase of development and the more competitive Training to Train phase of K1/K2. The focus of the athletes' attention here remains fixed on basic technical skills and on learning overall, sports specific skills, fun and games. Typically, the K-Star program is a two day program.

Junior K-Stars

Ages 7-9 years

Times – Saturday and Sunday 9:15 A.M. to 2:45 P.M.

Includes a Christmas Camp

K-Stars

Ages 9-12 years

Times – Saturday and Sunday 9:15 A.M. to 2:45 P.M.

K level Christmas camp

All programs are subject to last minute schedule and programming changes due to snow and weather conditions.

Weekend training begins with meeting the coaches at 9:15 am SHARP outside the MWSC cabin. Late arrivals are responsible for contacting the coach by the club cabin radio and finding a way to unite the athlete with their group. Coaches will return with their skiing groups to the ski club cabin at a predetermined time, usually 11:45 am. Lunch is 45 minutes and parents are expected to supervise their children as coaches also take a lunch break. Ski club ends at 2:45 pm.

At the end of the day please be there at the specified time as the coaches must wait for each athlete to be released to a parent. Coaches will be available if parents have any questions about the child's progress.



NGSL Race Entry Policy

NGSL families are encouraged to sign up their child for each competitive event listed on the Club calendar. All event information will be posted on our website calendar and payment will be made to the coordinator in advance of the race. In order to secure our accommodations and entries to the race, you must sign up by the deadline stated - no exceptions.

See information posted online on each of the program information pages.

KINDER (K1/K2)

Kinder Series

The BC Alpine Kinder series – for athletes aged 11-12 (K1) and 13-15 (K2) – is designed to give young racers an opportunity to develop their racing and skiing skills and progress according with their ability. The K1 Program is the first level of Alpine Ski Racing for 11-15* year olds. This is the start of their journey as a competitive skier. The K2/U16 Program is for members 13 to 15* years of age who are looking to continue developing their skiing and racing skills and is similar to the K1 program.

K1 Philosophy (11-12 year olds)

The focus of K1 remains on the FUNdamentals of ski training, skill development and progressive introduction to competition. In this level athletes gradually progress from the skiers essentials stage of the Alpine integration model (Long term skier development for Alpine ski racing, AIMs) through the learning to train stage (K-Stars/K1) and eventually into the learning to race stage. Learning experiences are enhanced with extensive use of free skiing and specifically designed gate environments. The more formalized racing and team travel also enhance the learning of critical life skills such as time management, working as a member of a team, proper nutrition, being responsible for yourself and accountable for your actions.

Kinder 1 (K1) - Bridging

This spring ACA (Alpine Canada Alpin) announced that 10 year olds could now become carded athletes and compete at the K1 level. With the above news and the realization that a full K1 schedule would probably not be beneficial for most 10 year olds we created a program to *bridge the gap* between K-Stars and a full K1 program. Athletes in the bridge program will train with the K1 group when they are home and with K-Stars when the K1's are traveling. The bridge athletes will be K1 carded and will compete in the two Mt Washington K races and also attend the Grouse Mountain Tye Cup.



K1 Training

Dryland/physical training begins the first week of September. On snow training begins in December, training is available on Sat and Sun as well as Christmas and spring break. Training is also available on most Fridays and or Mondays, parents and school permitting. Athletes compete in the K1 Coast Zone race series, which culminates with a Provincial championship and every second year this group attends the BC Winter Games. This program seeks to develop skiing and life skills in a fun, encouraging, safe environment. The program is designed and delivered by professional coaches following the guidelines of the Canadian Ski Coaches Federation and Alpine Canada.

*10 year olds can join full program or take part in a bridging program with involvement in both Kstar and K1. *



K2 Philosophy (13-15 year olds)

The K2's are well versed at competition and the athletes are in the learning to race stage of the Alpine integration model (AIM2). Learning experiences are enhanced at this level through free skiing, gate environments, five event training, video review and timing.

K2 Training

Dryland/physical training becomes more formalized at this level and athletes who are physically ready are provided a yearly plan. On snow training typically begins with a fall camp(s) in November/December; training is available Fridays through Monday on most weeks and through camps at Christmas and spring break. Athletes at this level are also encouraged to attend spring and summer on snow camps. Athletes compete in the K2 Coast Zone race series which culminates with two Provincial finals and a Western Canadian Championship for those who qualify.

FIS

FIS <http://www.fis-ski.com/> (Fédération Internationale de Ski/International Ski Federation) program aimed at racers who have finished K2 and are looking to continue the challenges of ski racing. The FIS program is 10 months in duration. It begins with dryland training in June, followed by summer and fall camps prior to the first competition in mid-December. Training is primarily held on Mt. Washington, although the team also takes advantage of skiing at Whistler, Mt Hood, and Apex. The FIS team



competes mainly in BC and Alberta, although higher-level athletes will make trips to eastern Canada and the US if required. All FIS athletes are eligible for a Canada West all areas pass which allows them to train at any resort in western Canada for a low annual fee.

The FIS team averages 4-6 athletes from MWSC. Graduating to the FIS does require an additional commitment, both financially and in time. However, having seen the commitment MWSC K2s are already required to make, this will not be a big transition for these athletes.

Schooling can be more of a challenge at FIS level due to the additional time spent away from home. However, athletes who make this commitment frequently end up doing better at school due to their superior organizational and time management skills. Several athletes on the FIS maintain a 90% average or better at school through the winter season.

The ultimate goal of FIS is two-fold - first to progress athletes to the BC provincial team and second to ensure that athletes continue their love for the sport and grow physically and emotionally through the program. Not every athlete has a goal of making the provincial ski team and the FIS is sensitive to each athlete's individual needs. The program will give an athlete so many more positive lessons in life than just winning and losing. Some athletes will want to focus primarily on the home based program and races so they can direct their energies into education. Each program can be individualized and developed within the parameters of the athletes goals in ski racing and life.



This program seeks to develop skiing and life skills in a fun, encouraging, safe environment. The program is designed and delivered by professional coaches following the guidelines of the Canadian Ski Coaches Federation and Alpine Canada.

*15 year olds have the choice of racing in the K2/U16 race series and or the FIS series. *

THE BASICS

1. Clothing:

Please make sure your children are prepared for a day on the slopes. Cold, wet skiers are not happy skiers and unhappy skiers are poor learners. Please ensure that kids/athletes have good water resistant clothing, and please put an extra sweater and gloves in their packs in case it gets colder or wetter through the day.



2. Equipment: Helmets are mandatory!

Equipment has evolved very quickly in the last few seasons making the skiing progression occur much faster and making skiing way more FUN! **Please look for ski's that are soft, short and shapely.** Boots should be easily flexed (soft) and fitted by a true boot fitter (real ski shop). If in doubt please feel free to talk to coaches, they are an awesome resource.

3. Food:

Kids are always running around and expend a ton of energy just keeping warm out on the hill, so please ensure that they have an adequate lunch. Little snacks (not necessarily candy) should also be carried by children; it can be a long time from when they get breakfast until we break for lunch (11:30).

SKI GEAR

For many parents and Kinder athletes, the question of ski gear is at the top of the list. Most of our athletes in the Kinder programs are committed to racing and want to maximize their performance. The Ski Trip Packing List below will give you an idea about the ski gear required at this level. For those athletes that are trying ski racing for the first time or for those parents not wanting to invest in all the gear at one time, we have noted the ski gear items that are not mandatory (nm) at this level. We recommend speaking with other parents and the coaches to determine what would be most suitable for your athlete.

Buy and Sell

Looking for great deals on ski gear? Check out the Buy and Sell section on the MWSC website (coming soon) and look for the buy and sell night held in the fall, usually at or around the same time as the Racer Night. Skis, poles, boots, racer suits are always needed, and our members have these for sale!

Ski Tak Hut Racer Day

Each year in October Ski Tak Hut hosts a racer level day where coaches and ski reps attend to provide athlete evaluation and equipment can be ordered for the year.

GENERAL INFORMATION

How to Get Involved - Volunteers

There are many ways to get involved with the Club and, as a volunteer organization; our success depends on the many hours of time parents contribute to the Club. All parents are expected to volunteer at Race Days and for Kitchen and club cabin duty but there are many other opportunities for



getting involved. Please refer to the MWSC website or speak with one of the Executive or the Volunteer Coordinator to find out ways to get involved or if you have a particular talent or interest that could benefit the Club.

Volunteer effort is the backbone of our club! Club fees provide one third of the funds required to operate our organization for the season. The expenses include coaching wages, Provincial registration fees, Cabin expenses (Insurance, Hydro, maintenance), office supplies, equipment (Gates, Timing, Radios, Bibs, Drills, etc) to name a few. The remaining funds must be made up through corporate sponsorship, fundraising, and Volunteer efforts!

Our fundraising activities if distributed over the entire membership of the club do not become a major burden for any one individual. Upon registration the Club requires four post dated cheques, these cheques will be destroyed once you have completed your volunteer commitments to the club. Members will have the opportunity to select the volunteer jobs on a first come first serve basis. We do not want to cash cheques, please join in and get to know us; you will have a great time! Remember that our programs are subsidized approx.70% through sponsorship and the following club fundraising activities.

MAJOR CLUB FUNDRAISING ACTIVITIES

70% of the funds necessary to run our club come from fundraising activities and corporate sponsorship. Please pitch in and help us keep costs of our programs down!

BC Gaming Grant: We receive significant grant money each year from the BC Gaming Branch.

Royal LePage Snow to Surf: Each season the Comox Valley plays host to a relay race that takes participants from the top of Mount Washington to the Comox Marina. Our part in this event is very significant, we supply the refreshments! We take out a liquor license and host a beer garden at Comox Marina directly after Sunday's race. Last season we served over 40 kegs of beer.....This event relies heavily on volunteers for set up, beer service, security and tear down.

Bottle collection on Mountain: We require volunteers with a truck to collect cans and bottles from depots on the mountain and transport them to the recycling depot. We have one bottle recycle container located on Mount Washington and other pick up locations that must be collected on a regular basis for the program to work.

Races on the hill: Our club is well known around the Province for hosting great events and we take great pride in this. Our club plays host to Nancy Greene, K1, K2, high caliber F.I.S., Para National, and NorAm races on a regular basis. The number and variety of races we host each season is set in the spring at the Coast Zone meeting and BC Alpine Spring AGM. When we host an event we are not out to make a buck, our goal is to host great events, take care of our volunteers, have fun and hopefully make a few bucks. Hosting races takes a huge number of volunteers, typically 80 to 100 people a weekend. Dollars made from hosting events varies greatly from season to season.



Club Raffle: Each season MWSC secures prize(s) to be raffled off by the club. The Club Raffle is a great fundraiser and brings in much needed \$\$\$. **We ask that each family sell one to two books of raffle tickets per athlete in the program. Tickets are distributed through the blue box to each family and your account is charged accordingly, feel free to sell them or keep them for yourself.** Please ask if you need more tickets or have ideas to increase sales, your help is greatly appreciated.

Courtenay Ski Swap: The Courtenay Ski Swap is held in November each year and the Ski club works with other organizations (Comox Search and Rescue, Disabled, Nordics) to host the event. Our members help with site set up, mark and organize equipment as it is brought into the swap, sell tickets for entry to event and help clean up at events end. This is a great event for our children, especially our competitive level children, to help give back to the club that gives them so much.

Adult Recreational race series: From time to time a fun recreation race series may be hosted by us. This event also increases the exposure of ski racing and serves as a practice ground for our new race volunteers. This event has a coordinator and needs a dedicated group of course workers and timing crew to make each event successful.

FUNdraising golf tournament: This event is more than a golf tournament/fundraiser; it serves to bring members together for their first social of the year. This event uses approx 8 volunteers usually filled by our F.I.S athletes. Volunteers are used for a variety of jobs on the day of the event, set up and clean up of eating area, BBQ Cooks, set up of sponsor signage, awards giving etc. Money is raised from hole sponsorship and entry fees. Want to be a hole sponsor??? Please contact John (250-897-6058).

Ski Van Advertising: MWSC has two dedicated ski vans that we offer advertizing on for sponsors.

Thrifty Smile Card Program: Thrifty offers preloaded cash cards and MWSC gets 5% of the gross sales for each \$1.00 spent. This is an easy fundraiser if Ski Club members participate.

Silent Auction: Silent Auctions are held at social events and the year end banquet. Members are asked to donate items to be auctioned. The Silent Auction is an excellent opportunity to meet Club members in a social setting and to place winning bids on some great items!

Your Ideas: We are eager to hear your suggestions for fund raising opportunities.



COMMUNICATION

Paths of Communication:

1. **Coaches Updates:**
Distributed during the season as scheduled
2. **E-updates:**
Email updates will be produced and distributed as needed throughout the entire year, so please ensure that any changes to your email address are communicated to the club.
3. **Web Site:**
Our club site is located at www.mtwashingtonskiclub.com. You can find many useful items on line including a complete description of all programs, registration forms, buy & sell, sponsors, contacts, calendar of events, and more.
4. **Family Member Files:**
A clear tote box is located in the club cabin on a table beside the kitchen. Each family will have a folder within the box in which club communications are easily distributed. The front of the box also holds a folder for our registrar and our treasurer so that hard copies of forms and cheques can be easily forwarded.

COACHING

Our Coaching Philosophy is rooted in the belief that we must strive to enable every child to reach their skiing and athletic potential, regardless of their age or ability.

Each child's potential is unique, and evolving, and will be achieved by offering fun activities that demand hard work. With that in mind we work to provide fun and challenging learning environments for all MWSC racers. Goals and objectives are adjusted for age, maturity and skill level.

Our goals and objectives are aligned with the first 3 phases of the skill development model developed by Alpine Canada.

Skier Essentials 6 – 10 Years Old	Learn to Train 9 – 23 Years Old	Train to Train 12 – 16 Years Old
Essential Movement Skills	Technical Foundation	Competitive Edge
Basic Skiing Skills	Specific Racing Skills	Build the Physical Engine
Agility, Balance, Coordination	General Fitness	Technical Skiing Refinement
		Ski Racing Tactics



Beneath the athletic pursuits lies a positive learning environment where kids learn life skills such as respect, focus, teamwork, time management, goal setting, and social interaction. We support the kids in becoming good people, friends, students, athletes, skiers, and of course, ski racers.

CLUB CABIN

The intent of this policy is to clarify any question regarding access, usage and upkeep of our club cabin.

Club Cabin Usage;

The Club cabin is available to our membership once Mount Washington Resort opens its doors for the start of a new season. As long as you are a registered member for the upcoming season, and/or honorary Marmot, we encourage everyone to use our facility.

To our “new NG families”- please do not wait until the start of Nancy Greene program to use the Club cabin, drop in and introduce yourselves early in the season. The club cabin is there for you and your immediate family to enjoy. Please remember, the club cabin is for your immediate family to use. Club members must accompany visitors at all times. Please be respectful of other members use and help keep our cabin clean and in good condition.

Club Cabin History;

The Mt. Washington Ski Club is in its 30th year of operation. In our infancy stage as a club- the cabin consisted of a “trailer”, later (in 1987) to be replaced by the present day club cabin. The club cabin was built thanks to a grant from the BC Government; funds from Mt. Washington Ski club, volunteer labour donations, and the Mount Washington resort covering the costs of sewer hookup.

Club Cabin Access;

The Club Cabin will be open Saturdays and Sundays 8:00 am until 4:00 pm. It will also be open during designated training days and/or camps at Christmas and Spring break.

Due to security reasons, the key access will only be provided to Club directors, program co-coordinators, NG head coach, K1, K2, FIS coaches, and our head coach/program director.

The list of people with access to the code for the 2011-12 Season is:

President	Terry Anderson	cell 250-287-0555
Past President	Steve Frame	cell 250-287-6972
Vice President/K2 Coordinator	Alan Gilchrist	cell 250-741-6569
Treasurer	Brenda Birtig	cell 778-678-0964
Secretary	Adrienne Venturini	cell 250-202-2449
Alpine Chair	Brian Adam	cell 250-751- 3909
Registrar	Paul Francisty	cell 250-246-8807
FIS Coordinator	Patricia Adam	cell 250-618-0705
K2 Coordinator	Michele Anderson	cell 250 923-8805
K1 Coordinator	Troy and Kerri Perras	cell 250-203-2512



Nancy Greene Coordinators	Troy and Kerri Perras	cell 250-203-2512
AMS Coordinator	Mark Shepard	cell 250-661-4747
Sponsorship & Marketing	Maureen Clarke	cell 250-218-3319
Volunteer Coordinator	Julia Hengstler	cell 250-537-0289
Head Coach/Program Director	John Trimmer	cell 250-897-6058
Timing	Doug Yelland	cell 250 744-9214
Coaches	Jim Van Tine, Krystal Francisty	

One of these individuals will be tasked with ensuring club cabin is locked up at the end of the day. There will be a spreadsheet on the main floor entry door indicating the person responsible for locking up on the particular weekend date.

Club Cabin Structure

The Club Cabin is a 4 level structure.

Top floor

This is race administration floor, as well as meeting area for NG coaches prior to morning sessions going out.

Please respect the sign at the bottom of the stairway “officials only”.

This floor also serves as storage area for our timing gear, extra team uniforms or gear, and the office race supplies.

There is 1 washroom located on this floor as well.

Second floor (or main floor)

This is the common area for general membership. It consists of a kitchen; a sit down area for meals, a washer/dryer room as well as 2 bathrooms.

The coffee machine is always on; supplies to make a fresh pot of coffee are inside the cabinet the coffee machine sits on. If you are not familiar with it’s operation, please ask.

As well, the favorite with the kids is the hot chocolate machine located on the left side of the kitchen sink, please help yourself.

Kitchen is well stocked; 2 microwaves, oven, stove and large fridge. These are for you to use, please remember there are many of us using the facilities, so please clean up afterwards.

The fridge can be used for daytime storage of food; please do not leave lunches/meals in fridge overnight.

The same goes for the storage cubicles; these are for day usage only. At the end of the day please ensure boots, gloves, and clothing is taken home.

There is a large garbage can near the kitchen sink that frequently needs to be emptied. Spare garbage bags are kept under the sink, the full garbage bag can be taken to the dumpster located at the south side of the main lodge. We can gladly point everyone in the right direction.



First floor (racer floor)

This floor is for K1, K2 and FIS racers and their coaches. This is where they store and tune their skis, as well have lunches and view videos. In the far corner of the room there is a smaller coach's room where some drills, gate keys, and wireless timing is kept.

The racer floor also has boot dryers for athletes, as well as 1 bathroom.

There are 2 working benches to tune skis on, some lockers, a sink and a microwave.

This floor is out of bounds for visitors; as well we ask most parents to respect the limited space this floor offers and stay on the main floor.

If someone needs to tune their skis, please do it while athletes are out on the hill.

Only K1, K2, FIS athletes and their coaches can store their skis here. There is no ski storage for parents and families at the club unless you are an honorary marmot. During the week leading up to a race and on race day, the core volunteers are allowed to store their skis here to facilitate early morning starts and the organizational complexities of race events.

The bottom floor

This floor can be accessed from an outside ground level entry door or through the garage door on the opposite side of the building. This floor consists of storage areas for: safety nets, race gates, club lockers, and associated race equipment. It also houses the Mount Washington Resort hydro meter.

Club lockers will be available for membership to rent out on a per season basis. Mount Washington Resort also rents out ski lockers on an annual basis. Check with the office downstairs in the main lodge near the marmot den.

The Mount Washington staff must have access to the hydro meter at all times so please do not block the Power distribution panels.

QUALITY IMPROVEMENT and FEEDBACK PROCESS

We pride ourselves in having a very high level of satisfaction with the overall performance of the Club. We work hard, at every level, to maintain this level of satisfaction. We contract with the best available Program Director and coaches and encourage direct communications between everyone involved in the club.

We love to hear from you. As a Club, we rely on feedback from our members to ensure that we are doing the best possible job and that we are responding to your family's needs in a timely fashion. We encourage you to offer your comments in any of the following ways:



- Through day-to-day conversations with your coach, co-coordinator and the Program Director: MWSC is a friendly, grassroots organization where concerns, suggestions, and feedback, etc. can be addressed informally; or by
- Contacting the President, Vice-President, Alpine Chair or other members of the Executive; and
- Completing the annual evaluation form. This provides the club the opportunity to hear from all members.

We recognize that some concerns are complicated and may require more intensive interaction. We also recognize that some situations are meant to be kept confidential and as an executive we stand by our commitment to respect confidentiality. In these situations we would encourage you to take the following steps

First: Speak directly to the Coach, Program Director or Coordinator. This is usually the fastest, easiest way to try to solve an issue.

Second: If you are not satisfied with the result, contact a member of the Quality Improvement and Feedback Team which includes the following members of the Executive:

- President
- Vice President
- Past President
- Alpine Chair

This team determines the seriousness of the complaint and works towards a resolution. If necessary, the Quality Improvement and Feedback Team will bring the issue to the attention of the Executive and a decision will be made. The Quality Improvement and Feedback Team will contact the ski club member with their decision within 30 days from the day they receive details of the concern.

RACE DAYS AT MWSC

The MWSC Ski Club has a great history of organizing and running ski races of all levels. The last Para Alpine Nationals and NOR-AMs were held on Mt. Washington in 2010. Our reputation in running races is second to none. We have the good fortune to have the most dedicated and enthusiastic volunteers who not only are knowledgeable and trained but who also get together as a team and have tremendous fun doing it. Several of our race officials have been in the club for over 15 years and have a deep and long history in ski racing and worked at the 2010 Olympics and Para-Olympics.

A Kinder race requires an extensive staff of approximately 100 volunteers per race day. Many volunteers are experienced race officials (K1, K2, and FIS parents, Marmots), and are assisted by several Nancy Greene parents.



A Nancy Greene race also requires a large number of volunteers, who are usually comprised of the parents of Kinder athletes plus many Nancy Greene parents.

RACE OFFICIALS TRAINING

Club members can become trained as race officials through courses that are offered in the early season. The training progression begins with the Level 1 course where members learn about the race rules and basic organization of a race. Members learn to be a gate judge, manual timer, or any of the other simple race duties. We encourage all members to take the Level 1 course.

The Level 2 course introduces the complexities of the race rules, and trains members to take on future lead roles in a race.

Before attending a Level 3 course members will have thorough race experience at all levels, and intend to assume senior roles such as Race Chair or Chief of Race at FIS/NorAm races. All levels require a large amount of practical experience. Level 3 Officials attend annual updates and ongoing training.

To reach senior levels of certification requires several years of traveling with your children to races and volunteering at many different positions. These volunteer hours are kept track by individuals and must be available for review prior to taking next level of certification.

The leadership roles within a simple race committee include the Technical Delegate (appointed by BC Alpine), Race Chair, Chief of Race, Chief of Course, Chief of Timing, Chief of Gates, Chief of Administration, Chief of Finance, Food & Beverage plus several others. Each is supported by additional volunteers.

All MWSC members are encouraged to consider where their skills and interests are best applied for races. Please sign up for official's courses, attend your child's races and work as a volunteer. If you are not the "outdoorsy" type we have a wonderful cabin where great food is prepared for over 300 racers and officials each race day. We would love to have you involved and to get to know you. You work hard at a race and make many friends, and that's where the fun only begins...

Hope to see you at our next race on Mount Washington. Check the website for dates.

PARENT PROTOCOL AT TRAINING AND RACE EVENTS

For the benefit of the athletes, parent behavioral protocol as related to parent-athlete intervention at a competitive event needs to be respected and followed carefully.

An important job for coaches at an event is to ensure that their athletes are sufficiently focused to remember and perform what they learned in training prior to arriving at the competition. Young athletes are generally emotionally sensitive and easily distracted by too many external stimuli. Even those skiers that seem okay and not bothered by the excitement can be thrown off balance by a single phrase or a seemingly innocent comment.



Dos

Your child's coaches need your assistance in many ways throughout the season and at races. Carrying clothing, cheering on the sidelines, and providing positive feedback at the completion of their run is all helpful and beneficial. Keep your comments positive and let the coaches give the technical or tactical feedback.

Let your athlete know that you are there for their support, that this is their event and that you will help out when asked. Let their instructions come only from the coaches. For a young athlete to perform at a peak level they need to be free of unnecessary distractions and any negativity.

Don'ts

Any intervention by a parent that involves technical feedback or advice about skiing or ski racing (how to ski the course) is unnecessary and may very likely be disruptive to the coach's competitive game plan.

It is not recommended that parents are in the start area as this may often cause more stress for the athletes. The only person that should be speaking to the skiers about their upcoming run is the start coach or on-course coach providing a course report. When cheering on the sidelines do not call the athletes by name as this is very distracting.

Team

We are all a team working together; parents, athletes and coaches, each member with a distinct role to play. Success for the individual and the team is dependent on how well each player plays their part.





RACE TRAVEL

Police Criminal Record and Drivers Abstract Check Policy

The MWSC will enforce Police criminal record checks and Motor Vehicle checks for all coaches driving our athletes and acting as guardians at away events. This applies mainly to our K1, K2, FIS coaching staff and chaperones.

Team Travel Policy

Upon sign up and payment, K1 and K2 racers will travel, reside and take part in team activities as determined by the coaching staff. Prior to the event the coaching staff will work with the coordinators to make the best arrangements for that particular trip.



Transportation, accommodation and food costs are expected to vary depending on whether the athletes are required to travel with the team or their parents. Athletes are required to travel as a team whenever possible to promote team building and team spirit.

For NGSL/ events, parents are responsible for arranging transport, accommodation and meals (if applicable). The event fee will cover all remaining costs. All on snow activities when away will take place in a team environment lead by the coaching staff. Please note that all details and arrangements pertaining to an away race or camp will be posted in the event info on our online calendar.

Racing Levels

Partner Agreement and Code of Conduct

The MWSC abides by the BC Alpine Code of Conduct and Harassment Policy. Please refer to the BC Alpine website for the detailed policy at www.bcalpine.com All athletes and parents will be required to sign the MWSC Partner Agreement Code of Conduct found on our website under MWSC Parent Resources. Where an investigation results in a finding of harassment, disciplinary action will be taken which may include removal of privileges, suspension or expulsion from MWSC.



Coordinators

Each Program has at least one parent volunteer who functions as a Coordinator (e.g. K1 Coordinator) whose main responsibility is to handle the communications and finances for the races for their Program. Coordinators also work with the coaches and parents to coordinate the trips. To find the Coordinator for your Program please see the Contacts section on the MWSC Website.

Meals

Where possible we try to send meals along with the athletes on their trips. This helps to keep the costs of the trips down. Your Coordinator will ask for parent volunteers to organize meals for the whole group for each trip. Volunteers will prepare a shopping list, buy the food and deliver it to the departure location. Please see a sample shopping list below. Sometimes it is not possible to send meals along due to logistics, lack of facilities at the accommodation or when no one is able to take on the organization. In this case, the athletes will eat at restaurants near their accommodation, or alternatively we can arrange a cook to come on the road with us.

Chaperone Policy

Parent chaperones will be recruited by the coordinators to accompany K1 and K2 athletes on those away trips identified by the Head Coach. As such, they are considered part of the coaching team, with the specific duties particular to the circumstances of each trip.

Most chaperone responsibilities are restricted to travel, food preparation, accommodation, and supervision.

On hill the chaperone must be available when required to assist with sick and or injured athletes and to assist in transporting coats and other equipment if required.

Chaperones are expected to travel with the team transportation and stay at the coaching accommodation if it is available. Lift tickets are generally not provided.

CHAPERONE DUTIES

In order to make the traveling experience a good one for parents, athletes and coaches it is very important to have duties clearly defined. **The main goal for the team when traveling is to provide the athletes with a safe, fun environment in which to learn and operate.**

- The chaperone must meet requirements as set by the club and will be assessed on past performance by the coordinators & coaches involved. The chaperone final choice will be a collaborated decision of the coordinator & coach(es).



- Chaperones' main goal is to assist the coaches in managing the athletes off the hill. It is important to realize that the coach(es) are in charge and chaperones are there to assist them in organizing and managing the group in a **fun and safe manner**.
- **Safe Manner** is described as not placing athletes or coaches in harm. No reckless driving, No smoking, No intoxicated chaperones (must be able to drive in case of emergency) etc...
- When traveling with the team chaperones will have accommodation and travel costs covered by the team. It must be understood that this is not a free ski trip, chaperones in some instances may not even put ski's on.
- Chaperones should attempt to treat their athlete(s) as one of the group, so as to allow them the experience of travel.
- Please assist athletes but do not do everything for them as this is meant as a learning experience!
- Attend coach team meetings to become familiar with activities and schedules.
- **Transport & Gear** – Chaperones and coaches will work together to coordinate transport of athletes & gear. Transport of coaches and athletes to and from the ski hill on time is a 1st priority.
- **Bedtime** - Coaches and coordinators will work together to place athletes in appropriate rooms. Bedtimes/wake-up times will be set by the coaches with input from coordinators. Chaperones will assist with bed checks and the enforcement of quiet times. It is important that athletes are made aware of where to go at night if in need of help.
- **Food/feeding** - Different groups may at different times have chaperones preparing food for breakfast, lunch, and dinner. Chaperones also supervise clean up and washing dishes. Chaperones may also be asked to transport and manage athletes at a restaurant as coaches attend meetings etc. Performing well at competitions requires healthy nutritional choices; chaperones are expected to adhere to and reinforce the nutritional guidelines laid out by the coaches.
- **Sick or Injured children** - The coach has many duties on and off of the hill and as such will need help managing and obtaining help for sick or injured athletes. If a child is sick and cannot travel to the hill to race or train, a chaperone would be expected to stay and care for/obtain care for that athlete. The coach (es) may also need assistance if an athlete becomes sick or injured while at the hill.



SAMPLE RACE TRIP

A typical trip sheet includes:

Whistler Race Itinerary

Jan 13-17

Wednesday Jan 13th

Depart Nanaimo at top of Northfield road @ 2:10

Catching the 3:00 ferry to Horeshoe Bay.

Return Sunday Jan 17, most likely 5:00 or 7:00. Athletes will call from road.

Staying at Private house in Whistler.

What to Bring?

- Well prepared, tuned Super G and GS skis. Please tune yourself, as you never know what you will get back from a shop. Practice makes perfect.
- Expect cool weather
- Sun screen.
- Downhill Suit
- Running shoes and dryland gear...shorts do not work @ mountains
- Ski's, poles, boots
- Tuning kit and wax
- Money for food to and from Whistler. Spending money?
- Will be sharing beds so sleeping bags if you don't like to snuzzle...
- Back Pack
- Gatorade powder and one protein/power bar per day.
- Water Bottle(s) at least 1.5 liters total.
- Good attitude and Team Spirit!



Ski Trip Packing List

It is recommended that parents print this page for use as a checklist.

Ski Gear	<i>packed</i>	<i>returned</i>	Toiletries and Other	<i>packed</i>	<i>returned</i>	Dryland/Off hill Gear	<i>packed</i>	<i>returned</i>
Ski bag			sunscreen			Jacket		
Goggles			Chap stick			Hat		
Skis (GS & SL) (nm to have both)			deodorant			Gloves		
poles			toothpaste			Snow boots		
boots			toothbrush			Underwear		
Shin guards (nm)			shampoo			Socks		
Racing shorts (nm)			Brush/comb			Shorts		
Racing suit (nm)			Hairdryer			Shirts		
Ski jacket			Water bottle			Swim suit		
Ski pants			Homework			Towel		
Gloves (2 – 3)			Book			Runners		
Thermal pants			Cards/games			Tuning gear Kit		
Thermal top			Pens/pencils			Wax kit		
Fleece top			Paper			Medications		
Ski socks			Phone card			Rain Poncho (nm)		
Balaclava			Money					
Helmet			Nut free snacks					

*nm = not mandatory

Ski Tuning Equipment

Be reassured that at races, the coaches will have the essential ski tuning equipment. However, it is important for your racer to master the skill of tuning skis. Each racer has different preferences; therefore it is important that athletes learn how to tune their own skis. If you are uncertain on what a specific tool is, speak with the coach or ask the technician at the ski store. Our coaching team is a huge proponent of tuning skis, prepared skis = confidence on your equipment. As the racers learn and practice, you will see their enjoyment level increase respectively. In addition, they will take greater care of their equipment. Here is list of the basic ski tuning equipment required as well as a list of additional items you may find useful.



Basics

Item	Where to find it
hard stone	available in any hardware store
8 inch file mill bastard (recommend buying a chromium dipped one, will last a lot longer so worth it)	only few dollars in hard ware store can go to a ski store for this but it is a
plastic scraper	ski store
spring clamps (holds the file on the guide)	available in any hard ware store
paint brush (to brush off fillings)	available in any hard ware store
file guide - 93	ski store
metal file brush or sometimes called file card (cleans off the fillings)	available in any hard ware store
iron (can use any but best to use one without steam holes)	Hard to find one without steam holes, try used or a specific lightweight ski waxing iron

Bonus stuff

Item	Where to find it
vices (almost a must, but worth over \$100)	available in ski store
metal scraper	available in ski store
body file	available in any hard ware store
p-tex base material filler	available in ski store
soft stone	available in ski store
true bar	available in ski store
diamond stone - course cut (this is highly recommended, but can be pricey)	available in any hard ware store
brushes for the base (after waxing)	available in ski store
work bench/ or old table to tune on	available in any hard ware store
extension cord for an iron	available in any hard ware store
marker/pen permanent	available in any hard ware store
elastics or binding clamp	available in any hard ware store
sand paper - 180 grit	available in any hard ware store
fibertex (stuff you use to clean your kitchen sink, looks green)	available in any grocery store
Soft tool bag	available in any sporting goods store



Food List

Breakfast x 3 days	Lunch x 3 days
Cheerio's (cinn/apple)	sandwich meat (ham, roast beef)
Yogurt	sliced cheese
milk - 4 x 4 litres	Buns
Bread/bagels	butter or spread
Butter	Mayo
Jam	Mustard
Juice	Oreo cookies (3 per racer per day)
Bananas	juice box
	Oranges
Dinner 1	sm sandwich bags
Lasagna	lrg zip lock bag
garlic bread	
Caesar salad	Snack on hill x 3 days
	Fruit/granola bars (2 per racer per day)
Dinner 2	
Fajitas	Après snack ideas
Corn chips	watermelon (kids love it!)
Carrots sticks	cinnamon buns
	popcorn (as needed)
	Nachos with sour cream, salsa and shredded cheese
Dinner 3	
Pizza	shredded cheese (Sun)
Italian salad	hot choc mix (as needed)
	pretzels (as needed)
Dinner 4	Juice
Chicken	Gatorade
Rice	Grapes
Greens beans	cheese and crackers
Dinner 5	
Stew or Chilli	
Buns	

Suggested Snacks

- Nutrigrain bars (the **only** safe granola bar)
- Raisins
- Cheese strings
- "Dare" products - crackers, cookies, Wagon wheels, jujubes...
- Dried apricots, mango, cranberries
- yogurt tubes



- Fruit - apples, bananas....
 - Veggies & Dip

 - Pop corn
 - Pretzels
- Fruit to go
 - Make your own trail mix – Chipits
chocolate chips, sunflower seeds,
cranberries, raisins (no nuts)
 - Chips
 - Rice Crispy squares

When you are reading labels check the main ingredients but also look for a "May contain" or "Manufactured in a facility that produces nut products". Thank you. We know it does take extra time and effort on your part to read labels and choose safe products. But your special concern and effort in keeping all our athletes safe is appreciated.

If you have any questions, one of our Club members is available to help.

Personal Finances

Athletes should keep only a small amount of cash on hand for incidentals such as meals on the ferry, snacks and toiletries in an emergency. Phone cards are a good way for athletes to call home as long distance calls from hotels are expensive and not permitted. Calls made will be billed to the athletes directly. Many athletes already have their own debit cards for minor purchases.

Hopefully there will be no equipment breakdowns. However, parents are encouraged to set up an emergency bank account and provide the athlete with a separate debit card in case there is a large expenditure for equipment repair or replacement. Each parent should discuss what athletes should do in advance if this happens.

School

Athletes are provided with time reserved for homework. Most teachers and schools are supportive of the time taken away from school as they recognize the benefits of sport, goal setting, teamwork and independence.

To help teachers:

- Provide the athlete's away schedule in advance
- Find out what assignments and tests are coming up and plan for them. Complete large assignments in advance, as the homework time is not always predictable and the proper equipment may not be available.



Ten Commandments for Parents of Athletic Children

1. 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.
2. Try your best to be completely honest with yourself about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the ski hill or on the way back or at dinner, 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.
4. 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.
5. 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.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment with your athlete.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within hearing distance.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under this leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. 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."



ATHLETE DEVELOPMENT

Windows of Opportunity

*“The Future is not some place we are going, but one we are creating.
The paths to it are not found, but made, and the activity of making them changes both the maker and the destination”
-John Schaar*

Although we are a ski club we are very interested in aiding in your children’s overall development. **Skiing is a great sport and it is a sport that can be enjoyed for a lifetime, but children need more!** Children need to learn the fundamentals of the **basic/core sports** at a young age. Two basic sports are Gymnastics and Track and Field; these sports are considered the two core sports as they develop the general movement skills, including running, jumping, throwing, **Agility, Balance, and Coordination. Gym class is not enough!** Children need more. They need to run, jump, kick and throw. They need to sweat! They need to be active now so they stay active and healthy for a lifetime. Please get them involved in sport and give them the chance to reach all their dreams both athletic and scholastic.

Children who are involved in sport are more likely to stay involved as they age living healthier, longer and more productive lives. Children who exercise are also more productive in the classroom and can more easily cope with stress.

The data below comes from Istvan Balyi (via Ryan Williams), one of the most prominent in the field. Istvan was the main drive behind the Australians success at their recent Olympics.

*“If children miss the fundamental development of the ABC’s between the ages of 9-12, they will never achieve optimum performance.”
-Dr. Istvan Balyi, Ph.D.*

The two core sports that every child should be involved with at a young age are gymnastics and track and field. They are considered the core sports as they help develop the skills that are the backbone of all other sports.

Every child passes through specific windows of opportunity, opportunities to reach their Genetic Potential. Learn about these windows and how best to guide your child’s/children’s development by visiting <http://www.ltad.ca>

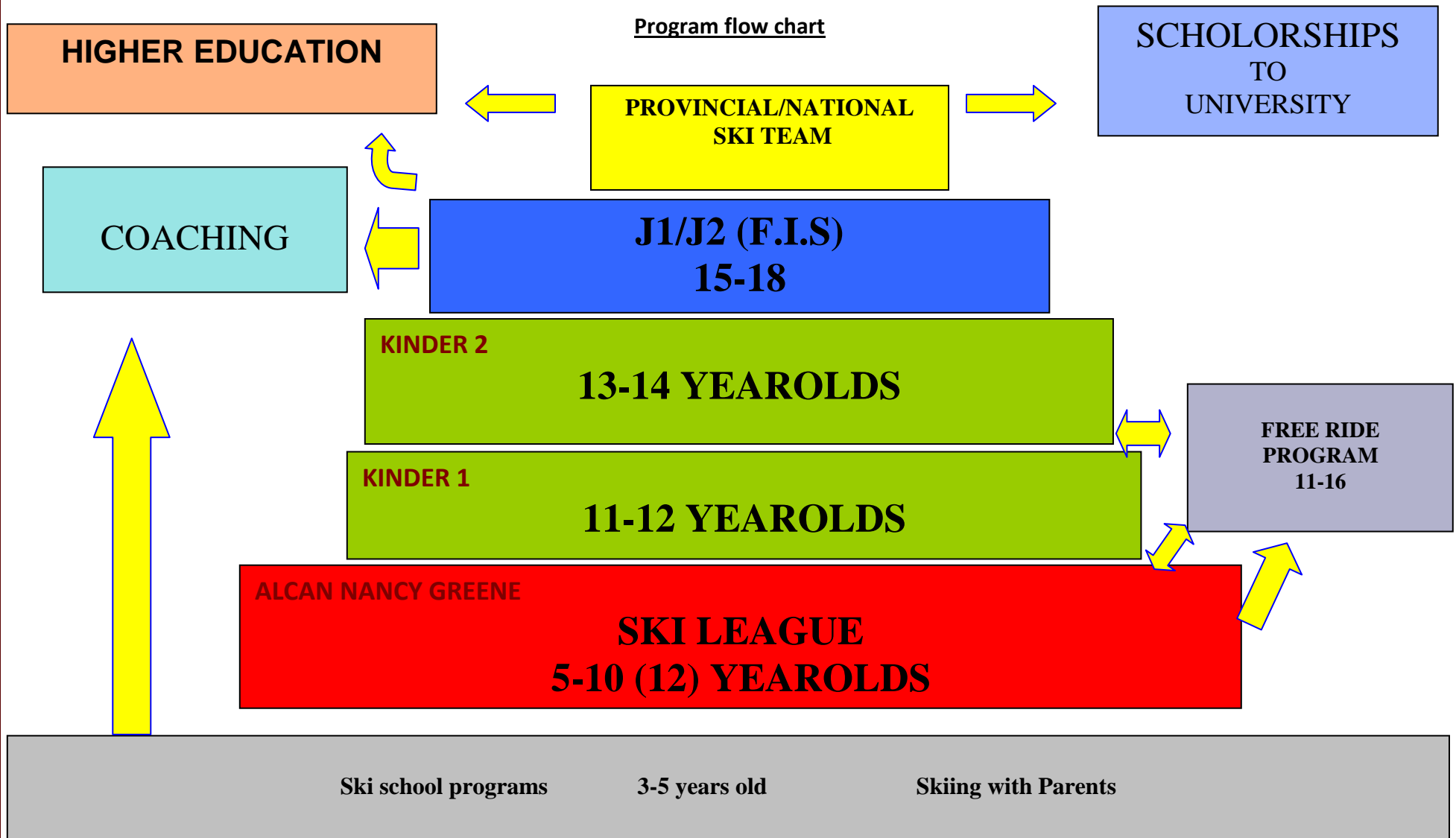
This website describes a 7-stage Canadian model of Long-Term Athlete Development (LTAD), a training, competition, and recovery program based on developmental age — the maturation level of an individual — rather than chronological age. See following page...



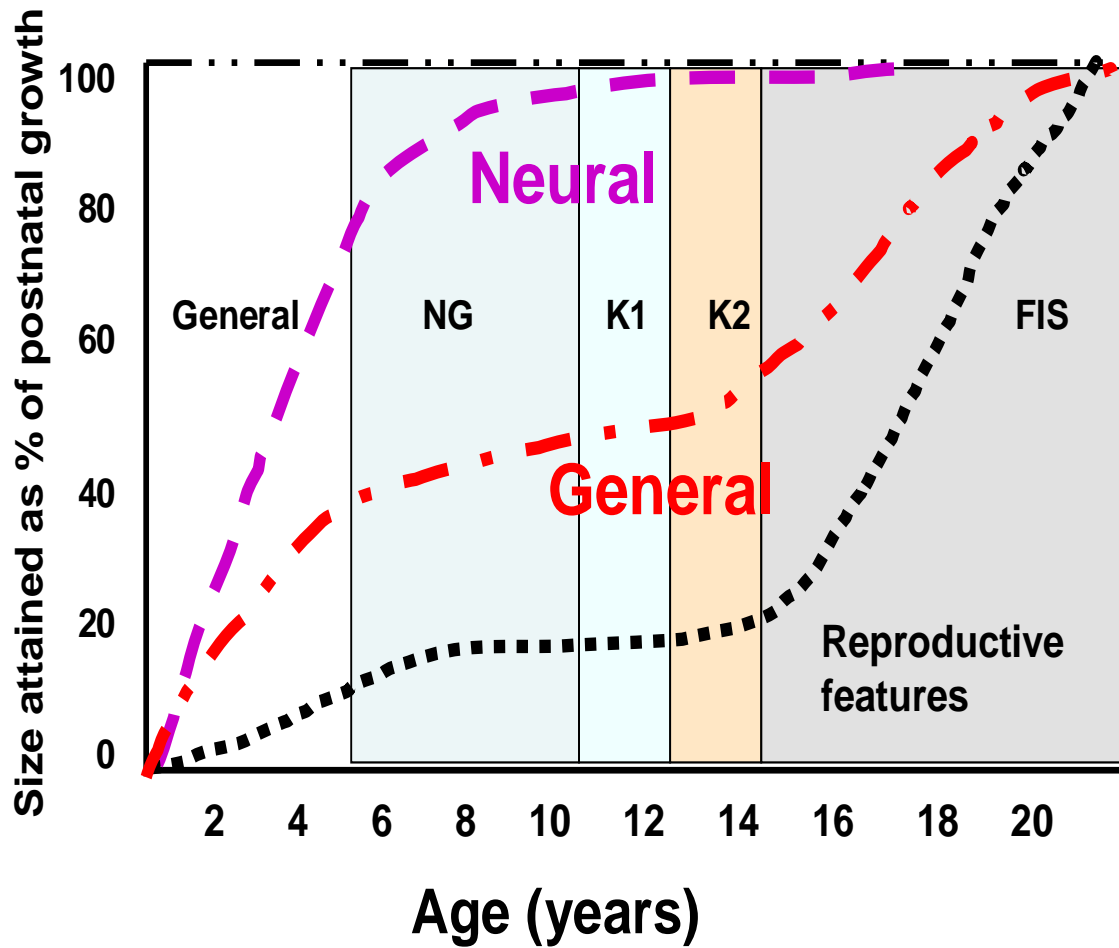
SEVEN STAGE CANADIAN MODEL OF LONG TERM ATHLETE DEVELOPMENT



Program flow chart



Influence of maturation...

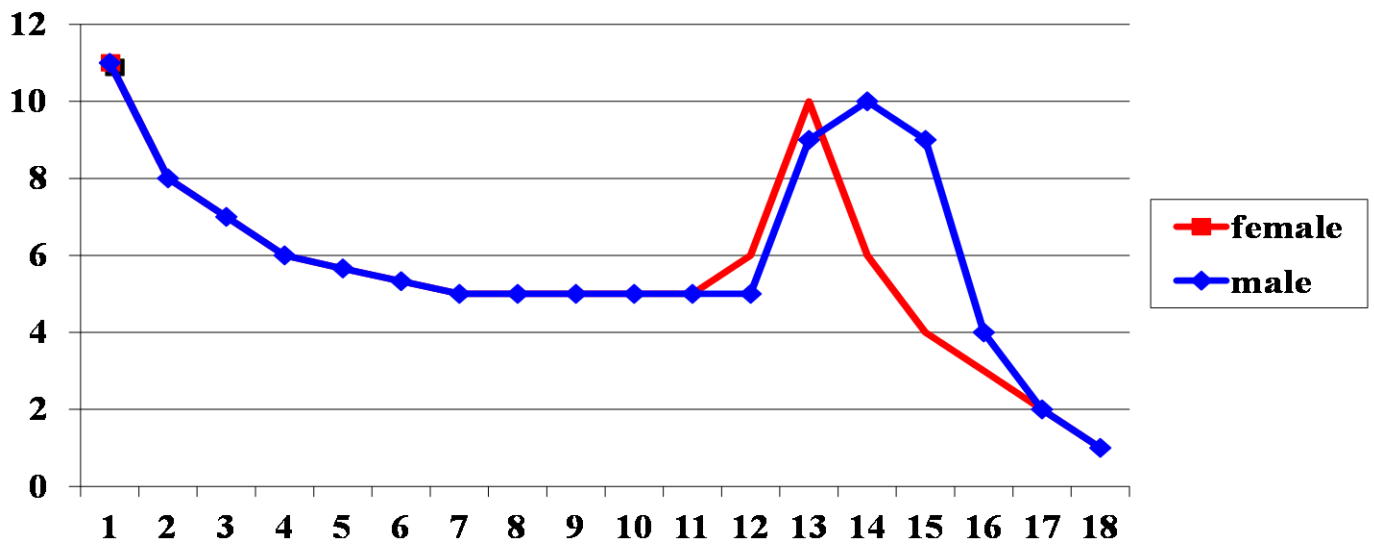




Peak Height Velocity – Average Ages

Females – 12-13

Males – 14-15

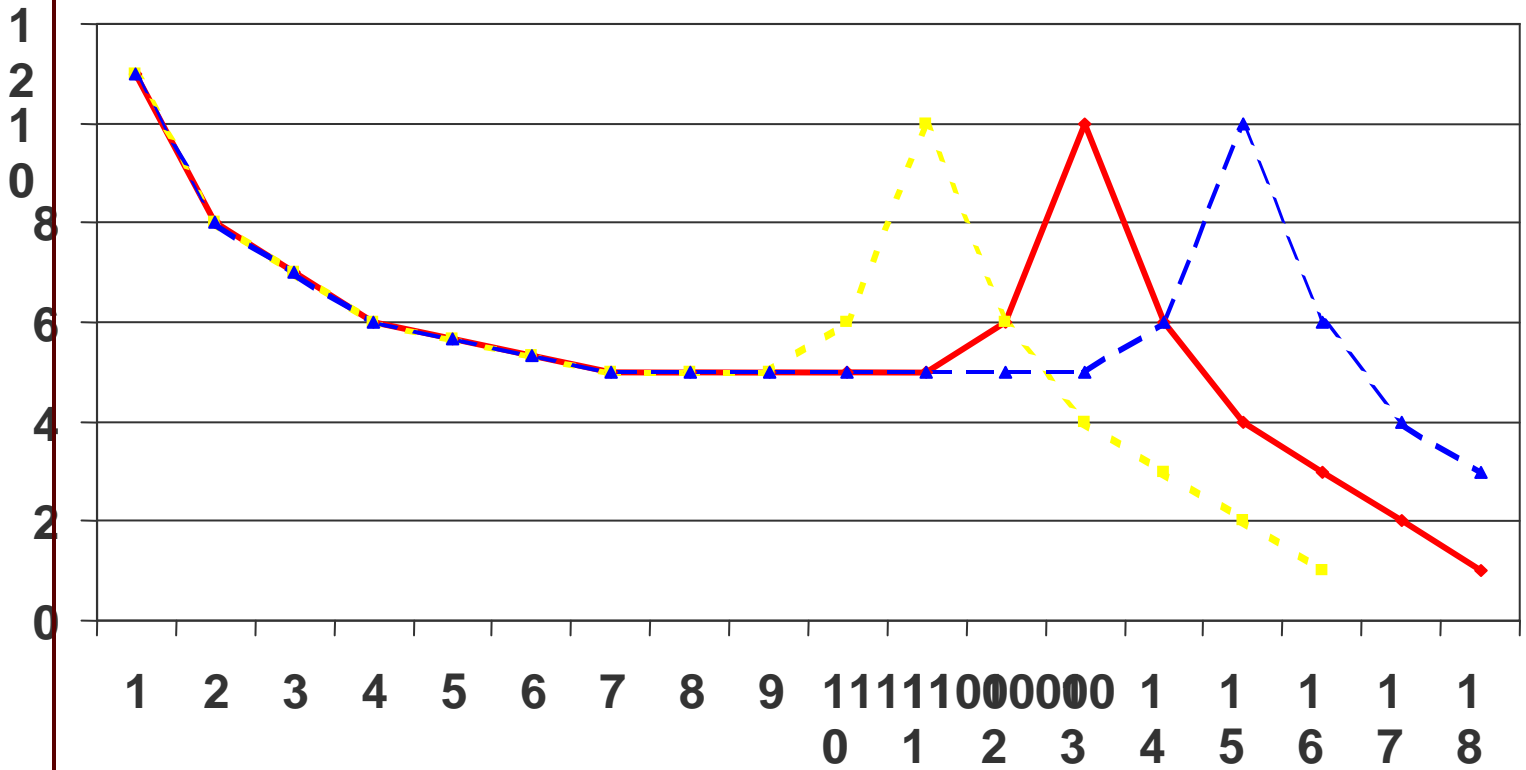


T2T = Train to

Balyi, 2002



Critical periods of training – females



Speed1 – 6-8 yrs
 Speed2 – 11-13 yrs
 Aerobic – during growth spurt

Strength – 12 months after PHV
 Motor Coordination – 8-11 yrs
 Weight – 12 months after PHV

Balyi, 2002



When to Train What...Females

Chrono Age	6	7	8	9	10	11	1 2	1 3	1 4	1 5	1 6	1 7	1 8	1 9	2 0	2 1	2 2
Motor Coordination	G	G	G	E	E	E	G	G	G	G	G	P	P	P	P	P	P
Stamina	G	G	G	G	G	G	E	E	E	G	G	G	G	G	G	G	G
Strength	P	P	P	P	P	P	G	G	E	E	E	G	G	G	P	P	P
Speed	E	E	E	G	G	G	G	E	E	E	G	G	G	G	P	P	P
Skill	G	G	E	E	E	E	G	G	G	G	G	G	G	P	P	P	P
Flexibility	E	E	E	E	E	E	E	E	E	E	E	G	G	G	G	G	G



Fundamental



Training to Train



Training to Compete



Training to Win

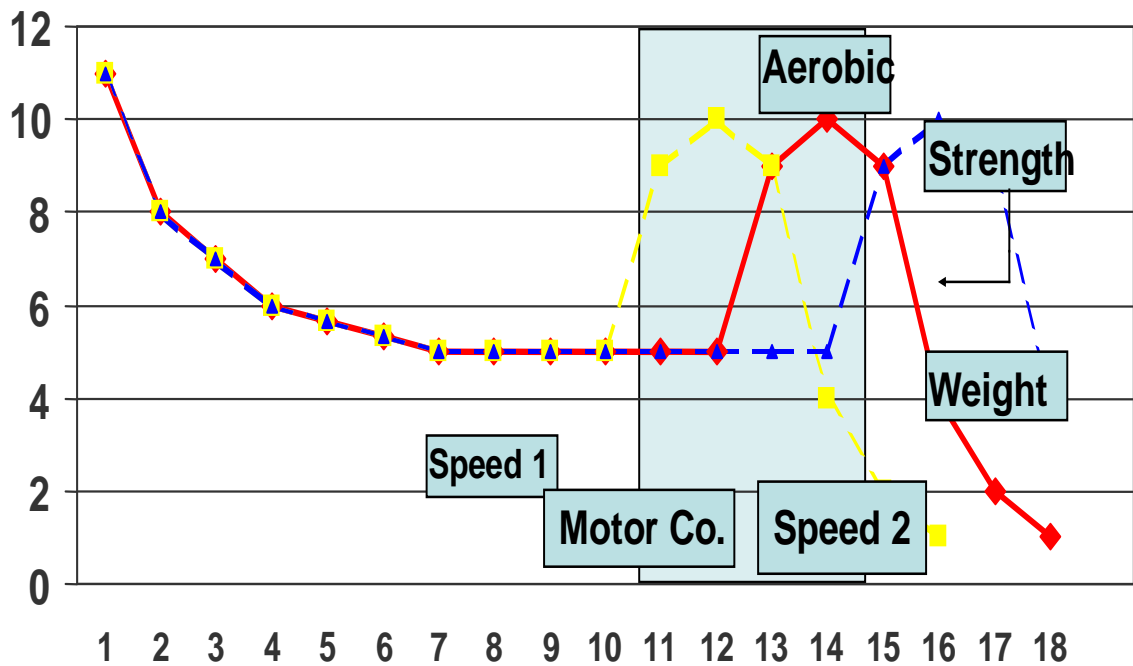
P = Poor

G = Good

E = Excellent

Balyi, 2002

Critical periods of training –males



Speed 1 – 7-9

Motor Coordination – 9-12

Speed 2 – 13-16

Aerobic – during growth spurt

Strength – 12-18 months after PHV

Balyi, 2002

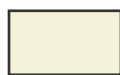


When to Train What...Males

Chrono Age	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Motor Coordination	G	G	G	E	E	E	E	G	G	G	G	P	P	P	P	P	P
Stamina	G	G	G	G	G	G	G	E	E	G	G	G	G	G	G	G	G
Strength	P	P	P	P	P	P	G	G	G	E	E	E	E	E	G	G	G
Speed	G	E	E	E	G	G	G	E	E	E	E	G	G	G	P	P	P
Skill	G	G	G	E	E	E	E	G	G	G	G	G	G	P	P	P	P
Flexibility	E	E	E	E	E	E	E	G	G	G	G	G	G	G	G	G	G



Fundamental



Training to Train



Training to Compete



Training to Win

P = Poor

G = Good

E = Excellent

Balyi, 2002



DEFINITIONS

ABC(1) – Agility, Balance, Coordination

ABC(2) – Athletics (running, throwing, jumping)

KGB's – Kinetics, Gliding, Buoyancy, Striking with equipment

CK's – Catching, Kicking, Striking with body parts

Training "Windows" - Critical periods of a child's life in which development of certain skills must occur. If the child does not train the specific skills during these windows, then the child will never develop those skills to full genetic potential later in life.

Speed 1 – Critical period (#1) to train speed. Emphasis must be on agility and balance.

Speed 2 - Critical period (#2) to train speed. Emphasis must be on Anaerobic alactic and lactic development.

Motor Coordination – Critical period to train the ABC(1), ABC(2), KGB's, and CK's

Aerobic – Critical period to train the aerobic system

Strength – Critical period for adaptation to Strength training

Weight – Critical period for child to adapt to weight gain



POLICIES AND PROCEDURES

REFUND POLICIES

All refund requests are to be forwarded to the club executive in writing. Pro-rated refunds of basic fees will be given for the following reasons

- Injury or other medical reason
- Job transfer
- Coach or club recommendations

Non-Refundable

- a) Family Membership fees
- b) CSA/BC Alpine fees (membership / competitor card etc.)

Racer Accounts Policies
Treasurer: Brenda Birtig
1-778-678-0964 (cell)

Each family in your club has a separate account, which will be kept current by the Treasurer, commencing with your registration form completely filled in and accompanied by the correct payment. It is the responsibility of each family to maintain their account and to ensure that it is up to date. There are as many as 115 families in your club and it is easier for you to find the Treasurer than for the Treasurer to find each of you.

Account Maintenance

- a) Ideally, all payments will be made by cheque written in favor of MWSC or Mt. Washington Ski Club, or by Credit card payments.
- b) Post-dated cheques are required at registration for each FIS/K level racer. One for each of the scheduled races for the upcoming season (unless covered by NSTF).
- c) Race trip expenses will be e-mailed as soon after the event occurs as is possible. Each family will determine if they are in arrears by reviewing the actual posted results against the postdated cheques which were written, and they will make out a new cheque should that be required.
- d) Each family is expected to sell 2 books of Raffle tickets for each racer in the club on behalf of the Club and as such the account of each family will be assessed \$20/book to cover the ticket cost.

Race Entry Policy

For every Coast Zone competition listed on the winter's calendar, it is assumed all carded (J1, K2 & K1) racers will attend. If a racer is not planning to attend, they must inform their coach by Friday, 1 week prior to the scheduled competition. Failure to do so will result in that racer's account being invoiced for the amount of the entry fee, and any other deposits made on the behalf of that racer (i.e. Hotel).



Note: Medical or other emergency will be considered, but will require proper documentation.

Team Travel Policy

Once a racer has confirmed that they are team traveling, that racer is responsible for the cost of the accommodation. Any racer who wishes to cancel attendance on a trip must produce a doctor's certificate to be eligible for a refund of the accommodation costs.

Helmets

Accepted ski safety helmets (no soft ear) must be worn by the following:

All NGSL participants

All J and K racers freeskiing with team, training or competing in gates

Coaches will not allow participation of racers without helmets.

Note: Please check with your coach to ensure proper fit of helmet and inspect on an annual basis for cracks or defects.

CLUB AWARDS

The following awards are given out each season to recognize the efforts of our athletes, volunteers and coaches. All awards will be presented at the club year-end banquet held at the end of each season.

- **Alcan Nancy Greene:** Each child registered in Nancy Greene/Free ride will receive an individual participation award.
- **Ben Bellamy most sportsmanlike athlete:** Ben skied with the club from Nancy Greene through K2 and he absolutely loved to ski, giving it his best every time out. Ben was truly sportsmanlike; he was friends with and supported all his teammates through thick and thin. Ben's life was tragically taken in a car accident when he was only 16 years old, **He will be missed but never forgotten! This Award is the most prestigious within our club** and it will be awarded each season to the athlete that embodies the same characteristics as Ben Bellamy.
 - Sportsmanlike
 - Polite
 - Respectful
 - True love of skiing
- **Ryan Forsyth outstanding achievement award:** Ryan Forsyth was an outstanding athlete that raced for the club from Nancy Greene through F.I.S. Ryan was the first club athlete ever to make the **B.C Ski Team/ Canadian National Ski Team**. Ryan was an outstanding athlete, student and person. **The Ryan Forsyth award will be given to one athlete per season in recognition of their outstanding skiing achievement.**
- **K1,K2,F.I.S:** There are three individual awards handed out in **each of the competitive levels**. The three awards are:



- Most improved
 - Fastest Female
 - Fastest Male
-
- **Coach of the year:** This award will be handed out each season to a coach that has gone above and beyond the call of duty. All coaches from Nancy Greene through F.I.S are eligible to receive this award. Does your coach deserve to be recognized? Please forward her/his name with a brief explanation to the Head Coach.

 - **Marmot award:** This award is handed out each season to an individual or couple that has shown years of dedication to the club and its various programs.



COMPETITOR REGISTRATION INFORMATION

OVERVIEW

For those who are not acquainted with or require some clarification of Age Class Distinctions, Competitor Card Registration, and / or Point Systems, the following section has been developed to address many of your questions. In some cases the language may be a little confusing so to aid you in this area, the following definitions have been provided:

FIS

(Federation Internationale de Ski) the official world governing body of Alpine skiing as recognized by the IOC (International Olympic Committee)

Alpine Canada Alpine

(ACA) the official governing body of Alpine skiing in Canada and is affiliated with FIS.

BC Alpine

The official governing body of amateur alpine skiing in BC and a member of Alpine Canada

Competitor

Any racer who holds a valid competitive card (license)

Alpine Canada Sanctioned Events

All races on the BC Alpine calendar are considered Alpine Canada Sanctioned events, where participating competitors are eligible to receive "points".

National Points List

Updated list published every Wednesday.

FIS Points

Reflect an individual competitor's past performance levels in each discipline as compared to all other competitors within the World FIS System. They are also used to rank and in some cases qualify competitors for competitive events. They range from 0.00 (the best) to 999 (the new racers). The term "getting or gaining points" actually means lowered points.

(NOTE: only competitors with a FIS card can receive these points).

Result

Occurs when a competitor receives points in a race which are lower than what they started with.



AGE GROUP DISTINCTIONS

In BC, Juveniles are K1 (kinder 1) 10-12 years old, K2 (kinder 2) athletes, 13-14 years of age, while Juniors are 15-19 years. Both categories are registered under the National scoring system, although those 15 years and older can purchase a FIS license and race under the international FIS system.

Teck

Currently sponsors the Juvenile Program in BC, while Miele sponsors the FIS series.

Age Group Policy (Canadian Competitions)

The following conventions are used by Alpine Canada for age group classification in Canada as defined by FIS in the Annual International Competition Rules publication. All age categories are as of December 31 of the competition season. The competition season is defined as July 1 – June 30 for National registered athletes.

FIS Level Description	Canadian Level Description	Code	Age	Year of Birth as of 2010
Men's and Women's	Senior	SR	20 & Over	
Junior	Junior 2	J2	17 – 19 yrs	1993-1992
Junior 2	Junior 1	J1	15 – 16 yrs	1995-1994
Children 2	Kinder 2	K2	13 – 14 yrs	1997-1996
Children 1	Kinder 1	K1	11 – 12 yrs	1999-1998

ALPINE COMPETITOR REGISTRATION

Overview

These are the *National* and *FIS* programs in which competitor cards are issued, hence the term *Carded Programs*. Actual cards are no longer issued; instead **Competitor Numbers** are assigned by BC Alpine or by FIS. The competitor number is unique to each athlete and remains with that individual for the duration of their racing career in that program.

In order to compete in any Alpine Canada sanctioned event, a competitor must be a member of BC Alpine through their home club and have a valid competitor number for the current competitive season. Competitors without a valid competitor number may not race in Alpine Canada event. Alpine Canada sanctioned events include all races which appear in the national or provincial race calendars.

The competitor numbering and registration system has been designed to accomplish several objectives:

- Provide a national registration system for competitors.
- Provide a graduated points scoring system in each of the alpine disciplines.
- Provide a means to measure the performance of a competitor.
- Provide a record of all participants for insurance purposes.



This system does not define eligibility to race in any competition. Eligibility is defined under a separate Quota Policy.

COMPETITIONS

There are a variety of competitions and series of competitions offered every season at various ski areas throughout the province. Competitions are set up for each age group. In many cases, like zone competitions, all age groups are represented; however some races have restricted entry with respect to age class or ability level where the individual competitor must qualify based on past performances.

Where, when and how often an individual athlete competes is up to the coaches. Our interest is making sure that each athlete gets to compete at races that best fit their developmental needs. If the coaches don't feel that an athlete is prepared to go to a scheduled competition (e.g., recovery from an injury or insufficient training) that athlete won't race.

National Points

Race Seeding

The new (old) system records points similar to FIS at a national level. This means you will be able to measure yourself against the rest of the country. They are also used to rank and in some cases qualify competitors for competitive events. They range from 0. (The best) to 999 (the new athletes). The term "getting or gaining points" actually means lowered points. Athletes that hold an Alpine Canada competition card (K1 and up) will start this season with 999 and try to lower them with each competition.



BOARD OF DIRECTORS

The Club is operated by volunteers who are directed by an executive committee comprised of board members. Members of the board are elected at the annual general meeting conducted in June of each year. The Board of Directors, Coordinators & Chair Contacts for the 2011 – 2012 year includes:

Mount Washington Ski Club 2011-2012 Season Board, Coordinator & Chair Contacts			
President – BOARD	Terry Anderson	cell 250-287-0555	tanderson@mtwashingtonskiclub.com
Past President – BOARD	Steve Frame	cell 250-287-6972	sframe@mtwashingtonskiclub.com
Vice President – BOARD	Alan Gilchrist	cell 250-741-6569	agilchrist@mtwashingtonskiclub.com
Treasurer – BOARD	Brenda Birtig	cell 778-678-0964	bbirtig@mtwashingtonskiclub.com
Secretary – BOARD	Adrienne Venturini	cell 250-202-2449	aventurini@mtwashingtonskiclub.com
Alpine Chair – BOARD	Brian Adam	cell 250-751-3909	badam@mtwashingtonskiclub.com
Registrar - BOARD	Paul Francisty	cell 250-246-8807	pfrancisty@mtwashingtonskiclub.com
FIS Coordinator	Patricia Adam	cell 250-618-0705	padam@mtwashingtonskiclub.com
K2 Coordinator	Michele Anderson	cell 250 923-8805	manderson@mtwashingtonskiclub.com
K1 Coordinator	Troy and Kerri Perras	cell 250-203-2512	tkperras@mtwashingtonskiclub.com
Nancy Greene Coordinators	Troy and Kerri Perras	cell 250-203-2512	tkperras@mtwashingtonskiclub.com
AMS Coordinator	Mark Shepard	cell 250-661-4747	mshepard@mtwashingtonskiclub.com
Sponsorship & Marketing	Maureen Clarke	cell 250-218-3319	mclarke@mtwashingtonskiclub.com
Web Site	Julie Langevin	Cell 250-703-6685	jlangevin@mtwashingtonskiclub.com
Volunteer Coordinator	Julia Hengstler	cell 250-537-0289	jhengstler@mtwashingtonskiclub.com
Head Coach/Program Director	John Trimmer	cell 250-897-6058	jtrimmer@mtwashingtonskiclub.com
Social Director(s)	Brian & Patricia Adam	Cell 250-751-3909 Cell 250-618-0705	badam@mtwashingtonskiclub.com

EXECUTIVE ROLES AND RESPONSIBILITIES

About Us

Our club is a self-supporting non-profit organization overseen by an executive committee and a Board of Directors, with paid coaches, volunteer parents and helpers.

Executive/Board of Directors: The Executive members and the Board of Directors are elected on an annual basis at our AGM in June. These positions have voting privileges on all matters requiring club decisions. Most executive members head a committee with the members of the committee drawn from the club membership. Each executive member as well as each member of the coaching staff is responsible to the President and each committee member is responsible to his/her executive committee chairperson. Executive meetings and Directors meeting are scheduled throughout the year to ensure the smooth running of the club. A contact list of



Executive members and Directors will be found at the end of this section. If you wish to become a member of either the Executive or Board of Directors please join us at our Annual General Meeting in June.

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Program Coordinators, Chair Positions and other volunteer roles have the responsibility of overseeing their program areas with the support and direction of the board of directors.

PRESIDENT:

- The President shall preside at all meetings of the society and of the directors.
- The President is the chief executive officer of the society and shall supervise the other officers in the execution of their duties and shall be responsible for the calling of meetings of the Board of Directors.
- The President oversees all committees and is an ex-officio member of all committees.
- If there are concerns with coaching, staff, athlete behavior on or off the hill, travel, safety, equipment, etc. the President should be involved.

VICE PRESIDENT:

- The Vice President shall carry out the duties of the President during the President's absence. The individual holding this position is usually mentoring the President or being groomed for the position themselves.

JOINT DUTIES:

- Lead the directors in all areas of policy making.
- Receive and act with the directors on information from all club committees.
- Act along with the Alpine Chair, as the main interface between Mount Washington Resort and the club.
- Work with the head coach on daily operations.
- Develop contracts for employees and submit to club lawyer prior to signing.
- Conduct performance evaluations for all MWSC employees on a regular basis.
- Provide all parents and racers with a written evaluation form to be completed at the conclusion of the season.
- Ensure the club has a representative at all Zone and BC Alpine meetings.
- Call general meetings of the membership as required.



- Organize workshops for parents and racers.
- Develop financial policies to ensure fiscal responsibility.

SECRETARY:

- Conducts the correspondence of the society.
- Issues notice of meetings of the Society and directors.
- Keeps minutes of all meetings of the Society and directors and distributes those minutes to the members by mail or by posting at the clubhouse.
- Has custody of all records and documents of the society except those required to be kept by the Treasurer.
- Distributes messages to the directors via telephone.
- Maintains the register of members with the help of the membership coordinator.
- Ensures all members receive any mail-outs as directed by the directors.

TREASURER:

- Keeps the financial records, including books of account, necessary to comply with the society Act.
- Renders financial statements to the directors, monthly at the directors' meeting, and to members and others when required.
- Handles the payroll for all junior program coaches.
- Maintains the junior racer accounts and reports the status of such account to the parents on a monthly basis commencing in December.
- Works with the bingo coordinator to maintain that the club is in good standing at all times with the Bingo Licensing Boards.
- Checks mailbox regularly and distributes mail to appropriate club directors and members.

ALPINE CHAIR:

- Acts as the liaison between the club and Mount Washington Resort.
- Attends Coast Zone meetings and BC Alpine meetings as required.
- Acts as liaison between the club and Alpine Canada, BC Alpine and the Coast Zone.
- Works with hiring committee to ensure that coaches are organized well in advance of season and contracts are duly signed.

ASSISTANT ALPINE CHAIR:

- Shall carry out the duties of the Alpine chair in his or her absence. The Assistant Alpine Chair will work closely with the Alpine chair to ensure that all duties are duly covered. The individual holding this position is usually mentoring the Alpine Chair or being groomed for the position him or herself.

CLUBHOUSE DIRECTOR:

- Ensures clubhouse is well maintained so as to provide members with safe, well organized cabin that is easily maintained.
- Inspect cabin in spring and fall making note of items for repair.



- Give report, written or verbal at club AGM clearly outlining items in need of repair and approx. cost of repairs.

FUNDRAISING CHAIR:

- Organizes fundraising projects for the club.
- Works with the treasurer or budget committee to ensure that adequate fundraising activities are planned.

COORDINATORS (NG, K1, K2, FIS, AMS) :

- Inform parents via telephone and or email of important messages and ensure that good communication exists between parents and the directors.
- Are the first contacts for parents or coaches to discuss any problems within the group. Assist in mediating any disputes within the group. Refer unsolved problems to Advisory Committee.
- Coordinate regular parent meetings for their respective groups (J1,K2,K1,) both with and without coaches present.
- Serve as chairs for various club events or activities as requested by President or Vice President.

REGISTRAR:

- Is in charge of club registration and Canada and BC Alpine registration for all racers in the club (J program and Nancy Greene program).
- Provides updated lists of racers with phone numbers etc. for the secretary and the membership.

PROFESSIONAL STAFF

Coaching is provided by a team of coaches that is managed by a Program Director. See www.mtwashingtonskiclub.com for a current list and the bios of program coaches.

Coaching Staff: A Head Coach/Program Director heads our coaching staff, this individual presents his/her ideas for program design to the executive for their approval and also takes an active roll in the hiring of all other coaches, presenting his/her proposal to the hiring committee. The Head Coach/Program Director is directly responsible to the Alpine Committee and is evaluated and hired on a yearly basis by said committee. All programs from Alcan Nancy Greene through F.I.S. will have an age group Head Coach who works closely with the Head Coach/Program Director to design and run programs that best suit the needs of the athletes involved. Assistant coaches will be hired as needed for all programs so as not to exceed a Coach/Athlete ratio of 8 to 1.