



Welcome!

Calabogie Ski Racing Club

2023-2024





Agenda

- 1. The CSRC Club**
- 2. Our Programs**
- 3. Communications**
- 4. Partners In Safety**
- 5. Athlete Information**
- 6. Volunteering**
- 7. Hosted Events**
- 8. Age Group Coordinators**
- 9. Coaching Line-up**



The CSRC Club Is:

1. Athlete Centered



2. Coach Driven



3. Parent Supported





Our Values

CSRC develops youth into competitive athletes
and responsible young adults by encouraging
personal growth and achieving potential.





Alpine Racing Structure

World Governing Body
Fédération Internationale de Ski
(International Ski Federation)



National Governing Body
Alpine Canada Alpin

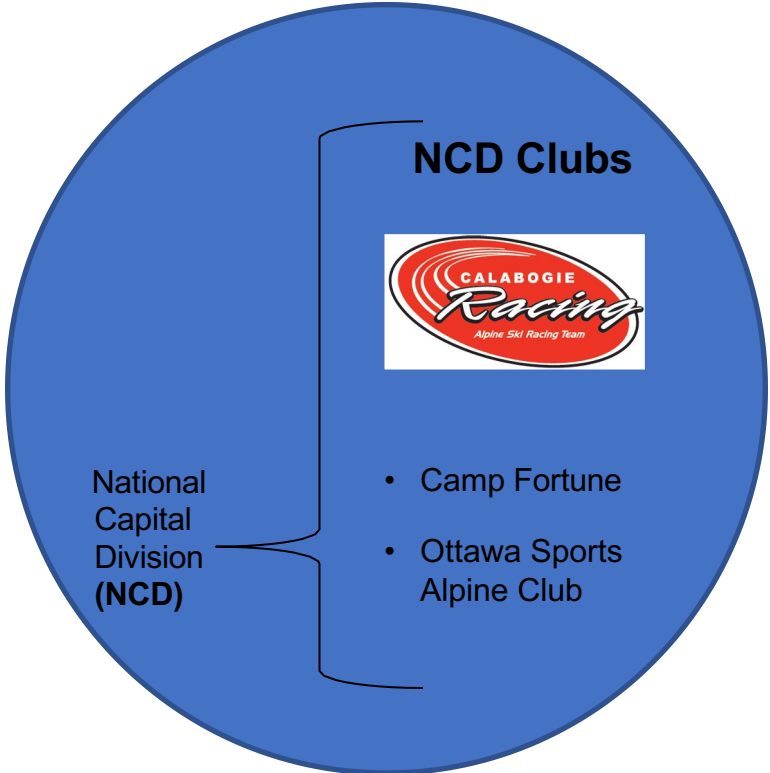
Provincial Governing Body
Alpine Ontario Alpin

Ontario Divisions

Northern Ontario Division (NOA)

Southern Ontario Division (SOD)

Lake Superior Division (LSDA)



NCD Clubs



National Capital Division (NCD)

- Camp Fortune
- Ottawa Sports Alpine Club



CSRC Club Organization

Board of Directors

- | | |
|------------------------|------------------|
| • President | Brian McKittrick |
| • Secretary/Membership | Megan Monkman |
| • Treasurer | Nick Hogan |
| • Programs | Matt MacMillan |
| • Officials | Carol Mothersill |
| • Timing | Alain Goudreault |
| • Past President | Brian Ivay |

Other Volunteer Positions

- | | |
|-------------------------|-----------------------------|
| • Equipment | Andrew Zulpo |
| • Sponsorship | Gary Stordy |
| • Social Media | Chris Gropp & Amber Comisso |
| • Volunteer Lunches | Kara Gilby |
| • Volunteering | AJ Neil |
| • Safe Sport Rep | Jessica Trier |
| • Merchandise | Amber Comisso |
| • Chief of Coordinators | Katie Hogan |



Our Programs

- **U18/21**

- Full Send, Half Send, Pay as you go Send
- CJP focus for races with options for FIS and U16 races

- **U10/U12/U14/U16**

- OSZ/NCD Regional Race Series (Schedule to be out soon)
- U14/U16 - Speed Camps, Provincial Championships, Ontario Winter Games, Speed Training in La Reserve, etc.
- U10/U12 – Possible away camp in January (ex. Jay Peak)

- **U8**

- Trains with U10 group
- No training days when U10s are away at regional races.



Program Details

- **Core Training (included in core fees)**
 - Starts Dec 16th (hill conditions permitting)
 - Saturdays & Sundays - ready to ski at 8:45am each day
 - Christmas holiday training (Dec 23rd, Dec 27th to 30th, Jan 2nd to Jan 7th)
- **Preseason Camps (Optional)**
 - Mont Tremblant – Dec 4th to 6th
 - Mont Edouard – Dec 16th to 22nd (U14+)
- **Other Optional Training (U10+)**
 - Fridays at Calabogie starting January 12th
 - \$270 for all Fridays or \$45/day
 - Tuesday night SL at Pakenham starting January 9th
 - \$45/night



Club Communication



- Athlete roster & contact information
- Coach & club contact information
- Training & racing schedule

Please update your details!



2022-23 Partners in Safety





Athlete Responsibilities

1. Have Fun

2. Train Hard

3. Ski Fast

....AND

- **Get proper nutrition and rest:** put junk in, get junk out
- **Equipment:** your parents bought it, *now you pack and care for it*
- **Schedule:** make sure your parents drive you on time
- **Electronics:** Nope! Not during training- focus on friends and skiing.



Athlete Code of Conduct

1. We are representatives of Calabogie Ski Racing Club and will present ourselves in a positive way.

- We don't swear or name call
- We clean up our space after we are done.
- We don't cut lines.
- We follow ski area rules and laws.

2. We will respect our teammates and fellow competitors

- We do not interfere with teammates or competitors' runs or training.
- We do not tolerate bullying, teasing or putting others down.
- We treat everyone's ski equipment with respect.

3. We will be respectful of our coaches and race officials

- We will be thankful and appreciative of our volunteers.

4. We are responsible for our own training and races and will train hard with our coaches

- We arrive at races on time and ready to participate with all our equipment in good shape.
- We arrive on time for training.
- We ask questions and talk with our coaches.
- We know nutrition is important and eat healthy.
- We listen to our bodies and allow for rest and recovery.

5. Ski with focus and have fun!



U14 & U16 & U18/21

You set the example in the club. Be mindful, make good choices and help other athletes!





What's one of the most important components in your athlete's success, and the success of CSRC?



**YOU THE
PARENT!**





Parent Support Roles

1. Get your athletes what they need to be successful:

- Suitable and *prepared* gear (and Tuned)
- Proper nutrition, and adequate sleep
- Get them to the hill on time
- Promote a fun and positive attitude!

2. Volunteer your time!

- Jump in, help out—lots of ways to contribute to the club – **There is work to do almost everyday (not just on race days)**
- It takes 30-40 volunteers to put on a race; we all need to help each other!
- We have food and drinks....let's not resort to shaming.....

3. Get your Officials Training (Level 1 and Level 2 Training Available)



Planned Hosted Events

- **U16 Provincials (March 2nd to 7th)**
 - 6 days of races
 - Many days before to prepare (previous weekend and during the week)
- **U14 Speed Camp (Schedule not finalized)**
 - U14 Regional Speed Training – Jan 31st, Feb 1st
 - U14 Regional Super G Training Day - Fri Feb 23rd
 - U14 Regional Super G Race – Sat Feb 24th
- **Other Regional Races (Schedule TBD)**
 - In Jan, Feb, March (always prep the day before)
- **Dual SL Event (March 30th & 31st)**
 - Preparation Thursday and Friday before





Age Group Coordinators

Work in partnership with the coaches, athletes, parents and the board to assist in the execution of the race program (training/races) focusing on:

- Communication
- Administration
- Organization (Training, Races, Camps, etc.)
- Leadership and enforcing the code of conduct.
- Advocating for, and represent, all athletes in a fair and unbiased manner

U8

U10

**Amanda Mayo-
Redekopp**

U12

Gary Stordy

U14

Kelly Nelson

U16

Chris Gropp

U18

Tammi Forget



Coaching Lineup!

Head Coach:

Bruce Monkman

U8

U10

**Connor MacLean
Evey Yantha
Ewan Leafloor**

U12

**Matt Cuccaro
Robyn Butler
Ayden Gropp**

U14

**Nick Caves
Alex Duff**

U16

**Blair Jackson
Owen Barr**

U18

**Jake Yantha
Brent Cotter**



Final Reminders

- 1. Register and Pay AOA Fees**
- 2. Pay CSRC invoices**
- 3. And Ask Questions and Get Involved**



Thanks!

