



***Calabogie Ski Racing Club  
Athlete / Parent  
Orientation***





# CSRC Mission

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**Calabogie Ski Racing Club is a competitive alpine ski racing program focused on the development of youth into competitive athletes and responsible young adults.**

**Our Club is an athlete-centered program, which encourages personal growth and develops individual potential. It is coach-driven and supported by a parent and volunteer infrastructure.**

**Our Club adheres to the structure established by our governing body, **Alpine Canada Alpin**, and is an active member within the **National Capital Division of Alpine Ontario**.**



# Alpine Racing Structure

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



All organizations follow same general principals with some rule sets applied for local level of the hierarchy.

**National Governing Body**  
Alpine Canada Alpin



**Provincial Governing Body**  
Alpine Ontario Alpin  
(PSO)  
Provincial Sport Organization



**Ontario Divisions**

Southern Ontario Division

Northern Ontario Division

Lake Superior Division



**National Capital Division (NCD)**

**NCD Clubs**





# The Racing Ladder

- **Regional Level (NCD/OSZ)**
  - Our race club is competitive both in ability and in training of athletes and are at par or better with other clubs in the region when it comes to athletic results
  - We are local to this region and for a small club, we frequently score podium finishes – this includes competitions against regional Quebec clubs (Mont Ste. Marie, Vorlage, Cascades, Edelweiss, Camp Fortune)
- **Provincial & National Championships**
  - All U14 and U16 athletes have an opportunity to participate at the Ontario Provincial level
  - Athletes at these levels qualify against the other Ontario clubs – Quebec clubs are not included in qualifying Ontario results
  - Depending on Provincial competition results, may also qualify for Can Am, Whistler Cup races
- **FIS (Fédération Internationale de Ski)**
  - Usually after U16, athletes may choose to move into FIS racing
  - FIS is a higher competitive level, but any athlete can compete at this level depending on the level of racing the athlete aspires to
  - FIS athletes travel extensively all over Ontario and Quebec as local FIS races are infrequent



# Club Organization

- **Board of Directors (Not For Profit Corp)**
  - President - Jamie Alexander
  - Treasurer - Jay Swayze
  - Secretary/Chief of Membership - Anne Lefebvre
  - Chief of Officials/Training - Brent Allen
  - Chief of Programs - Richard Duff
  - Chief of Equipment - Clint Lefebvre
- **Additional Offices**
  - Chief of Timing & Calculations - Christine MacLean
  - U10 Age Group Coordinator - Philip Lungu
  - U12 Age Group Coordinator - Darren Matthews
  - U14 Age Group Coordinator - Lawrence Gaffney
  - U16 Age Group Coordinator - Shawn Hamilton
  - U18 Age Group Coordinator - Lynne Yantha



# Age Group Coordinators

Your link to information for your age group by:

- Working in partnership with the age group coaches, athletes, parents and the CSRC executive to assist in the execution of the race program (training/races) focusing on:
  - Communication
  - Administration
  - Organization (Training, Races, Camps, etc.) without interfering or infringing on technical coaching aspects
- Providing leadership, direction and communication for your age group between athletes, coaches and parents, and club executive
- Acts as the athlete advocate and one who represents ALL athletes in a fair and unbiased manner



# Athlete Equipment

- **Hard Shell Ski Racing Helmet**
  - GS Helmet requires hard shell ear covering for all ages
  - FIS Sticker required this season (GS, Speed) for all U14, U16 and FIS races
- Slalom race skis for U10/12
- Slalom and GS race skis for U14 and up
- Slalom race protection (shin, pole, face guards) for U14 & up
- Skin suit for U14 and above





# Ski Tuning

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- Sharp, waxed skis are critical to safety, performance and general enjoyment of ski racing
  - Tuning usually required every week during training and before every race
  - Use consistent tuning and consistent wax for training and racing
- Attend a tuning clinic
  - Available at local retailers
  - CSRC will host one early season in the race trailer
  - Talk to other parents





# 2016-17 Fees & Costs

## ***Program Fee \$TBD Includes:***

- Coaching for ~33 days on snow (training and racing)
  - Includes Christmas camp
  - Excludes extra training (pre-season camps, Tuesday nights, Fridays, GS camp, Speed camp)
  - Excludes non-regional series races (Provincials)

## ***Additional Fees/Costs***

- AOA/ACA fees (\$90 – \$142.50 see [www.alpineontario.ca](http://www.alpineontario.ca))
- Race Equipment (Skis, boots, poles, clothing)
- Away Race Fees – Typically \$30-35/race which goes to the host club - No fee when at home
- Extra Training – Camps, Tuesdays/Fridays
- Non-Series Race Events – e.g. Provincial Championships
- Calabogie Peaks Season Pass



# Program Details

- Regular training days
  - Saturdays & Sundays, 8:30am (ready to ski) to 2:45pm
  - Christmas holidays camp
- Extra Training (optional, extra cost)
  - Tuesday nights (Pakenham starting in January)
  - Fridays (Calabogie starting in January)
  - GS camp (just before Christmas)
  - Speed Camps (U14, U16)
- Races
  - Number of races per season varies per age group but typically involves 2-4 SL races, 2-4 GS races, 1-2 SG races (U14, U16)
  - Schedule comes out late fall
- Provincials (U14, U16)
  - NCD has quota, athletes qualify based on regional series results
  - U14 & U16 Provincials are both in Collingwood this year



# SignUpGenius

- CSRC uses SignUpGenius to manage race day volunteers

- [www.signupgenius.com](http://www.signupgenius.com)



- Works best if you have an account (absolutely free)
- Accessible from desktop, laptop and mobile
- Used to assign volunteers to roles per race
- Used to track contributions to race day lunches



# TeamSnap

- Private team site, must be invited to create account
- Athlete roster contact information
- Coach & club exec contact information
- Training & racing schedule (except U18)
- Attendance tracking at all events
- Regularly updated list of fees owing
- Message board for posting equipment for sale
- Media tab for posting photos, videos, etc.
- Great mobile app available free





# Parent Commitment

- Ski racing is a sport that relies heavily on volunteers
  - It takes 30-40 volunteers to put on a race!
- Almost all other clubs have mandatory volunteer requirements
  - Calabogie has a regional and provincial reputation for having an excellent & experienced volunteer pool without setting up mandatory systems
  - Parents are *expected* to volunteer to the extent allowed by their life situations
- Anyone, with or without ski (racing) experience, can help
  - Administrative roles (registration, announcer, scoreboard, bib collection...)
  - Technical roles (Course crew, gate judging, start, finish, timing, ...)
  - Pre-event organization (course setup, logistics, ...)
- All parents should obtain a minimum Level 1 official certification
  - CSRC will host a “Level 1 Officials Training” course before the race season
  - Experienced Level 1 officials should seek Level 2+ certification in order to take on leadership roles
- Officials/volunteers need to be registered as such on the AOA website



# 2016-17 Registration Process

- Go to the “Register” page on the club website:  
[www.calabogieskiracing.com](http://www.calabogieskiracing.com)
  - Fill out registration form and Submit
  - You will be sent a TeamSnap invitation by email in response
- Accept TeamSnap invitation, thereby creating an account, and complete the requested athlete information
- Submit club fee to CSRC Treasurer using interac transfer to  
[jswayze@bluarc.ca](mailto:jswayze@bluarc.ca) using passcode ‘calabogie’.
  - Ensure that you identify the athlete that the payment is associated with in the comment field.
- Go to the Alpine Ontario website [www.alpineontario.ca](http://www.alpineontario.ca) and click the ‘Register button’ to register athletes, officials/volunteers and general members.
  - Submit payment of AOA/ACA fees per website instructions



# Further Information

## Contacts

Jamie Alexander - President  
Jay Swayze – Treasurer  
Richard Duff - Programs  
Anne Lefebvre - Membership  
Brent Allen – Officials/Training

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## Web Sites

Calabogie Ski Racing Club - [www.csrracing.com](http://www.csrracing.com)  
*Alpine Ontario Alpin* - [www.alpineontario.ca](http://www.alpineontario.ca)  
*Alpine Canada Alpin* - [www.alpinecanada.ca](http://www.alpinecanada.ca)  
*National Capital Division* - [www.ncd.ca](http://www.ncd.ca)  
*Regional Race Sched/Results* - [www.ncd.ca](http://www.ncd.ca)  
*Otaouais Ski Zone* - [www.skioutaouais.qc.ca](http://www.skioutaouais.qc.ca)  
*National Points* - [www.acapoints.ca](http://www.acapoints.ca)