



Calabogie Ski Racing Club Athlete / Parent Orientation





CSRC Mission

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

Club de ski
CAMP FORTUNE
Ski Club



UOV
Upper Ottawa Valley
Ski Club



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 - TBD
 - Chief of Communications - TBD
 - U10 Age Group Coordinator - TBD
 - U12 Age Group Coordinator - TBD
 - U14 Age Group Coordinator - TBD
 - U16 Age Group Coordinator - TBD
 - U18 Age Group Coordinator - TBD



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



Coaches 2015/16

- U10
 - TBD
- U12
 - TBD
- U14
 - Jay Knox j_knox@hotmail.com
 - Hal Monkman
- U16
 - Bruce Monkman brucemonk@hotmail.com
 - Robyn Butler jrobynbutler@hotmail.com
- U18
 - Shawn Clarke shawngrahamclarke@gmail.com



Equipment Requirements

- **Athlete Requirements**
 - **Hard Shell Ski Racing Helmet**
 - GS Helmet requires hard shell ear covering
 - FIS Sticker required this season (GS, Speed) for all FIS racers, and U14/U16 international races (e.g. CanAm, Whistler Cup)
 - FIS Sticker required next season (GS, Speed) for all nationally pointed races, U14 and above
 - **Slalom race skis for U10 and above**
 - **Slalom and GS race skis for U14 and above**
 - **Race protection (shin, pole, face guards) for U14 & above (SL races)**
 - **Skin suit for U14 and above**
 - **Commitment and respect to the club, other athletes, coaches, parents and the resort**





Ski Tuning

- 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
- Attend a tuning clinic
 - Available at local retailers
 - CSRC will host one early season in the race trailer
 - Talk to other parents



2015-16 Fees & Costs

Program Fee \$925 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)
- 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

- Ski racing is all about lists
 - Registering athletes with the club
 - Registering volunteers with the club
 - Tracking attendance at extra training days/events
 - Assigning volunteers to roles per race
 - Tracking contributions to race day lunches
- CSRC uses SignUpGenius
 - www.signupgenius.com
 - Works best if you have an account (absolutely free)
 - Accessible from desktop, laptop and mobile





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 races 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





2015-16 Registration Process

- Go to the SignUpGenius [Athlete Registration Page](#) to register an athlete with the club
- Submit club fee (\$925) to CSRC Treasurer using interac transfer to jswayze@bluarc.ca using passcode 'calabogie'. Ensure that you identify the athlete the payment is associated with in the comment field.
- Go to the Alpine Ontario website 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
- Go to the SignUpGenius [Volunteer Registration Page](#) to register yourself and others as club volunteers



Further Information

Contacts

Jamie Alexander - President

Jay Swayze – Treasurer

Richard Duff - Programs

Anne Lefebvre - Membership

Brent Allen – Officials/Training

jjalexander@bell.net

jswayze@bluarc.ca

rduff@nrtco.net

anneandclint.lefebvre@sympatico.ca

beallen@rogers.com

Web Sites

Calabogie Ski Racing Club

Alpine Ontario Alpin

Alpine Canada Alpin

National Capital Division

Regional Race Sched/Results

Otaouais Ski Zone

National Points

- www.csrracing.com

- www.alpineontario.ca

- www.alpinecanada.ca

- www.ncd.ca

- www.ncd.ca

- www.skioutaouais.qc.ca

- www.acapoints.ca