



Welcome!

Calabogie Ski Racing Club

2020-2021







2021



Our time together tonight

1. Important information for **everyone**

- The COVID protocols
- First day getting passes and finding coaches
- Using the Race Base

2. Important information for the **athletes**

- Skier Responsibilities and Code of Conduct
- Who your coaches are!

3. Somewhat important info for **new parents**

- Who and what to ask when you feel panic

4. Random, *not important* words of “wisdom”, bad jokes and general attempts at humour



"THE WORD" of the season



RESPECT

**Everyone has different feelings
about the world right now, and
thoughts on how to best manage
themselves.....
nobody is wrong!**



Race Base Area





Race Base 2.0!





Using The Race Base

What we *CAN* use the Race Base for:

1. Warming up for a few minutes
2. Reviewing coach recorded video
3. Sanitizing hands, wearing masks & being physically distanced

What we *CAN'T* use the Race Base for:

1. Changing and getting boots on
2. Eating lunch
3. Hanging out



Showing up on Saturday

Season passes are NOT ready for pickup. The newly RFID system is not ready, so day passes will be provided for season pass holders.

1. Season Pass holders, please make sure passes are paid for and waivers are signed. <https://www.calabogie.com/season-pass-waiver/>
2. Parents can get passes from Adventure Centre at the outdoor kiosk windows, 8:30am to 9:15am *before meeting coaches*. The hill will also be open Friday and passes can be picked up then too.
3. There will be designated meeting areas marked and identified for each age group **outside** of the Race Base. **Personal bags are to be left outside.**
4. **Athletes meet outside the Race Base and find their age group area 9:15-9:30am (Age group coordinators will be there to help!)**
5. Coaches and athletes will warm up and then ski!
6. Stragglers will be picked at the bottom of the lift when groups hit the next run.



COVID-19 Daily Attestation



[HOME](#) [CLUB INFO](#) [PROGRAM](#) [REGISTRATION](#) [COVID-19](#) [PARENTS](#) [SPONSORS](#) [BUY / SELL](#) [LINKS](#)



Click this link to fill out the COVID-19 Daily Attestation

[COVID-19 Daily Attestation Form](#)

To save time on your smartphone, click the above link, then save the google form page as a link to your Home screen.

A COVID-19 Daily Attestation must be filled out and submitted before the start of every training/race day

Add the link to your smartphone for ease of use !



How training days will be different (Thanks COVID!)

1. Arrive ready to ski! (Boots on, dressed for the weather.)
2. Bring a bag with water bottle, extra clothing and anything that may be needed during the training day. **This will be left outside** but can be accessed as needed through the day.
3. Lunch to be eaten either outside or in your vehicle/at home etc.
4. No bags inside the race building as per Calabogie Peaks guidelines.
5. Coordinators will ask if attestation is done and take attendance for contact tracing purposes.



Riding the Chairlift (And other Resort COVID Protocols)



Chairlifts:

- No capacity limits on chairlifts **as long as you are in the same bubble/cohort/household**- If not within the same cohort you may load **2 individuals on either side of the chair** as long as the two individuals are comfortable in doing so.
- Face covering both in the lift line and on the lift

Lodge (including the Race Base):

- No bags, equipment or any other personal items allowed in the ski lodge – patrons must show up ready to ski
- Reduced capacities within all buildings – patrons must maintain a two meter distance at all times
- Increased cleaning on high touch points
- Masks to be worn inside all buildings, lift lines and while on the chair lift





Parents New Responsibilities This Year

- Have a discussion with your athlete about riding the chairlift, and how to keep safe with COVID.
- Make sure your athlete completes the attestation every day.
- **Update your TeamSnap Contact information!** (So coordinators and coaches can find you if needed!)
- Always be within 15 minutes of the Race Base in case your athlete needs you, and so a coordinator or coach can quickly find you.
- Make sure your athlete has an appropriate mask, and has a plan to eat their lunch outside of the Race Base or lodge.
- Agree on meeting points and places throughout the day with your athlete (breaks, lunch, end of day etc)



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!



But, how do we...

Get ready for skiing?: Change on the way or in your car

Go to the Washroom?: you can use the Lodge for this

Eat lunch?: In the car with your family

Meet my parents?: Make a time and set a location

Have fun?: Like a polar bear does, outside in the snow!



**Time for
lunch!**

**Ahhh! Five
more
minutes,
I'm having
fun!**





2020/21 Coaching Lineup!

Head Coach:

Bruce Monkman

U10

Owen Barr
(Obarr)
Connor Allen
James
Gaffney

Age Group
Coordinator:
Kelly Nelson

U12

Jake Yantha
Robyn Butler

Age Group
Coordinator:
Debby van Zijl

U14

Martin Rog
Matt
Cuccaro
Blair Jackson
Sam Duff

Age Group
Coordinator:
**Brian and Joe-
Anne
McKittrick**

U16

Drew
Hollingsworth
Alex Duff

Age Group
Coordinator:
**Paul and
Tammy Forget**

U18

Tarik
Hamrouni
Brent Cotter

Age Group
Coordinator:
Ron Kunstadt
supported by
Rachel Ivay
(or vice versa...)



U14 & U16 & U18

**YOU SET THE EXAMPLE IN THE CLUB.
BE MINDFUL, MAKE GOOD CHOICES AND
HELP OTHER ATHLETES!**





CSRC Club Organization

Board of Directors (Not For Profit Corp)

- President
 - Brian Ivay
- Treasurer
 - Sean Cunliffe
- Chief of Membership
 - Jenn Gropp
- Chief of Programs
 - Monica Kunststadt Landon
- Chief of Equipment
 - Randy Leafloor/Jamie Alexander
- Chief COVID Officer
 - Carol Mothersill

Additional Offices

- Chief of Officials (Acting)
 - Brent Allen
- Chief of Timing
 - Alain Goudreault
- Chief of Volunteers
 - Frank Good
- U10 Age Group Coordinator
 - Kelly Nelson
- U12 Age Group Coordinator
 - Debby van Zijl
- U14 Age Group Coordinator
 - Brian & Joanne McKitrick
- U16 Age Group Coordinator
 - Paul & Tammy Forget
- U18 Age Group Coordinator
 - Ron Kunststadt / Rachel Ivay



Race Base 2.0





Ski Races in 2021

- Reduced race schedule
- Races to be held only on Fridays
- Race cancellations due to COVID will not be rescheduled
- U14 and U16 Provincials are still tentatively planned in Collingwood
- Draft schedule has been prepared
- Lots still being sorted out



Newbies: Welcome to CSRC!





Welcome to CSRC!

Our club is:

1. Athlete Centered





Welcome to CSRC!



Our club is:

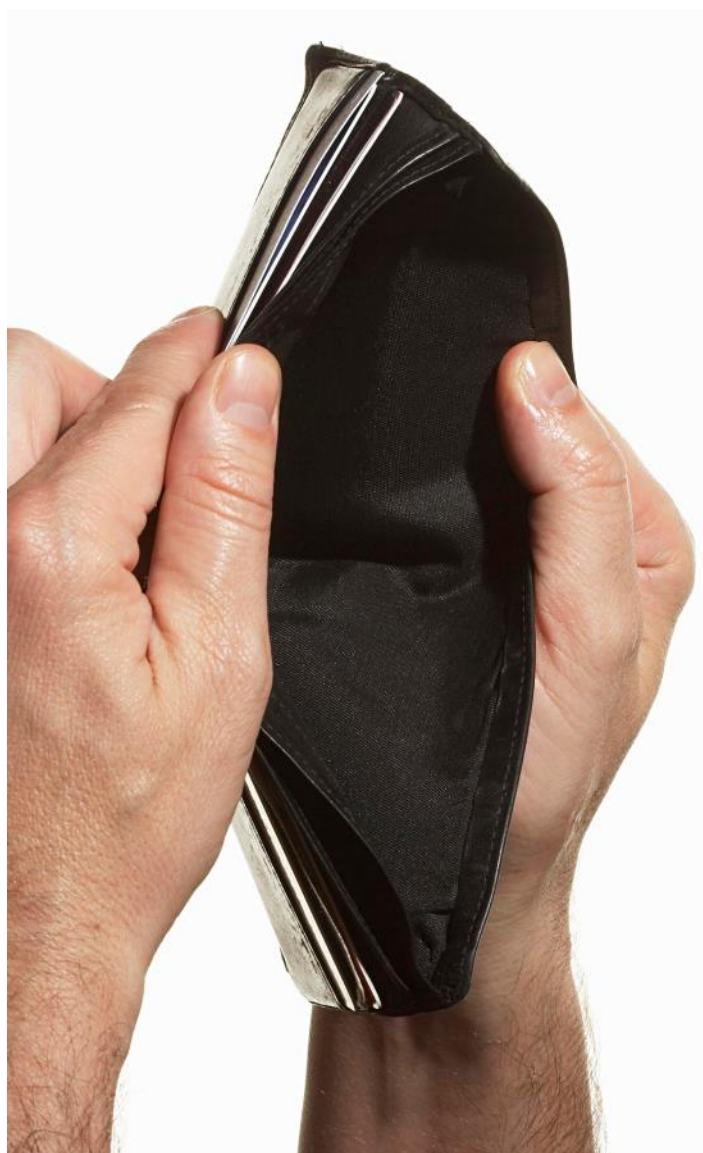
- 1. Athlete Centered**
- 2. Coach Driven**



Welcome to CSRC!

Our 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.





CSRC Culture





Want your kids to ski this weekend?

Don't risk a public shaming!

Before this Friday at 4pm, please complete:

1. Register and Pay AOA Fees

- <https://snowreg.com/#!/events/calabogie-ski-racing-club/registration/solo/participant/>

2. Pay CSRC Registration Fees

- contact csrckicclub@gmail.com if you have not received your invoice

3. Submit COVID Agreement

- <http://www.calabogieskiracing.com/covid-19.html>

Not done = no club skiing= unhappy children= crappy car ride home



Club Communication



- Athlete roster & contact information
- Coach & club contact information
- Training & racing schedule
- Attendance tracking at all events

Please update your details!



Program Details

Regular training days included in the club registration fee:

- Saturdays & Sundays ready to ski at 8:30am until 2:45pm
- Christmas holiday camp
- See full schedule in Team Snap / **Please mark your availability !**

Optional Extra Training (\$35 per day/ invoiced later):

- Tuesday night gate practice at Pakenham starting January 5th 2021
- Fridays at Calabogie starting in January 8th, 2021
- GS camp at Calabogie Dec 16th - 18th 2020
- See full schedule in Team Snap / **Please mark your availability !**

Races:

- Let's hope for a few!
- Regional Race Schedule is pending

Provincials (U14, U16):

- TBD



Fees & Costs

- AOA/ACA fees (see www.snowreg.com)
- Race Equipment (Jackets, skis, boots, poles, helmet, etc.)
- Away Race Fees (\$40/race, invoiced monthly. No fee when at home.)
- Extra Training – Camps, Tuesdays/Fridays (\$35/day, invoiced monthly)
- Non-Series Race Events (e.g. Provincial Championships)
- Calabogie Peaks Season Lift Pass or Daily Lift Tickets



Age Group Coordinators

AGC's work in partnership with the 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.)
- Leadership and enforcing the code of conduct.
- Advocating for, and represent, all athletes in a fair and unbiased manner

U10 - Kelly Nelson

U12 - Debby van Zijl

U14 - Brian & Joe-Anne McKittrick

U16 - Paul & Tammy Forget

U18 - Ron Kunstadt / Rachel Ivay



**What's the most important
component 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
- Proper nutrition, and adequate sleep
- Get them to the hill on time
- Get them to the washroom before meeting the coach
- Promote a fun and positive attitude!

1. Volunteer your time!

- Jump in, help out—lots of ways to contribute to the club
- 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.....
- **What does a race day without volunteers look like?**



**This is a ski race with no
volunteers.....**



Events

**2019/2020
Calabogie
Hosted
events:**

February 2	U12 GS
February 19-22	U14 SPEEDCAMP
February 23	U14 Super G
March 1	U12 SL
March 14	U16 GS
March 15	U10 SL
April	Dual Slalom

**2020/2021
events:**





What Can I Do To Help?

Pre-event organization:

- potluck donations
- course setup
- race morning logistics

Administrative roles:

- registration
- announcer
- scoreboard
- bib collection

Technical roles:

- course crew
- gate judging
- starting area
- finish area
- race timing



All parents should obtain a Level 1 Officials Certification & be registered on the AOA website. CSRC will host an officials Training course before race season.



Volunteer Assignments

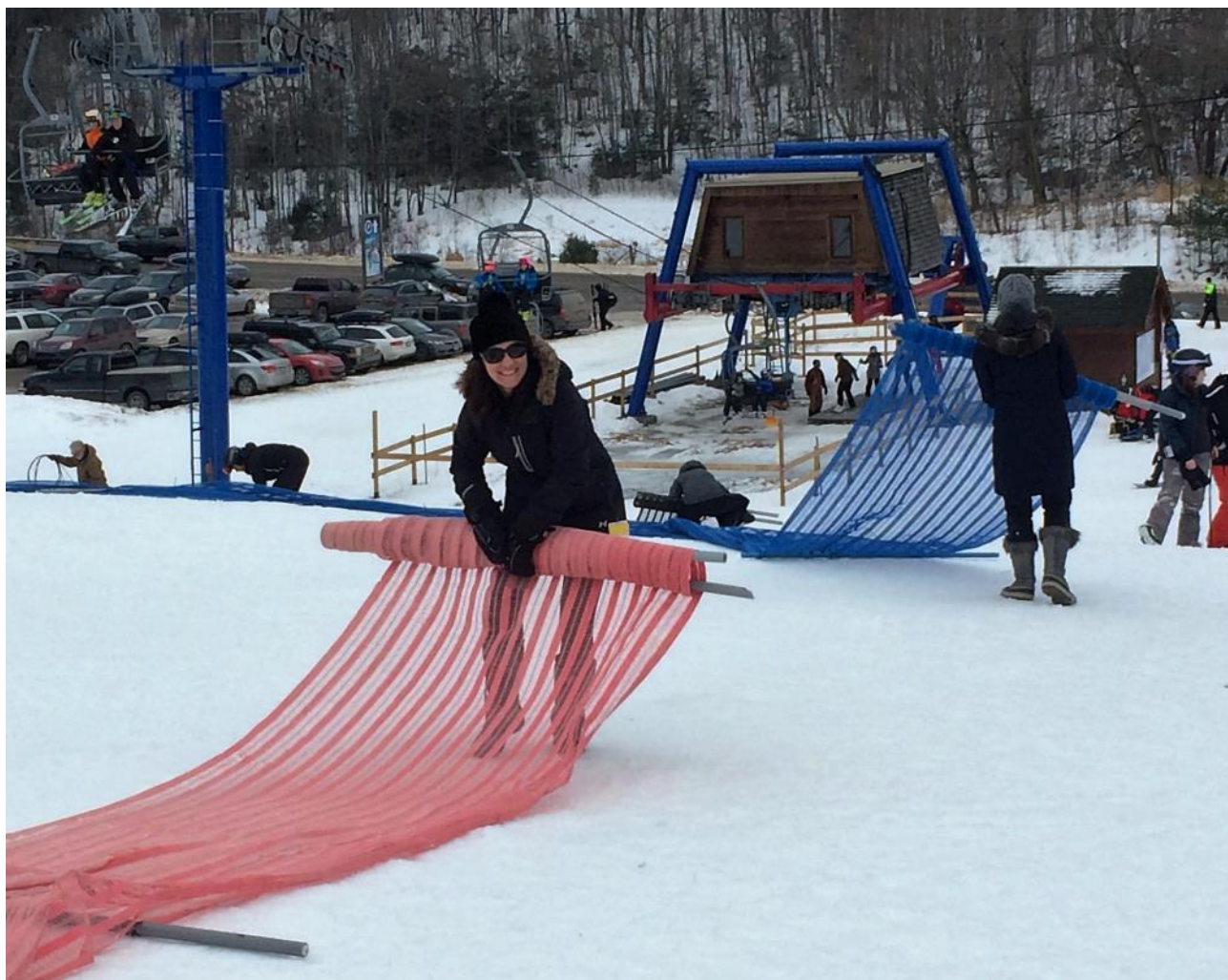


www.signupgenius.com

- Accessible from desktop, laptop and mobile
- Used to assign volunteers to roles per race
- Used to track contributions to race-day pot-luck lunches



Level 1 Officials Course



Details on next course will be communicated.



Required Equipment

For all ages:

- Hard shell ski racing helmet with ear covering (FIS Sticker required (GS, Speed) for all U14, U16 and FIS races)
- Proper fitting boots!

U10/U12: Slalom race skis

U14 and Up:

- Slalom race skis
- GS race skis
- Slalom race protection (shin, pole, face guards)
- Skin suit & back protector for GS





Ski Tuning Guidelines

Sharp, waxed skis are critical to safety, performance and fun!

In general, tuning is done:

- every week during training
- before every race

How do I tune skis?

- Clinics are available at local retailers
- CSRC will host an early season tuning clinic
- Talk to other parents (especially if you enjoy hearing a variety of opinions...)
- The world wide inter-web machine has lots of videos! (Try Side-Cut.com)





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)

National Capital Division (NCD)

NCD Clubs



- Camp Fortune
- Equipe de Ski National Capital



The Racing Ladder

Regional Level (NCD/OSZ)

- CSRC is competitive in the region and delivers athletic results.
- For a “small club”, our athletes regularly score podium finishes!

Provincial & National Championships

- U14 and U16 athletes can participate at the Ontario Provincial level against the other Ontario clubs. (Not Quebec Clubs)
- Depending on Provincial results, athletes may also qualify for Can Am and Whistler Cup races

FIS (Fédération Internationale de Ski)

- Usually after U16, athletes may choose to race FIS competitions
- FIS is a higher competitive level, but any athlete can compete if desired
- FIS athletes travel extensively all over Ontario and Quebec since local FIS races are infrequent



2020 Partners in Safety





More Partners = More Safety





Further Information

Contacts

Brian Ivay	brivay@yahoo.com
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Jenny Gropp	jennygropp2@gmail.com
Sean Cunliffe	sean.cunliffe@outlook.com
Randy Leafloor	randyleafloor@rogers.com

Web Sites

Calabogie Ski Racing Club	- www.calabogieskiracing.com
Alpine Ontario Alpin	- www.alpineontario.ca
Alpine Canada Alpin	- www.alpinecanada.ca
National Capital Division	- www.ncd.ca
Regional Race Sched/Results -	- www.ncd.ca
Outaouais Ski Zone	- www.skioutaouais.qc.ca
National Points	- www.acapoints.ca



Thanks, & Have Fun!

