

Calabogie Ski Racing Club

2024-2025





What is the Calabogie Ski Racing Club (CSRC)?

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

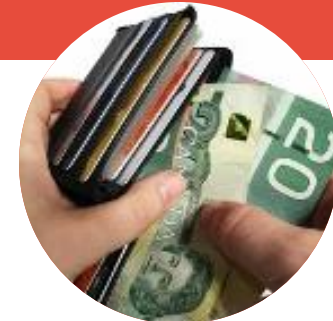
Athlete Centred



Coach Driven

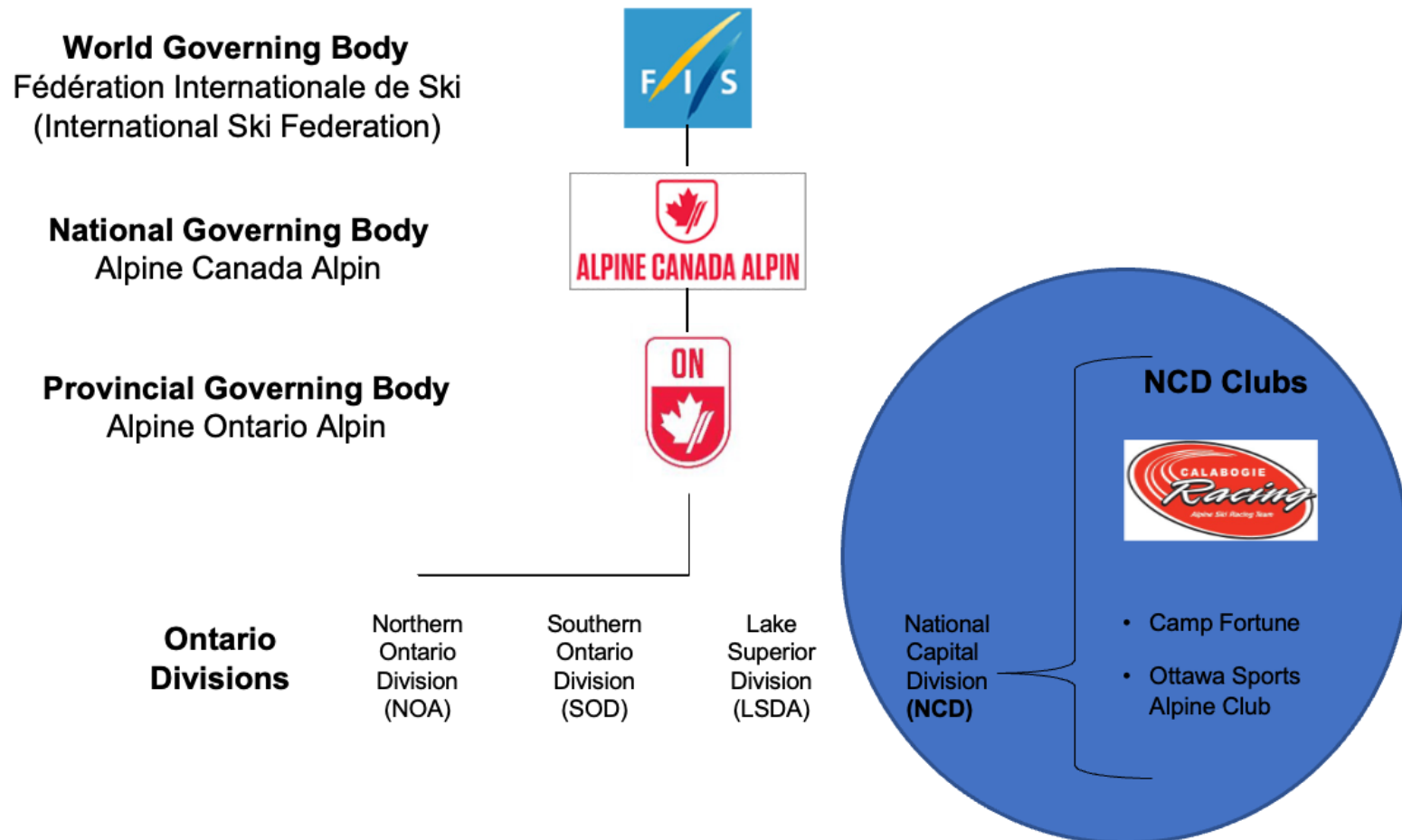


Parent Supported





Where does CSRC Fit in the world of Alpine Racing?





CSRC Programs

U18/21 (Full Send, Half Send, Pay as you go Send)

- CJP focus for races

U10/U12/U14/U16

- OSZ/NCD Regional Race Series
- U14/U16 - Speed Camps, Provincial Championships, Speed Training, etc.

U8

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

Other Optional Training (U10+)

- Fridays at Calabogie and Tuesday nights at Pakenham (January to March)

Core Training (included in core fees)

- Starts Dec 14th (hill conditions permitting)
- All Saturdays & Sundays - Ready to ski at 8:45am each day
- Christmas holiday training (Dec 21st to 23rd, Dec 27th to 30th, Jan 2nd to 5th)

Preseason Camps (optional)

- Mont Tremblant - Dec 9th to 11th (U10+)
- Mont Edouard - Dec 14th to 21st (U14+)

Other Optional Training (U10+)

- Fridays at Calabogie and Tuesday nights at Pakenham (January to March)

Regional Races

- Schedule on NCD website: <http://ncd.ca/ncd-osz-race-schedule-2024-25/>



Club Info & Communication



TeamSnap

- Primary communication tool which has the training and racing schedule
- Has athlete and club contact information
- Use the phone app to ensure you don't miss any quick messages and alerts
- **Please ensure that all athlete's contact information is up to date**

Web Sites

- www.calabogieskiracing.com
- <http://ncd.ca/> - regional schedule, race notices, regional points
- <https://alpineontario.ca/>

Social Media

- [Facebook](#), Instagram (@calabogieskiracing), Twitter/X (@calabogie_ski)

CSRC Swap, Buy & Sell Facebook Group

- Place for our club members and alumni to sell and find equipment



Equipment – What do we need?

Do you know what equipment your athlete needs? If not, what do I do?

- Reach out to an experienced parent or board member in the club
- Reach out to your athlete's coach
- Visit [Kunstadt Sports Glebe location](#)
- Refer to the Alpine Ontario's Gear Guide 2024-25
 - <https://alpineontario.ca/wp-content/uploads/2024/11/AOA-Gear-Guide-2024-U8-U14-2024-Web.pdf>





Club Clothing

Our club pre-buys club jackets, ski pants and ski shorts and sells them back to our families at cost. If you need any please get in touch with Amber Comisso at clothing@calabogieskiracing.com.

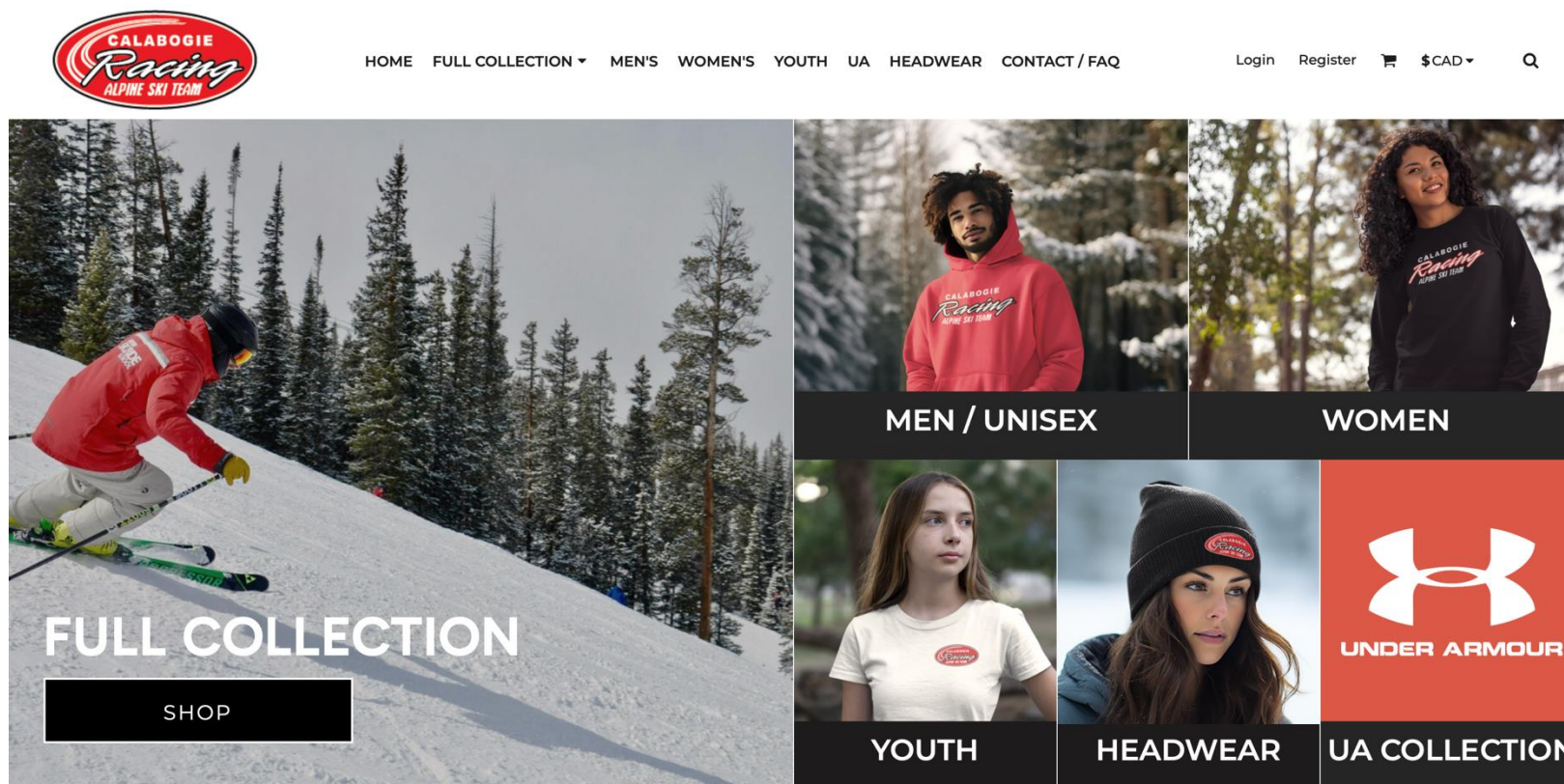




The New CSRC Store Front

We also have a club merchandise store through Gadar Promotions where you can get other CSRC gear (15% of all items sold goes directly back to our club):

- <https://calabogie-racing.secure-decoration.com>





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





**YOU THE
PARENT!**





Parent Support Roles

- **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!
- **Volunteer your time!**
 - Jump in, help out—lots of ways to contribute to the club – **There is work to do almost every day (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.....



Planned Hosted Events

- **U14 OCUP Finals/Provincials (March 12nd to 16th)**
 - 4 days of races (1 day of training)
 - Many days before to prepare (previous weekend and during the week)
- **U14 Speed Camp & SG Race (Jan 29th to Feb 1st)**
 - Will need help on the Monday and Tuesday before to setup
- **Other Regional Races (Sun Jan 19th and Sun Jan 26th)**
- **Riley Cotter Classic Dual SL Event (Mar 29th & 30th)**
 - Preparation Thursday and Friday before





Officials Training



- To ensure you can volunteer inside a race course, you need to:
 - Register as an official on snowreg.com (<https://snowreg.com/#!/listings/alpine-ontario/CL-AOA>)
 - If you have not taken any courses, please take a level 1 course
 - If you got your level 1 official training last year (or before), please take a level 2 course
 - If you are a level 2, please ensure you have taken the Annual Update
 - All courses are available on the AOA event calendar (<https://alpineontario.ca/calendar/?M=12&Y=2024>)
- Level 1 officials can take on positions like gate judge, course crew, etc.
- Level 2 officials can look to take on chief-level roles
- Any questions contact Carol at officials@calabogieskiracing.com



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

**Katie Hogan
(also the overall
coordinator)**

U12

**Ray and
Amber Corby**

U14

Erin Gutoske

U16

Nick Moss

U18

Tammi Forget



Now, what about the **athlete**? This is about you... so, what do we need from you?





Athlete Responsibilities

1. Have Fun!!!
2. Train Hard!!
3. Ski Fast!

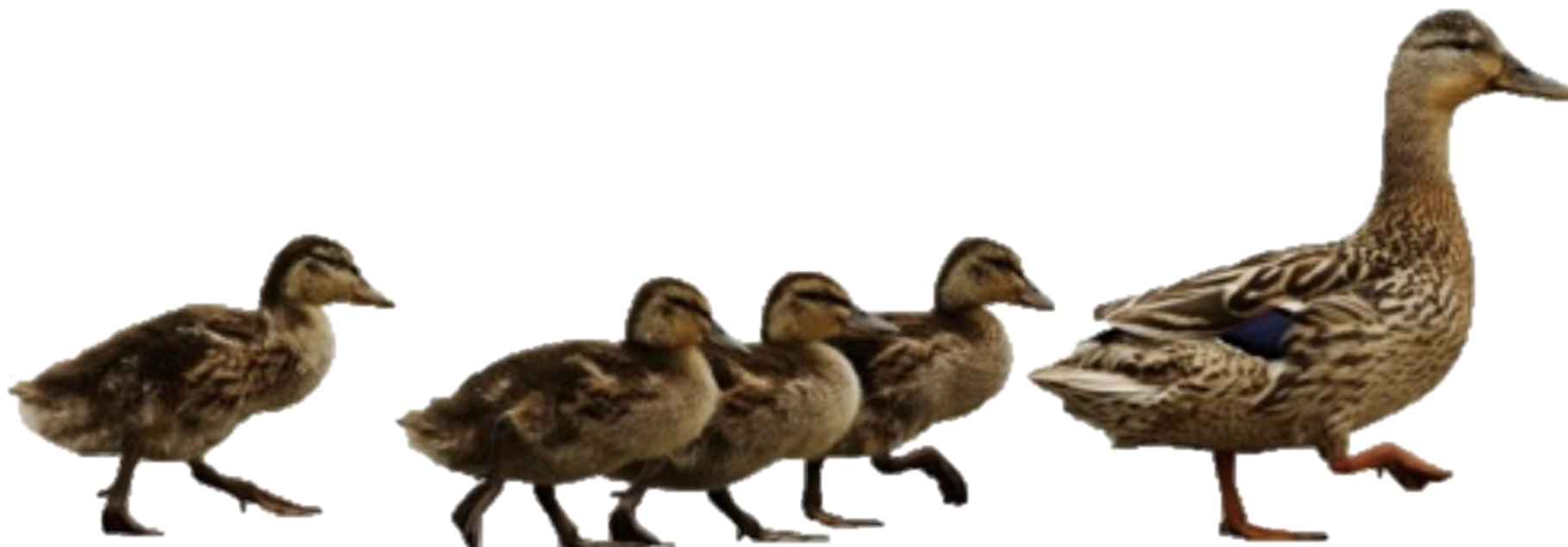
.... And

- **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 you know where you need to be and your parents drive you on time
- **Electronics:** Please limit usage so you can focus on skiing and friends.



Older Athletes.... U14, U16 & U18/21

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





Club Code of Conduct

The Calabogie Ski Racing Club's [Code of Conduct](#) applies to all matters that may arise during the Club's business, activities and events, whether at Calabogie Peaks Resort or elsewhere, including, but not limited to on-snow activities, dryland training, training camps, races and meetings. It also applies to an individual's conduct outside of Club business, activities and events when such conduct is detrimental to the image and reputation of the Club.

All athletes, coaches, parents, volunteers, and officials must read, sign and adhere to the club's code of conduct.

Summary:

1. We are representatives of Calabogie Ski Racing Club and will positively present ourselves while adhering to rules as part of the club and the training/race location
2. We will respect our teammates, fellow competitors, coaches, and race officials.

Before starting on snow events, including pre-season, all must attest that they have read and will adhere to the code of conduct.

<https://forms.gle/uEmC7ndEGyTyRX3e6>



Coaching Lineup

Head Coach

Bruce Monkman

U8

U10

**Nicole Duff
Ewan Leafloor**

U12

**Owen Barr
Ayden Gropp**

U14

**Nick Caves
Sarah McKittrick**

U16

**Blair Jackson
Alex Duff**

U18

Robyn Butler



2023-24 Partners in Safety



THANK YOU!

THANK YOU!



Partners in safety, strength, and success



For many years, the club has run the **Partners in Safety** program. The Partners in Safety sponsorship program was created to help our club continue hosting races of the highest standard by raising funds necessary to replace aging safety b-netting and race-related safety equipment.

This year, we're rebranding it to **Partners in Safety, Strength, and Success** to better support our athletes, community, and sponsors.



Partners in safety, strength, and success

Expanded Benefits to the Club:

- **Enhanced Resources:** Support acquisition of safety and other equipment.
- **Community Investment:** Host events introducing youth to ski racing and the CSRC club.
- **Athlete Well-Being:** Focus on mental health and athlete development.
- **Cost Management:** Offset rising expenses for races at Calabogie Peaks.

Expanded Benefits to Sponsors:

- **Flexible Tiers:** Sponsorship options for businesses of all sizes.
- **Increased Exposure Options:** Website pictures, event recognition, social media posts, badges, and banners (all depending on level)

Next Steps:

- Communicate what advantages will be provided to last season's Partners in Safety.
- Provide a communication package to you all to help our club find new partners
- Contact Amanda at sponsorship@calabogieskiracing.com



Final Reminders

- Register and Pay AOA Fees (both athletes and officials)
- Pay CSRC invoices (they will be coming soon)
- Read and attest to the Code of Conduct
(<https://forms.gle/uEmC7ndEGyTyRX3e6>)
- And ask questions and get involved!!

