



Welcome!

Calabogie Ski Racing Club

2022-2023





Agenda

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

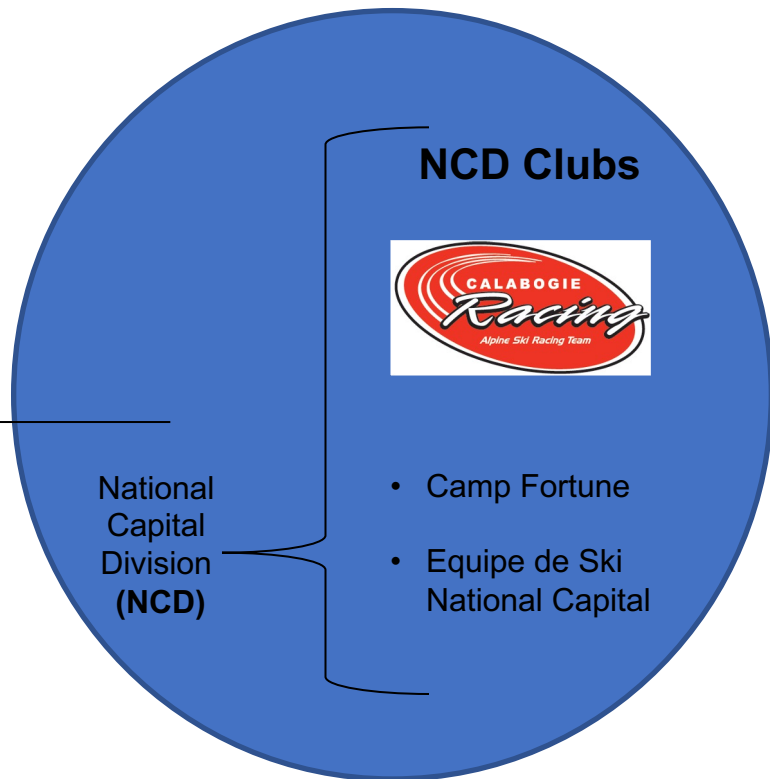


Ontario Divisions

Northern Ontario Division (NOA)

Southern Ontario Division (SOD)

Lake Superior Division (LSDA)



National Capital Division (NCD)



NCD Clubs

- Camp Fortune
- Equipe de Ski National Capital



CSRC Club Organization

Board of Directors

- | | |
|-------------------------|----------------------------|
| • President | - Brian McKittrick |
| • Secretary/Membership | - Jenn Gropp |
| • Treasurer | - Sean Cunliffe |
| • Programs | - Monica Kunststadt Landon |
| • Officials | - Carol Mothersill |
| • Timing & Calculations | - Alain Goudreault |
| • Past President | - Brian Ivay |

Other Executive Positions

- | | |
|--------------------------------------|------------------|
| • Equipment Coordinator | - Randy Leafloor |
| • Volunteer Coordinator | - Frank Good |
| • U18/21 Age Group Coordinator | - Tammi Forget |
| • Age Group Coordinators Coordinator | - Matt MacMillan |



Our Programs

- **U18/21**
 - Full Send, Half Send, Quarter Send
 - Options to participate in OWG, Ontario ENL/FIS, SQA CJP, U16 Regional Events
- **U10/U12/U14/U16**
 - OSZ/NCD Regional Race Series (Schedule to be out soon)
 - U14/U16 - Speed Camps, Provincial Championships, etc.
- **U8**
 - Some weekend and Christmas camp days off
 - Exact schedule TBD once Regional Schedule comes out



Program Details

- **Core Training (included in core fees)**
 - Starts Dec 10th (hill conditions permitting)
 - Saturdays & Sundays - ready to ski at 9am
 - Christmas holiday camp (Dec 27th to 30th, Jan 2nd to Jan 6th)
- **Preseason Camps (Optional)**
 - Mont Edouard – Dec 2nd to 9th (U14+)
 - Mont Tremblant – Dec 5th to 8th (U10+)
 - Mont Blanc – Dec 14th to 16th (U14+)
 - GS Camp (Calabogie) – Dec 21st to 23rd (U12+)
- **Other Optional Training (U10+)**
 - Fridays at Calabogie starting January 13th
 - \$270 for all Fridays or \$45/day
 - Tuesday night SL at Pakenham starting January 10th
 - \$45/night



CSRC Online Shop

- CSRC Online Shop available at <http://www.calabogieskiracing.com/> (click on the SHOP menu option)
- Place to order:
 - Clothing
 - Extra training (GS Camp, Tuesday, Friday, etc)
- **Extra Training form must be filled out before participating in any extra training or your athlete will not be able to participate.**



Club Communication



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

Please update your details!



CSRC Buildings

Race Base



Race Trailer





2021-22 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)



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

U12

Gary Stordy

U14

Matt MacMillan

U16

Debby Van Zijl

U18

Tammi Forget



2022/23 Coaching Lineup!

Head Coach:

Bruce Monkman

U8

U10

Amy Cooper
Carly Alexander
Ayden Gropp

U12

Kate Van Buren
Connor MacLean
Nick Caves

U14

Blair Jackson
Alex Duff

U16

Matt Cuccaro
Robyn Butler
Owen Barr

U18

Drew Hollingsworth
Sam Duff
Tarik Hamrouni



Final Reminders

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



Thanks!

