



THE GEORGIAN PEAKS CLUB

ALPINE PROGRAMS HANDBOOK

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INTRODUCTION

The Alpine Programs Handbook will help you and your family navigate the winter season, as well as plan a long-term pathway of Alpine Programs at The Georgian Peaks Club. In it you will find all the information you need to be prepared and to understand:

- the Vision, Mission, and Values of Georgian Peaks Alpine Programs
- the Code of Conduct for Alpine Programs Participants
- the guiding principles and underlying sport philosophies that our Alpine Programs are based upon,
- what the Alpine Program options are,
- how program groups are organized,
- how to prepare for the season, how to prepare for the first day, and how to prepare for competition,
- and the roles and responsibilities of all involved in Alpine Programs.

We encourage every family member to read through the Alpine Programs Handbook, and we hope you find it informative!



THE GEORGIAN PEAKS CLUB

ALPINE PROGRAMS VISION | MISSION | VALUES

VISION:

Alpine Programs of The Georgian Peaks Club will provide all participants with the opportunity to reach their full potential.

MISSION:

To create and deliver Ontario's best Alpine Programs through our established Long-Term Athlete Development Plan (LTAD) in a manner consistent with the Alpine Programs' Values.



VALUES:

We provide programs that...

- Are safe at all times
- Are fun
- Are inclusive to all Club Members
- Promote respectful behaviour and sportsmanship
- Support all participants' development goals
- Instill a lifelong passion of the sport

The Georgian Peaks Club is a member of the Responsible Coaching Movement and is a Safe Sport club.

ALPINE PROGRAMS PARTICIPANT CODE OF CONDUCT

Being part of Georgian Peaks' Alpine Programs is a big part of our Club and culture. It is important that our Program Participants conduct themselves in a manner that exemplifies the highest standards of behaviour, attitude, and effort; both at our Club and while representing Georgian Peaks when visiting other clubs and resorts. The Georgian Peaks Club aims to foster a culture of community, connection, inclusivity, and respect. By embodying and promoting the following principles, we commit to upholding the values that define our Club and propel us towards excellence as we strive to reach our full potential.

As a Georgian Peaks Alpine Programs Participant:

- I am proud to belong to and represent The Georgian Peaks Club.
- I am accountable for my own actions and outcomes and take responsibility for exhibiting the highest standard of behaviour, attitude, and effort.
- I recognize my role as an ambassador for our Club. I exemplify the values and conduct expected of me and serve as a positive influence and role model to those around me.
- I demonstrate respect for the environment, property, equipment, and lodges at our Club and at those clubs and resorts I visit while representing The Georgian Peaks Club.
- I demonstrate respect for the individuals I share this experience with – fellow participants and staff alike, including teammates, competitors, Coaches/Instructors, Parents/Guardians, Lift Operators, Ski Patrol, Program Directors, and Officials overseeing the integrity of our programs.
- I arrive fully prepared for each session, equipped with the necessary equipment, clothing and nutrition, and ready to exert maximum effort and cooperation for both my coach/instructor and my fellow teammates. I understand that effort, attitude, commitment, and teamwork are paramount to my success and that of my teammates.
- I maintain focus and dedication during training sessions and break times by refraining from distractions such as using a cell phone or engaging in disruptive behaviours, instead focusing on the instructions and activities.
- I foster an environment of community, connection, inclusivity, and respect. I firmly stand against all forms of physical and verbal abuse, aggression, bullying (social, physical, verbal, and cyber), racial remarks, gender remarks, insults, intimidation, personal attacks, gossip, and the spreading of false information. This commitment extends to both in-person interactions and online platforms, including social media. Should an interpersonal conflict arise, I will work to resolve it maturely and peacefully.
- I uphold the highest standards of conduct by refraining from using foul language, use or possession of alcohol/tobacco/vapes/drugs, and any unsportsmanlike behaviour. I recognize that true sportsmanship encompasses not only skill but also integrity and dignity. I always exemplify exceptional behaviour and uphold the reputation of our Club.
- I recognize the importance of personal boundaries and ensure that I respect the personal space of others, refraining from any physical contact or interference with their belongings or equipment.
- I understand that adherence to established Club and Program principles and rules is a shared responsibility and fosters an inclusive and harmonious environment.

If a situation arises where an Alpine Program Participant does not uphold these principles, a structured process will be followed to resolve the concerns. Based on the severity of the issue, staff will determine the appropriate course of action.

Process for addressing concerns:

1. The Coach/Instructor will make every effort to resolve the situation directly with the Program Participant.
2. If necessary, the Coach/Instructor will engage the Program Supervisor and/or Head Coach and/or Program Director to assist in finding a resolution.
3. Parents will be notified and may be requested to attend a meeting to discuss the matter.
4. If necessary, other relevant parties will be involved, such as the Director of Alpine Programs, the Chair of the Alpine Committee, the Club President, and/or the General Manager of the Club.
5. Depending on the circumstances, the Program Participant may be placed on probation for a designated period or face a suspension from the program, ranging from a day to a weekend or longer.

GUIDING PRINCIPLES AND UNDERLYING SPORT PHILOSOPHIES OF OUR ALPINE PROGRAMS - LONG-TERM DEVELOPMENT (LTD) FRAMEWORK

Scientific evidence shows that children, youth, and adults will get active, stay active and achieve optimal performance if they do the right things at the right times to develop in their sport or activity. There is an established framework for Long-Term Development (LTD) in sport and physical activity, which provides a clear pathway for what athletes need to be doing at specific ages and stages. Georgian Peaks' Alpine Programs are developed in accordance with the various stages identified in the Long-Term Development (LTD) framework and establish a solid foundation of skills and technical competency, support all participants' development goals, provide them with the opportunity to reach their full potential, and instill a lifelong passion for the sport.

For more information about Long-Term Development frameworks in various alpine sport disciplines, including an overview of technical, psychological, and physical competencies, click the direct web links below:

sportforlife.ca
alpinecanada.org
freestylecanada.ski
canadasnowboard.ca

GEORGIAN PEAKS ALPINE PROGRAMS OPTIONS

Finding the right programs for an individual may require some experimentation. While a specific program may be a great fit now, interests can change over time. No matter what stage your athlete is in, whatever the decisions you are facing, our Program Directors are available at any time for consultation. We are here to help you find the right fit for each family member.

U4 Bears - Ages 2 and 3

The U4 Bears Program is designed for our youngest skiers requiring special care. This 9 Week Program includes 1 hour of on-hill instruction at a ratio of 2:1, with additional support from volunteers. We offer two sessions on Saturdays and Sundays - choose one day or both days, one session per day or both. Limited number of spots available. Children participating are to arrive at the U4 Bears Meeting Area fully dressed and prepared to ski. Ski poles are not needed. U4 Bears playfully explore our beginner area and the Bay Street Chairlift using their 'pizza' (snowplow) for turns and stops, eventually progressing to linking snowplow turns on green terrain. Following their lessons, your little bears will be ready for some rest and hibernation!

U6 Bears - Ages 4 and 5

The U6 Bears 9 Week Program is a full-day program on Saturdays and a half-day program on Sunday mornings. This program is designed to improve your adventurous skiers in a fun and safe learning environment. With a ratio of up to 4:1, children will learn to slide, stop, turn, link turns with edging and progress to intermediate and some advanced terrain. Several U6 Bears will progress to advanced classes, training skills that focus more on black runs and varied terrain. Ski poles are required for all participants. U6 Bears learn to control speed and work on skiing with 'french fries' (parallel skis) on green and blue terrain to start. They love to play in the snow and like to explore various runs, Winnie's Trail, and the Treehouse with their bear buddies. 5-year-olds wanting extra mileage can register for Friday Training.

U7 Bears - Age 6

U7 Bears 9 Week Program is a full-day program on Saturdays and a half-day program on Sunday mornings. With a ratio of up to 8:1, the focus at age 6 is to prepare your kids for the Race Program or All Mountain Program when they turn 7. U7 Bears will develop good edging control and link turns confidently to manage steeper terrain and varied conditions in a fun and safe environment. Ski poles are required for all participants. If more time on-hill is desired, we offer a Sunday PM Add-on option. Registration in the PM Add-on Program must accompany registration in the 9 Week Program. 6 year olds can also register for

Friday Training for extra mileage. U7 Bears are no strangers to cold and ice! They are stronger, more advanced bears that practice parallel skiing as the ultimate goal, pole planting, skiing brush courses and bumps, and riding the Poma lift on Riot.

Shredders - Ages 4 to 7

The Shredders Program is a half-day program in the mornings. Small group snowboard lessons with a maximum 2:1 ratio ensure personalized and enthusiastic instruction, creating a fun and positive experience for our youngest members as they learn to slide sideways. Experienced instructors will introduce riders to the sport through games and activities, teaching basic mobility and direction control on beginner slopes. As riders become mobile and can ride independently, we consolidate fundamental movement skills through games and mileage, exploring various trails and terrain at the Club. If more time on-hill is desired, we offer a Saturday PM Add-on option. Registration in the PM Add-on Program must accompany registration in the 9 Week Program.

All Mountain Program - Ages 7 to 14

Discover the ultimate skiing and snowboarding adventure with the All Mountain Program (AMP)! Designed to embrace every aspect from groomed runs to bumps, speed to style, and beyond, this program offers a transformative experience for participants to enhance their skills and forge lifelong friendships in a positive and supportive group. Led by our team of experienced All Mountain Pros who specialize in various disciplines, participants receive engaging terrain-based instruction tailored to each unique environment. For those looking for more time on snow or who want to ski AND ride, we offer Saturday and Sunday PM Add-on options. Registration in the PM Add-on Program must accompany registration in the 9 Week Program.

Freestyle Ski/Snowboard Team - Ages 10 to 18

Ski Cross/Snowboard Cross Team - Ages 10 to 18

Elevate your skiing or snowboarding skills with our competitive Freestyle Ski/Snowboard Team or Ski Cross/Snowboard Cross Team. Designed for athletes aged 10 to 18 (with a minimum Ability Level of F), these programs specialize in speed or style disciplines and support athletes at three local interclub competitions. Experience fun and safe training with personalized progressions and dedicated coaching support, while building friendships, boosting confidence, and mastering discipline-specific skills. Led by experienced and qualified coaches, our full-season programs consist of approximately 35 days of coach-supported training. This includes a 5-day Christmas Camp, a 3-day New Year's Camp, and three days of training per week (Fri-Sun) throughout the 9-week regular season. For those not ready to commit to the whole season, the Spring Camp is the perfect opportunity to try the next step in your competitive journey. Additional on-snow and conditioning camps are available during the off-season and are highly recommended for athletes aged 13 and older aiming to progress towards provincial-level competitions.

U10 Racing - Ages 7 to 9

The U10 Racing Program focuses on developing strong skiing skills in a FUN learning environment. Athletes are grouped together by age and gender. U10 athletes will race in three events throughout the season at The Peaks (age 7) and/or across the Escarpment (ages 8 & 9), as an introduction to racing outside the Club. U10 athletes will focus on gate training, skill development and terrain features including the terrain park. This program is for young skiers who wish to race within the guidelines of Alpine Canada's LTD pathway, including the Skier Essentials and Learn to Train stages. The goal is to start building strong technical skiers. Weekday Training is available and encouraged for extra mileage, but not mandatory. All Camps are optional and an additional investment, including the Tremblant Pre-Season Camp, Christmas Camp, New Year's Camp and March Break Camp.

U12 Racing - Ages 10 and 11

The U12 Racing Program focuses on developing strong skiing skills in a FUN learning environment. Groups will be comprised of athletes of similar skills and ages. U12 athletes will race in four races throughout the season at various Clubs in the area and across the Escarpment, as well as invitational events based on club quota. U12 athletes will focus on gate training, skill development and terrain park features to create positive outcomes. This program is for ski racers who wish to compete within the guidelines of Alpine Canada's LTD pathway, focused on the Learn to Train stage. The goal is to continue to build strong fundamentals for young athletes. Weekday Training is available and encouraged for extra mileage, but not mandatory. All Camps are optional and an additional investment, including the Tremblant Pre-Season Camp, Christmas Camp, New Year's Camp and March Break Camp.

Qualifying for U12 Invitational Races

During the season some U12 participants will qualify for Invitational events based on the Club's quota. The format used to select athletes for these events will be World Cup Points Top 30 using best run times. Using this process gives our youngest participants a chance to qualify for these events even if they are unable to finish both runs to get a combined time. This format is generally used in a field of 100 plus, but we will use it within our own grouping. Please note: The majority of our 10 and 11 year olds race in the same series so we do not allocate spots per age group. Where an athlete places in World Cup Points will determine whether or not they are selected.

U14 Racing Decision: SOD or OCUP - Ages 12 and 13

At this stage, athletes who wish to continue competitive ski racing must choose to enter either the SOD or OCUP stream. This decision is made in the springtime before the athlete's first season in U14.

- **U14 SOD** (Southern Ontario Division) Racing is for athletes training and competing on weekends during the 9 Week Program (January-March) with optional Thursday/Friday training. This is a nine-week (18 day) on-snow commitment, similar to U12 Racing. Athletes in U14 SOD Racing will train in co-ed groups at Georgian Peaks every weekend during the 9 Week Program. The focus is on the FUN-damentals of ski training and skill development, transferring training skills to the competitive environment. Four to five races are scheduled on weekend days at various clubs along the Escarpment. All Camps are optional and an additional investment, including the Tremblant Pre-Season Camp, Christmas Camp, New Year's Camp and March Break Camp.
- **U14 OCUP** (Ontario Cup) is for those athletes with an elevated level of commitment and dedication towards training to become an advanced level ski racer and reaching their fullest potential in the sport. It requires a commitment from September – April, training 3–4+ days per week, including pre-season and regular season camps, plus a personal commitment to dryland fitness training during the off-season. Athletes in U14 OCUP must meet fitness standards and pass a fitness test in the fall. OCUP athletes will be placed in training groups based on ability, effort, attitude, and commitment. The season training plan will focus on benchmark events of Provincials and CanAm events with other potential opportunities for qualifying athletes. The program will include mental training, technical sessions, dryland, and video on a regular basis in addition to access to a team video hosting site. Focus continues to be on sound fundamental skills and technical proficiency progressing to race strategies and focus in U16. Athletes will participate in Slalom, Giant Slalom (GS) and Super G (SG) training and events. Families should be prepared for the program timing and location to change for early mornings, training at other clubs, additional off-hill activities and sessions, variable lunch and break times to maximize hill space opportunities, etc. Eight or more U14 OCUP races are scheduled each season by Alpine Ontario Alpin (AOA) at various clubs. Races may take place mid-week. The OCUP series is the highest level of competitive ski racing in Ontario for U14 and U16 age groups.

U16 Racing Options: SOD or OCUP - Ages 14 and 15

At this stage, Racers can choose to pursue either the SOD or OCUP streams:

- **U16 SOD** (Southern Ontario Division) Racing is for athletes training and competing on weekends during the 9 Week Program (January-March) with optional Thursday/Friday training. This is a nine-week (18 day) on-snow commitment. Athletes in U16 SOD Racing will train in co-ed groups at Georgian Peaks every weekend during the 9 Week Program. The focus is on the FUN-damentals of ski training and skill development, transferring training skills to the competitive environment. Four to six races are scheduled on weekend days at various clubs along the escarpment. All Camps are optional and an additional investment including the Tremblant Pre-Season Camp, Christmas Camp, New Year's Camp and March Break Camp.
- **U16 OCUP** (Ontario Cup) is for those athletes with an elevated level of commitment and dedication towards training to become an advanced level ski racer and reaching their fullest potential in the sport. The U16 OCUP program is a key step on the high-performance pathway and is designed to prepare athletes for U19 High Performance Programs, SOD or FIS Programs, Ontario Ski Team and beyond. It requires a commitment from September – April, training 3-4+ days per week, including pre-season and regular season camps, plus a personal commitment to dryland fitness training during the off-season. Athletes in U16 OCUP must meet fitness standards and pass a fitness test in the fall. OCUP athletes will be placed in training groups based on ability, effort, attitude, and commitment. The season training plan will focus on benchmark events of Provincials, Nationals and Eastern Finals events with other potential opportunities for qualifying athletes. The program will include mental training, technical sessions, dryland, and video on a regular basis in addition to access to a team video hosting site. Focus continues to be on technical proficiency progressing to race strategies and focus. Athletes will participate in Slalom, Giant Slalom (GS) and Super G (SG) training and events. Families should be prepared for the program timing and location to change for early mornings, training at other clubs, additional off-hill activities and sessions, variable lunch and break times to maximize hill space opportunities, etc. Ten or more U16 OCUP races are scheduled each season by Alpine Ontario Alpin (AOA) at various clubs. Races may take place mid-week. The OCUP series is the highest level of competitive ski racing in Ontario for U14 and U16 age groups.

U19 SOD Racing - Ages 16 to 18

U19 SOD (Southern Ontario Division) Racing is for athletes training and competing on weekends during the 9 Week Program (January-March) with optional Thursday/Friday training. Suited for athletes who would like to continue to race through high school but may not be ready to pursue a full FIS (Federation of International Skiing) program. Athletes in U19 SOD Racing will train in co-ed groups at Georgian Peaks every weekend during the 9 Week Program. They may train with U16 SOD racers, depending on enrollment. U19 athletes may participate in FIS and National Points competitions throughout the season, which are held across the province. This allows athletes to choose their competition calendar to fit their availability and academic needs. Those participating in FIS competitions will require a Provincial FIS registration through Alpine Ontario (AOA).

For those wishing to pursue the highest level of ski racing after age 15, there are a variety of pathways beyond Georgian Peaks. There are numerous FIS level programs at academies in Canada and the United States, leading to NCAA (National Collegiate Athletic Association) competition at the college/university level. Top athletes can also compete for a spot to represent our province as a member of the Ontario Development Ski Team and the Ontario Ski Team. If you have any questions about these high-performance development pathways, please speak to the U16 OCUP Head Coach, Heather Metzger, or the Director of Alpine Programs, Tomaz Senk.

Adult Programs

Why should kids get to have all the fun? There are a variety of adult programs available, ranging from recreational to competitive. Whether you prefer a leisurely lesson with a group of friends or want to improve your technical skills on the race course, there is something for everyone.

Volunteer and Employment Opportunities - Ages 13 to Adult

There are fantastic volunteer and employment opportunities that allow you to share your passion for the sport with others. For information on the following roles, please contact alpine@georgianpeaks.com.

- **Volunteer (Ages 13+)** – Support the Ski School with safety-based tasks such as assisting young children on chairlifts. Gain practical experience and qualify for high school volunteer hours.
- **Assistant Ski or Snowboard Instructor (Ages 14 & 15)** – Assist with teaching children to ski or snowboard as you work towards your certification to become an Instructor.

- **Instructor (Ages 14+)** – Teach ski or snowboard lessons to program participants and Members/Guests taking private lessons. Requires appropriate certification by ski/snowboard organizations.
- **Coach (Age 15+)** - Coach participants enrolled in competitive programs (ski racing, freestyle, snowboard). Requires appropriate certification by ski/snowboard organizations.
- **Race Crew Volunteer (Ages 18+)** – Assist with the set-up and implementation of ski races, ensuring adherence to competition rules and highest standards of safety. Requires appropriate certification by Alpine Ontario (AOA). The Club offers a benefit package to Members who participate on Race Crew.

ORGANIZING THE GROUPS

There are many factors that are taken into consideration when putting together groups: age, ability levels, ratios, class size, number of children in a specific age cohort, and requests by parents/guardians to place athletes on the same team (more about that later). The bottom-line objective is to place our athletes on teams that provide them with the best environment possible and, first and foremost, that means with athletes of similar age and ability levels.

The closer team members are in terms of ability levels the more relevant, challenging and appropriate the coaching/instruction and drills are for all. This means that a tightly grouped team will advance all members faster and all members will enjoy a higher quality experience. Remember we have over 400 athletes participating in a program of some kind and the task of grouping them all in the best way possible is taken very seriously. For athletes that are new to our programs, team placement can be more challenging because our Coaches and Instructors do not know the new athlete or their abilities. In all cases we recommend that families new to the Club place their athletes into Christmas Camps. This allows the child to become familiar with the hill, the environment, and many of their teammates before the 9 week program begins. Christmas Camps also give our Coaches/Instructors an opportunity to get to know the new athletes and assess their abilities so that we can make the best placement decisions possible going forward. We remind parents/guardians that initial placements may be adjusted as we learn more about athletes with increased time on snow.

The group placement process is as follows: a Program Director along with the Supervisors and Coaches/Instructors will review each individual's ability level and age and take into consideration the ratios, class size, total number of athletes in an age category and parent requests and place them on a team. The process is very fluid as teams build with one placement after

another, adjustments are made and reviewed and then made again until we are satisfied that the groups are as balanced as possible. The next step before posting is to have the Alpine Committee review all the team lists. Once the Alpine Committee is satisfied, the lists are posted. As hard as we try, we will not achieve perfection and we are prepared to adjust as the need arises.

Assessing the ability level of our Race Program athletes is an even more involved process. Our Head Coach and Race Program Supervisors also use a combination of timed results and skill assessment to aid in placement.

We will use the following criteria for team placement:

- Club Championship results from the previous season
- Previous team placement
- Race results from the previous season
- Skill assessment results from the previous season

In addition to all of the above, our selection process must consider the requests made by parents that their children are placed on the same team or in the same class with another athlete. A request of this nature must be submitted to the Alpine Office at least two weeks prior to the start of the program by all families involved. The reason that each family must make a separate request is that if the young athletes that wish to be on the same team together have different ability levels, the children will be placed on a team based on the lowest ability level of the athletes involved.

Club staff spend many days each season building teams and class lists. We understand that the results of this exercise have a profound impact on all participants, and we take it very seriously. If you wish to discuss team placement, we ask you to book an appointment with the appropriate Director and come to that appointment prepared to discuss the situation objectively and in accordance with the points above.

Note pertaining to U10 Racing: In the U10 Racing category, athletes are grouped together in one large group divided by age and gender. Underpinning all our programming decisions is ensuring that they are sport-science based and fit the established Long-Term Development (LTD) plan, as well as the Vision, Mission, and Values we have set out for our Alpine Programs, and here is why we take this approach:

- First, we want to create an inclusive environment for our all our U10 athletes.

- We want ALL the athletes to feel they are part of one team. (Team swag and/or parties to be inclusive with no one left out).
- We want the kids to feel like they can become friends with everyone regardless of what group they are training with. For many of these athletes, they will be spending many winters together as they grow up, and each year their training groups could look different. We believe providing the opportunity to make and maintain friendships amongst each age cohort will be beneficial as they grow.
- We want to use our lead coaches to lead the groups in training sessions and course environments.
- At this age, children are still developing their skiing skills at different rates. We want to provide later developers with a chance to continue to improve, and early developers with opportunities to revisit fundamental skills as needed.

While inclusiveness and friendship are a big part of the program, skier development and ski / athletic skills are also a big focus. With that said, we will continue putting groups together based on skill and development needs within the age group and will move athletes around based on skill acquisition throughout the season. When athletes come to training course environments, all Coaches will work with all athletes.

Being part of a team is a special time for kids while creating lifelong friends and teammates. Sport development and being a great teammate is also part of our development program. Learning from different coaches and being able to adapt to different instruction is also part of the process.

We are excited about our coaching staff and our inclusive U10 program structure, and believe we have some of the best coaches in the country. We pride ourselves on training, mentoring and creating a safe space both for Coaches to work and for our young athletes to develop and grow into the next generation of ski racers. Remember, many of our young Coaches graduated from Georgian Peaks programs and they are excited to pass on the knowledge they have learned and to bring fun and exciting new ideas to the sport.

Moving Up an Age Group

The Long-Term Development (LTD) framework emphasizes keeping athletes in their appropriate age groups. Very rarely, an athlete will come along who is so advanced that they are asked if they would like to move up to a higher age group. This unique opportunity will be presented to an athlete's family by our Program Directors only after the following have been considered very carefully: technical skills, Coaches and Supervisor's recommendations, Director's endorsement, Alpine Committee review and

approval, Alpine Ontario review and comment, and athlete maturity level. We remind all families that an opportunity to move up is initiated by the Coaches and Directors, not by the Parents/Guardians of an athlete.

PREPARING FOR THE SEASON

Equipment

To set your athlete up for success in their programs, please ensure that they arrive with properly fitting equipment in good working condition. Program participants will require the following equipment properly fitted, tuned and ready to go:

- Properly fitted helmet (*Note:* helmets with hard ear guards are mandatory for racing)
- Properly fitted ski or snowboard boots
- Tuned skis/snowboard. Don't waste time on dull equipment. Sharpen your skis/board every day!
- Appropriate ski poles (starting at age 4)

Staff at various local stores are very knowledgeable and can assist in outfitting you with the proper gear, whether it be for skiing, ski racing, snowboarding or freestyle skiing.

For an overview on ski boot fitting and ski tuning, please click [HERE](#) to watch brief videos.

For ski racers, Alpine Ontario Alpin (commonly referred to as AOA) has put together an equipment reference sheet, found on the following page. You are encouraged to refer to the Alpine Ontario website [HERE](#) to check for updates to this equipment guide.

If you have any equipment questions, feel free to contact the Alpine Office via email at alpine@georgianpeaks.com or speak to your Coach/Instructor.

SKI RACING EQUIPMENT GUIDE

2020/21 AOA Equipment Reference Sheet		Snow Jacket/Pants	Race Suit	Slalom Helmet with soft ear guards	Helmet with hard ear guards	FIS approved helmet with hard ear guards	Slalom chin guard	Shin guards	Pole guards	Mouth guard	Back Protector	Skis - *See relevant age group page for details		
														
U8-U10	Slalom											Recommended: 1 Pair - Wood Core Kombi		
	Giant Slalom													
	Kombi													
	Dual													
U12	Slalom											Recommended: 1 - 2 Pairs		
	Giant Slalom													
	Kombi													
	Dual													
U14	Slalom											Recommended: 1 Pair - SL, 1 Pair - GS		
	Giant Slalom													
	Super-G													
	Dual													
U16	Slalom											Recommended: 2 Pairs - SL, 1 Pair - GS, 1 Pair - SG		
	Giant Slalom													
	Super-G													
	Dual													

Legend				
	Permitted	Recommended	Mandatory	Not Permitted

On-Snow Attire

The key to athletes enjoying their time on snow is arriving prepared for programs. This includes coming dressed in warm, dry clothes ready to spend time outside enjoying the hill. Please ensure that when your athlete comes to the Club, they have the following attire for each day:

- Warm and dry gloves or mitts (2 pairs recommended)
- Mitts are generally warmer than gloves, and those that have zippered pockets to insert handwarmers can be especially useful on colder days
- Warm and dry socks
- Helmet liner, balaclava, face mask, etc.
- Ski/snow jacket and pants
- Appropriate base layer or layers, depending on the day's temperature
- Rain ponchos for wet days

For our younger athletes please ensure that their clothing and equipment are labelled with the child's name wherever possible.

Communications

Please download the TeamSnap app, which is a web-based mobile app designed for sports team management. Program participants will be added onto TeamSnap prior to the start of your program and can start accessing your team's information at that time. If you are a new user, you will receive an email invitation to join TeamSnap. If you are already a TeamSnap user, you will not receive an email invitation to join, but you may need to log off and back into TeamSnap to refresh and see your new team. Make sure to update and add contact information for your family to your profile. To add a family member so that they can stay up to date with the team, navigate to your team's roster, click on your child, then click on "+ Add Family Member". If you have any problems accessing TeamSnap, please contact alpine@georgianpeaks.com

Reminders

- Before morning and afternoon classes please ensure your athlete has a healthy meal followed by a trip to the washroom (this helps prevent class disruptions).
- Please consider packing a small nut-free snack in your athlete's pocket for breaktime to avoid lengthy trips to the

food line.

- Please do not send sick children to their lessons.
- Please notify your child's Instructor of any allergies or physical/mental health concerns.
- If your child requires a specific health plan, please ensure that you have met with the appropriate Program Supervisors to plan for the season.

Emergency Contact

- Please put your contact information inside your athlete's helmet.
- Please ensure contact information is up to date on TeamSnap. Include as many emergency contact phone numbers as desired.
- According to Club policy, while your child is in lessons a parent/guardian must remain on the property. Alternatively, parents/guardians must inform the Member and Guest Services Office of a designate and leave an emergency contact number if the parent/guardian will not be on the property.

PREPARING FOR THE FIRST DAY

Group Lists

Group lists with assigned Coaches/Instructors will be posted on the Members' portal of our website at least one day prior to the start of programs.

Arriving at the Club

To ensure your athlete arrives at the start of programs set up for a great season, here are a few tips to help your first day be an enjoyable one:

- Try on all equipment before your first day; make sure everything fits and is in good working condition.
- Have your equipment organized and ready to go.
- Arrive at the Club early, allowing time to park, get ready, use the washroom, and meet your Instructor/Coach with time to spare.

Drop off & Pick up

- Meeting times and locations will be communicated in advance of the program's start.
- Arriving on time for program drop off and pickup is a very important part of program success.

- We will make every effort to depart at the designated start times, so please *plan to arrive at least 10 minutes before the scheduled start times* to check in with the Instructor/Coach. Please communicate with your Instructor/Coach through TeamSnap if you will not be in attendance or will be late. Coaches will look for late or lost participants at the designated late/lost meeting location, which will be communicated in advance.
- Arriving on time for lunch and end of day pickup is also critical. Please ensure that you arrive on time to pick up your athletes to ensure a seamless transition. For parents with athletes aged 7 to 12, you can complete the Non-Parental Release form during the program registration process, which will allow your athlete to leave their group at the end of class without a parent being present.

PREPARING FOR COMPETITION

It is important to keep in mind that everyone wants to be at their best when competing in events. It is natural to feel some extra pressure to do well, but too much stress can have a negative impact on performance and enjoyment.

Here are some tips that will help the whole family enjoy competition days:

- Ensure that all equipment is organized, packed, tuned, and ready to go the night before.
- Make sure that the athlete gets a great night of sleep and has an appropriate breakfast.
- Arrive early – there is nothing worse than rushing before a competition. Give yourselves enough time to prepare without stress.
- A meeting time and location will be established by the Coach/Instructor in advance, make sure you know the details, especially for other clubs or resorts, as these may be different than the “usual” locations.
- Coaches/Instructors will hand out the bibs to all competitors.
- Course inspections will be done with the Coaches/Instructors. No parents!
- Coaches/Instructors and Athletes will attend awards ceremonies and model good sportsmanship and respect at all times.
- Athletes will have good days and bad. Please celebrate the effort and let them know you are proud of them!

When competitions occur away from the Club the points above are still applicable but in addition to those:

- Parents/guardians should understand directions and travel times in advance to arrive on time. Be sure to check typical traffic and weather conditions ahead of time.
- Plan for the athletes to stay at the hosting club/resort for the entire day unless informed otherwise.

ROLES AND RESPONSIBILITIES OF ALL INVOLVED IN ALPINE PROGRAMS

It takes a team to successfully create and deliver exceptional programs. From the individual athlete to the Club as a whole, these are the roles and responsibilities of all involved in Ontario's best Alpine Programs here at Georgian Peaks:

Role of the Athlete

Athletes need to take responsibility for their dedication to the sport and to their improvement. Coaches/Instructors can help provide guidance, but the athlete needs to take ownership of the following:

- Fitness - Dryland training in the off season
- Nutrition - Eating properly
- Hydration - Bringing a water bottle each day
- Equipment - Tuned at all times
- Time management - Arriving on time to programs, as well as ensuring that enough time is dedicated to non-snow activities, such as completing homework and finding time to play
- Attitude – Being ready to learn, and open-minded

Athletes must set and work towards personal goals. Good performances, bad performances and challenging obstacles are all part of the learning process and give perspective to the athlete. Parents/Guardians, Coaches/Instructors, and the Club are here to support and act in the best interest of all athletes.

Role of the Parent/Guardian

By providing the opportunity to participate in Alpine Programs, Parents/Guardians allow their children to gain a variety of physical, social, and personal benefits from participating in the sport. Aside from being outside and getting exercise while developing fitness, strength and athletic skills, program participants also learn about teamwork, social skills, responsibility, respect, self-discipline, self-confidence, sportsmanship, and of course, have fun!

Regardless of the sport or competitive level of the participant, Parents/Guardians can support their child's experience in a positive way by doing the following:

- **Emphasize fun** – Fun is the number one reason why children want to participate in sports. Identify what key characteristics of participation are fun for your child, and encourage them to enjoy those aspects.

- **Create a positive climate** – Emphasize learning and mastery of skill and reward *effort* in training and competitions, instead of focusing on competition results.
- **Support your child** – Be there for your child and provide emotional support before and after training and competition, on good days and bad days. The Instructor/Coach will guide them on skill improvement and strategy development, but children rely on parents/guardians for emotional support and feedback. Don't forget to manage your emotions, too! Be a good role model in terms of how to handle situations appropriately.
- **Maintain realistic expectations** – Be realistic about what your child can and wants to accomplish in the sport. Avoid placing excessive pressure to perform. When they have lost ownership of the experience and it's no longer fun, children will decide to quit the sport.
- **Get involved** – Take an active interest in your child's participation and get involved in some aspect. You'll get to play a bigger role in their life by sharing more of their experiences. From cheering on their participation, to volunteering to be a Team Manager for your child's team, to becoming a Coach or Race Official, both you and your child will benefit from your involvement. Contact the Alpine Office by email at alpine@georgianpeaks.com to get involved.

Role of the Instructor/Coach

Coaches and Instructors provide safe and fun learning opportunities to assist athletes in developing to their full potential. They train students on snow by instructing relevant skills, analyzing their performance, and providing encouragement. Through training provided at the Club and on course with ski and snowboard accrediting associations (such as Canadian Ski Instructors Alliance (CSIA), Alpine Canada (ACA), Canadian Association of Snowboard Instructors (CASI), Canadian Freestyle Ski Association (CFSA) and the Coaching Association of Canada Safe Sport Training), Coaches and Instructors are responsible for delivering the curriculum outlined for each program in a professional and engaging manner. The roles of the Coach/Instructor are many: Coach/Instructor, assessor, friend, mentor, facilitator, demonstrator, adviser, supporter, fact finder, motivator, counsellor, organizer, planner.

During the season, Coaches and Instructors are required to prepare lesson/practice plans in line with Long-Term Development (LTD) curriculum, athlete's progress, and interest. Coaches and Instructors in conjunction with Program Supervisors are expected to provide ongoing clear and timely feedback to students in class and in written reports for both athlete and parents/guardians mid- and end of season. All Coaches and Instructors work as part of the Alpine Program team to deliver ski and snowboard programs in line with the Alpine Program's Vision, Mission, and Values.

Role of the Alpine Leadership Team

The Alpine Leadership Team oversees all aspects of the Alpine Department. They create, deliver, and manage excellent alpine programs in a manner consistent with our Vision, Mission, and Values. The team is made up of the following individuals:



Tomaz Senk, ChPC
Director of Alpine
Programs & Head Coach



JT - Jon Tischuk
Ski School Director



James McCrimmon
All Mountain Program
& Teams Director



Martha Lee
SOD Head Coach



Julie Stroud
Alpine Programs
Administrator



The Directors and Head Coaches oversee Program Supervisors who help with day-to-day coordination of our various programs. Instructors, Coaches, Assistant Instructors and Volunteers deliver the programs to over 400 participants each season.

Role of the Race Crew

The Georgian Peaks' Race Crew is a team of volunteers whose role is to organize, set-up and implement all ski races at the Club from U10 to high-level FIS races. Running alpine ski races requires a high level of knowledge, skill, and very hard work to ensure that all the relevant competition rules are adhered to and to ensure the safety of competitors. The Georgian Peaks' Race Crew run all races at the Club to the highest standards, demonstrated by the fact that Alpine Canada and the Federation of International Skiing (FIS) request us to host top races like the NORAM and Canadian National Finals.

Our Race Crew is made up of Georgian Peaks Members and non-members who all love being involved with the excitement of alpine racing. Parents often realize that joining the Race Crew allows them to learn more about their child's sport and shows their child that they are taking an active interest in supporting their passion, not to mention getting the best place on the hill to watch their child race!

To learn more about the benefit package offered to Race Crew volunteers, and the required certification to participate, please email the Alpine Office at alpine@georgianpeaks.com.

Role of the Alpine Committee

The role of the Alpine Committee is to provide strategic direction to the Alpine Racing, All Mountain Program, Snowboard, Freestyle, and Ski School programs. It is a volunteer committee made up of Georgian Peaks Members who promote the program values to maximize the experience for all the participants involved. Parent volunteers are recruited for each program to cultivate strong sustainable programs. We encourage Club Members to reach out if they have any questions or suggestions on the overall program. To get in contact with members of the Alpine Committee please contact alpine@georgianpeaks.com.

Role of the Club

The role of the Club, represented by its Board and Management Team, is to provide the following to Peaks Members of all ages and interests:

- A safe environment to pursue their passions.
- Exceptional experiences on and off snow.
- An environment that is conducive to growth in both skill and knowledge.
- The best snow surfaces and training environments possible, at all times.
- Coaches and Instructors that are amongst the best in their field.
- An operation that runs seamlessly and professionally.

GEORGIAN PEAKS ALPINE PROGRAMS PATHWAY

The chart below gives a snapshot of Recreational and Competitive Programs by age, showing the pathways for Long-Term Development.

ALPINE PROGRAMS	*	Participant Age as of December 31																		
		2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19+	
Private Lessons	R																			
U4 Bears (Ski)	R																			
U6 Bears (Ski)	R																			
U7 Bears (Ski)	R																			
Shredders (Snowboard)	R																			
All Mountain Program - Ski/Snowboard	R																			
Freestyle Ski/Snowboard	C																			
Ski Cross/Snowboard Cross	C																			
U10 Racing	C																			
U12 Racing	C																			
U14 SOD Racing	C																			
U14 & U16 OCUP	C																			
U16 & U19 SOD Racing	C																			
Adult Groups - Ski/Snowboard	R																			
Adult Racing	R																			
Adult House League (AHL)	C																			
Assistant Ski Instructor	R																			
Apprentice Snowboard Instructor	R																			
Volunteer	R																			

* R = Recreational C = Competitive