



BANFF ALPINE RACERS

U14 OVERVIEW 2024-2025

Our focus in U14 is to help athletes become better skiers, resilient athletes, and to enjoy being part of a dynamic, hard-working team.

SOME NOTABLE CHANGES FROM U12

- As athletes mature, we encourage them to take increasing responsibility for their training and to learn more about communicating effectively with their coaches.
- Training volume increases, courses are longer and more complex, and speeds are higher.
- **Physical fitness and equipment preparation play a very significant role in the athlete's progress.**

PRE- SEASON PROGRAM

Club afternoon dryland school sessions from September 14th through to on snow training
Focusing on fundamental movements, fitness, and preparation for ski season.

Club Sessions – Calgary Monday and Wednesday, Bow Valley TBD

Optional add on Calgary only - Peak Power intro to weight lifting sessions Tuesday and Thursday

SEASON PLAN

- Approx. 75-80 days of on snow training starting early November to late April
- Weekends, school holidays, and some Fridays
- Two to three days a month train at Sunshine/Lake Louise/Nakiska where our focus is on technical free skiing, all mountain skiing and Ski Cross
- 1-2 Mid-week speed skills camps at Norquay.
- Important athletes attend as many sessions as possible - getting sufficient training volume is key to progress and safety. That said, we recognize the importance of academics and will never push an athlete to miss school for training unless they are fully up to date with their school work.
- In planning our training, we refer to the recommendations of Alpine Canada's development model.
- Training days are aligned with the CBE, CCSD, Palliser and CRPS calendars as much as possible so that time off school is minimized. The first draft of our calendar will be posted in the fall once the Alberta Alpine race calendar is available
- BAR Speed Camp – Kimberley Resort. Athletes and coaches stay on the mountain and participate in a progressive speed camp. Camp is designed to introduce the athletes to speed elements, in a safe progression, and prepare them for speed events. 5 days, 4 nights away and 4 days on the track.

U14 REQUIREMENTS

- A fit, healthy athlete. Good food choices, hydration, and adequate sleep are key components of success.
- Fitness is **very** important and some ski specific training in addition to multi-sport activities is important for the athlete's progress and safety. Dryland training will start at the beginning of the school year.
- Participation in complimentary sports is strongly recommended especially during the summer months. However, it can be difficult to train and compete at a high level in two winter sports.

U14 EQUIPMENT

- At BAR level, it is expected that all athletes have at least one Club jacket. Whether training or winter. SYNC Performance, Ski Swap, Facebook Members page
- Speed Suit – for training and races
- Training shorts – protect speed suit, warmth and stay dry
- Training vest/shell – should be fitted
- Encourage your athlete to wear moisture wicking material next to skin (not cotton)
- Athletes expected to train in speed suits/shorts/training jacket unless very cold or free skiing
- Buff/mask for lift lines & neck warmth
- Dry socks – feet will sweat on the drive up, important to start with dry sock and have spares
- Gloves/Mittens
- Goggles – if one pair pick a lens that is good for all light scenarios eg. Rose lens – XSPEX Deals
- Skis in good condition that are tuned and sharp at all times. Skis do not need to be new each season, but should be no more than a couple of years old. Even when the base and edges look good, older skis do get “flat” and do not perform as a relatively new ski.
- **Slalom** – average 144cm-150cm – between athletes chin and eyes. Tall athletes stick with 150cm, if getting a 150, please ensure that it is a “tweener” and not a FIS ski as they are completely different radius and construction. Not all brands make a tweener. *always discuss with coaches as every athlete is unique.
- **GS** – 20-25cm longer than SL skis. Skis shorter than 170cm are not suitable for U14 due to longer radius turns. Radius at least 17m
- If your athlete is between sizes, opt for shorter Slalom ski, and longer GS. Eg. Pick 145cm over 150cm, and 170cm GS.
- **Speed Super G race and Speed camps – 10-15cm longer than GS skis (182-193cm) with radius of 27-30m, no less than 27m. Ski swap is a great place to buy**
- **All Mountain** – max 90mm underfoot. Length between SL and GS skis. Opt for an all mountain ski rather than an off-piste/park ski. Used skis recommended
- Must be in good condition, tuned sharp at all times. Don't need to be new, but no more than a few years old as the ski loses their performance and become “flat”
- Training skis are a “nice to have” at U14, not a requirement. In fact, if training skis are not nearly identical to the athlete's race skis it is counter-productive. However, it is a good idea to hang on to last year's SL skis for use early season
- Junior race boots between 70-90 flex *90 MAX and for 2nd years only (90+flex - coach approval)
- Avoid temptation to go a size up for growth, boots too big/stiff more difficult for athlete to learn and progress
- Slalom and GS poles (save adding and removing pole guards between training)
- Shin Guards

- Slalom face guard
- GS padding – can find specific speed suits with padding
- Back protector
- Helmet – **MUST be FIS Approved** look for sticker “conforms to FIS specification 2013”
- This helmet can also be used for SL but some athletes prefer to have a specific SL helmet. If that is the case get a 2nd GS helmet and put a SL guard on it rather than purchasing a soft sided SL helmet.
- <http://albertaalpine.ca/wp-content/uploads/2018/05/Face-Back-Protection-Memorandum-2018-2019-5.3.2018-Final.pdf>

Coaches are always available to answer any questions specific to your athlete. Several retailers in Calgary carry race equipment, choice of which retailer to use/brand to buy is a family decision.

COMPETITION

Our competitive focus at U14 is on learning to race. **This means that the emphasis is very much on process and preparation as opposed to results.** We expect to have 5 weekends of racing: Four weekends of provincial racing plus the Kinder Cup, and possible Ski Cross.

LIFT PASSES

Ski Big Three or Rocky Mountain Passport is recommended, but the economics really depend on where other family members are skiing and / or competing. There are typically 12 to 16 days of the U14 program where we train or compete away from Norquay / Sunshine / Lake Louise, depending on our race calendar.

OUTSIDE TRAINING

The past several years we have seen a few of athletes seek outside training with commercial programs. In some instances, this can be beneficial but in others not. Be sure to discuss the pros and cons of extra training with the head coach. *Communication of additional training is vital to ensure fatigue management, and clear directives.*

BEHAVIOUR/COMMUNICATION

- Encourage your athlete to problem solve with their coaches if they have any concerns with their progress, equipment etc. It's important that the athletes learn to advocate for themselves and communicate effectively with coaches. Do get involved if the athlete is not able to clear things up relatively quickly.
- Any major behaviour issues such as bullying, inappropriate use of social media etc. should be discussed with the head coach as soon as possible.
- Athletes are expected to be good ambassadors of the ski club which means keeping the lodge tidy, good behaviour in lift lines, be safe, courteous skiing wherever we are training.
- Communication - Please read the TeamSnap updates and review with your athlete, keep your availability profile current. Weekly training program is usually confirmed on the Monday of each week.
- Please feel free to discuss any aspect of the program with the coaches as needed. Other than phone calls after 6 p.m. and interruptions when we are coaching the athletes the coaches are happy to discuss things with you.

Best contact for questions is Program Head Coach
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