



## **U16 OVERVIEW 2024-2025**

### **PRE-SEASON PROGRAM**

- Spring Camp – May TBD
- June – 4 days a week, run by Peak Power time, 4pm Monday to Thursday – functional movement analysis, basic of lifting skills. Optimist Park/Peak Power
- July – Active rest
- TBC August 1 – October 1 – 5 days a week dryland, 3 days lifting, 2 days cardio/agility
- October 3 – 3 days a week, Monday-Wednesday – 2 days lifting, 1 day cardio/agility. 1 day Alberta Alpine Provincial Fitness Testing
- *Fall Ski Camp @ Sun Peaks – 10-11 days*

### **SEASON PLAN**

- November 7<sup>th</sup> or earlier on snow
- Approx. 100-110 days on snow
- 2-4 staff, dependent on numbers
- November TBD - Sun Peaks Camp – team building
- Usual days of training: Thursday, Friday, Saturday & Sunday
- November -December – 3-4 days a week on snow training
- January – March – 3-4 days a week on snow training in conjunction with race schedule
- April – 3-4 days a week on snow training in conjunction with race schedule
- Late April – 2-3 weekend spring camps, weather and snow dependent

### **DETAILS**

- Exclusive use of Head Quarters for U16's during the race season
- Super G loaner skis available
- Ski Tuning facilities at Head Quarters
- BAR FIS integration opportunities as schedule permits
- The best training in the province dedicated to one Club
- All away trips (camps and races) have pre-arranged lodging & race entries by BAR U16 staff
- Co-op training with other provincial clubs
- On snow timing – Free Lap timing system
- HQ video sessions daily
- *\*TBD – 1 free ski camp if schedule allows*

## **U16 EQUIPMENT**

Coaches will contact as early as the spring of 2023 for ski ordering and size recommendations – Slalom and GS. Super G – Club loaners available and allocated by coaches, must be returned in good condition

- 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 will be expected to train in speed suits/shorts/training jacket unless very cold or free skiing
- Buff for 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 – XPSPEX Club Deal
- **All Mountain Skis** – max 90mm underfoot. Opt for all mountain ski rather than off-piste/park ski.
- Slalom and GS poles (save adding and removing pole guards between training)
- Shin Guards
- Slalom face guard is mandatory
- GS padding – can find specific speed suits with padding
- Back protector- Most races have it mandatory for GS & SG
- 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 2<sup>nd</sup> 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>

## **COMPETITION**

- Our competitive focus at U16 is on training to race. We expect to have 5 weekends of racing: Four weekends of provincial racing plus the Kinder Cup

## **LIFT PASSES**

- Rocky Mountain Passport is recommended, but the economics really depend on where other family members are skiing and / or competing. There are typically 10 to 12 days of the U16 program where we train or compete away from Norquay / Sunshine / Lake Louise. *Race and training at Nakiska. A Nakiska season pass is highly recommended if you choose to get a pass other than the Rocky Mountain Passport. The U16 program will have multiple days of training at Nakiska*

## **BEHAVIOUR/COMMUNICATION**

- Athletes must have their email address connected to the communication tool that coaches use to update athletes weekly, can be added in registration
- Athletes should organize to be responsible for their own actions as a U16 athlete
- Athletes are expected to be great ambassadors of the club at all times
- Any inappropriate behaviour, social media etc will not be tolerated and will be reminded of the BAR and U16 Athlete Code of Conduct early in the season
- The U16 team has in addition to the code of conduct, a U16 specific Team Contract that they read & sign at the beginning of the season

Best contact for questions is Program Head Coach

Louis-Pierre Helie – [U16headcoach@banffalpiners.com](mailto:U16headcoach@banffalpiners.com)

## **COACHES VISION**

Creating a strong technique/platform on skis using drills and TFS throughout the season. A strong technique leads to confidence and with confidence, the athletes can start looking for speed. Wanting to go fast is a way of being. I want to create an environment where the athletes want to go fast. At the U16 level and lower, I measure success with good turns in a run and not with what the timing board says. The ultimate goal is to create skiers with a solid foundation, that are not afraid to go fast and push their limits. This is a skill that will allow them to ski anywhere they want, in any terrain they face going into FIS or in future family/friends ski trip across the world.

### **Coach L-P Helie credentials:**

- Over 30 World Cup Starts in Alpine Skiing
- Best result: 13<sup>th</sup> place, World Cup DH, Val Gardena, 2010
- Competed at the 2010 Vancouver Olympics
- 11 years on the Canadian Ski Team: Alpine-2005-2012, Skicross-2012-2016
- Best result Skicross: 4<sup>th</sup> place, World Cup, Idre Fjall, 2016
- Ranked 2<sup>nd</sup> Junior the world for Waterski Jumping, 2004