

# BANFF ALPINE NEWSLETTER



May 2023

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# 2022.2023 FROM THE COACHES

## FIS

The FIS 2023 season was full of great performances and great events. To start off our pre-season we jumped in the van and trekked out to Sunpeaks for an incredible tech and free ski camp. Then continued our pre-season training in Panorama for a small block filled with top to bottom GS and the first taste of speed. These early blocks prepped us for the first FIS race of the season, hosted by our own club. This race gave our new FIS athletes their first taste of FIS which is always exciting. From here our group split up, some heading off to Pano again for some training and others heading down to Jackson, Wyoming for a small tech series. The group then regrouped for some Panorama racing just before Christmas.

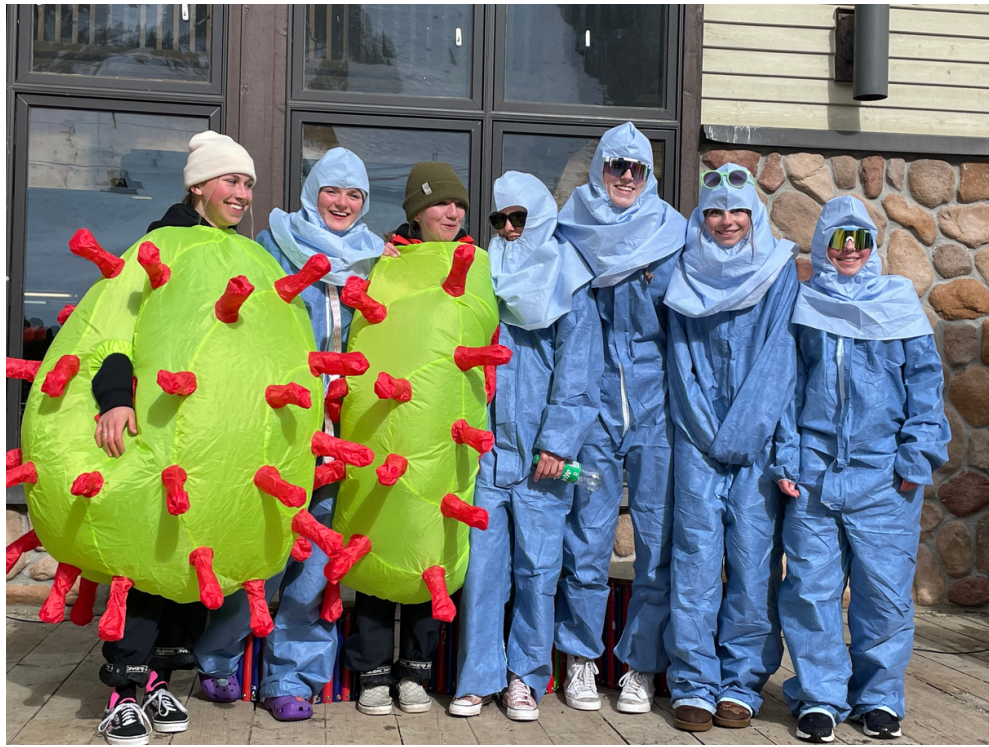
After Christmas, our team attacked a training block to get ready for the second FIS race at Norquay. We then shifted mindsets and set our sights on the Dreadnaught. The speed track in Kimberley we would call home for the next two weeks. Our stint in Kimberley provided us with an incredible camp to get to the basics of being speed skiers. After a great speed series at Kimberley, the team once again split up, with a small contingent heading overseas to see what Europe had to offer, while the others continued with speed at Nakiska and then Whistler.

The team then returned to Kimberley for Canadian Nationals. With everyone back together the team battled through some tough conditions and competed alongside the Canadian National Team. A great opportunity to see what our country has to offer. Some of the team then took off to Whistler to compete in the Noram Championships while others prepped for our final races. Our great race in Pano then took us towards Nakiska, where we pulled off some awesome races. The last event took us full circle, back to Sunpeaks for some great training and some good racing despite a lost day. As our season tapered down, we then returned to the fundamentals with some free skiing at Sunshine. Now as our season is over, the team looks toward getting after it in the gym, to get fit and prepared to tear down the hills with new strength next season.

Two FIS Team athletes, Kendra Giesbrecht and Jake Kertesz-Knight qualified for 2023/2024 AASA ski Team. 3 more BAR athletes, Deavyn Parchewsky, Kiersten Wilde and David Zivot were recognized as up and coming athletes being named in the AASA Development Group.



## U16



The 2022-2023 season was nothing short of amazing! We started the year with a few days of technical free skiing at Norquay before our Panorama fall camp. This camp was just 4 days but the energy that we got out of it was mighty. Coming back to Norquay, we spent a lot of days working on breaking patterns and creating new ones. All the racers worked really hard in those days and created a strong start for the season.

The race season started at Norquay right after Christmas with strong turns from everyone and kept it going for the rest of the races. Doing a sport competitively will bring many ups and many downs but finding the good things when it doesn't go as planned is the ultimate goal. We worked on the mental side of sports a lot this season. As young adults, the U16 learned so much on what to focus on and how to prepare for each day. The coaches learned a lot as well!

One of the turning points of the season was the Western Championships at Red Mountain early March. We approached this race as our free ski camp with some racing in the morning. With a different approach to these races, everyone showed an amazing side in their skiing that they could only show in training. The team learned to "Race like they Train". While we were in BC, we had the opportunity to support one of our teammates, Nicholas Berthiaume, racing at Canada Games. This athlete came back with a new perception and energy which he brought to the team and the same happened with the ones that raced at Western Championship! From that point on, the rest of the race season was great.

The U16 were all hungry for racing. So many smiles each day, especially on sunny days! To summarize the season in two sentences, it would be; "Hard work always pays off" & "Good energy is contagious!". The coaches had an amazing year of sharing and learning with these athletes and can hardly wait for the 2023-2024 season. Thank you to all involved in this season that made it so special and memorable for this team!

# U14

Athletes started training in November, with opportunity to check out what may be the last World Cup at Lake Louise. Although conditions were fair, athletes were able to watch the worlds best Downhill and Super G races on home soil.

First race for the season at Nakiska, followed by the first of the U14 Speed Camps! U14 took advantage of quiet weekdays to utilize Rob's and Silver Legacy runs for some speed training. Breaking down the movements and skills to gradually build athletes confidence. Next race was at Castle for another tech race, leading up to the favorite event of the season, Kimberley Speed Camp. Highlight for athletes to head away from home, and go on their first ski camp, no parents! Dreadnaught provides amazing training conditions for speed, the volunteer team ensures a safe environment.

Next up the Nakiska speed series, where athletes showed off their newly found need for speed. Finishing the U14 race series in Panorama for U14 finals followed with the Kinder Cup and U16 integration.



# BVQ

As always it is fantastic to welcome new members and watch the athletes' progression over the season. Each Cookie Cup Race saw lots of smiles, and incredible improvements to skill development, confidence, and environment awareness. Each group recognized and athlete for most improved and R.I.S.E characteristics. R.I.S.E program founded by Lake Louise Ski Clubs educates the athletes to show Respect, Inclusion, Support and Effort with their peers, hill staff, coaches, and parents. We look forward to many families returning, and lots of interest shown for more families to join us next season. Thank you to all the coaches that help make the program a success.

U8 and U10 athletes started their race season at Sunshine Village in February, Putnam Cup Panorama in March, finishing with home event BVQ Invitational. Our Q22 athletes joined Sunshine race along with U12 Caribou Cup and BVQ Invitational.

U12 team started the season with a race at Canyon Ski Hill, with challenging terrain, highlight being the return of team dinners! Athletes joined U14 for some Ski Cross training at Nakiska that created opportunities in terrain awareness improvement. In February athletes joined LLSC and GK HAT for a fun camp at Kicking Horse with SX training, free skiing and team building. Followed by Caribou Cup and to finish the season, athletes attended Nakiska or Doug Meyers Race in April.

Although there were challenging conditions elsewhere in the valley, Norquay had really good conditions at Norquay; big chair was in great shape all season and our training venues provided excellent training conditions. Big chair challenge is always a highlight of the season. We saw lots of kids earn personal best number of runs and more kids earn their bronze, silver and gold pins.

BVQ hosted two home races- the BVQ Invitational and the Caribou Cup. The club continues to be progressive when it comes to races- always looking for new ways to challenge and engage our young ski races. The team event returned to the U12 race series after covid, mixed gender teams competed in a relay race style event. The BVQ invitational continued to develop our multi event race day, where kids participate in 4 different race stations that promote all around ski ability. Our club has so many outstanding volunteers who always deliver top quality races! Racing was finished by the end of March which allowed at least two weekends on Integration. Kids from the Q programs were invited to come and experience U10 and U12 programs.



# 2022/2023 AWARDS

## BAR

FIS Top Junior Female – Kendra Giesbrecht  
FIS Top Junior Male - Jake Kertesz-Knight  
FIS Most Improved – Will Donohoe and  
Carmen Hannema  
FIS Sportsmanship – Owen Heard  
Tiger Cup – Bredy Shears

U16 Outstanding Female – Loren Hannema  
U16 Outstanding Male – Nicholas Berthiaume  
U16 Most Improved – Jack Roi & Brooke  
Garossino  
U16 Rob Bosinger Award – Nolan Hyndman  
and Charli Vertz

U14 Outstanding Female – Norah Elenko  
U14 Outstanding Male – Miles Halek  
U14 Most Improved – Greta Carson-Burford  
U14 Sportsmanship – Gemma Seal



BANFF ALPINE

## BVQ

U8 – Most Improved – James Gardiner  
U10 – Most Improved – Grace Roles-Taylor  
U10 Sportsmanship – Elio Porozni  
U10 Abby Award – Henry Comeau  
U12 Outstanding Female – Aleeta Barr  
U12 Outstanding Male – Riley Moran  
U12 Most Improved – Isabel McKellar  
U12 Sportsmanship – Riley Moran & Isaac  
Elenko

COACH OF THE YEAR - Louis-Pierre Helie

## VOLUNTEERS

Club Builder - Ashley Donohoe  
Golden Rake - Dean Kaiser





# Alumini Report FROM KEN READ

The athlete alumni of your club are proud to represent the Banff Alpine Racers and Mount Norquay as they race at the World Ski Championships, on the World Cup, Nor-Am, World Juniors, NCAA and international teams.

Our club Founder, Mike Wiegele, who firmly believed Canadian athletes had the talent to succeed internationally if they invested the effort and courage into their ski racing passion. Our club is built on Mike's vision of excellence in ski racing. Our coaches sustain this tradition, welcoming BAR alumni to train with our FIS athletes and through their hard work, enthusiasm, and technical leadership. Our thanks to Pete and his entire team of coaches.

Our athletes achieve thanks to the hours invested in them, here at home – through the support of the many volunteers, families, and supporters to volunteer at races. Our thanks to everyone in the ski family that is the Banff Alpine Racers/ Bow Valley Quikies, to Andre Quenneville and the entire staff of Mount Norquay and to the Waterous Family for your ongoing support of our ski racing programs.

Representing Alberta Ski Team  
Jesse Kertesz-Knight – Alberta Ski Team

Racing NCAA/University  
Claire Timmermann – University of Utah  
Cydnie Timmermann – University of Vermont

Racing Internationally  
Katrina van Soest – ISRA – International Ski Racers Academy  
Jesse Ferguson – Aspen Valley Ski & Snowboard Club



## Representing Canada

### Trevor Philp

After ten years racing at the highest levels of alpine ski competition, Trevor announced his retirement in Kranjska Gora (Slovenia) as the 2023 season was winding down. Posting 41 World Cup top 30 results, with highlights being two 5th places one in the Alpine Combined and a second in parallel.

Trevor was a member of the FIS Alpine World Ski Championship Team which captured a Silver in the Nations Team Event. He represented Canada at the 2014, 2018 and 2022 Olympic Winter Games and in five World Ski Championship Teams in 2013, 2015, 2017, 2019 and 2021.

His greatest impact on Canadian skiing was the courage to try the NCAA pathway, skiing for the University of Denver while also competing on the Nor-Am and then World Cup Tours. We wish Trevor the very best and look forward to his continuing journey with his new wife, Ana.

### Jeffrey Read

A breakout year for Jeff, posting 5th and 7th place results in World Cup Super G to finish the season ranked 17th in the world. At the 2023 FIS Alpine World Ski Championships, he teamed up with brother Erik and fellow Canadian Team athletes Britt Richardson and Valerie Grenier to capture Bronze in the Mixed Team Event.

### Erik Read:

Canada's most consistent technical skier posted 14 top 30 World Cup results in slalom and giant slalom. At the 2023 FIS Alpine World Ski Championships, he teamed up with brother Jeff and fellow Canadian Team athletes Britt Richardson and Valerie Grenier to capture Bronze in the Mixed Team Event.

### Jesse Kertez-Knight

Jesse qualified for the 2023 FIS Alpine Junior World Ski Championships held in January at St. Anton, Austria. He gained valuable experience as these were his first FIS competitions outside of North America. He placed 16th in the Nor-Am slalom standings and was top Canadian junior.





# Coach Highlight

## Cali Nash

### When did you start skiing?

I started skiing when I was 2 at a tiny local ski hill in southern Ontario called Loretto, which is also where I started Nancy Green.

### When did you start coaching and why?

I started coaching in 2018. I had always been involved in some kind of sport, and also some kind of mentorship, usually tutoring, and moving to Alberta I had become sort of distanced from both these roles. My younger brother had been with BAR as an athlete and then BVQ as a coach and he suggested I reach out to Claire and make skiing a larger part of my life, and a space where I could be involved in sports and mentorship through coaching... have been here ever since.

### What is your favourite coaching moment?

I think a major highlight was taking Q16 skiers (ages 4&5 typically) up Big Chair for the first time. It challenged my own skiing (moguls no poles for the win) and it also helped me to understand how capable kids are when they are supported. I also felt exceptionally supported by the parents who encouraged me to aim for this goal, and trusted me with their kids on more challenging terrain, as well as all the other BAR/BVQ coaches who helped our littlest skiers, and gave us Q16 coaches the ins and outs of taking kids up there for the first time. I know it may not be something that we can achieve every year, but that experience really helped me grow as a coach.

### What is your favourite après snack?

Probably some form of charcuterie, and I think I have driven home from the hill with a tea in hand every day for 5 years.

### What is your tip for a good athletic position on the ski for your athletes?

I think with the youngest skiers it's finding ways to help them feel an athletic position and creating ways to explain this quickly and efficiently while we are skiing. To help them understand shin pressure I ask them to try and "break their boots" explaining that you can actually flex your boots hard enough that they crack. Then to help them with keeping their athletic stance, we usually "carry pots of mashed potatoes". Hopefully this helps to clarify any time that someone has heard me yelling "don't drop your potatoes" or "break your boots" while we're skiing.

### How can athletes tackle steep terrain?

Probably the biggest issue that I see in younger athletes is that they are scared, and when they are scared they can't ski very well. I aim to teach kids that it's okay to be scared and that we can work through their nerves together. The phrase "whats the worst that can happen" never worked for me as a kid, I just imagined a lot of pretty terrible things and I often became more afraid. So, generally I aim for, "well let's figure out how to ski well even if we are scared". Working through trusting ourselves, our abilities, our coaches on easier terrain so that we can reference this trust on steeper terrain, I have found this to be the most successful way to build confidence which helps young athletes to tackle steep terrain. For me it's not asking "what's the worst that can happen", it's helping them think "I can handle whatever happens".



# SPONSORS & SUPPORTERS

