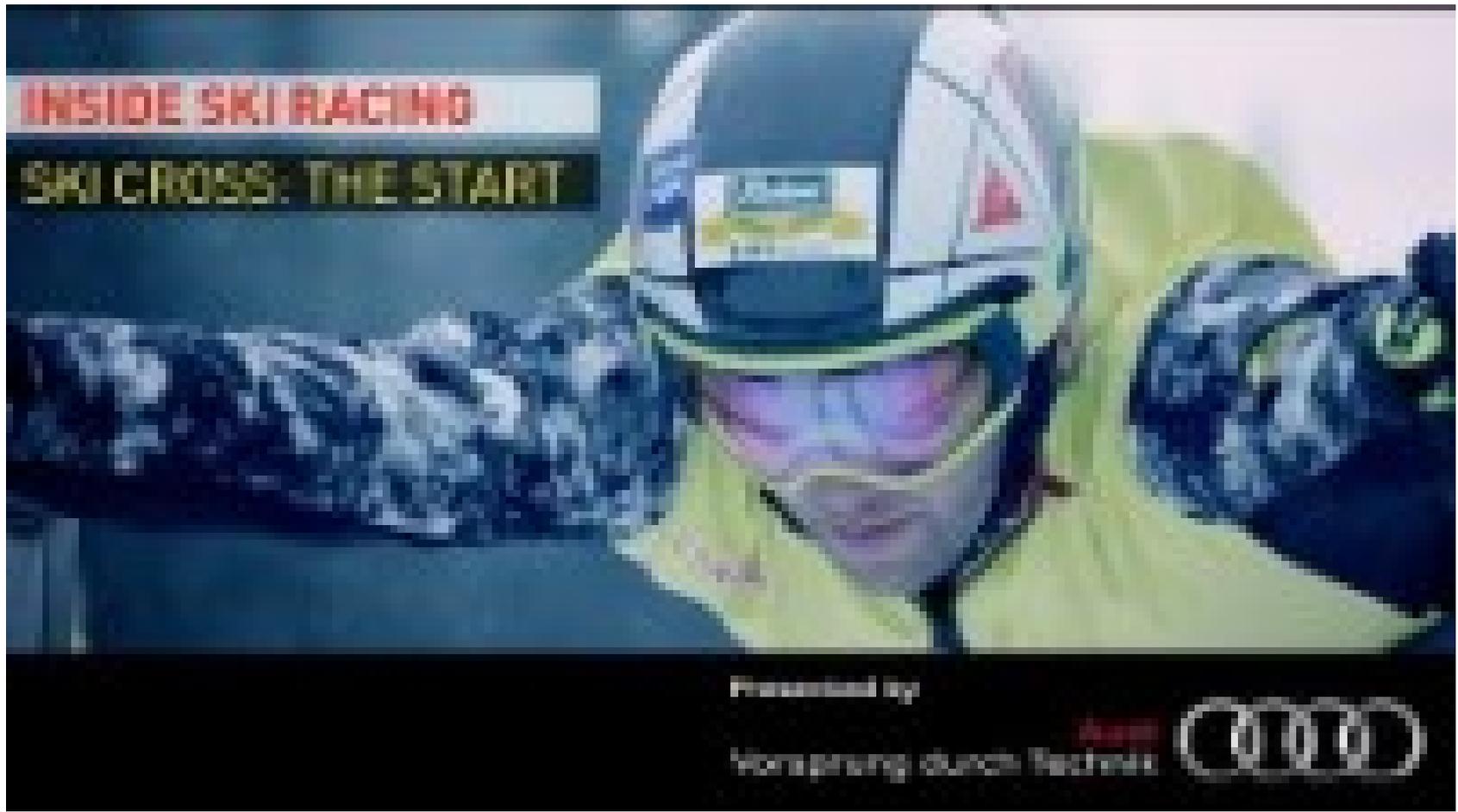


AB North FIS SX 2024 Season Info Session



Thursday, April 27 7:00PM



Agenda

- What IS Ski Cross?
- What is a Ski Cross athlete?
- What is a “Ski Cross Program”?
- What are the Goals and Principles of THIS Program?
- What is the Ski Cross High Performance Pathway?
- What is AB North FIS? (the Partnership system)
- The Details: Registration, \$\$, Schedule, etc.

What IS Ski Cross (SX)?

- Alpine's 5th main discipline:



- Sits in the middle of the Tech & Speed continuum.

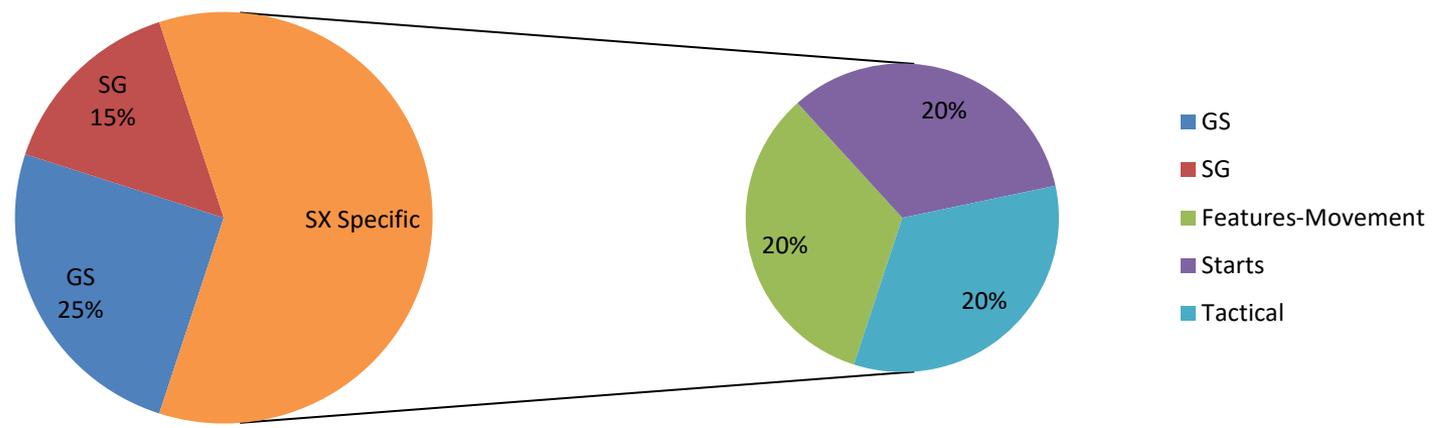
What IS Ski Cross (SX)?

- In Canada, SX has always been administered by Alpine Canada Alpin even though in FIS, it was a Freestyle discipline.
- For 2024 season, SX continues its transition into FIS “Alpine” from “Freestyle”.
- Hopeful Impacts:
 - Only 1 FIS Card to purchase
 - Other details yet to be announced (Point systems, ICRs, etc.)

What is a Ski Cross athlete?

- A combination of traditional Tech-Speed skills plus a SX specific skill set:

Skill Set of a SX Racer



What is a “Ski Cross Program”?

- A Ski Cross Program is a race & training program built to train the athletes on developing and refining the specific skill set we identify as important to the discipline.
- Composed differently based on the age and developmental level of the athletes
 - The younger and less developed the athlete, the wider variety of training disciplines the program will have.

What is a “Ski Cross Program”?

- What is THIS Program?
- 2023-24 will be the 6th year of the AB North SX Program
- Target Demographic:
 - Built for early adopter (U19) SX specialized athlete.
 - Requiring wide range of training elements.
 - TFS
 - GS Training
 - Speed/SuperG (throughout season)
 - Terrain Park (Air)
 - Plus actual Ski Cross terrain/starts

What is a “Ski Cross Program”?

- What is THIS Program?
- Design Principles:
 - #1 Finish School
 - Program is built around athletes who are in school and wanting to successfully finish the years they are in. (High school and post-secondary)
 - Yes, there is missed school, but we try to minimize missed school days and provide weeks off between heavier travel events.
 - We leverage our local assets... Sunridge SX facility, local terrain parks (Sunridge/Rabbit) etc... we know river valley training is good training.

What is a “Ski Cross Program”?

- What is THIS Program?
- Design Principles:
 - #2 Cost Effectiveness
 - Emphasis on both words above:
 - We can’t have a sustainable program if no one can afford to run it.
 - You can’t reach your potential if you have to quit because of money.
 - Money we spend will be of maximum efficiency and effectiveness.
 - Just because it costs less... doesn’t mean we don’t train hard and push hard.
 - SX Programs also have a lighter equipment requirement thereby reducing costs.

What is a “Ski Cross Program”?

- What is THIS Program?
- Design Principles:
 - #2 Cost Effectiveness Cont’d
 - How do we accomplish this ?
 - Part-Time Coach(es): we are not amortizing a full annual living salary for a coach among the athletes we have +++.
 - West-Can Schedule: our entire base calendared program is in Western Canada.
 - » For any athletes wanting and able to attend additional non-WestCan events, we can place you with other organizations (SX groups are very accepting of guest racers):
 - Ex. Hood summer camp, Saas-fee summer-fall, Eastern NA Races, Europa Cups
 - We have a goal of running the whole year on \$13,000+Equipment

What is a “Ski Cross Program”?

- What is THIS Program?
- Performance Goals of the Program:
 - Top Line Goals:
 - Women
 - Qualification for World Juniors (U21)
 - Men
 - Medals at U19 Nationals
 - World Juniors as a U19 is a stretch goal on the Mens side
 - Advancement to Alberta Ski Cross Team/Senior Club Programming, ACA NextGen Team

What is a “Ski Cross Program”?

- What is THIS Program?
- Performance Goals of the Program:
 - Secondary: Ski For Life:
 - Continuation with AB North FIS SX into Post-secondary years
 - Advancement to Coaching

What is a “Ski Cross Program”?

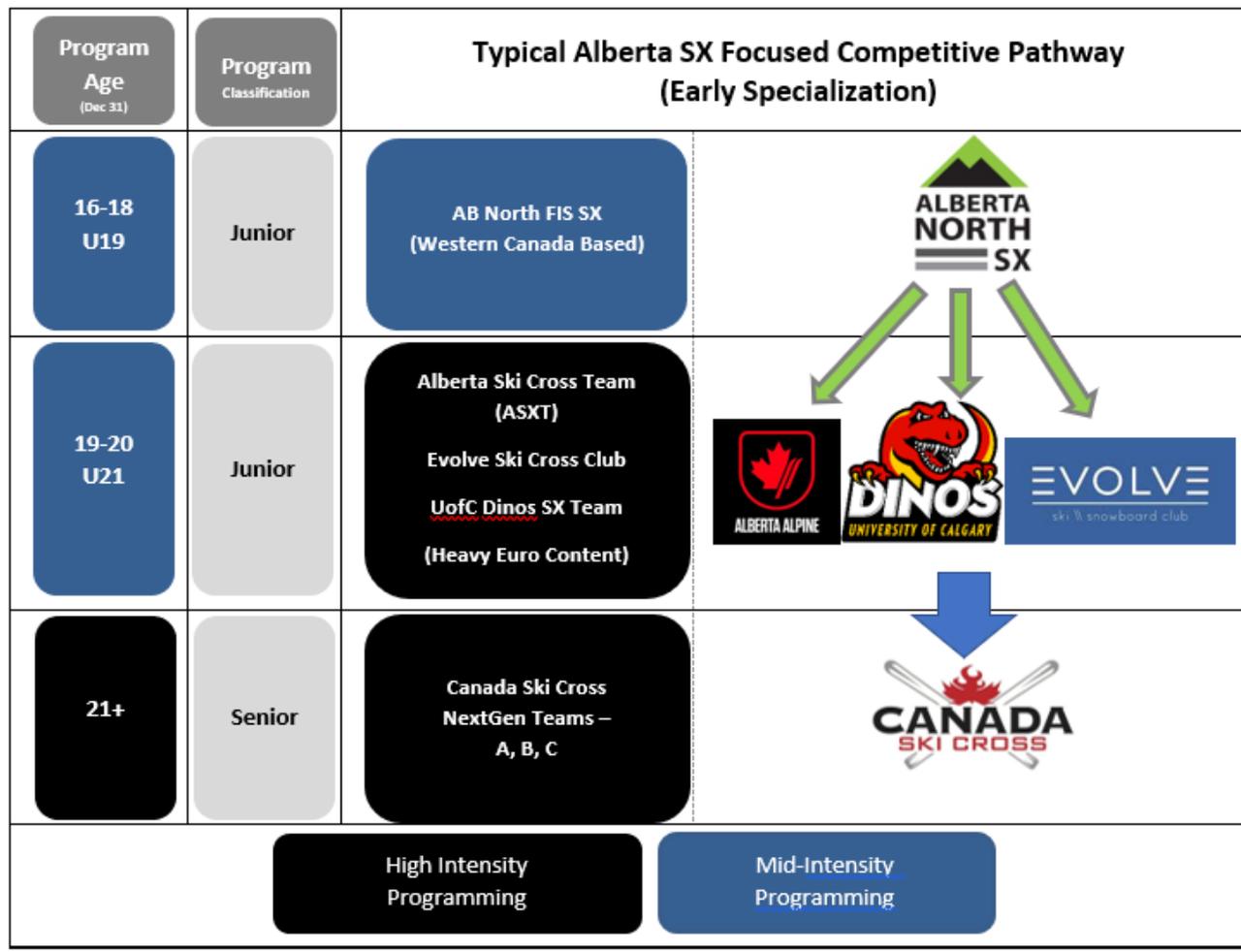
- Is this the perfect Program for me if?:
 - I want to make the Alberta Alpine Ski Team...
 - No, but see below.
 - I want to get a Div1 NCAA Scholarship...
 - No
 - I want to maybe be a Speed Racer at a high level ...
 - Yes, it can be.... It'll keep you racing and developing those skills for a later push into Speed Specialization.

What is a “Ski Cross Program”?

- Is this the right Program for me if?:
 - I want to keep racing... something more intensive than Regional but don’t want a BIG \$\$ move away program and I want to finish high school.
 - Yes, absolutely.
 - I want to come back to racing after quitting...
 - Yes, absolutely. (Callum McEwen example)
 - I want to reach Train to Win/Senior Elite/World Cup Ski Cross:
 - Yes, in the Early Specialization pipeline...

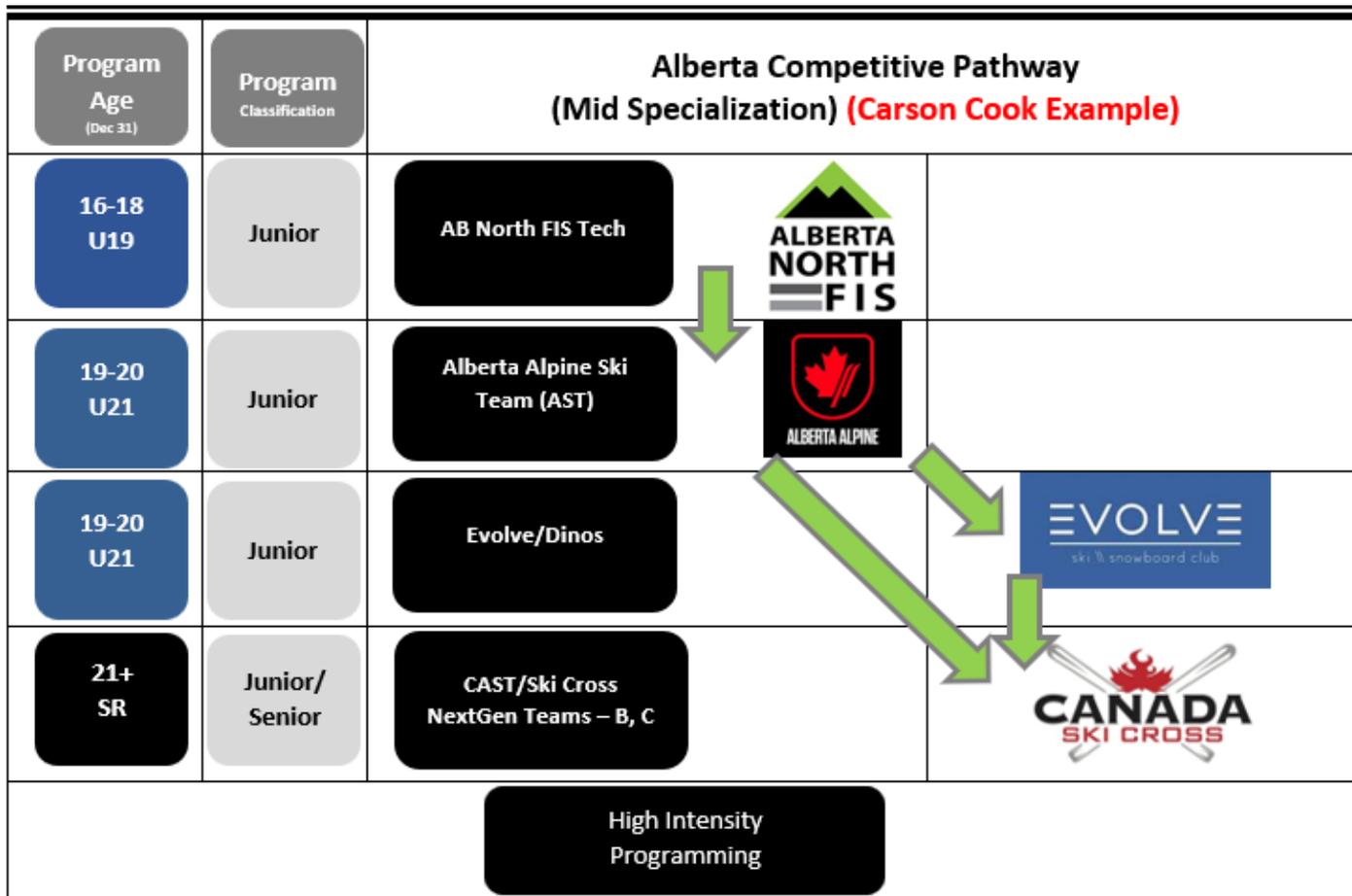
What is the Ski Cross High Performance Pathway?

- Where do I go from here? (Early Specialization – **Abby McEwen ex.**)



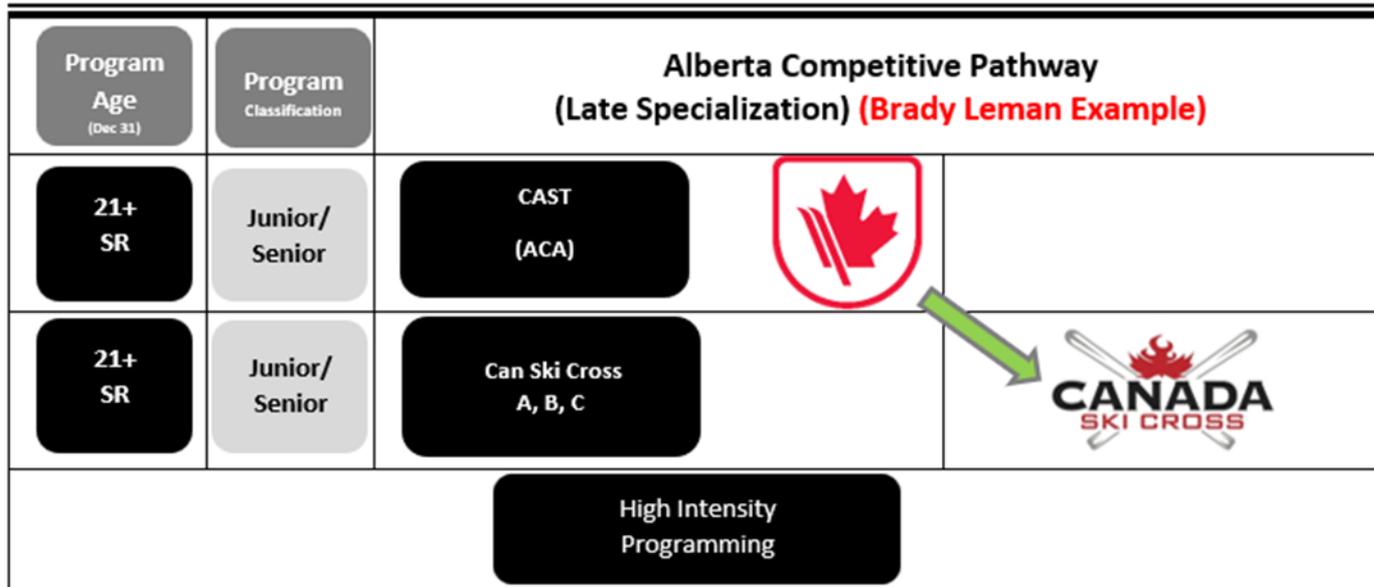
What is the Ski Cross High Performance Pathway?

- The Other Routes: (Mid-Path Specialization)



What is the Ski Cross High Performance Pathway?

- The Other Routes: (Late Specialization)



What is AB North FIS? (the Partnership system)

- Agreement among the NZ Clubs in 2017 to cooperatively operate FIS level programming out of the North (among other initiatives)
- Current Operation for FIS Programming:
 - Sunridge is the “Administrative Club”
 - (employs the coach, handles transportation, planning, and finances)
 - Athletes generally register with their original “Home Club”
 - Sunridge invoices Home Clubs for the upfront Coaching Fee, Home Club charges athlete whatever it chooses. The upfront Coaching Fee covers all coaching expenses for every calendared event.
 - Racer Accounts handled direct between Admin Club and Athlete
 - Athlete may choose to join SUNRI direct if wanted.

The Details...

- **Coaching:**
 - 2024 Season Coach: Meshale Offermann
 - 6th year coaching FIS SX
 - 18th year coaching overall
 - Assistant Coach will be added to events when required.
- **Coordinator:**
 - Chris McEwen (Volunteer) (Not related to Abby and Callum)
 - Alpine Chair of Sunridge Ski Club
 - Ski Cross Athletic Director of ANSRS

The Details...

- Race Calendar (Projected):
 - **DECEMBER**
 - Nakiska FIS NorAm SX (Training Centre) (Dec 8-9-10)(YOG Qualifier)
 - **JANUARY**
 - Sunridge FIS SX
 - Norquay AB Cup FIS GS
 - **FEBRUARY**
 - Table Mtn FIS SX
 - Lake Louise AB Cup FIS GS
 - **MARCH**
 - Big White FIS SX
 - Masters SG
 - **APRIL**
 - Nakiska FIS Nationals SX
 - Nakiska AB Cup FIS GS (Apr)

X-Factor:
SX World Cup Returns to
Nakiska this season...
Maybe NorAm?

The Details...

- Costs:
- Admin Club “gross” Coaching Fee is \$5500 (confirmed)
 - Net Fee Charged may be less depending on Club/Fundraising
- Tentative-Projected Costs:
 - Unified FIS Card: \$950
 - CanWest All Areas Pass: \$700
 - Nakiska National SX Training Centre Pass: \$1000
 - Alberta Rockies Van Fee: \$50 per trip
 - Plus: Non-CanWest covered lifts (pre-season), other lane space charges, Race Entry Fees, Shared Athlete Meals, Shared Athlete Hotels.
- Training Camp Highlights
 - Panorama around Remembrance Day
 - Xmas Camp at Nakiska (we want to maximize days there)
 - AB North Speed Camp at Kimberley
 - Spring Break “Off”

The Details...

- Dryland:
- Coaching Fee includes access to “Sunridge Coached” Dryland Program:
 - Mountain Biking starting June 1
 - Outdoor Cross Training starting Aug 1 (until snow)
- **Additional Gym Sessions (Racer Acct Charge)**
- Athletes should also self train at home/in gym throughout spring.
- Ski Cross training should include slightly more emphasis on upper body than a normal alpine training plan. This is due to the importance of pull starts. Mobility and flexibility is also key.

The Details...

- Equipment:
 - Skis:
 - A 30m pair for FIS GS
 - SX Skis are generally shorter radius (21-24m) and usually 181-185 cm. We can often source new or used equipment for you. A race and trainer pair if you want.
 - Keep your current SL skis for a bit of training.
 - Suits:
 - Full downhill suits can now be worn.

Questions?

