

# Annual Program Guide



**SUNRIDGE**  
ALPINE SKI TEAM

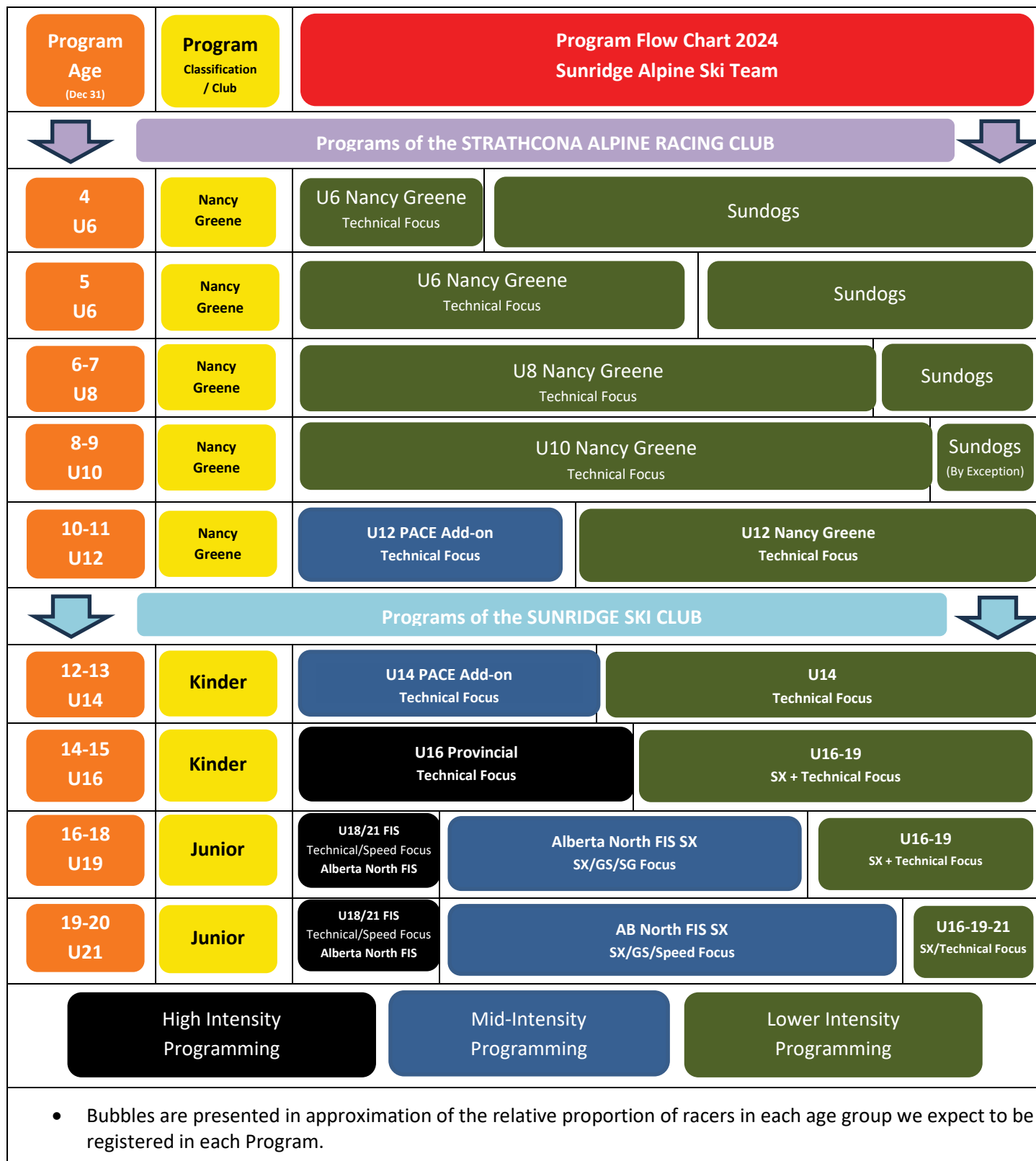
# 2024 Season

## Strathcona Alpine Racing Club

### 1) Purpose:

- a) This guide serves as a guidance document for the structure of the dryland and on-snow programming of the Club as well as a summary description of the programs to be run by the Club in the given year. The guide should help you select the type of programming that is right for your athlete. Club coaches and experienced Club directors are also available to discuss options. Programs as outlined will be available for registration for the upcoming year.

## 2) Overall Program Age Flowchart



## Program Intensity

- a) For a better understanding of ski race programming, we categorize programs by “Intensity” which is a catch-all term referencing several aspects including travel and time commitment (missed school days), physical conditioning expectations, family commitment (cost), caliber of racing competition, minimum skill requirements, and developmental expectations of the athletes.
  - b) At all program levels offered by the Sunridge Ski Club, we endeavor to effectively manage burnout. We feel adding too much intensive and costly programming early in a racer’s career greatly increases the risk of both family and racer burnout and frankly, does not necessarily produce a better **Junior** aged racer. One of our guiding principles is that you cannot maximize your potential if you leave the sport early... we want as many racers as possible to stay in the sport through high school and burnout prevention is an important factor in that.
- 3) Terms:
- a) Regular Program
    - i) Calendared program elements (training or race events) for which the coaching costs are included in registration fees.
      - (1) For Nancy Greene/U12, Race Entry Fees are also included in registration fees for Regular Program.
  - b) Optional User Pay or “User Pay”
    - i) Calendared events offered to athletes but for which coaching fees or other costs were not included in registration fees. Therefore, attendance is optional and there is a full User Fee to attend the event.
  - c) Racer Account:
    - i) Refers to your athlete’s financial account with the Club.
- 4) Program Summaries:

### **a) NANCY GREENE PROGRAMS**

#### **i) Sundogs**

- (1) Age Group
  - (a) Age 4-7 as at Dec. 31 of the winter season
  - (b) Age 8-9 as at Dec. 31 of the winter season by exception only
- (2) Minimum Entry Requirements
  - (a) All skiers must be able to ride the CHAIR lifts safely on their own and with other skiers.
  - (b) All skiers must be able to be self-mobile on their equipment.
  - (c) All skiers must be able to control their speed and be able to perform linked “snowplow” turns safely on a green slope and stop on command.
  - (d) All skiers should have had some participation in learn to ski lessons at an accredited ski school.
- (3) Program Goals
  - (a) LTSD - AIM 2 Win Stage
    - (i) Gliding Start 4-5 year olds
    - (ii) Skier Essentials 6+ year olds

- (b) Development Goals
  - (i) An introduction to Ski Race Training with emphasis on fun and participation.
  - (ii) General overall development of agility, balance and coordination.
  - (iii) Basic ski skills of stance, balance, turn initiation and steering.
  - (iv) Basics of line and turn shape.
  - (v) Kids train to ski well in all conditions; groomed, soft, bumps, steep, flat.
- (c) Advancement
  - (i) Participant can graduate to Full Program in the next season or even mid-season.
  - (ii) Athletes may register as a Sundog for as many seasons as they prefer from ages 4-7.
- (4) Program Composition
  - (a) Dryland
    - (i) Age group applicable Dryland training programs are available to Sundog registrants per programs below.
  - (b) Training
    - (i) Local Training (average start, Nov 20, average local finish, Mar 8)
      1. Participants elect to participate in (1) session per week. You may select Tuesday, Thursday, OR Saturday sessions and must keep to that selection for the season:
        - a. Tuesday 6:15-8:15pm
        - b. Thursday 6:15-8:15pm
        - c. Saturday 9:30am-12:30pm
    - (ii) Mountain Training
      1. Sundog registrants may elect to participate in a Mountain Training camp on a user pay basis. Available events:
        - a. Late Season (March/April) 2-day camp. (User Pay)
  - (c) Race Selection
    - (i) Sanctioned:
      1. Sundog registrants may elect to participate in the Sunridge Hosted Nancy Greene Race Series Event (U8-U10 only) for the additional cost of the Race Entry Fee plus a Coaching Fee. (For certainty, participation is not allowed in Jasper Junior Olympics)
    - (ii) Unsanctioned:
      1. All Sundogs (regardless of day) may participate in the Club hosted
- (5) Notes:
  - (a) No make-up sessions are available for missed training regardless of the reason for misses.
  - (b) If registration numbers allow, Sundog athletes will be placed in daily Sundog training groups sorted by age. Otherwise, participants will be spotted into regular training groups. If so, we do not require the Sundog's skill level to be equal to the rest of their training group but they can participate effectively as long as they are willing to try.
  - (c) There is a limited quota on Sundog spots per training day.
  - (d) The Sundog sessions should NOT be the only skiing the athlete does. Additional skiing with family and even additional ski school lessons are extremely important to development.

## **ii) U6 (Full Program)**

- (1) Age Group
  - (a) Age 4-5 as at Dec. 31 of the winter season
- (2) Minimum Entry Requirements
  - (a) 4 year olds must be approved by the coaching staff to be accepted for Full Program registration. We recommend Sundog registration for that age.
  - (b) All skiers must be able to ride the CHAIR lifts safely with other skiers.
  - (c) All skiers must be able to be self-mobile on their equipment.
  - (d) All skiers must be able to control their speed and be able to perform linked “snowplow” turns safely on a green slope and stop on command.
  - (e) All skiers must have had some participation in learn to ski lessons at an accredited ski school.
- (3) Program Goals
  - (a) LTSD - AIM 2 Win Stage
    - (i) Gliding Start
  - (b) Development Goals
    - (i) An introduction to Ski Race Training with emphasis on fun and participation.
    - (ii) General overall development of agility, balance and coordination.
    - (iii) Basic ski skills of stance, balance, turn initiation and steering.
    - (iv) Basics of line and turn shape.
    - (v) Kids train to ski well in all conditions; groomed, soft, bumps, steep, flat.
    - (vi) Racing is mostly untimed.
  - (c) Advancement
    - (i) Participant will advance to U8 Nancy Greene the following season.
- (4) Program Composition
  - (a) Training
    - (i) Local Training (average start, Nov 20, average local finish, Mar 8)
      1. Tuesday 6:15-8:15pm
      2. Thursday 6:15-8:15pm
      3. Saturday 9:30am-12:30pm
    - (ii) Mountain Training
      1. Friday of Jasper Junior Olympics Weekend (Base Program)
      2. Late Season (March/April) 2-day camp. (User Pay)
- (5) Race Selection
  - (a) Race days in U6 generally consist of Jasper Junior Olympics (2 days, timed and un-timed runs), Rabbit Hill Lauberhorn Race (Timed) (1), Intra-Club Race(s) (1-2) (Timed).

### **iii) U8-U10 (Full Program)**

- (1) Age Group
  - (a) Ages 6-9 as at Dec. 31 of the winter season
- (2) Minimum Entry Requirements
  - (a) No previous “ski racing” experience is necessary.
  - (b) All skiers must be able to ride the CHAIR lifts safely with other skiers.

- (c) All skiers must be able to be self-mobile on their equipment.
- (d) All skiers must be able to control their speed and be able to perform linked “snowplow” turns safely on a green slope and stop on command.
- (e) All skiers should be confident enough to ski green, blue, and black runs.
- (f) All skiers must have had some participation in learn to ski lessons at an accredited ski school.

(3) Program Goals

- (a) LTSD - AIM 2 Win Stage
  - (i) Skier Essentials
- (b) Developmental Goals
  - (i) Emphasis on fun and participation.
  - (ii) Fitness development through fun and games.
  - (iii) General overall development of agility, balance and coordination.
  - (iv) Basic ski racing skills stance and balance, turn initiation and steering.
  - (v) Basics of line and turn shape.
  - (vi) Introduction to ski cross training, terrain, and racing.
  - (vii) Develop, train and race in modified Slalom and Giant Slalom, and Ski Cross courses.
  - (viii) Kids learn to ski well in all conditions; groomed, soft, bumps, steep, flat.
  - (ix) Learn to carve the ski rather than sliding the skis.
- (c) Advancement
  - (i) Participant will advance to U12 Nancy Greene, at the program age of 10.

(4) Program Composition

- (a) Dryland
  - (i) Light program focusing on agility, core strength, and to have the kids interact and have fun socially. (User Pay)
- (b) Training
  - (i) Local Training (average start, Nov 20, average local finish, Mar 8)
    1. Tuesday 6:15-8:15pm
    2. Thursday 6:15-8:15pm
    3. Saturday 9:30am-12:30pm
  - (ii) Mountain Training
    1. Early season (Nov) 2-day camp. (User Pay)
    2. Mid-Season day camp in Red Deer is usually scheduled. (Base Program)
    3. Friday of Jasper Junior Olympics weekend. (Base Program)
    4. Late Season (March) 2-day mountain training camp. (User Pay)
- (c) Ski Cross Integration
  - (i) Training: Approx 15% of athlete training time will be in SX
  - (ii) Race: At coach’s discretion, those athletes at SnowStars Level 2 or higher may be registered in the NG SX race day.
- (d) Race Selection
  - (i) Sunridge SX Race (1-2), Snow Valley SL (1), ESC SL (1), Jasper Junior Olympics GS/KK (2), Rabbit Hill Lauberhorn GS (1), Intra-Club Race(s) (2).

## iv) U12 (Full Program)

Structure: For U12, all athletes register as a U12 into the “Regular Program” and then add a “PACE” block of events to supplement their training and race schedules if desired.

### (1) U12

#### (a) Age Group

- (i) Ages 10-11 as at Dec. 31 of the winter season

#### (b) Minimum Entry Requirements

- (i) No previous “ski racing” experience is necessary.
- (ii) All skiers must be able to ride the CHAIR lifts safely with other skiers.
- (iii) All skiers should be confident enough to ski green, blue, and black runs.
- (iv) All skiers must be able to control their speed and at least be able to perform linked “mostly parallel” turns safely on a blue slope.
- (v) All skiers should have had some participation in learn to ski lessons at an accredited ski school.

#### (c) Target Athlete Type

- (i) Athletes continuing their development from U10 Nancy Greene
- (ii) Entry Level athletes new to Ski Racing

#### (d) Program Goals

##### (i) LTSD - AIM 2 Win Stage

1. Skier Essentials

##### (ii) Developmental Goals

1. Emphasis on fun and participation.
2. Fitness development through fun and games.
3. General overall development of agility, balance and coordination.
4. Basic ski racing skills stance and balance, turn initiation and steering.
5. Basics of line and turn shape.
6. Introduction to ski cross training, terrain, and racing.
7. Develop, train and race in modified Slalom and Giant Slalom, and Ski Cross courses.
8. Kids learn to ski well in all conditions; groomed, soft, bumps, steep, flat.
9. Learn to carve the ski rather than sliding the skis.
10. Local and mountain venues for training and racing.

##### (iii) Advancement

1. Athletes will advance to U14 Regular Program or PACE level.
2. Racing their 12 year old season as an over-age in Nancy Greene is another option.

#### (e) Program Composition

##### (i) Dryland

1. Moderate program focusing on agility, core strength, and endurance. (Optional User Pay) generally running Tuesdays and Saturdays.
2. U12 athletes will also have the option of enrolling in the U10 dryland program if wanted.



- (ii) Training
  1. Local Training (average start, Nov 20, average local finish, Mar 8)
    - a. Tuesday 6:15-8:15pm
    - b. Thursday 6:15-8:15pm
    - c. Saturday 9:30am-12:30pm
  2. Mountain Training
    - a. Early season (Nov) 2-day camp. (Regular Program)
    - b. Christmas Camp – generally a 4 day mountain training camp between Xmas and New Years in Revelstoke. (User Pay)
    - c. Mid-Season day camp in Red Deer is also usually scheduled. (Regular Program)
    - d. Friday of Jasper Junior Olympics weekend (Regular Program)
    - e. Late Season (March) 2-day mountain camp. (Regular Program)
- (f) Ski Cross Integration
  - (i) Training: Approx 10-15% of athlete training time will be in SX
  - (ii) Race: At coach’s discretion, those athletes at SnowStars Level 2 or higher may be registered in a SX race event in a season. Generally the Sunridge hosted SX race.
- (g) Race Selection
  - (i) ESC Slalom (1), Snow Valley Slalom (1), Sunridge Hosted SX Event (1-2), Jasper Junior Olympics (2), Rabbit Hill Lauberhorn Race (1), Intra-Club Race(s) (2).

## **(2) U12 PACE**

- (a) Delivery Concept
  - (i) The U12 PACE program is a group of events signed up for which are designed for U12 Nancy Greene athletes who are keen and ready to partake in additional training and competitive opportunities. This program is an "add-on" to U12 Nancy Greene registration with some additional and alternative events including mountain camps and U12 Provincial Series races.
- (b) Age Group
  - (i) Ages 10-11 as at Dec. 31 of the winter season
- (c) Minimum Entry Requirements
  - (i) All skiers must be able to control their speed and perform linked “parallel” turns safely on a blue slope.
- (d) Target Athlete Type
  - (i) Athletes continuing their development from U10 Nancy Greene or U12 desiring a more competitive and intensive program.
  - (ii) Athletes should have a high competitive confidence level to benefit from this program. This does not mean that all athletes must be high performers in order to enroll, but just that their skill and competitiveness are at a level high enough to benefit and sustain the challenge.
  - (iii) It is common for athletes to partake in the PACE events for their 11 year old season.
- (e) Program Goals
  - (i) LTSD - AIM 2 Win Stage

1. Refinement of Skier Essentials transitioning to Learn to Train
- (ii) Additional Developmental Goals
  1. More engaged education on basics of line and turn shape.
  2. More in depth race preparation
  3. Additional mountain training elements to transition to Learn to Train stage.
- (iii) Advancement
  1. Athletes will advance to either U14 or U14 PACE.
- (f) Program Composition
  - (i) Dryland
    1. Same as U12
  - (ii) Training
    1. Local Training
      - a. Same as U12
    2. Additional Mountain/Away Training and Races
      - a. December Jasper 2-day camp.
      - b. Additional (or 2) Mid-Season day camp in Red Deer is also usually scheduled.
      - c. Bow Valley U12 Provincial SL/GS (January)
      - d. Red Deer U12 Provincial SL/GS (February)
      - e. Caribou Cup (Norquay) Provincial race weekend (February)
      - f. U12 Speed Camp (March)
      - g. U12 Provincial Finals Race weekend in Nakiska (April)
  - (iii) Ski Cross Integration
    1. Same as U12
- (g) Projected Race Day Selection
  - (i) Bow Valley U12 Provincial SL/GS (2), Sunridge Hosted SX Race (1), Red Deer U12 Provincial (2), Jasper Junior Olympics (2), Caribou Cup U12 Provincial (2), Intra-Club Races (2), U12 Finals (2).
  - (ii) Athletes may choose to Flex out of Provincial starts in favour of Divisional starts at their discretion. (No Fee Credit)

b) **KINDER PROGRAMS**

Structure: Programming at U14 and above is offered by the Sunridge Ski Club, please see that Program guide on the team website.