

# Annual Program Guide



# ALPINE SKI RACING

**SUNRIDGE**  
ALPINE SKI TEAM



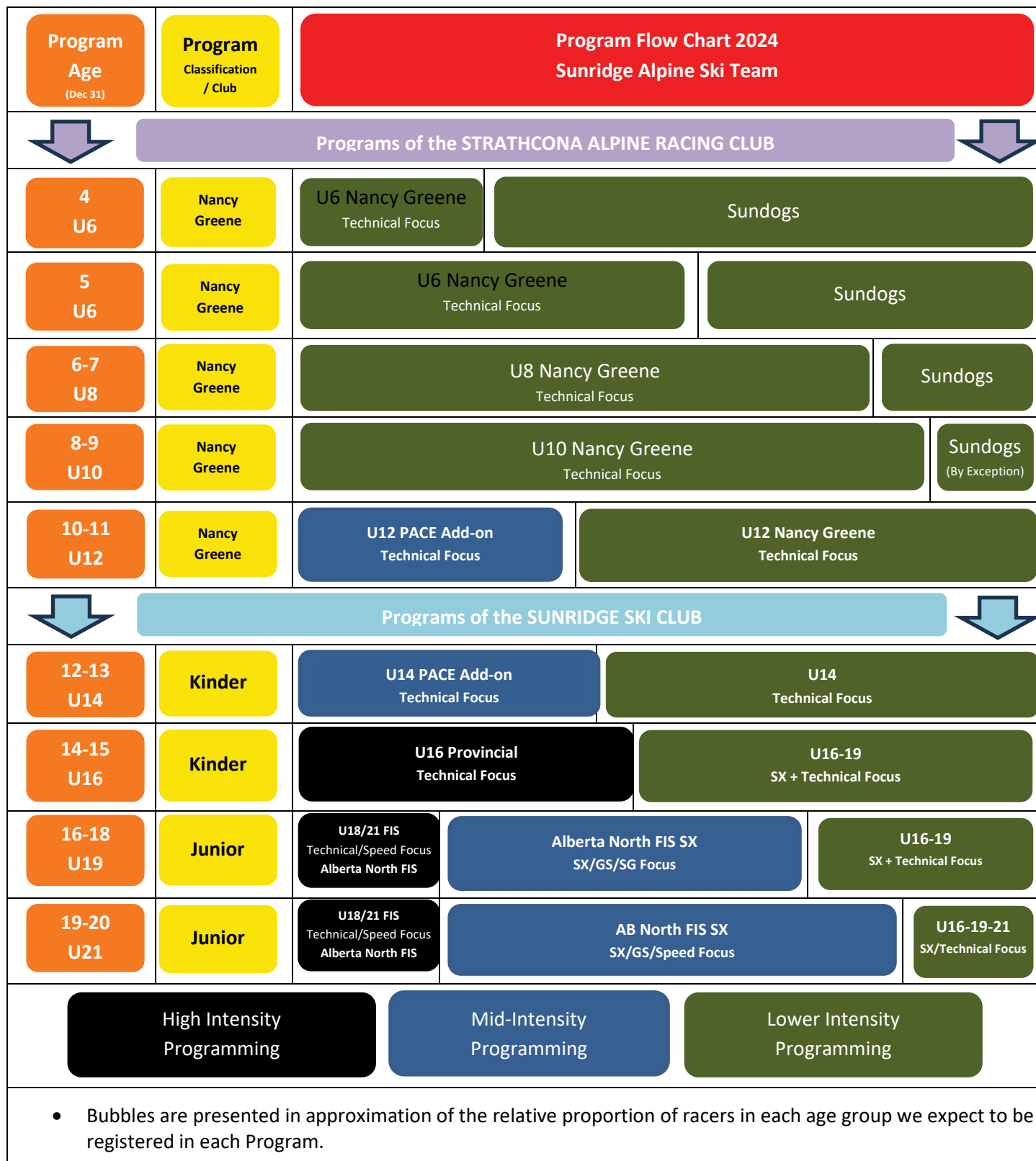
# 2024 Season

## Sunridge Ski 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 primary goals is racer retention, 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 U14+, All Race Entry Fees (and some other charges) are billed back to the Racer.
  - 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) **KINDER PROGRAMS**

Structure: For U14 and U16-19 (non-FIS) programs, athletes register as a U14 or a U16-19 into the “Regular Program” and then add the “PACE” blocks or other User Pay events to supplement their training and race schedules.

Fee Note: For U14 and older programs, certain program expenses are not covered by your registration fees. For example, race entry fees, lane space rentals, banquet tickets, van fees, and shared accommodations will be billed to your Racer Account for payment. The Club will request a Deposit in the fall for each program.

**i) U14**

    - (1) Delivery Concept
      - (a) U14 offers a co-mingled training environment among all U14s and occasionally U16+ athletes. Coaches are prepared and will work to accomplish the different athletic goals that each athlete type in the group may have. Athletes in U14 will frequently work with different members of our Kinder coaching team depending on the training plans for each group within the Club.
    - (2) Age Group
      - (a) Ages 12-13 as at Dec. 31 of the winter season

- (3) Minimum Entry Requirements
  - (a) No previous “ski racing” experience is necessary.
  - (b) All skiers must be able to control their speed and perform linked “parallel” turns safely on a blue slope.
- (4) Target Athlete Type
  - (a) Athletes continuing their development from U12 Nancy Greene (Regular or PACE) in a Program in which they can continue to participate and improve their skills.
  - (b) Entry Level athletes new to Ski Racing.
- (5) Program Goals
  - (a) LTSD - AIM 2 Win Stage
    - (i) Achieve and refine the Learn to Train stage.
  - (b) Developmental Goals
    - (i) A program intended to assist in the transition from the fundamental stage of skill development to the Learn-to-Train stage.
    - (ii) Emphasis on fun and participation.
    - (iii) Continued overall fitness development.
    - (iv) Further development of agility, balance and coordination.
    - (v) Advanced techniques of line and turn shape in more difficult terrain.
    - (vi) Introduction to more technical Ski Cross Training and Racing.
    - (vii) Develop, train and race in Slalom, Giant Slalom and Ski Cross.
    - (viii) Introduction to race strategies and tactics.
  - (c) Advancement:
    - (i) Advancement from U14 is to U16 Programming.
      1. U14 PACE – Athletes may also advance from U14 Regular to U14 PACE for their 13 year old season.
- (6) Program Composition
  - (a) Local and mountain venues for training and racing.
  - (b) Dryland
    - (i) More intensive program focusing on agility, core strength, and endurance.
      1. Monday & Wednesday Evenings, 6:30-8:00pm
      2. Saturday Mornings, 9:00-11:00am
      3. Held at Sunridge Ski Area or other venues when weather dictates.
      4. May contain various cross-training elements per coaches’ discretion, i.e. mountain biking etc.
  - (c) On-snow Training
    - (i) Local Training (average start, Nov 20, average local finish, Mar 8)
      1. Tuesday 6-8:30pm
      2. Thursday 6-8:30pm
      3. Saturday 9:30am-1:30pm
    - (ii) Mountain Training Days
      1. Early Season (Nov) 2-day camp. (Regular Program)
      2. Early season (Dec) 2-day camp in Jasper. (Regular Program)

3. Training Days ahead of mountain race events (Regular Program)
- (iii) Training User Pays:
1. Panorama Pre-Season Training Camp (4 days)
  2. Christmas Camp – we generally operate a mountain free-ski training camp over Christmas holidays in Revelstoke. (4 days)
  3. Kimberley Speed Camp (4 days)
  4. March Training Camp (3 days)
  5. Integration Camp (April)
- (d) Ski Cross Integration
- (i) Training: Approx 15% of athlete training time will be in SX
- (e) Race Selection
- (i) Standard Calendar is the Alberta North Zone Regional Series plus RHO:
1. Rabbit Hill Open (RHO) SL December (2)
  2. Sunridge SX Race (2)
  3. Red Deer GS (2)
  4. Rabbit Hill SL (2)
  5. Regional Finals Jasper (2)
  6. +User Pay U14 SG
- (f) Alberta Winter Games
- (i) 2024 is an AWG year for U14s. Zone Qualification is at the Rabbit Hill Open SL race in December.

## **ii) U14 PACE**

- (a) Delivery Concept
- (i) The U14 PACE program is a group of events signed up for which are designed for U14 athletes who are keen and ready to partake in additional training and competitive opportunities. This program is an "add-on" to U14 registration with some additional and alternative events including mountain camps and U14 Provincial Series races.
- (ii) Coordination with all U14 athletes is important for team unity and to improve the strength of the cohort and Club. PACE registered athletes will be intermingled with effective U14 training groups.
- (iii) U14 PACE registered and paid athletes may alternatively select some Regional Series events if they are offered on the calendar as an alternative to certain Provincial Series Race starts as long as their overall number of events does not change. This is done in consultation with coaching staff and athlete. For certainty, Provincial races can be switched out for Regional; Regional races cannot be switched out for Provincial Starts or Speed Camps.
- (b) Age Group
- (i) Ages 12-13 as at Dec. 31 of the winter season
- (c) Minimum Entry Requirements
- (i) All skiers should be able to control their speed and perform linked "parallel" turns safely on a black slope.

(d) Target Athlete Type

- (i) Athletes continuing their development from U12 Nancy Greene (Regular or PACE) or U14 Regular 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 high enough level to benefit and sustain the challenge.
- (iii) Athletes may also do one season of U14 Regular prior to enrolling in U14 PACE for their 13 year old season.

(e) Program Goals

(i) LTSD - AIM 2 Win Stage

- 1. Learn to Train transitioning to Learn to Race

(ii) Additional Developmental Goals

- 1. The U14 PACE program introduces the Learn-to-Train stage of skill development. The program provides a competitive series which allows racers to test their skills against their peers at a provincial level. The program also develops ski specific physical and mental skills and continues to develop the technical skills learned in Nancy Greene and U14.
- 2. Advanced fitness development and increase the athletes' knowledge of goal setting, nutrition, and intention of an athletic lifestyle.
- 3. Introduction to speed events (SG).
- 4. More technical introduction to Ski Cross training and racing.
- 5. Advanced race strategies and tactics.
- 6. Advancement to Western and National competitions.

(iii) Advancement:

- 1. Racers would likely graduate to U16 PACE SX or Provincial Alliance

(f) Program Composition

(i) Dryland

- 1. Same as U14 Regular

(ii) Training

- 1. Local Training
  - a. Same as U14 Regular
- 2. Additional Mountain Training Days
  - a. Includes ALL User Pays mentioned in Regular U14
  - b. Plus 1 Red Deer training day.
  - c. Training Days ahead of mountain race events.
- 3. Race Selection
  - a. Athletes cannot race both complete series
  - b. Rabbit Hill Open SL
  - c. Bow Valley U14 Prov SL/GS
  - d. Sunridge SX
  - e. Castle Mtn U14 Prov SL/GS

- f. Nakiska U14 Prov SG
- g. Nakiska U14 Prov SL/GS
- h. Panorama U14 Finals

(iii) Ski Cross Integration

1. Training: Approx 10% of athlete training time will be in SX

### iii) U16-19

(1) Delivery Concept

- (a) U16-19 offers a co-mingled training environment among all U16-19s. Coaches are prepared and will work to accomplish the different athletic goals that each athlete type in the group may have. Athletes in U16-19 will frequently work with different members of our Kinder/Junior coaching team depending on the training plans for each group within the Club.

(2) Age Group

- (a) Ages 14-15 as at Dec. 31 of the winter season
- (b) Ages 16-17-18 (U19) as at Dec. 31 of the winter season

(3) Minimum Entry Requirements

- (a) No previous “ski racing” experience is necessary.
- (b) All skiers must be able to control their speed and perform linked “parallel” turns safely on a blue slope.

(4) Target Athlete Type

- (a) Athletes continuing their development from U14 (Regular or PACE) in a Program in which they can continue to participate and improve their skills.
- (b) Entry Level athletes new to Ski Racing.

(5) Program Goals

(a) LTSD - AIM 2 Win Stage

- (i) Achieve and refine the Learn to Race stage.

(b) Developmental Goals

- (i) A program intended to assist in the transition from the fundamental stage of skill development to the Learn-to-Race stage and transition into Train-to-Race or Skiing-for-Life.
- (ii) Emphasis on fun and participation.
- (iii) Continued overall fitness development.
- (iv) Further development of agility, balance and coordination.
- (v) Advanced techniques of line and turn shape in more difficult terrain.
- (vi) More technical Ski Cross Training and Racing.
- (vii) Develop, train and race in Slalom, Giant Slalom and Ski Cross.
- (viii) Introduction to race strategies and tactics.

(c) Advancement:

- (i) Advancement from U16-19 Programming.
  1. Alberta North FIS Tech



2. Alberta North FIS SX
  3. Skiing-for-Life: Begin a coaching career.
- (6) Program Composition
- (a) Local and mountain venues for training and racing.
  - (b) Dryland
    - (i) More intensive program focusing on agility, core strength, and endurance.
      1. Monday & Wednesday Evenings, 6:00-8:00pm
      2. Saturday Morning, 9:00-11:00am
      3. Held at Sunridge Ski Area and Millennium Place when weather dictates.
      4. May contain various cross-training elements per coaches' discretion, i.e. mountain biking etc.
  - (c) On-snow Training
    - (i) Local Training (average start, Nov 20, average local finish, Mar 8)
      1. Tuesday 6-8:30pm
      2. Thursday 6-8:30pm
      3. Saturday 9:30am-1:30pm
    - (ii) Mountain Training Days
      1. Early Season (Nov) 2-day camp. (Regular Program)
      2. Early season (Dec) 2-day camp in Jasper. (Regular Program)
      3. Training Days ahead of mountain race events (Regular Program)
    - (iii) Training User Pays:
      1. Panorama Pre-Season Training Camp (4 days)
      2. Christmas Camp – we generally operate a mountain free-ski training camp over Christmas holidays in Revelstoke. (4 days)
      3. Kimberley Speed Camp (4 days)
      4. Tuck & Huck Event, Masters SG Race + FreeSki Camp (4 days)
      5. Integration Camp (April)
  - (d) Ski Cross Integration
    - (i) Training: Approx 20% of athlete training time will be in SX
  - (e) Race Selection
    - (i) Standard Calendar is the Alberta North Zone Regional Series plus RHO:
      1. Rabbit Hill Open (RHO) SL December (2)
      2. Sunridge SX Race (2)
      3. Red Deer GS (2)
      4. Rabbit Hill SL (2)
      5. Regional Finals Jasper (2)
      6. +User Pay Masters SG At Nakiska

#### **iv) U16 PACE**

- (a) 2024 Delivery Concept
  - (i) Pending additional registration, U16 PACE/Provincial will be offered in conjunction with a co-operative Club.

(ii) Athletes are to register as a Regular Program U16 and discuss with Head Coach.

**b) JUNIOR AGED PROGRAMMING**

**i) FIS SX**

**(1)** Please view the separate 2024 AB North FIS SX Program information.