



Alpine Programs



**2017 - 2018
PARENT GUIDE**



Introduction

Purpose of this Guide

We are excited to have you and your family coming back or joining our Alpine Programs for the first time. Beaver Valley offers over 30 different program options between recreational and competitive disciplines and we pride ourselves on the breadth and depth of our programming. There are a lot of details to understand and as is the case with most things in life, the more knowledge one has the easier it is going to be. To that end we are pleased to provide all of our program families a copy of the new 2017/18 Beaver Valley Parent Guide. In it you will find all the information we feel you will; need to know to be prepared for the season, to understand how the programs work, the underlying sport philosophies that our structure and focus is based upon, the event calendars for the year, how groups are selected, an Enhanced Ontario Cup overview, the roles and responsibilities of all involved and much, much more.

VISION – MISSION- VALUES

The Alpine Programs goal is to create a lifelong passion for skiing or snowboarding, as well as lasting friendships at the club in a recreational or competitive environment.

By providing a focus on fundamental movement patterns in a variety of training environments we will set participants up for success if they chose to enter a specialized discipline.

Alpine Programs Core Values:

We provide programs that.....

- Are safe at all times
- Are inclusive to all Club Members
- Fun
- Instill a lifelong passion for snow sports
- Support all participants development goals
- Promote respectful behavior, sportsmanship and citizenship

Making the right Program Decision

We remind all parents and athletes that finding the right program may take some time and experimentation. Beaver Valley offers athlete pathways for recreational skiing and snowboarding, Ski & Snowboard Racing, Freestyle Skiing & Snowboarding in terrain parks, moguls & Snowboard cross.

Whatever decisions you're facing when it comes to program selection Beaver Valley's Head Coaches/Instructor & Alpine Programs Manager are happy to assist you if making this decision.

Preparing for the Season

On-Snow Apparel

The key to athletes enjoying their time on snow is arriving prepared for programs. This includes coming dressed in warm, dry clothes ready to spend time outside enjoying the hill. Please ensure that when your athlete comes to the club they have the following ski apparel for each day.

- Warm and dry gloves or mittens
- Warm and dry socks
- Helmet liner, balaclava, face mask, etc.
- Ski/Snow jacket and pants
- Appropriate base layer

For our younger athletes please ensure that their clothing and equipment are labeled with your child's name wherever possible.

Equipment

To set your athlete up for success in their programs, please ensure that they arrive with properly fitting equipment in good working condition. Athletes in programs will require the following equipment properly fitted, tuned and ready to go. If specific equipment is required you can find details on the program overview you will be sent upon registration.

- Properly fitted helmet, FIS approved for all ski racers
- Properly fitted ski boots
- Tuned skis/snowboard
- Appropriate poles

Reminders

- Before morning and afternoon classes please ensure your athlete has a healthy meal followed by a trip to the washroom (this helps prevent class disruptions)
- Please also consider packing a small snack in your athlete's pocket for break to avoid lengthy trips to the food line.
- Please do not send sick children to their lessons
- If your child requires a specific health plan please ensure that you have met with the appropriate Supervisors to plan for the season.
- Please notify your child's Instructor/coach of any food allergies or concerns.

Emergency Contact

- Please put your contact information inside your athlete's helmet.
- According to Club Policy, while your child is in lessons a parent must remain on the property or alternatively parents must inform the Coach or Instructor of a parent designate and leave an emergency contact number at the Membership and Guest Services Office.

Please check the white boards at the lift entrances for your name in case we need to contact you regarding your child.

Preparing for Competition

It is important to keep in mind that everyone wants to be at their best when competing in events. It is natural to feel some extra pressure to do well. But too much stress can have a negative impact on performance and it definitely squashes enjoyment which is not good for anyone.

Here are some tips that will help the whole family enjoy competition days;

- Ensure that all equipment is organized, packed, tuned and ready to go at least by the night before
- Make sure that the athlete gets a great night of sleep and has an appropriate breakfast
- Arrive early; there is nothing worse than rushing before a competition. Give yourselves enough time to prepare without stress
- A meeting time and place will be established by the coaches/instructor in advance, make sure you know the details
- Coaches/instructors will hand out the bibs to all competitors
- Course inspections will be done with the coaches/Instructors. NO Parents!
- Coaches/Instructors and athletes will attend award ceremonies and model good sportsmanship and respect at all times
- Athletes will have a good days and bad. Please celebrate the effort and let them know you are proud of them!

When competitions occur away from the Club the points above are still applicable but in addition to those:

- Please read the hosting notes provided via email by the Head Coach, Coach or your Team Manager prior to the race.
- Parents should understand directions and travel times in advance in order to arrive on time
- Plan for the athletes to stay at the hosting resort for the day unless informed otherwise.

LTAD- Long Term Athlete Development

Active Start ages 0-6

An active start is key to a child's healthy athletic development, starting as an infant all the way through their early school years. Parents need to provide opportunity for daily activity.

FUNdamentals, Females 6-8, Males 6-9

During the Fundamentals stage children should develop fundamental movement skills, including ABC's of Agility, Balance, Coordination and Speed. Children should participate in a fun and challenging multi-sport environment. Early elementary school age children need to participate in a variety of well-structured activities that develop basic skills. However, activities and programs need to maintain a focus on fun and formal competition should only be minimally introduced.

Learn to Train, Females 8-11, Males 9-12

During the Learn to Train stage children should be covering their fundamental movement skills. This stage is "The Golden Age Of Learning" for specific sport skills. Children in this stage are ready to begin training according to more formalized methods. However, the emphasis should still be on general sport skills suitable to a number of activities.

Train to Train, Females 11-15, Males 12-16

During the train to train stage young athletes need to build an aerobic base and consolidate their sport specific skills. Towards the end of the stage, they need to focus on strength and the anaerobic alactic energy system. Increased training hours are needed at this stage to develop each athletes long-term potential.

Train to Compete, Females 15-21, Males 16-23

In the Train to compete stage athletes choose one sport in which they will train to excel. Athletes will train to solidify their sport-specific skills and all of their physical capacities. These athletes are aiming to compete in national and international events. This is where competition becomes serious.

Train to Win, Females 18+, Males 19+

The train to Win stage is the final stage of the LTAD high performance stream. Medals and podium performances are the primary focus. In the train to win stage of LTAD, athletes with identified talent pursue high-intensity training to win international events. They are now full time athletes

The Escarpment Terrain Park Pass

As you all know Terrain Parks, the features within them and the way these facilities are enjoyed have been constantly evolving. The snow sports industry must keep pace and change the way we manage and operate our terrain features.

The Escarpment clubs, together with an insurance provider developed and maintain a common Terrain Park Pass. It is intended to ensure that all riders enjoying advanced Terrain park features at the clubs are properly educated and how to use them safely. The Terrain Park Pass Program will be offered in the same manner with the same materials at each participating area.

Once an individual views the Smart Style Video, completes a quick and easy test and submits a signed waiver, a Terrain Park pass sticker will be issued by our Member and Guest Services staff and will allow park riders the use of the advanced terrain parks at the following participating Ski areas for the entire season:

Alpine Ski Club	Devil's Glen Country Club
Beaver Valley Ski Club	Georgian Peaks Ski Club
Brimacombe (Oshawa Ski Club)	Laurentian Ski Hill
Caledon Ski Club	Mansfield Ski Club
Craigeleith Ski Club	Osler Bluff Ski Club

There is a **\$10.00** charge for the pass.

The North American snow sports industry and its insurers are committed to increasing awareness, safety and enjoyment on hill and the participating areas believe that this program accomplishes these goals in a manner that is quick, convenient and effective. As always your Club is focused on the safety of its Members and Guests while providing new and exciting experiences.

To get your Terrain Park Pass take the test at www.beavervalley.ca or **Visit the Info Desk** on the 2nd floor.

Deadline: Any athletes in Freestyle programs should have their Terrain park pass completed before programs start.

Canadian Freestyle Ski Association and Canada Snowboard Memberships

All Freestyle and Snowboard Speed program participants must have a membership to the National Sport Organization because Beaver Valley facilitates its programming based on their standards.

When you sign up for a Freestyle or Snowboard Speed program Beaver Valley will register your athlete and bill your account for the cost of the membership unless you have already signed up or would prefer to sign yourself prior to the start of the season please notify the Alpine Office.

Skiers

If you wish to register your skiers go to:

<http://freestyleskiontario.goalline.ca/event-search.php?cat=46>

All Jumps and Bumps and Freestylers participants will require a CanFree Level 1/2 membership

Mogul HP and any Mogul Development skier wishing to compete in at the Provincial or Canadian Open will require a CanFree Level 3 membership

Snowboarders

If you wish to register your snowboarder go to:

<http://snowboardontario.goalline.ca/event-search.php?cat=123>

All Freestyle and Groms level race participants will require a Basic Competitor license

For all High Performance racers please contact Shawn Letton who will help select your correct membership category based on your athlete's age and ability: shawn.letton@beavervalley.ca

Alpine Ontario Registration & Waiver

All BV Race athletes MUST complete their Alpine Ontario registration and waiver to be eligible to participate in our Racing Programs. To complete your online waivers please go to www.alpineontario.ca and follow the easy instructions below.

Go to www.alpineontario.ca

- Hoover over the REGISTER button top of your screen black drop down button.
- Select Online Program Registration
- Either sign in with your log in from last season or Create a profile for yourself (parent or guardian) Please do not create a new username and password each year. Keep your info in a safe place so you have it on hand year after year.
- Once you have set up your profile (as a parent) add each athlete in your family
- Select “Add Program” for each athlete and add their race program for the season.
- For each athlete review the program information and accept the waiver.
- When adding programs please note:
- Beaver Valley is part of SOD (Southern Ontario Division)
- Ontario Cup(OCUP) is for our Enhanced athletes who train 3+ days per week
- Southern Ontario Division (SOD) is for our Weekend athletes who train weekends + optional Friday training.
- Proceed to check out and payment section
- Complete payment section

Following completion of your registration you should get a confirmation email from AOA immediately.

If you have any issues registering or any questions about your Alpine Ontario registration, please contact AOA directly at 705-444-5111

Deadline: All athletes in the race program must have their AOA Waiver completed prior to **December 16** to ensure eligibility for their race.

Your First Day

Class Organization

A program Newsletter will be sent to parents in all programs regarding meeting locations and times of each individual program over the week of Dec 21st.

Arriving at the Club

- Try all equipment on before your first day, make sure everything fits and is in good working condition.
- Arrive at the club early, well dressed and ready to meet your instructor/coach.
- Have your equipment organized and ready to go.
- Head to your meeting location with time to spare to ensure you have time to find your group and meet your instructor/coach.

Drop off & Pick up Info

- Arriving on time for programs drop off and pick up are a very important part of program success.
- Athletes who are late for programs can risk missing out on up to an hour of programs as our supervisors try to get them out to their groups.

Arriving on time for lunch and end of the day pick up is also critical. Please ensure that you arrive on time to pick up your athletes to ensure a seamless transaction. For parents with these athletes aged 7 to 12, you can complete the Parental Release form which will allow your athletes to leave their group at the end of class without a parent being present.

Program Structure

All of the programs under the alpine umbrella will operate off a coaching manual or playbook that will provide structure to the season for each discipline. The playbook will help ensure participants are learning correct skills at correct times during the season. Due to the nature of our sport and changes in snow conditions etc. the playbook will be followed as closely as possible. The staff that have developed the playbooks have attempted to include as many skills and drills as possible to allow the instructor or coach to have creativity while focusing on a core skill such as stance and balance, timing or edging. Coaches may have their own drills not listed but will keep the focus on the core skill acquisition at the appropriate time of athletic development.

Organizing the Groups

When organizing groups at beaver valley our head coaches & lead instructors take into consideration age, ability level, ratios of boys to girls and requests by parents to put athletes on the same team.

Our objective is to place athletes on teams to provide them with the best environment possible and that means athletes of similar age and abilities first and foremost.

After all these factors are reviewed a group list is sent before group class's start on Dec 21st. The BV team understands that groups are fluid and abilities can change in the off season. That's why in each program we will fine tune each group as required through the following process:

Recreational Programs

Two or three groups of the similar age and ability will ski together for a number of runs and adjustments will be made to insure we are providing an optimum training group for your athlete for the duration of the season.

Please keep in mind we have over 250 participants in rec programs and this may take up to 3 sessions to fully fine tune each group. Please wait until the completion of your second session to speak with your Head Instructor about any questions/concerns regarding group placement.

Freestyle/Speed Programs

Correct Program Select is important because this is where participants select the level of competition they will compete in for the season based on their skill level. If you have any questions about your

participants skill level or the correct program please contact Shawn Letton:
shawn.letton@beavervalley.ca

In freestyle environments skiers and snowboarders of different abilities can mix in a group more easily. But our goal is to keep athletes of the same age and ability together whenever possible.

Ski Race Programs

When selecting groups we will take into account last season's club champ results, time trials, and parent requests for team placements.

Please keep in mind we have over 180 Ski Race participants and this may take up to 3 sessions to fully fine tune each group. Please wait until the completion of your second session to speak with your Head Coach about any question/concerns regarding group placement.

Meeting Times & Locations

Recreational Programs

Meet between the Founders Quad and Matt's Meadow (Magic Carpet area)
Saturday Full Day- 9:30-11:30 & 12:30-2:30 & Sunday AM 9:30-11:30
Saturday Full Day- 9:30-11:30 & 12:30-2:30
Saturday AM 9:30-11:30 & Sunday AM 9:30-11:30
Saturday AM – 9:30-11:30

Ski Race Programs

Meet at the bottom of the hill off of the North Deck by the North Quad Chair (Look for the Race Flags)
Saturday & Sunday Full Day Race Programs 9:00-11:30 & 12:30-3:00

Freestyle Ski & Snowboard Programs

Meet at the bottom of the hill by the Founders Quad Chair (look for the Freestyle flags)
Saturday Only 9:30-12:30 & 1:30-3:30
Saturday & Sunday Full Day Freestyle Programs - 9:30-12:30 & 1:30-3:30

Snowboard Race Programs

Meet at the bottom of the hill by the Founders Chair
Saturday Only 9:30-12:30 & 1:30 -3:30
Saturday & Sunday Full Day Snowboard Race Programs 9:30-12:30 & 1:30-3:30

Friday Training

All BVSC Race Program athletes are encouraged to join Friday training sessions throughout the season. Adding several more training days to the season can benefit the athlete in a number of ways, including, added long term development, instilling further confidence and more preparation prior to weekend races.

BVSC will always try to have a low athlete to coach ratio for Friday training (8 :1).As it is always a challenge to get staff for Fridays, to ensure this ratio we offer registration on a first come first serve basis. The race department will always try to have several coaches available to work on Fridays. As well, we will focus on having one coach from each age category available on Fridays so that there is added continuity in delivery and the racers feel more comfortable. Please always sign up for the session before hand and avoid arriving Fridays without being registered. If you arrive and have not been preregistered and your athlete moves the athlete ratio above 1:8 we will not allow them to participate in training that day. Our priority is to ensure a quality training environment for those that planned to attend.

Please note that Friday Training will run **every Friday from January 5 to March 2.**

On February 2 and March 2 the Friday training group will train at another club TBD due to the fact that on those days it is BV Ladies Day and Men's Day and there will be no programs running at the club those days.

Freestyle/Snowboard Speed Friday Training

All BVSC Freestyle/Snowboard Speed Program athletes are encouraged to join Friday training sessions throughout the season. Adding several more training days to the season can benefit the athlete in a number of ways, including, added long term development, instilling further confidence and more preparation prior to weekend events.

Both Freestyle and Speed Friday trainings require a minimum of 5 participants to operate so please let the Alpine Office know your Friday interest as soon as possible. If we do not have 5 participants by the Wednesday at noon before the Friday we will not offer the training.

Ski Race March Break Camp

BVSC March break camp is an added training opportunity over and above your regular program. We would like to encourage all race program athletes to plan on being available during March break to take advantage of more time on snow. After training for a whole season and getting a lot of volume, the end of the season, rather than the beginning, is the optimal time to re visit fundamentals and re train muscle memory.

Also, this season we will plan and design the March Break Camp to offer a lead in training opportunity for some of our younger athletes that are preparing for qualifying invitational races which are scheduled for the second half of the March Break week.

This year the **Race** March Break Camp will run from Saturday March 10 to Wednesday March 14.

Freestyle and Recreational March Break Camp

March break camps are a great time to get some extra time on snow or try something new at the end of the season. The recreation and freestyle camps run the full week of March Break March 12 – 16th. These programs offer a drop in option for each of the days if you are not available for the full week.

Moving up an Age Group for Ski Racing

Our Long Term Athlete Development Plan, which is based upon development plans and philosophies of the leading sport organizations, places emphasis on keeping athletes in their appropriate age groups. Rarely an athlete will come along who is so advanced that they are asked if they would like to move up an age group. This unique opportunity will be presented to an athlete's family by our Head Race Coach only after the following have been considered very carefully. We remind all families that an opportunity to move up is initiated by the Coaches and Alpine Programs Staff, not by the Parents of an athlete.

- Technical Skills
- Coaches and Supervisor's Recommendation
- Alpine Ontario Review and Comment
- Athlete maturity level

Roles of Stakeholders

Role of the Athlete

Athletes in sport need to take ownership for their dedication to the sport and to their improvement. As Coaches/Instructors we can help but the athlete needs to take ownership of the following.

- Fitness- Dryland off Season
- Nutrition- Eating properly
- Hydration- Bring a water bottle
- Equipment- Tuned at all times
- Time Management- Arriving on time, completing homework and finding time to play
- Attitude- Ready to learn, open mind

Athletes must set goals and the end goals need to be theirs. Good performances, bad performances and challenging obstacles are all part of the learning process and give perspective to the athlete. Parents, Coaches/Instructors, and the club are here to support and act in the best interest of all athletes.

Role of the Parent

The following is taken from - canadiansportforlife.ca and John Sullivan's Changing the Game Project.

Challenge yourself to redefine success. Success can mean being the fastest but only one person in the entire field can make that claim. Success can and should mean improvement of skills or putting forth ones best effort. Look for successes at all times and make sure your child understands that you have noticed.

Avoid comparisons between one child and another. Children all grow and develop at different rates. Two children who have the same birthdate can be years apart developmentally. Focus on the wonderful qualities in your own child.

At any time should thoughts of scholarship or professional pop into your mind and your child is younger than high school age, immediately replace those words with fun and learning. Repeat those words, fun and learning as many times as it takes to get those unrealistic thoughts out of your head. And they are unrealistic. Cumming's reported that "a mere one half of one percent of all high school athletes" will make it far enough to call themselves a professional athlete.

Focus on creating a love of sports and physical activity at a young age. This will go a long way in helping your child attain and maintain a healthy lifestyle as an adult.

Encourage your child to develop their own self-awareness of skill and ability. By enhancing their self-confidence, positives will flow into all areas of their life.

Resist the temptation to become over involved. There is a fine line between supporting your child and being too involved. Pressure, coaching advice, athlete comparisons, etc. will make the sport less enjoyable and confusing for your child. No matter the level of competition, if the athlete is having fun, the benefits of participation and success will be far greater. If you need to direct your energy get involved by volunteering. Help create memories for your child.

Role of the Instructor/Coach

Coaches and instructors provide safe and fun learning opportunities to assist athletes in developing to their full potential. They train students on snow by instructing in relevant skills, analyzing their performance and providing encouragement. Through training provided at the Club and on courses with ski and snowboard accrediting associations, coaches and instructors are responsible for delivering curriculum outlined for each program in a professional and engaging manner. The roles of the Coach/Instructor are many: Coach/Instructor, assessor, friend, mentor, facilitator, demonstrator, adviser, supporter, fact finder, motivator, counselor, organizer & planner.

During the season, coaches and instructors are required to facilitate lesson/practise plans developed by the Head Coaches/Instructor along with senior staff in advance of programs each week; in line with LTAD/LTSD, curriculum, athlete's progress and interest. Coaches and instructors in conjunction with program supervisors are expected to provide ongoing clear and timely feedback to students in class and in written reports for both athlete and parent mid and end season. All coaches and instructors work as part of the Alpine Programs Team to deliver good quality ski and snowboard programs in line with our Alpine Programs vision.

Role of the Club

The role of the Club, represented by its Board and Management Team, is to provide the following to Beaver Valley Members of all ages and interests;

- A safe environment to pursue their passions.
- Exceptional experiences on and off snow.
- An environment that is conducive to growth in both skill and knowledge.
- The best snow surfaces and training environments possible, at all times.
- Coaches and instructors that are amongst the best in their field.
- An operation that runs seamlessly and professionally.

How your Program Fees are used

The goal of all Beaver Valley Alpine Programs is to provide a quality lesson on snow regardless of discipline that ensures your athlete develops not only skill on snow but a passion for snow sports. Our program fees on average break down in the following way:

Coaching & Administration Costs – 57% (coaches and seasonal alpine administration wages)

Full Time and Full Time Seasonal Staff – 26% (head coaches/instructors, full time administration and senior management staff salaries)

Equipment or Supplies – 17% (staff uniform, gates, panels, drills, B-net, radios, video cameras etc.)

Alpine Department Key Staff

Shawn Letton- Alpine Programs Manager

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CELEBRATING

50

YEARS

