



Parent Handbook

Welcome to Snow Valley Racing!

About the Parent Handbook

This Handbook has been designed to help both new and returning Entry Level parents navigate ski season. Outlined in this handbook are several important topics which reference our most frequently asked questions.

The Parent Handbook is a tool to empower families with all the relevant information they might need throughout the season. Club leadership is available to answer questions, but we kindly ask that you reference the Handbook before contacting us.

Pro tip: We recommend using a keyword to search through this PDF! Use CTRL-F to enter a keyword and find your answer in the document.

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Snow Valley Racing

About Snow Valley Racing

Past and Present

Snow Valley Racing has a long and rich history within alpine ski racing. Since the 1950's, our club has offered a variety of professionally run programs catered towards a range of athlete age groups, abilities, and performance levels. We are proud to recognize several SVR alumni who have gone ahead to compete on the Alberta provincial team, the NCAA circuit, and the Canadian national team.

Presently, Snow Valley Racing operates with a membership of over 200 athletes from 130 families across our community. Our Program Director, Board of Directors, Head Coaches, and Coaching Staff are dedicated to providing a high-quality ski racing environment that develops successful athletes and skiers for life. SVR's reputation of excellence continues to be evident through our leadership, fiscal strength, and exceptional coaching staff.

Our Mission

Our mission is to deliver high-quality ski racing to athletes across the Edmonton area. Snow Valley Racing is a cornerstone of Northern Alberta alpine skiing, and our unique program promotes athlete development as both successful competitors and accomplished community members.

As a not-for-profit organization, SVR is determined to keep our programming financially accessible to our families through fundraising and sponsorship. We strive to continue growing our membership and introducing future athletes to the world of ski racing.

Our Values

- Fun

We believe that when athletes are having fun with their teammates, we are creating passionate skiers for life.

- Work Ethic

Snow Valley Racing coaches, athletes, and volunteers display professionalism and a strong work ethic across all aspects of our organization and our sport.

- Competition

Healthy competition encourages our athletes to push their limits, rise to the challenge, and strive for excellence in all their pursuits.

- Sportsmanship

Our athletes support their teammates and respect their competitors. We value winning with dignity and losing with grace.

- Respect

We believe in respect for our athletes and coaches, respect for the rules of our sport, and respect for all roles and contributions in the ski racing environment.

- Safety

The health and safety of our athletes is paramount. We believe in respectful communication, responsible coaching, and a supportive training environment.

- Fair Play

We believe in fairness, on and off the ski hill. Integrity and equality are essential because competition is only meaningful when it is fair.

Meet the Leadership

Snow Valley Board of Directors

Program Director – Chad Mansell



The Snow Valley Racing program director oversees the operations of the organization. This is Chad's fourth term serving as Snow Valley Racing's program director, and he brings over 29 years of experience to the role. He has worked with athletes of all ages (from Entry Level to FIS) as a Certified Performance Level Coach.

Chad is also an ACA Facilitator and Evaluator for Entry Level and Development Level Coaching Courses. He has a strong history of working with successful athletes at all levels and abilities and is passionate about helping young coaches develop into knowledgeable professionals.

When he's not in the race office, Chad loves archery, hunting, and spending time with his dog, Goose. Chad's two boys ski race with SVR, and you can usually find him outside in the mountains with his family.



Entry Level and U12 Head Coach – Bennett Holzer

Ben is a Development Level Trained coach embarking on his sixth season with SVR. He has coached athletes from Dream Team to the U12 level. Ben has been racing and coaching his entire life, which really makes Snow Valley Racing his second home.

Ben is dedicated to passing on his love for ski racing to his athletes by emphasizing hard work and empowering them to build confidence on the snow. His aim is not only to develop exceptional skiers, but also to inspire a lifelong passion for skiing in his athletes. In addition to coaching, Ben is studying kinesiology at the University of Alberta with plans to pursue exercise physiology. In the summer months, Ben works as a Wildland Firefighter based in Hinton. His strong athletic background includes time spent playing football, basketball, and volleyball, reflecting his deep-seated passion for sports and competition.

Entry Level and U12 Head Coach - Gabriella Holzer



This is Gabriella's seventh season coaching with Snow Valley Racing. Prior to coaching, Gabi raced with SVR for twelve years. Racing taught her to have a strong work ethic and has given her countless memories! As a coach, Gabi strives to pass along her love of the sport while encouraging athletes to work hard, ski fast, and have fun.

Outside coaching, Gabi is working towards a Kinesiology degree at the University of Alberta. She would like to pursue physical therapy, with the goal of helping others to reach their full potential. When Gabi is not skiing or studying, you will find her playing with her dog, Bo, or watching sports.

Entry Level Parent Coordinators

Our Entry Level Parent Coordinators have athletes in our Entry Level program and are seasoned veterans when it comes to the innerworkings of our organization and programming. They will be at a parents' table upstairs in the lodge on Tuesday evenings (and most evenings), and you are encouraged to say hello! For parents participating in the grocery card program, this is where you will pick up your cards each month.

Contact Information

Chad Mansell - programdirector@snowvalleyracing.ca - 780.964.9717

Bennett Holzer – elheadcoach@snowvalleyracing.ca - 780.974.5466

Gabriella Holzer – elheadcoach@snowvalleyracing.ca - 780.974.6583

Entry Level Parent Coordinator - svrngparent@snowvalleyracing.ca

Snow Valley Race Office - 780.434.3563

The Race Office is in the Rainbow Valley Campground Building at the Northeast corner of the Snow Valley parking lot (by the aerial park). Office doors are around the West (left) side of the building.

Office Hours: Tuesday, Wednesday, Thursday, Friday (9:30 am – 3:00 pm)

SVR Sponsorship Package

If you or anyone you know are looking to highlight your personal business, your company, or brand then look no further than Snow Valley Racing!

SVR sponsorship opportunities allow brands to promote themselves to the Snow Valley ski club and racing organization, the local ski racing community, and on a national and international platform. By partnering with Snow Valley Racing, sponsors and like-minded brands can demonstrate that they too are driven by excellence while representing themselves at the highest level in our community.

To learn more about sponsorship and partnership opportunities with SVR, please view our sponsorship package here: [Snow Valley Sponsors](#)

Entry Level Program

About the SVR Entry Level Program

The Entry Level Program is designed to introduce athletes aged 4 to 11 to the world of ski racing. It provides our racers with the opportunity to participate in both SVR club events and races. The main goal of our Entry Level program is to have fun and learn the foundations of ski racing by creating a rewarding environment that emphasizes athlete development, fair competition, and team camaraderie.

U6 (Dream Team)

Our U6 program allows our youngest athletes (ages 4 & 5) an opportunity to begin recognizing and reinforcing the fundamental skills involved with skiing. Little aspiring ski racers train at Snow Valley one or two evenings a week while learning the importance of control and confidence on the hill. Parent assistance and involvement with athletes on-snow are essential to the operations of our U6 program. U6 athletes get to put their skiing to the test during SVR club events, and two Alberta Alpine North Zone races.

U8 and U10

Our U8 and U10 athletes continue to grow fundamental ski foundations while being introduced to the technical aspects and mechanics of ski racing. U8 and U10 athletes are eligible to participate in all Alberta Alpine North Zone races and strengthen their skills in a variety of structured and unstructured training environments. Athletes at this age are encouraged to develop their communication skills and independence as skiers.

U12

Ideally, athletes in our U12 program have already acquired a wide range of fundamental ski racing skills. Athletes are introduced to tactics & strategy and begin to consolidate their movement and technical skills in a deliberate manner. U12 athletes are eligible to participate in all AASA U12 events, this exposes athletes to a wider variety of race disciplines and introduces the concept of a 'high-performance' environment. U12 athletes train to promote self-discovery, develop a love for competition, and further their abilities before moving into U14.

Training Schedule

The Snow Valley training schedule will remain the same for the entire season.

Tuesday 6:00 – 8:00 pm

Thursday 6:00 – 8:00pm

Sunday 5:30 – 7:30pm

Group Lists and Calendar

[Program Calendars](#)

Group lists will be emailed out to parents near the start of training. Please email the Head Coaches any group requests before the start of the season.

Inclement Weather Policy

As an outdoor sport, we rarely feel the need to cancel training due to inclement weather.

However, the safety of our athletes, coaches, and members is imperative and we understand that sometimes weather in Alberta can be difficult.

We will only consider cancelling training or outdoor activities for extreme circumstances such as:

- If the weather is forecasted to be below -25 degrees Celsius including wind chill
- “feels like” or above 30 degrees Celsius.
- Air quality is at or forecasted to be at level 7 or higher.
- Other potential environmental risks including lightning, hail, high winds, etc.

Please do not call to ask if training is cancelled. Parents will be notified via email.

We will notify parents of a cancellation as early as possible (on the day of training 1 hour before training is scheduled). If you do not receive an email, training will continue as planned. If training is not cancelled and you are concerned about the weather or your child’s ability to withstand the conditions, they can and should stay home (and that’s okay)!

Athlete Expectations

At our core, Snow Valley Racing is a professional ski racing organization. The expectation for new athletes coming into our program is that they are already familiar and comfortable skiers.

THIS IS NOT a beginner's program. Your child should be in ski lessons or ski school if they do not meet the following requirements.

U6 athlete requirements

Our Dream Team program is designed for advanced 4- & 5-year-olds who already know how to ski. Unfortunately, we do not have the resources or capacity to teach every dream team athlete how to ski (especially in a group setting).

This means that dream team athletes must be:

1. Fully capable of safely stopping without assistance
2. Able to demonstrate the basics of turning and speed control
3. Comfortable and familiar with riding the magic carpet and chairlifts.

Note: Parent assistance with our dream team athletes is an essential requirement of the program. Coaches need help getting the athletes to the lift lines, helping them onto the chair, and skiing behind the group to help fallen athletes.

To learn more about dream team parent requirements, please go to page 18.

U8 / U10 / U12 athlete requirements

Our Entry Level program facilitates professional coaching for young athletes who already have strong on-snow skills and are very comfortable skiers.

This means that Entry Level athletes must:

1. Already know how to ski. Athletes must be able to stop, turn, pole plant, control their speed, ride lifts, and put on their own equipment.
2. Be relatively independent (don't need coach assistance every single run) and can keep up with their teammates (it is not fair to other athletes if they need to spend long periods of time at the bottom of the hill waiting for someone).
3. Be *capable* of training in a racecourse (able to turn around gates on steep and flat terrain).
4. Please review and take note of the SVR disclaimer for camps and mountain races on page 41.

If your child does not meet our athlete requirements...

New members have the option to withdraw their athletes up until the start of training in November. New athletes may be required to withdraw if their skill set is unsuited to our program. A full refund will be provided in these instances.

Before the start of the season, if you are questioning your athlete's ability to participate in ski racing, please contact the Head coaches and communicate your concerns. We are happy to provide further information and advice.

Athlete Behavior

Our coaching staff are educated professionals on the snow who are responsible for the care and safety of their entire group while skiing. Our coaches do not have the capacity to focus all their attention on a single athlete who is demonstrating unacceptable behavior towards their coach or teammates.

Distracting, disrespectful, and uncivil behavior will not be tolerated by any athletes during training. In these instances, athletes will be sent to the SVR race office to wait with staff until their parent or guardian is available to pick them up.

Parents will be required to communicate about further disciplinary actions or solutions to limit such behavior in the future.

All About Parents

Dream Team Parent Requirements

Volunteer Requirements

The Dream Team is one of our most logistically challenging programs. Creating a fun and safe environment for these athletes requires a lot of care and attention. Parent assistance on snow is a crucial part of a successful Dream Team Program. At times parents will be expected to assist coaches on snow with group management, riding the chairlift, and athlete safety. Be prepared to volunteer a minimum of 4-6 sessions throughout the season.

Volunteer sign-up sheets will be emailed out to Dream Team parents periodically throughout the season. The number of volunteers needed at each training session will differ as the season progresses and will depend heavily on athlete improvement/confidence, whether athletes will be using the chairlift during training, and Nations Cup events.

Parents are required to be at Snow Valley during training

Parents are required to be at Snow Valley to assist their child if they need to use the washroom during training. Additionally, parents must be ready and available to assist their child in the event of a tantrum or if they are too cold/hungry/tired to participate.

Prior to training, please ensure that your child:

1. Has used the washroom before they need to meet the group
2. Has had dinner or a snack (to ward off potential crankiness and ensure they have enough energy to participate)
3. Is dressed appropriately for the weather (Dream Team will typically only take one short break during training, if your child is too cold to keep up with the group, they will need to stay inside with you)

Mittens

A very warm/sturdy pair of mittens are recommended for Dream Team athletes. During a training session, our coaches will be asked by athletes countless times to adjust/help with their mittens. Gloves take longer to navigate (both as a child and an adult helping a child). Mittens are much warmer than gloves (gloves separate the fingers, mittens allow for better heat flow).

All Parent (U6 / U8 / U10 / U12) Requirements

Be on time

We ask that all athletes arrive 5-10 minutes early for the start of training (especially on camp days). When athletes come late to training, they miss most of our warm-up practice. Warm-up is where we talk about our goals for the training session and physically prepare our bodies for sport. Missing warm-up is a loss for your athlete.

Being on time is especially important on race days. It is incredibly difficult to navigate the logistics of an athlete who shows up late on race day (the likelihood being that they will miss course inspection and maybe their race run). Races are usually scheduled to the minute, and race officials will not hold an event to accommodate a late athlete (nor can your child “hop in” once their bib number has passed). Arriving late to a race is disrespectful to race officials, volunteers, coaches, teammates, and other clubs.

Be a source of encouragement and support for athletes

Parents can help their athletes by:

- o Modeling positive sportsmanship
- o Being their support system (offer athletes a safe space to celebrate success or express frustration, disappointment, and breakdown)
- o Encouraging and pushing athletes to work hard, love the sport, and have fun
- o Setting expectations together around personal responsibility, accountability, and work ethic

Some helpful resources (hyperlinked) for to be a great sports parent:

- o [The ride home](#) (70% of kids quit sport before high school)
- o [The truth about sports parents](#) (the only thing athletes need to hear, is that you love to watch them play)
- o [Changing the Game in Youth Sports](#) (would you allow others to treat you the same way you treat your athlete?)
- o [Redefining Success](#) (8 ways to be a better sports parent)

Respect and communicate with coaches

Snow Valley Racing leadership has a zero-tolerance policy toward disrespectful or abusive behavior toward our staff. If there are any concerns or problems, please address them to the Program Director or Head Coach.

Feel free to open a dialogue with your athlete's coach. They love to share how your athlete has been improving, answer questions about skill development, and explain their coaching style or philosophy!

Please communicate with your athletes coach or with program leadership if there are any personal or health concerns that may impact your child's ability to participate safely on the ski hill.

Make sure your athlete is ready to ski!

Please ensure that your athlete is ready for their training session (by drinking water, having a snack or dinner, dressing appropriately for the weather)

Volunteer Requirements

SVR depends on volunteers to make our organization great. Volunteering promotes team building and friendship among members and parents. SVR would like to thank those who have come forward to support our club and this sport!

We have two categories which make up the SVR Volunteer Commitment: Special Events

Races

Two postdated cheques, each for \$350, must be submitted (made out to Snow Valley Racing Association). These cheques will be destroyed upon completion of your volunteer commitments.

Special Events

Each family is required to work two volunteer shifts at volunteer run functions that

SVR organizes. Special Volunteer Events include:

- Snow Valley Ski Swap (October)
- Silent Auction and Welcome Dinner (October)
- SVR Bike-a-thon (May)
- Year End BBQ (May)
- Purdy's Chocolate Fundraiser (November)

Races

Each family is expected to volunteer for two race days.

Race Notices will contain all volunteer information (including sign-up links) and are distributed by Head Coaches throughout the season. All upcoming race events and calendars can be viewed on the SVR website.

Important: To volunteer at an Alberta Alpine sanctioned event all volunteers must have completed an Entry Level Alpine Officials Course.

Alpine Canada Alpine Officials Program

About the ACA Alpine Officials Program

All volunteers at an Alberta Alpine sanctioned race event must have completed the Level 1 Alpine Officials Course. Alpine Canada along with their provincial counterparts (Alberta Alpine, Alpine Ontario, etc.) are responsible for the development and administration of the “National Alpine Officials Program”.

The National Alpine Officials Program consists of four “levels” beginning with “Level 1” and ending with “Technical Delegate”. Not all parents will venture all the way through the officials program, but typically parents will grow and develop as officials when their athletes become more committed to the sport.

Information and more detail on Canada’s National Alpine Officials Program can be viewed on the web here:

<https://www.alpinecanada.org/lead/official/pathway>

Level 1 Alpine Officials Course

The Level 1 course is an overall introduction to race organization and various officials positions with particular emphasis on timekeeping and gate judging. There are no course prerequisites or required experience. Parents of Entry Level athletes will find this course to be an excellent introduction to race officiating and in gaining insight to the racing environment.

Level 1 Certification Course

- SVR will facilitate a Level 1 Alpine Officials course in December.
- The course will be hosted at Snow Valley.
- Information will be sent out to all members via email by the Program Director at the start of the ski season.
- Course attendance automatically qualifies the participant as a Level 1 Alpine Official (and there is no exam).
- There is no cost to participate in the course as it is organized by our club.

Level 2 Alpine Officials Course

For members who already have their Level 1 and are interested in pursuing their Level 2, there will be a Level 2 Officials Course hosted for the North Zone in December. The Level 2 course will be a mix of in-class and online learning. Please refer to the Alberta Alpine calendar to register once the class has been posted (we will do our best to notify you once registration has officially opened).

Officials Update

There is typically an Officials Update at the beginning of each season, which is offered over Zoom. We recommend that all parents who have an official's certification attend this meeting. The Officials Update will provide information about important regulation changes or information relevant to the upcoming season. Information on how to attend the update will be on the Alberta Alpine

Calendar (and we will try and send out the information as it becomes available).

All About Coaches

Who are the SVR Coaches?

SVR is exceptionally proud of our coaching staff. Year after year, our club attracts and retains some of the best coaches in the province. The majority of our coaching staff came up through Snow Valley Racing as young athletes themselves and have represented SVR at various competitions throughout Alberta and Western Canada. As a result of this, our coaches have a unique love and passion for SVR and pass that along to our athletes.

How does SVR support their coaches?

Better Ski Racers through Better Coaches

SVR takes pride in the development of our staff, not only as great coaches but as great hard-working people too. SVR coaches are supported in a variety of ways both on and off the ski hill.

Continuing Education for Coaches

SVR coaches are licensed, certified, and registered with the Alpine Canada Coach Education Program (ACA-CSC). Our staff are encouraged to progress through the [Coach Education Pathway](#) as they continue to grow in their roles as leaders and coaches. SVR does its best to help support our coaches financially in their pursuit of continuing coach education.

Professional Development

Throughout the season, SVR leadership runs professional development sessions for our staff. Coaches are expected to attend all sessions and are compensated for their time. Hosted both on and off snow, these sessions are designed with the goal of growing knowledge, providing new ideas and inspiration, and curating an educational environment for coaches to refine and hone their skills.

The focus of each PD session varies throughout the season. Topics will include course setting, drill progression, athlete development and the LTAD, safety and risk management, biomechanics, race day regulations / roles of the coach, and rules of our sport.

Coaching Certifications and Requirements

All SVR coaches are required to:

- Complete their Entry Level Coaching Course and Coach Licensing for the Season
- Complete and update their Safe Sport training
- Complete the NCCP Making Headway Module (concussion training)
- Complete the NCCP Making Ethical Decisions Module

In addition to this, coaches are required to complete & pass a current criminal background screen (every 2 years) to renew their coach licensing at the beginning of each season. Background screenings are done through ACA-CSC and Sterling Backcheck.

Coaching Certifications and Courses

In Canada, the National Coaches Certification Program (NCCP) provides standardized, inclusive, and safe sport education to coaches and coach developers across 65 sports. The Coaching Association of Canada (CAC) manages and delivers NCCP training through its partner network of National (Alpine Canada) and Provincial (Alberta Alpine) Sport Organizations. In the alpine skiing context, Alpine Canada is responsible for developing coach education programs that align with the NCCP and the CAC. Together with the provinces (Alberta Alpine, BC Alpine, etc.), Alpine Canada delivers this education program to club coaches and coach developers throughout the country.

Alpine Canada Coach Education (ACA-CSC) in partnership with the territories and provinces develops Canadian ski coaches by providing coach education, certification, and professional development opportunities. The coach certification program is part of the Coaching Association of Canada's [National Coaching Certification Program \(NCCP\)](#). As a partner of the Coaching Association of Canada (CAC), Canadian ski coaches must meet or exceed minimum competency requirements to be recognized as trained or certified. All ACA-CSC member coaches focus on and uphold the NCCP coaching core competencies of valuing, leading, interacting with people, problem-solving and critical thinking.

The coaching pathway is designed to guide training and skill development as a coach, providing coaches with the tools required to support athletes at successively higher levels of performance. To be eligible to coach with any Alpine Canada recognized club, [coaches are required to be licensed ACA-CSC registered coach in good standing](#).

New coaches begin their journey by completing the Entry Level Licensing and Certification requirements. Once those credentials are achieved, they can begin to work with young ski racers at their local club. All SVR Coaches are Entry Level Licensed and Certified. Coaches are expected and encouraged to progress through the coaching pathway as they grow and develop in their role as coaches and leaders.

In addition to education and training from Alpine Canada and the ACA-CSC Program, it is mandatory for all SVR coaches to successfully complete the [SafeSport](#) module, [Making Headway](#) (Concussion Training) module, and [Making Ethical Decisions](#) module which have been designed developed and delivered by the National Coaching Certification Program.

To learn more about ACA-CSC Coach Policies, please visit: <https://ltad.alpinecanada.org/page/coaching-program>

How do SVR coaches keep athletes safe?

In addition to the coaching certifications and mandatory modules (Safe Sport, Making Headway, Making Ethical Decisions) mentioned above, our coaches always prioritize athlete safety on the snow.

Our coaches continuously monitor:

- Athlete Health and Wellbeing (Are conditions too cold? Does the group need to take a break? Are athletes showing signs of dehydration?)
- Group Mindset (Does the group have low energy? Is the group in the right mindset to be drilled on new skills? Should the group take an evening out of the course to reinforce basic skills or focus on fun?)
- Potential on-hill hazards that might risk athlete safety

Emergency Action Plan (EAP)

In the event of an emergency, all SVR coaches are equipped with a copy of the SVR Emergency Action Plan. Coaches are required to keep the EAP on their person at all times. The EAP includes a list of updated contact information (for Head Coaches / Program Director), phone numbers to contact Safety Patrol at Snow Valley and all mountain resorts we may train at, and instructions on how to proceed in the event of an emergency or athlete injury.

Snow Valley Racing Emergency Action Plan

Chain of Command				
1.	Chief of Medical	2. Ski Patrol	3. Program Director	4. Head Coach/Coach in Charge 5. Volunteers
Person in Charge 1. Clear the risk of further harm to the injured person by securing the area and shelter the injured person from the elements 2. Designate who is in charge of the other participants 3. Protect yourself (wear gloves if he/she is in contact with body fluids such as blood) 4. Assess ABC's (check that airway is clear, breathing present, pulse is present, and there is no major bleeding) 5. Wait by the injured person until ski patrol arrives and the injured person is transported 6. Fill in an accident report form 7. Report to the Program Director			Support Personnel 1. Calls for emergency help 2. Provides all necessary information to dispatch (e.g. location, nature of injury) 3. Clear any skier traffic from the entrance/access to the site before ski patrol arrives 4. Call the emergency contact person (parent) listed on the registration list	
Generally, Activate EAP When: 1. Not breathing 2. Does not have a pulse 3. Is bleeding profusely 4. Has impaired consciousness 5. Has injured the back, neck, or head 6. Has trauma to a limb 7. Concerns of major pain or discomfort			Actions to be Taken: 1. Secure Area 2. Manage remaining group 3. Assess ABC's (Airway, Breathing, Pulse, Bleeding) 4. Call for Emergency help (Ski Patrol, or 911 if not skiing related) 5. Comfort injured person as much as possible 6. Call Emergency Contact (Parent) and update as required 7. Fill out required documentation 8. Report to Program Director	
Emergency Communication 1. Two-way radios 2. Race Officials 3. By contacting the lift operators or ski patrol 4. By cellular phone			Vital Information Registration Lists Head Coaches/Program Director (where are they?) Race Office Race Vans	
Transportation 1. Ambulance – All of the time in an emergency with unstable athlete or by recommendation 2. Private Vehicle – In non-emergency and athlete is stable and cleared by ski patrol or doctor			Who Will Go with the Injured Athlete? 1. Parent/Guardian or Coach 2. Other SVR Representative 3. Nobody, just their referral and insurance information if they will be met at the hospital by a parent or SVR member	

Concussion Policy

Snow Valley Racing remains compliant with the Alberta Alpine (AASA) Concussion Policy

<https://albertaalpine.ca/uncategorized/aasa-concussion-policy-what-to-do-if-you-get-a-concussion/>

All About Athlete Development

Long Term Athlete Development Program

In Canada all federally funded sports are required to establish and maintain a Long-Term Athlete Development Program ([Long-Term Athlete Development Framework - Sport for Life](#))

Alpine Canada's Long Term Athlete Development Program (ACA-LTAD)

In our sport, Alpine Canada is responsible for the development of an alpine ski race specific Long-Term Athlete Development Plan (LTAD). Alpine Canada's Long-Term Athlete Development Plan can be viewed on the web here: [Alpine Canada | Long-Term Athlete Development](#)

The ACA LTAD is made up of seven development stages designed to develop and encourage skiers at all levels. The first stage is titled "Gliding Start" and the program's finishing stage is the "Skier for Life". In between the start and end point are stages such as "Skier Essentials", "Learn to Train", and "Race to Win". All stages are designed around an athlete's age and their development level.

LTAD and Entry Level

The Snow Valley Racing Entry Level programs are designed in conjunction with the ACA-LTAD and incorporate the first three stages of the LTAD: 1. Gliding Start 2. Skier Essentials 3. Learn to Train

Throughout the season, our coaching staff will continuously reference the LTAD to help them identify athlete development goals, follow progression benchmarks, and have the tools needed to create long-term training plans.

Gliding Start (U6)

In the first stage, Gliding Start, children from zero to six years of age need to participate in daily age-appropriate activity. Through play and movement, children develop their competence in fundamental movement skills and learn how to link movement patterns together to perform sports skills. In this stage children should focus on discovering winter sports in a playful environment where they can learn fundamental movement skills while playing on skis. In addition to SVR training sessions, athletes should ski as often as possible with parents to gain mileage to build confidence on snow.

When athletes enter this stage, the technical focus is on maintaining a relaxed stance with flexed ankles to apply pressure to the front of the boot with the shins. Athletes will start to ski with parallel skis near the end of this stage as their strength, balance and motor skills improve.

To learn more about the Gliding Start stage: <https://ltad.alpinecanada.org/parents/gliding-start-parents>

Skier Essentials (U8 / U10)

The second stage of development is Skier Essentials. Here skiers aged 6-9 (males) and 6-8 (females) will continue to develop fundamental movement and skiing skills in both structured and non-structured environments. Skiers at this age are focused on refining movement skills and developing technical skills in a wide variety of training and competition environments. Coaches will look to challenge athletes and develop movement competency by skiing around obstacles through a variety of terrain. Skiers will focus on the generation and maintenance of speed throughout the turn using a range of turn shape and radii.

To learn more about the Skier Essentials stage: <https://ltad.alpinecanada.org/parents/skier-essentials-parents>

Learn to Train (U10 / U12)

The third and final stage of development that the SVR Entry Level Program is responsible for is Learn to Train. The age range that this stage covers is 8-11 in females and 9-12 in males. At this point skiers have acquired a wide range of fundamental movement and technical skiing skills that they are ready to apply in new environments. Skiers will begin consolidating their technical skills while having fun and participating in a variety of ski racing events. Skiers will begin to understand the use of dynamic, athletic turns in different training and competition environments. Here athletes will develop a basic understanding of the rules of the sport, tactics, and strategy, and refine ski race specific skills. In this stage skiers become ski racers, and the focus is placed more on consolidation and refinement of skills.

To learn more about the Learn to Train stage: <https://ltad.alpinecanada.org/parents/learn-to-train-parents>

Racing to Training Ratios

Training is more valuable than racing

Throughout all stages of the ACA LTAD one theme remains constant, and that is that training is more valuable than racing. Training is where an athlete can play, learn, and try new things in a relatively stress free, friendly environment. Races are where we put the many hours of hard work training to the test.

For example, in the Learn to Train stage the recommended training to racing ratio is 70% training to 30% racing. It is also recommended that all athletes have a minimum of 10-15 days training prior to their first competition of the season. At the end of season with all training and race days added up an athlete should have had a minimum of three training days to each race day.

The LTAD recognizes that each club across the country will face different development challenges in their program while trying to meet the established targets and recommendations. For this reason, the number of days on snow should serve as benchmark and will vary based on the goals and aspirations of the individual skier.

Mountain Camps

SVR offers additional mountain training camps as a way to increase our number of days on snow. Often times, skiers seeking a more competitive pathway will ski for more days than an athlete looking for a more recreational experience. SVR mountain training camps are an excellent way for athletes to gain exposure to new terrain and new environments which will ultimately help them grow into more confident, capable ski racers.

LTAD recommended training to racing ratios, free ski volume, and target days on snow

LTAD FOCUS 	IGNITE THE SPARK	FORM THE FOUNDATION	LEARN THE SPORT
	PLAY AND DISCOVER	PLAY AND DISCOVER DEVELOP ATHLETICISM DEVELOP SKIING SKILLS IN A VARIETY OF ENVIRONMENTS	PLAY AND DISCOVER DEVELOP ATHLETICISM DEVELOP SKIING SKILLS IN A VARIETY OF ENVIRONMENTS
DEVELOPMENT STAGE	GLIDING START (GS)	SKIER ESSENTIALS (SE)	LEARN TO TRAIN (L2T)
AGE CLASSIFICATION	U6	U8/U10	U10/U12
TRAINING AGE <i>Estimated time participating in the sport of skiing. Will vary from skier to skier based on region and individual growth and development</i>	0 - 2 years	0 - 4 years	2 - 6 years
PARA ALPINE AGE OF EXPERIENCE <i>Assessment of a para athletes developmental stage</i>	0 - 2 years	1 - 3 years	3 - 4 years
TARGETED NUMBER OF DAYS ON SNOW PER YEAR <i>There will be differences in all regions due to the length of the season and the prescribed number of days on snow should serve as a benchmark. The number of days on snow will vary based on the goals and aspirations of the individual athlete.</i>	As many days as possible	40+ Days	60+ Days Competitive Pathway 80+ *Based on individual performance plan
WEEKLY TRAINING VOLUME Includes free skiing, technical free ski & drill courses to acquire, consolidate, and refine sport specific skills in various technical and tactical situations. <i>Skiers are encouraged to ski all day from lift opening to close. Include night training and mid-week skiing when possible.</i>	Minimum 2 days per week; as often as possible with parents	2 to 3 days per week	Minimum 3 days per week
FREE SKI VOLUME DURING TRAINING Includes free skiing & technical free skiing <i>Deliberate Practice and Play</i>	90% Acquiring Basic Skiing Skills	75% Acquiring Basic Skiing Skills	50 - 65% Consolidating Basic Skiing Skills
RECOMMENDED DAYS ON SNOW PRIOR TO COMPETITION	N/A	10 to 15	10 to 15
NUMBER OF COMPETITION DAYS QUALITY NOT QUANTITY Minimum of two days of training per competition day Consistent race performance is critical to becoming a World class ski racer.	Formalized competitions are not recommended	U8 4 -6 race days U10 6-8 race days	U10 8 -10 race days U12 10 - 12 race days
FREE SKI FOR ENJOYMENT	Ski with parents as often as possible	Ski with friends and family as often as possible	Ski with friends and family as often as possible while balancing rest, school and recovery needs
OFF SEASON TRAINING CAMPS <i>Spring, Summer, Fall</i>			Optional Camp (7 to 10 days)

Camps and Races

Entry Level Zones

Clubs have been assigned to one of two different zones based on geographical location and registered entry level numbers in that area. Snow Valley Racing is in the North Zone.

In Alberta, the Entry Level has two zones: the North and the South.

North Zone Clubs: Cold Lake, Drumheller, ESC, Fort McMurray, Nitehawk, Parkland, Rabbit Hill, Red Deer, Snow Valley, Sunridge, and Valley.

South Zone Clubs: Snoflyers, COP, Elkwater, FAST, Mount Allan, Skimeisters, Sunshine, Westcastle, Bow Valley Quickies, Jasper, Lake Louise, and Panorama.

Racing in North Zone events

Almost all North Zone events take place right here in Edmonton (at ESC, Sunridge, Snow Valley, and Rabbit Hill respectfully). The exception is two races that take place out of town: Kinoosco Ridge Cold Lake Blizzard Blast and the Jasper Junior Olympics.

Typically, the cost of attending a North Zone race in Edmonton ranges from \$80-\$100 per athlete (this includes race registration and coaching fees).

Races that take place out of town will be more expensive (due to coach expenses, lane fees on training days, mileage, etc.). The Cold Lake and Jasper race will cost around \$250-\$300 (this includes race registration and coaching fees). Families are responsible for arranging their own lodging, transportation, lift tickets, and travel during these races.

Jasper Junior Olympics

The Jasper Junior Olympics is a North Zone race held in Jasper for the last 43 years. Established back in 1979, the Jasper Junior Olympics is a ski race held in beautiful Jasper, Alberta. Over the years the Jasper Junior Olympics has grown into one of the largest sanctioned Entry Level ski races in North America.

Every year over 400 Ski Racers, the Race Organizing Committee, over 200 Volunteers and hundreds of race families converge at Marmot Basin to take part in this exciting two-day event! This race is an absolute blast for athletes, parents, race fans, and our ski community.

JJO is a culmination of a season of training and races for athletes in the North Zone of Alberta which encompasses Edmonton, Cold Lake, Fort McMurray, Grande Prairie, Jasper, Red Deer and all the communities in between. Each of the 11 clubs pull together their resources to maintain a highly successful inter club collaboration, a real representation of Northern Alberta.

Note: If you are planning on attending this event, please plan to start booking your lodging/accommodation as soon as humanly possible. There are limited hotels in Jasper, and they all book up quickly!

To learn more about the Jasper Junior Olympics, feel free to visit their website: <https://www.jasperjuniorolympics.com/>

Camps and Races this season

Program calendars can be found on the website at: [Entry Level Calendar](#)

Please refer to the Entry Level U6-U12 Calendar for the dates of SVSC training, U8-U12 Mountain Camps, and U6-U12 Races.

Please note that winter program calendars are subject to change due to Alberta Alpine changes or weather and training lane availability.

Nations Cup

About Nations Cup

Nations Cup is Snow Valley Racing's very own in-house race series designed to provide our athletes with race day opportunities in a familiar, low-stress environment. For new athletes these events are a great introduction to race day and can ignite the competitive spirit. For our veteran or experienced athletes Nations Cups are a great way to dial in race day tactics and put everything to the test!

How Nations Cup works

- There is no registration required for Nations Cup (it was included in your program registration fees)
- All parents need to do is show up on time, pick-up your athlete's bib, and help your athlete find their team.
- Athletes are divided into teams (nations) randomly. Each team represents a country, and teams are a mix of all ages (U8/10/12) and genders.
- Each Nation has two coaches (they will likely be different from your athletes regular coach)
- Athletes will remain with the same Nation / coaches for all three Nations Cup events.
- Each Nation will race against other Nations.
- Team Canada is always reserved for Dream Team. These athletes will remain with their regular Dream Team coaches during Nations Cup.

- Nations Cup team lists, bib numbers, schedules, event details, and all relevant information will be sent out in advance of each Nations Cup.

What if my athlete is unable to attend?

We will be very sorry to hear that your athlete can't attend one of our Nations Cup events. However, don't stress! That's why we organize four Nations Cups over the season.

Parents do not need to notify us if they are unable to attend Nations Cup.

Registering for camps and races

Camp and Race Notices

Throughout the season, you will receive Camp Notices and Races Notices via email from the Head Coaches. Notices will typically be sent out 4 weeks in advance. Sometimes, we are unable to get notices out quite as early... therefore it is important to mark down any events you would like to attend in your calendar (or download a copy of the SVR calendar).

Camp and Race notices will include all the information you need to register, including:

- Estimated cost of the camp or race (this cost includes all expenses, lane fees, and race registration)
- Zone4 link to sign-up and pay
- Details including location, date, and a rough schedule
- Registration link for volunteers to sign-up (on race notices)
- Any and all relevant information you might need to prepare for the camp/race
- Lift ticket costs are typically not included (this will be outlined on the notice)

Sample Camp Notice



U8, U10, U12 Jasper Training Camp

March 26-27, 2022

Dates: Saturday, March 26th – Sunday, March 27th, 2022

Cost: Estimate - \$150. Cost of lift passes are not included. Parents are responsible for purchasing lift tickets for their athletes.

Where: Marmot Basin, Jasper, Alberta

Meeting Time: 8:45am at the bottom of the schoolhouse chair (next to the base lodge)

Rough Itinerary:
8:45am Meet the group boots on, ready to ski
9:00am Load first chairlift (morning will be training)
11:45am Lunch at Parking Lot 1
12:30pm Meet the group (afternoon will be free skiing)
3:00pm Drop-off at Parking Lot 1

Camp Focus: Our last Nancy Greene training camp of the season! Big congrats to all of our athletes for an incredible season, and let's finish it off on a great note with this camp. The sole focus of this weekend will be FUN. AM session will consist of training on and off course environments, and working on technical skills. PM training session will consist of free skiing!

Note: U12 provincial athletes will continue training full gate SL this weekend, and proper equipment (ohn guards, shinies and cross blockers) is recommended.

Eligibility: All U12, U10 and U8 athletes that are comfortable skiing all blue and most black runs, plus competent at riding chairlifts by themselves with confidence. We will be free skiing on advanced terrain in the afternoons, **athletes must be intermediate to advanced skiers.**

Equipment: Both slalom/race skis and free skis (if you have them) are required. We will train on race skis in the morning, and switch onto free skis after lunch.

Zone4 Link: <https://zone4.ca/reg.asp?td=28736>

Deadline: The sign-up deadline will be **Wednesday, March 23rd, 2022 @ 12pm**

Coach: Britt Ferguson – britt.ferguson.skier@gmail.com - 780.940.5533

Disclaimer: For all Nancy Greene Mountain camps we provide a specific number of coaches based on the assumption that athletes are both confident and competent skiers. If your athlete is unable to keep up with the group, or if there is an issue with athlete behavior and attitude, parents are required to be on standby to assist coaches on snow in handling their athlete during the morning and afternoon.



Sample Race Notice



NGSL Snow Valley Race

March 13, 2022

Date: Sunday, March 13th, 2022

Cost: \$80 (includes athlete lunch)

Where:
Snow Valley Ski Club
13204 Rainbow Valley Rd NW, Edmonton, AB T6H 4Y9

Event Format:
AM - Dual Parallel Slalom, 2 individual timed races.
PM - Dual, head to head racing, 2 runs, flagged race.

Eligibility:
All U8, U10 and U12 athletes. (Please note: this race is not open for Dream Team/U6 athletes).

Equipment:
Slalom/race skis, race gear and a hard ear helmet.

Alberta Alpine Covid-19 Policy:
For U12 and younger Alberta Alpine sanctioned races: All coaches, officials, volunteers, and spectators inside the fence must be fully vaccinated or show proof in written or printed copy that indicates the individual has tested, within 72 hours of the event, a negative test for Covid19 (at the participants cost) on a Health Canada approved Rapid Antigen, Rapid PCR or lab-based PCR test approved by Health Canada or the lab accreditation body of jurisdiction to attend the event.

Zone4 Link: <https://zone4.ca/reg.asp?id=28559>

Deadline: Friday, March 4th, 2022 @ 12pm

Volunteers:
Volunteers are essential to a great event. Thank you in advance. To sign up for a volunteer position please follow the link here: <https://volunteer.signup.org/XBMWV/>

Coach: Britt Ferguson - Brittany.ferguson.skier@gmail.com - 780.940.5533



Who to contact with questions

Please reach out to the Head Coaches via email or phone call.

Can I register late?

Typically, camp registration will close 1 week prior and race registration will close 2 weeks prior. There is a degree of leniency that we can usually allow for camp registration if you have missed the deadline, but we cannot promise that this will be the case every time...

Please note: Late registration for races will not be permitted.

If you can only attend part of a camp or race

You must contact: Head Coaches and confirm it is okay.

There is a mandatory 2-day minimum attendance at each camp or race.

Credits for partial attendance of a camp or race

- We will only guarantee credit for families who asked and contacted us ahead of time.
- Unfortunately, race registration fees must be paid in full (typically \$30/athlete per day – even if you must miss a day). However, we will not charge you coaching fees, expenses, or any other amount for the days that you do not attend a race (just the race fee as mentioned above).
- Race registration fees are almost always non-refundable. even in the event of illness or a family emergency.
- We are usually able to provide a degree of leniency in the event of needing to miss a camp or race (due to illness or a family emergency). However, please keep in mind that race registration fees are almost always non- refundable. even in the event of illness or a family emergency.

Typical Camp Schedule

You will receive an email from the lead coach 1-2 days prior confirming camp details and schedule for the weekend.

8:30am	Meet the group at the outlined meeting spot. All equipment must be on, lift pass purchased and attached; athletes are ready to ski. Athletes will do a warm-up with the team. Please be on time!
8:30am-12:00pm	Typically train in a course, incorporating technical skiing and drills. The morning session is about training.
12:00pm	Break for lunch (parents are responsible for their athletes during the lunch break).
12:45pm	Meet the group. Athletes should switch onto free skis/rock skis if they have them.
12:45pm-3:00pm	Free skiing (both structure and unstructured) with the group. Athletes are encouraged to try new things, take risks within their ability level, and have lots of fun!
3:00pm	Meet the group at the outlined meeting spot and pick up your athlete.

Typical Race Schedule

You will receive an email from the lead coach prior to race day (we must wait for the race schedule from the hosting club to be released) outlining the race schedule.

7:30am SHARP	Meet the group at outlined meeting spot. All equipment must be on, lift pass purchased and attached, athletes are ready to ski. Athletes will do a warm-up with the team. Please be on time! Note: Coaches will be waiting for athletes with bibs and lift tickets.
7:45am	Athlete warm-up with coaches.
8:00am	Athletes load chair lift for course inspection. Coaches will not wait for athletes who are late.
8:10am	Course inspection.
9:00am	Race #1 starts.
10:30am	Race #2 starts (usually in reverse bib order).
LUNCH	Athletes will meet their parents at the outlined meeting spot after their second race run for lunch. Lunch is usually included for athletes on race day, and we will provide a location for athletes to pick up their lunch.
11:45am	Athletes meet the group outside at the outlined meeting spot.
12:00pm	Athletes load chair lift for course inspection. Coaches will not wait for athletes who are late.
12:10pm	Course inspection.
1:00pm	Afternoon race event begins.
TEARDOWN	Teardown will occur after the final racer has completed the last afternoon race. All athletes are expected to participate and help with teardown. Coaches will take note of which athletes are missing from teardown.
AWARDS	Award presentations are typically 30 minutes after teardown.

SVR disclaimer for all camps and races

When an athlete is unable to keep up with their teammates at a camp, or their attitude becomes unmanageable, it becomes a very real safety hazard for the entire group.

For each trip to the mountains, we bring along a specific number of coaches based on the assumption that athletes are competent skiers and can maneuver a variety of terrain with confidence. Typically, there will be two coaches per group (one to lead and one to follow) so we can ensure the safety of our athletes while they ski. When an athlete falls behind, or is not mentally equipped to participate, one of the coaches must direct all their attention to a single athlete (leaving the other coach and group to fend for themselves).

We take athlete safety very seriously, especially in the mountains. Unlike Snow Valley, we do not have extra staff around to assist coaches if they are having difficulty with an athlete. We require that parents read, understand, and check the box of the following disclaimer when registering for a camp or race on Zone4.

Disclaimer: For all camps/races, we provide a specific number of coaches based on the assumption that athletes have the minimum technical ability to ski blue and black runs safely. If the athlete is unable to keep up with their peers, they may be moved to a different group. If there is an issue with athlete ability or behavior, parents are required to be on standby to assist coaches on snow.

In some circumstances (and at the discretion of the Head Coach), an athlete may no longer be permitted to participate further in the camp/race. In these instances, parents are required to accept that their athlete has been removed from further participation and a credit will be provided for the days the athlete will no longer be attending.

If you have any further questions about whether a camp or race may be suitable for your athlete, please contact the Head Coaches (Bennett Holzer or Gabriella Holzer) or Program Director (Chad Mansell).

Registration, Credit, and Payment

About Zone4

Zone4 is the system that we use to do a majority of our registration and payments for camp, races and program costs. When you pay on Zone4 you are paying for the cost of that camp or race and registering your athlete for the event.

Account credit

Tracking Credit

Parents are responsible for tracking account credits throughout the season (unfortunately we do not have the capacity to update/send out each account balance after a race or camp).

Using Credit

If you have a credit, the amount will be added to your Snow Valley Racing account. Credit can be put towards any future camp or race. Once you build up enough credit on your account to cover the registration fees for a chosen camp or race during the season, send the Head Coaches an email and they will register your athlete (so you do not have to pay on Zone4).

Where does credit go at the end of the season?

At the end of the season, any remaining credits will be transferred over to the following season for you to use. However, if you have over \$100 in credit at the end of the season and would like to take the amount out of your account, a cheque can be issued and picked up from the Snow Valley Race office.

Account payments

If after a camp or race you have an amount owing, it can be paid one of two ways:

1. With a cheque made payable to Snow Valley Racing and given to a Head Coach during training.
2. Etransfer to programdirector@snowvalleyracing.ca

Equipment and Tuning

Required Ski Racing Equipment

Hard ear helmets

Hard ear helmets are required for all Alberta Alpine sanctioned events (including training sessions at Snow Valley).



Hard ear helmet

VS



Soft ear helmet (not permitted)

Ski racing boots

Properly fitted race boots are the most important piece of equipment (other than a helmet) that your athlete can have. Sometimes parents want to size up in boots to allow their athletes “room to grow” ... this is a huge mistake. If a ski boot is too big, you cannot properly flex the shell or ankle (which results in less than stellar skiing). Not only that, but boots that are too large can result in painful hotspots on the foot, straining on joints and ligaments, and difficulty controlling the ski (which is risky in our sport).

Please take your athlete to a shop that has experienced and trained professionals who know how to fit a race boot. Boots are the one thing your child should not “grow into”.

Race skis

Race skis should be appropriate for your athlete’s height and weight. If you are uncertain about what ski size you should get your athlete, feel free to ask your local ski shop or the program director/head coach.

Note: We recommend that athletes who are planning to attend mountain camps have a pair of “free skis” (powder skis / rock skis) for afternoon free ski sessions. This way, parents don’t need to have an aneurysm if their athlete skies over some rocks in their shiny, freshly tuned race skis.

Poles

Poles are not permitted for our U6 athletes.

U8 / U10 / U12 athletes should all have a pair of poles. Poles should be measured so that the skier (standing upright in their ski boots) can hold the pole at a 90-degree angle with their arm.



U12 Equipment

On top of the above required equipment, we recommend:

- Back brace (protects against spinal injuries in case of a crash during GS races)
- GS skis
- Chin guard (protects the face/jaw against slalom gates)
- Cross blockers (protects the hands/knuckles against slalom gates)
- Shinnies (protects the knees/chins against slalom gates)

This equipment will vary based on the race, event, and your athlete's skill level. If you are unsure if your athlete needs this equipment, please contact the U12 Head Coaches before purchasing.

Equipment NOT required

- Although they look fast, race suits/speed suits are not a mandatory requirement for Entry Level athletes (and they are definitely not needed for U6/U8 athletes).
- Shinnies are not required unless your athlete's coach suggests them (and are only needed if your athlete can run a tight line close to stubbies).
- Back braces are not required (but are highly recommended for any athletes who plan to participate in GS events).
- U8 / U10 athletes are not required to have cross blockers/chin guards (they are not needed for U12 unless your coach says so)

About Tuning

The following information has been gathered from Alpine Canada's tuning recommendations (found on the LTAD) and slightly changed to be more applicable to Snow Valley Racing NG parents.

Introduction

In general, each season athlete skis should be professionally tuned when required at a local ski shop (we recommend Sundance, see page 54). Before starting to tune your ski racers equipment (or teaching them how to tune their equipment) it's highly suggested parents attend a tuning clinic: SVR will typically host 1-2 tuning clinics on Sunday evenings throughout the season, and Sundance periodically has tuning clinics available in the shop (check their website or Facebook page).

The following tips and instructions can be completed in order or as needed to maintain athlete skis in top shape throughout the season. Ski racers who ski on adequately tuned and waxed skis every day have a higher chance at mastering the fundamental skiing skills and being faster in races. Ski tuning is mostly the same for both the technical events of slalom and giant slalom.

The goal for race ski tuning is to prepare the skis to: 1. Glide on the snow with as little friction as possible.

2. Carve in the snow as clean as possible.

The keys to ski tuning are:

- Having the necessary tools and materials available and seeking expert advice when unsure.
- Being patient.
- Completing each of the ski tuning steps correctly.

Prior to Tuning

Skis should be allowed to warm up and be dried off with a towel after every competition and training session; this is also an excellent time to inspect the skis for damage.

The following are key areas to check for damage:

- Top sheet and sidewalls for nicks, scratches and marks.
- Ski edges for burrs, tempering or rock damage.
- Base or running surface for scratches, gouges or edge burn.
- Tip and tail protectors for cracks, chips or marks.

Essential tools needed for ski race tuning

- Set of vices
- Ski brake retainer or sturdy elastic bands
- Flat block
- P-tex candles
- File guide (in Entry Level it should be an 88)
- Brass/horsehair brush
- Silicon sandpaper (#100, #180, #220)
- Emery cloth
- Metal scraper
- Plastic scraper
- File cleaner

- Body file
- Chrome files
- Masking tape
- Diamond stone
- Iron or waxer
- Soft stone / Gummy stone
- Wax
- Ski straps
- True bar
- Fibertex material

RaceWax essential tuning kit: <https://www.racewax.com/essential-equipment-list/>

How to tune

To supplement the steps below, check out the RaceWax learning center: www.racewax.com/tuning-tips/

What are the eight steps to ski tuning

Ski tuning takes practice; the following guidelines will provide parents and ski racers with enough information to help adequately prepare a pair of technical or speed skis for training or racing.

There are eight simple steps to tuning race skis:

1. Sidewall and Top sheet repairs
2. Base repairs
3. Flat base
4. Edge beveling
5. Edge sharpening
6. Ski grinding
7. Selecting wax
8. Waxing and scraping

1. Sidewall and Top Sheet Repairs

Marks or roughness on the sidewalls or top sheets of the skis will increase friction or drag. This is particularly true for speed skis because they run on the edges and sidewalls longer. It is essential to make sure the top sheets, sidewalls, tip and tail protectors on slalom and giant slalom skis are clean as well, to ensure optimum ski performance.

The following are materials from the ski tuning list of equipment that can be used to smooth over any roughness found on the sidewalls and top sheets:

- Silicon sandpaper (#180 or #220 grit).
- Body file (for severe damage).
- Emery cloth (fine or coarse, depending on the damage).

2. Base Repairs

The following sequence should be followed for repairs to a damaged running surface:

- Secure the skis in the vices.
- Make sure ski brakes are secured with an elastic or ski break retainer.
- Match the P-tex candle to the colour of the running surface (contemporary ski bases are black).
- Use a burning P-tex candle to fill in any gouges or holes (severe gouges should be done by a shop technician).
- Touch the candle (while burning) to a metal scraper to keep the candle flame from burning too hot (it should burn with a blue-colored flame).
- Drip as much hot liquid P-tex onto the damaged area as necessary.
- Allow the repaired area to cool.
- Scrape the excess P-tex from the base area with a body file so the repair work is flat and smooth (a metal scraper can be used, but the cutting edge of the scraper should be at 90 degrees and clean).
- To finish wrap fine silicon sandpaper (#220) around a flat block and smooth the repair area.

3. Flat Base

Most contemporary slalom and giant slalom skis come from the manufacturer with a factory finish to the edges and base. Skis that have had additional machining or shop work need to be checked for base flatness.

The following are some simple steps to use to check for base flatness:

- Use a true bar.
- Place the true bar flat on the base.
- Drag the true bar along the base from tip to tail with the skis pointing toward a source of light.
- Check to see if any light is visible between the true bar and base (especially close to the edges) if the light is visible close to the edges, then the edges are high, and some edge beveling will be necessary.
- The base should be flat in front of, under and behind the binding area if this area is not flat, wrap silicon sandpaper around a flat block and sand the area of the base that needs it. (always finish with a fine grit).
- Clean the base with fibertex and brush with a brass brush alternate with the fibertex and the brass brush several times.
- Check periodically with the true bar for progress.

4. Edge Beveling

Beveling the edges refers to the angle of the edge from the base of the ski. Most technical and speed event skis come from the factories with a pre-determined bevel on the edges. The bases and edges of some speed event skis are perfectly flat.

The amount of bevel is related to:

- Personal preference as a result of time and experience spent ski racing. Ski racers new to the sport should seek guidance from their coaches.
- Skill level, it's best to ask your coach.

The following steps can be taken if the edges need beveling:

1. Secure the tip and tail of the skis in the vices with the base up.
2. Wrap (3) layers of (1) inch masking tape around the top end of a chrome file (three wraps equals to 0.5 -1 degrees of the bevel).
3. Mark the edges from tip to tail with a black felt marker every (10) centimeters.
4. Place the file across the ski making sure the taped end of the file runs down the middle of the ski with the remaining part of the file covering the edge to be beveled.

5. File the skis with smooth strokes from tip to tail on the right edge (tail to tip on the other side).
6. Check how much the file is cutting by using the marks from the felt pen as a gauge (if the marks or portions of the marks are disappearing, then the file is cutting).
7. Always bevel the edges before the skis are machined.

5. Edge Sharpening

Edge sharpening refers to the edge angle on the sidewall of the ski. As a rule, skis prepared for speed events are not sharpened as much as those for technical events. Slalom and giant slalom skis are usually sharpened for 3-5 degrees depending on the snow conditions (but Entry Level athletes really only need an 88, advanced U12's can use an 87).

Use the following sequence for edge sharpening:

8. Secure the skis in the ski vice.
9. Use a (3) degree file guide (a file guide will allow more control of the file and help create a consistent edge angle along the length of the ski).
10. Mark the edges with a black felt marker every (10) centimeters.
11. Use smooth strokes from tip to tail, while keeping the file guide close to the body.
12. Use a diamond stone after filing to polish the edges.
13. Finish with a soft stone along the edges after polishing.
14. Detune the tip, shoulder and tail sections of the skis by gently running fine grit emery cloth or silicon sandpaper along the edges (5 to 10 centimeters' from the tip and tail toward the bindings).

6. Ski base / wax prep

There are two types of grinds commonly used by ski manufacturers:

1. Linear grind – refers to the long lines on the running surface.
2. Diagonal- Linear grind – refers to the short lines in a diagonal pattern in the running surface.

Both grinds are very good in all kinds of snow conditions (old snow, cold snow, new and wet snow). The following guidelines will help coaches and skiers prepare their skis for waxing without changing the pattern of the factory grind:

- Open the base for warmer conditions by brushing the base from tip to tail with a steel brush.
- Close the base for colder conditions by sanding the base with #220 silicon sandpaper wrapped around a flat block.
- Finish each process by alternately brushing the base with fibertex material and a brass brush, several times.

7. Selecting Wax

Selecting the right wax to match snow conditions depends on many factors, including the terrain and snow type. The most critical factors that influence wax selection are:

- Snow temperature.
- Air temperature.
- Air humidity.

Most wax companies explain their waxing system very well, so it will become easier to choose and mix the right combinations to match the snow conditions. You can buy race specific wax from your local ski and snowboard shop.

8. Waxing and Scraping

Once the wax combinations have been determined, the following steps can be used:

- Secure the ski brakes and place the skis in the vices (bases up).
- Using a ski iron, drip a bead of wax down the middle of the ski.
- Spread the wax with a warm ski iron, ensuring that the wax is not smoking (it means that the iron is too hot).
- Move the iron back and forth along the running surface (the wax should have a liquid appearance until it starts to cool).
- Check the top sheet of the ski, near the tip, for warmth; it should not be too hot to the touch.
- Keep moving the waxer over the length of the ski until the camber of the ski flattens.
- Scrape the edges (base and sidewall sides) with a notched plastic scraper while the wax is warm.
- Allow the skis to cool (when the camber of the ski returns).
- Scrape the skis from tip to tail with a plastic scraper make sure the scraper has a clean 90-degree edge and take off the excess wax.
- Brush the bases with a brass brush (warm conditions) or a horsehair brush (cold conditions) several times.
- Alternating between brushing and scraping will help clean off the excess wax clean the scraper and brushes frequently.
- Strap the skis together making sure bases are at the contact points (tip and tail).

Additional Member Information

Grocery Card Program

The Grocery Card Program is one of the primary fundraising efforts that supports the organization and keeps our athletes on the hill. It is an amazingly simple program where Snow Valley Racing purchases bulk gift cards from Sobeys/Safeway at a discounted rate. The more cards we purchase the greater the discount.

A bulk gift card order is placed by the Program Director (PD) on the first of each month (Nov-Mar). Each family participating in the program must provide with PD with 5 cheques dated for the first of each month (Nov-Mar). Along with placing the bulk gift card order, the PD will also deposit each month's cheques on the first business day of the month. Gift Cards arrive between 1 and 2 weeks after the order is placed (average 10 days).

Once the cards have arrived, and they are ready for distribution the PD will send an email notifying all grocery card program participants that the cards are ready for pick up. Cards will be available from the Entry Level Parent Coordinators during Tuesday and Thursday SV training sessions. Specific instructions will be included with the email to all program participants when grocery cards arrive.

Each family is obligated to purchase \$2,500.00 of gift cards from Sobeys through our club. Families can opt out of the program and pay an opt-out fee of \$250.00 due during registration.

As per the order form 5 cheques must be submitted to the PD prior to the deadline date. If this deadline is missed, November cheques will be added to December. Note: some families choose to purchase their \$2500 worth of Gift Cards all in the first month, this is not a problem if you wish to purchase all at once opposed to over the course of 5 months.

As our program commences in the middle of November, snow permitting, cards will be available mid-November. Acknowledging that \$500/month is a fair chunk of change, efforts will be made to accommodate any families that are unable to meet the specified timeframes.

SVR Clothing and Karbon Team Kit

SVR kit/clothing ordering options can be divided into two categories: Karbon Team Kit and SVR Clothing.

Karbon Team Kit

Karbon as the provider of the official SVR Team Kit! The Team Kit products we offer from Karbon include ski jackets, ski pants, softshell jackets, vests, training shorts and more. Product offerings vary from year to year. All products are branded and have SVR and sponsor logos attached.

Product is ordered in the spring directly from our suppliers. There is typically a sample evening where athletes can determine sizing and fit from samples sent by Karbon. Once ordered, product is expected to arrive in November.

SVR Clothing

The second category is general SVR labelled clothing. This includes products such as hoodies, sweatpants, t-shirts, toques, flannels, and more. Product offerings and brands vary from year to year. Specific product information and ordering information will be sent via email by our clothing coordinator. We typically offer one clothing order per season in the fall. Our goal is to have all products received prior to Christmas.

Purdy's Chocolate Fundraiser

Each year SVR partners with Purdy's Chocolates to host two amazing fundraising initiatives where our members and their friends and family purchase Purdy's Chocolates and SVR receives a percentage back from all chocolate sales. The percentage the club receives back is on a sliding scale, up to 25%! So, the more chocolate our members buy, the higher the kickback to the club will be!

Specific instructions and information will be sent out to all members via email once the specific season arrives.

Sundance Ski Shop

SVR and Sundance Ski Shop have a long-standing partnership that dates way back to when Sundance was still located off of Whyte Avenue. The folks at the shop are highly knowledgeable in all things ski racing and ski race tuning and are more than capable of assisting you with all your equipment needs. In addition to being a great ski shop (with the top brands and equipment), Sundance also doubles as a great place to hang out, enjoy a coffee

from their new fancy coffee machine, and chat skiing. All SVR members receive a 10% discount on hard goods and 15% discount on soft goods for all their purchasing needs at Sundance Ski Shop.

Snow Valley Ski Club Season Pass Holders

As passholders at Snow Valley Ski Club you are entitled to various discounts and perks including discounts at local shops and deals on lift tickets at partner resorts. For a detailed list of all SVSC Passholder Discounts and Perks please visit the SVSC website here: [Snow Valley Season Passes](#)