



Parent Handbook

2022 / 2023

Welcome parents to the 2022 / 2023 race season!

About the Parent Handbook

The creation of this document is meant to help the transition for all Nancy Greene parents (both new and returning) into 2022 / 2023 ski season. Outlined in the Handbook are important topics (covering everything from athlete / parent / coach requirements, race equipment, coaching philosophy, calendar) and frequently asked questions (how camps and races work, navigating payments, account credit, and more).

The purpose of the Parent Handbook is to help ease onus of information away from Club Leadership (Program Director and Head Coach) and instead provide a document containing all the relevant information that might be needed throughout the season. Club Leadership is always here to answer questions and communicate with the membership... however, parents are **strongly encouraged** to search for answers to their questions inside the parent handbook first and foremost.

Pro tip: We recommend using 'keywords' to search through this PDF! Use CTRL-F to enter keywords relating to your questions and help find answers in the Handbook.

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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 ages, abilities, and performance levels. We are proud to recognize several SVR alumni who have gone ahead to compete with NCAA Ski Teams, the Alberta Ski Team, and the Canadian National Ski Team.

Presently, Snow Valley Racing operates a membership of over 210 athletes from 150 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 and developing accomplished athletes who later become 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 engaged 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

2022 / 2023 Board of Directors

Alpine Chair	Jane Dauphinee
Vice Alpine Chair	Tara McHugh
Treasurer	Graeme Sivertson
Secretary	Spencer Lofthaug
Member	Steve Holzer
Member	Jami Taschuk
Alpine Past Chair	Kelly Gibbon
Program Director	Kyle Buchanan



Program Director - Kyle Buchanan

The Snow Valley Racing program director oversees the day-to-day operations of the organization. Since 2018, Kyle Buchanan has ensured that the quality of coaching and programming at SVR remains to the highest standard.

Kyle has been coaching for seventeen years and has worked with provincial athletes of all ages (from U12 to FIS). As a former SVR athlete and current alumni, Kyle is passionate about carrying the success of our organization forward into the future.

When Kyle isn't on the snow, he can be found on a bike. He is an avid participant of cycling in all forms and competes in both road racing and cyclocross events throughout the year.



Nancy Greene and U12 Head Coach - Britt Ferguson

Britt is a former athlete and raced with SVR from U6 all the way to FIS. After stepping down as an athlete, Britt immediately began coaching and has continued to do so for 10 years.

Britt continuously searches for new ways to innovate and grow the Nancy Greene program. She is passionate about curating a high-quality racing environment that empowers athletes from U6 to U12 to develop fundamental racing skills, have fun, strive for excellence, and become skiers for life.

When she finally gets out of her skis, Britt can usually be found on the side of a mountain. She loves to rock climb, mountain bike, and backpack during the summer months with her dog Bandit (but you'll usually find her counting down the days until winter starts again).



Nancy Greene and U12 Assistant - Gabriella Holzer

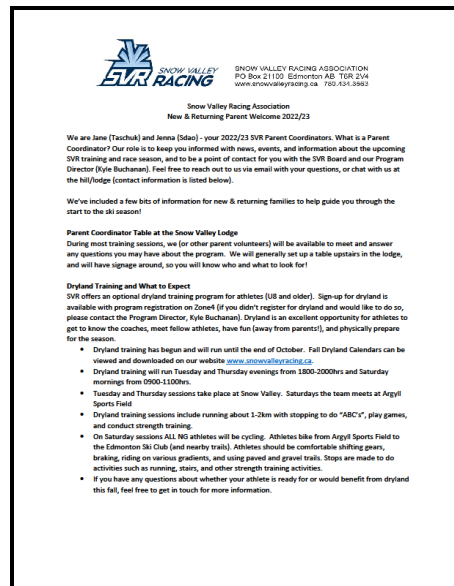
This is Gabriella's fourth season coaching at Snow Valley. Prior to coaching, Gabi raced out of Snow Valley for 12 years. Racing allowed her to enjoy skiing even more, taught her a strong work ethic, and has given her countless memories! As a coach, Gabi passes on her love of the sport to athletes, while encouraging them to always work hard, ski fast, and have fun.

Outside of coaching, Gabi is currently working towards a Kinesiology degree at the University of Alberta. She would like to pursue athletic or physio therapy with the hope of one day working with professional athletes. Gabi speaks German fluently and has been lucky enough to have traveled to Europe multiple times (Austria is her favourite!). When Gabi's not skiing or studying you will find her chilling with her doggo, Bo, watching sports- especially hockey. Go Oilers! Gabi is super excited for another great ski season!

Nancy Greene Parent Coordinators - Jane Taschuk and Jenna Sdao

Our Nancy Greene Parent Coordinators for the 2022/23 season are Jane Taschuk and Jenna Sdao. Jane and Jenna both have athletes in our Nancy Greene program and are seasoned veterans when it comes to the innerworkings of our organization. Jane and Jenna will have a parents table upstairs in the lodge most Tuesday evenings, and you are encouraged to come say hello and have your questions answered in person!

Jane and Jenna have provided a welcome letter for the upcoming season, you can read below:



Double click this image to open a PDF copy of the SVR 2022 welcome letter from Jane and Jenna

Contact Information

Program Director: Kyle Buchanan

programdirector.kyle@snowvalleyracing.ca

780.819.5534

Nancy Greene and U12 Head Coach: Britt Ferguson

britt.ferguson.svr@gmail.com

780.940.5533

Nancy Greene Parent Coordinators: Jane Taschuk & Jenna Sdao

svrngparent@snowvalleyracing.ca

Snow Valley Race Office:

13204 Rainbow Valley Road, Edmonton, AB T6R 2V4

780.434.3563

Office hours:	Mon	CLOSED
	Tues	10am-4pm
	Wed	10am-4pm
	Thurs	10am-4pm
	Fri	10am-4pm
	Sat	CLOSED
	Sun	CLOSED

(Please call or text Kyle before coming to the office)

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

SVR Strategic Plan

Over the summer of 2022, the Board of Directors dedicated many hours of hard work towards brainstorming a long-term vision for our organization, leading to the creation of the SVR Strategic Plan. The purpose of the Strategic Plan is to identify the direction we aim to move our organization over the next five years. Concentrating on key areas of strategic priority, the Strategic Plan provides clear, attainable, and purposeful actions to position Snow Valley Racing with a strong foundation for continued future success.

We are excited to share all our goals and objectives with the membership, and the 2022-2027 SVR Strategic Plan will be coming to an inbox near you this fall!

SVR Sponsorship Package

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

SVR sponsorship opportunities allow brands to promote themselves to Snow Valley Ski Club patrons, Snow Valley Racing membership, the local ski community, and on national and international platforms. By partnering with Snow Valley Racing, sponsors and like-minded brands can demonstrate that they, too, are driven by excellence, all while representing themselves to the highest level in our community.

To learn more about sponsorship and partnership opportunities with SVR, please view our sponsorship package below:



Double click this image to open a PDF copy of the SVR 2022 / 2023 Sponsorship Package

Nancy Greene Program

About the SVR Nancy Greene Program

The Nancy Greene Ski League (NGSL) is designed to introduce athletes aged 4 to 11 to the world of ski racing. The NGSL encompasses our U6, U8, U10 and U12 programs and provides our racers the opportunity to participate in both SVR intra club events (see Nations Cup, page 36) and North Zone NGSL races (see NGSL races, page 30). The main goal of the SVR Nancy Greene program is to have fun and learn the foundations of ski racing by creating a rewarding environment that emphasises 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 for one or two evenings a week, all while learning the importance of control and confidence on skies. Parent assistance and involvement with athletes on-snow during training and racing are essential to the operation of our U6 program. U6 athletes get to put their skiing to the test during SVR club events, and two Alberta Alpine North Zone NGSL races (see page 31).

U8 and U10

Our U8 and U10 athletes continue to strengthen the basic ski foundations, and they begin 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 NGSL races (see page 32) and strengthen their skills in a variety of structured and unstructured training environments over the course of the season. 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 Alberta Alpine North Zone NGSL races, with the addition of the U12 Alberta Alpine Provincial Race Series (see page 35). The AASA U12 Provincial Races expose athletes to a wider variety of race disciplines and introduce the concept of a 'high-performance' environment. U12 athletes train to promote self-discovery, develop a love for competition, and further their abilities before graduating from Nancy Greene and moving into U14.

Training Schedule

The following training schedule will remain the same for the entire season (barring Christmas break):

Tuesday	6:00pm – 8:00pm
Thursday	6:00pm – 8:00pm
Sunday	5:30pm – 7:30pm

Please note: Nations Cup (our intra-club race series) are sometimes scheduled Saturday mornings (as opposed to Sunday evenings during regular training hours). If Nations Cup has been scheduled on a Saturday morning, training will still be taking place the following day (Sunday) during our normal training block. To learn more about Nations Cup, please go to page 36.

Our **first day on snow** (tentatively) is Sunday, November 13th, 2022. Please keep your fingers crossed for snow!

Group Lists and Calendar

Program calendars can be found on the website at: <https://snowvalleyracing.ca/nancy-greene-%26-u12>

Group lists will be emailed out to parents near the start of the season. If there are group requests or concerns for the upcoming season, we kindly ask that you email Britt (Britt.Ferguson.SVR@gmail.com) the end of October.

Cold Weather Policy

As an outdoor winter sport, we rarely feel the need to cancel training due to low temperatures. However, athlete and coach safety on the hill is imperative and we understand that sometimes Northern Alberta winters can just be *too cold*.

Training will only be cancelled if the weather is forecasted to be -20 degrees Celsius (not including the wind chill).

Parents will be notified via email if training is going to be cancelled, and notice will be sent out as early as possible (likely on the same day or before 12pm). We kindly ask that you do not call or email asking us if training will be cancelled. We will contact you; we promise! If you receive no news, training will run as usual (and we ask that parents ensure their athletes are dressed and prepared appropriately for cold conditions).

Athlete Expectations

This is NOT a program for beginner skiers

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 who have mastered the basics.

Your child should be placed in ski lessons or ski school if they do not meet the requirements below.

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 with riding the magic carpet and familiar with riding chairlifts (with an adult).

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 pick up fallen athletes.

To learn more about dream team parent requirements, please go to page 19.

U8, U10, U12 Athlete Requirements

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

This means that Nancy Greene athletes must:

1. Already know how to ski. Athletes must already be able to stop, turn, pole plant, control their speed, ride lifts, and put on their own equipment.
2. Be relatively independent and keep up with their teammates (it is not fair to the group if they need to spend long periods of time at the bottom of the hill waiting for one athlete).
3. Be *capable* of training in a course (have the ability to turn around gates on both steep and flat terrain).

Athlete Behaviour

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 inappropriate behaviour towards their coach or teammates.

Distracting, disrespectful, and uncivil behaviour 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 with Britt (Nancy Greene Head Coach) or Kyle (Program Director) and discuss further solutions, or disciplinary actions, to limit inappropriate behaviour in the future.

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

New members have the option to withdraw their athlete up until the start of training in November and receive a full refund (not including Zone4 processing fees). After the start of training, athletes may be required to withdraw if their skill set is unsuited to our program.

If you have questions or concerns about the skiing level of your athlete, or their ability to participate in our ski racing program, please reach out to Britt or to Kyle and communicate your concerns. We are happy to provide further information or advice, and want parents to make informed decisions in the best interest of their athletes.

Athlete Requirements for Camps and Mountain Races

Please review and take note of the **SVR disclaimer** for camps and mountain races on page 41.

All About Parents

U6 (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 crucial part of a successful Dream Team Program and how we can continue to keep program costs affordable. 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 at all times. It is a parent responsibility to assist their child if they need to use the washroom during training. Additionally, parents must be available in the event their athlete needs to come inside of the lodge due to a tantrum or if they are too cold/hungry/tired to participate.

Prior to training, please ensure that your athlete:

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 so they have enough energy to participate)
3. Is dressed appropriately for the weather (the 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 parents).

Mittens

Trust us, a warm/sturdy pair of mittens is a must have for Dream Team athletes. Athletes always ask coaches to adjust/help with their mittens. Gloves are difficult for little ski racers to navigate. 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 to the start of training (especially on camp days). When athletes come late to training, they miss our warm-up practice. Warm-up is where coaches talk about goals for the training session, and athletes activate targeted muscles for training. Missing warm-up is a loss for your athlete.

Being on time is even more important on race days. It is incredibly difficult to navigate the logistics of an athlete who shows up late on race day (the likelihood is that they will miss course inspection and even their first run). Races move on a tight schedule, and race officials will not hold up 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.

Encourage and Support Athletes

Parents can help their athletes by:

- Modeling positive sportsmanship.
- Being their #1 support system. Parents should offer athletes a safe space to vent their frustrations, express disappointment, or breakdown for a moment if needed. Sometimes, all kids need is just someone to listen.
- Encourage athletes and celebrate all the wins (big or small).
- Set expectations together around personal responsibility, accountability, and work ethic.
- Teach your athlete to love the sport (watch World Cup races together and ski as a family as much as possible).

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

- [The ride home](#) (70% of kids quit sport before high school)
- [The truth about sports parents](#) (the only thing athletes need to hear, is that you love to watch them play)
- [Changing the Game in Youth Sports](#) (would you allow others to treat you the same way you treat your athlete?)
- [Redefining Success](#) (8 ways to be a better sports parent)
- [Run your own race](#) (athletes only need to focus on themselves, so parents shouldn't focus on other competitors)

Respect and Communicate with Coaches

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

Feel free to open a dialogue with your coach! SVR coaches love to share how your athlete has been improving, answer questions about athlete development, and explain their personal coaching style or philosophy!

Please communicate with your athlete's 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 prepared to train or race. Athletes should be hydrated (drink water), eaten a snack or dinner (to keep energy high), dress appropriately for the weather, and have tuned skis (more about tuning on page 46).

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 stepped forward in the past, and those presently working to keep our club, races, and sport an awesome place for our athletes.

We have two categories that make up the SVR Volunteer Commitment: **Special Events**
Races

Two postdated cheques, each for \$350, must be submitted (each dated May 1, 2023, and made out to SVR). 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 22-23, 2022 (Volunteer Sign Up Link - <https://volunteersignup.org/BP4CY>)
- Silent Auction and Welcome Dinner: October 14, 2022
- Year End BBQ: April/May 2023
- Grocery Card Chief of Distribution (if interested, please contact Kyle)
- Purdy's Chocolate Chief of Distribution or Distribution Team Members (if interested, please contact Kyle)

Note: It is possible to work a double shift at one event to fulfill this commitment

Races

Each family is expected to volunteer at two race days that their athletes are competing in. Volunteering at Nations Cup counts as a race day.

Race Notices will contain all the relevant volunteer information including a sign-up link (more information about race notices on page 37). All upcoming race events can be viewed in the calendars on the SVR website.

Important: To volunteer at an Alberta Alpine sanctioned event, all volunteers must complete an Entry Level Alpine Officials Course. Flip to the next page to learn more.

Alpine Canada Alpine Officials Program

About the ACA Alpine Officials Program

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

The National Alpine Officials Program consists of four ‘levels’, beginning with ‘Entry Level’ and ending with ‘Technical Delegate’. Not all officials will venture through the entire program, but typically parents will pursue higher volunteer training as their athletes grow and develop within our sport.

More on Canada’s National Alpine Officials Program can be viewed here: <https://alpinecanada.org/community/officials>

Level 1 / Entry Level Alpine Officials Course

The Level 1 course is an overall introduction to race organization and various officials’ positions (with a particular emphasis on timekeeping and gate judging). There are no course prerequisites and previous experience is not required. Parents of Nancy Greene athletes will find this course to be an excellent introduction into race officiating and will help them gain valuable insight into the racing environment.

Get Entry Level Certified:

- SVR will facilitate two Level 1 Alpine Officials courses (one in November and one in December).
- Courses will be hosted at Snow Valley.
- Information will be sent out to all members via email as it becomes available.
- Course attendance automatically qualifies the participant as a Level 1 Alpine Official (there is no exam, yippee!).
- There is no cost to participate in the course, but there is certainly lots to gain!

Please note: For members who already have their Level 1 and are interested in pursuing their Level 2 (or further), please reach out to Kyle Buchanan (Program Director) for more information.

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. A majority of our coaching staff are former Snow Valley Racing athletes and have represented SVR at various competitions throughout Alberta and Western Canada. As SVR alumni, our coaches have a unique love and passion for our organization which is passed along to our athletes.

How does SVR support their coaches?

Better Coaches create Better Ski Racers

Snow Valley Racing takes pride in the professional development and education of our staff (who are not only great coaches but 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 gain experience, develop their knowledge and skills, and step into their roles as mentors and leaders. SVR supports its coaches financially in their pursuit of continuing education and certifications, and we motivate our staff to pursue learning opportunities that will benefit our athletes.

Professional Development

Throughout the season, SVR leadership runs monthly professional development sessions for our staff. Coaches are expected to attend all sessions and are compensated for their time. Hosted both on and off the snow, these sessions are designed with the goal of helping coaches develop further 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. Often times, 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
- Be Safe Sport trained
- 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 (for us that's Alberta Alpine), Alpine Canada delivers this education program to club coaches and coach developers throughout the country.

Alpine Canada Coach Education (ACA-CSC) provides coach education, certification, and professional development opportunities to Canadian ski coaches. 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 coach training and skill development, and provide the coaching 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 a 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 coaches education from Alpine Canada and the ACA-CSC Program, it is mandatory for all our staff to have successfully completed [SafeSport](#) training, [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://itad.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 and 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 (Head Coaches / Program Director), phone numbers to contact Safety Patrol at Snow Valley and all mountain resorts we 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 <u>in charge</u> 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/>)

AASA Concussion Policy Process:

1. Notify Alberta Alpine of athlete concussion
2. The athlete is put on the Concussion Protocol List – this list is sent to all ROC's and athletes are NOT allowed to race until they are removed. In addition, Snow Valley Racing will not allow an athlete to attend training until they have been evaluated and cleared by a medical professional.
3. Have athlete/parent take [AASA Medical Evaluation Form](#) to the doctor or hospital.
4. Once a doctor has signed the AASA Medical Evaluation Form, it will be sent to Alberta Alpine and the athlete will be removed from the Concussion Protocol List and allowed to race and train.

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:

1. Gliding Start
2. Skier Essentials
3. Learn to Train
4. Train to Train
5. Train to Race
6. Race to Win
7. Ski for Life

LTAD and Nancy Greene

The Snow Valley Racing Nancy Greene programs designed in conjunction with the ACA LTAD and incorporates the first three stages: 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 the 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 experimenting 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. Athletes aged 6-9 (males) and 6-8 (females) will continue to develop fundamental movement and basic skills in both structured and unstructured 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 their 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 while using a range of different turn shapes 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 in the SVR Nancy Greene Program is Learn to Train. The age range that this stage covers is 9-12 (males) and 8-11 (females). At this point skiers have acquired a wide range of fundamental movement and basic skiing skills that they are ready to apply in new environments. Skiers will also learn to begin consolidating their technical skills while having fun and participating in a variety of ski racing events. Coaches will teach athletes the use of dynamic turns in different training and competition environments. Athletes will develop a basic understanding of the rules of the sport, tactics, strategy, and refine racing specific skills. In this stage, skiers now become ski racers and the focus is placed more on the 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: 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.


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 training and racing. 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 mountain training camps as way to increase our number of days on snow and offer athletes an opportunity to build on the skills they are taught at Snow Valley. Often times, skiers seeking a more competitive pathway will ski more days in the mountains 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, and these camps ultimately help them grow into confident, more capable ski racers.

To learn more about which mountain camps / races we have for the season, visit the calendar on our website or the 'Camps and Races' section of the parent handbook on page 31.

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	0 - 2 years	0 - 4 years	2 - 6 years
<i>Estimated time participating in the sport of skiing. Will vary from skier to skier based on region and individual growth and development</i>			
PARA ALPINE AGE OF EXPERIENCE	0 - 2 years	1 - 3 years	3 - 4 years
<i>Assessment of a para athletes developmental stage</i>			
TARGETED NUMBER OF DAYS ON SNOW PER YEAR	As many days as possible	40+ Days	60+ Days Competitive Pathway 80+ *Based on individual performance plan
<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>			
WEEKLY TRAINING VOLUME	Minimum 2 days per week; as often as possible with parents	2 to 3 days per week	Minimum 3 days per week
<i>Includes free skiing, technical free ski & drill courses to acquire, consolidate, and refine sport specific skills in various technical and tactical situations. Skiers are encouraged to ski all day from lift opening to close. Include night training and mid-week skiing when possible.</i>			
FREE SKI VOLUME DURING TRAINING	90% Acquiring Basic Skiing Skills	75% Acquiring Basic Skiing Skills	50 - 65% Consolidating Basic Skiing Skills
<i>Includes free skiing & technical free skiing Deliberate Practice and Play</i>			
RECOMMENDED DAYS ON SNOW PRIOR TO COMPETITION	N/A	10 to 15	10 to 15
NUMBER OF COMPETITION DAYS QUALITY NOT QUANTITY	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
<i>Minimum of two days of training per competition day Consistent race performance is critical to becoming a World class ski racer.</i>			
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			Optional Camp (7 to 10 days)
<i>Spring, Summer, Fall</i>			

Camps and Races

Nancy Greene Ski League

About the Nancy Greene Ski League (NGSL)

The Nancy Greene Ski League is a national program, inaugurated shortly after Nancy Greene Raine's Gold Medal win at the 1968 Grenoble Olympic Winter Games. Since then, the program has been successful in introducing thousands of children to alpine skiing. Most of Canada's top international skiers received their early training in Nancy Greene Ski League programs.

The program introduces children to basic ski techniques and skills, basic safety rules, and teamwork. Enjoyment of the sport and the mountain environment is also emphasized. The program is aligned with the Skier Essentials and Learn to Train phases of the ACA Long Term Skier Development Model, and the ACA Snow Stars Skill Achievements Program.

The Nancy Greene Ski League also introduces children to competition. These events (which are held at the club, zone, and provincial level) provide young skiers the opportunity to test the skills they have learned in the program in a fun and friendly environment. The emphasis in competition is placed on individual progress, team results, camaraderie, and fair play.

Nancy Greene Ski League Zones

Clubs have been assigned to one of two different zones based on geographical location and registered numbers in that area. In Alberta, the NGSL has two zones: the North and the South. [Snow Valley Racing is in the North Zone.](#)

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 NGSL events

Almost all North Zone NGSL 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: Kinosoo Ridge Blizzard Blast in Cold Lake and the Jasper Junior Olympics at Marmot Basin.

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

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

Jasper Junior Olympics (JJO)

The Jasper Junior Olympics is a North Zone NGSL race that has been held for the last 43 years. Established back in 1979, the Jasper Junior Olympics is a ski race hosted at Marmot Basin in beautiful Jasper, Alberta. Over the years, the Jasper Junior Olympics has grown into one of the largest sanctioned Nancy Greene ski races in North America.

Every year 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 race! JJO's 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). All eleven 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 quick!

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: <https://snowvalleyracing.ca/nancy-greene-%26-u12>

U6 Camp and Races

U6 Training Camps: Dream Team athletes are not eligible to attend any mountain training camps throughout the season.

U6 Races

8. March 3-5, 2023: Jasper Junior Olympics, Marmot Basin, Jasper AB
9. March 18, 2023: Rabbit Hill Lauberhorn, Edmonton AB
10. Nations Cup (four events) at Snow Valley, Edmonton AB

U8 / U10 Camps and Races

U8 / U10 Training Camps

1. December 3-4, 2022: World Cup Camp
(Lake Louise & Sunshine, Bow Valley)
2. December 16-18, 2022: Christmas Camp
(Marmot Basin, Jasper)
3. January 4-7, 2023: New Years Camp
(Marmot Basin, Jasper)
4. February 10-12, 2023: Training Camp
(Norquay and Sunshine, Bow Valley)

U8 / U10 Races

1. January 15, 2023: ESC, Edmonton AB
2. January 20-22, 2023: Blizzard Blast, Kinosoo Ridge, Cold Lake AB
3. February 5, 2023: Sunridge Ski Cross, Edmonton AB
4. February 26, 2023: Snow Valley, Edmonton AB
5. March 3-5, 2023: Jasper Junior Olympics, Marmot Basin, Jasper AB
6. March 18-19, 2023: Rabbit Hill Lauberhorn, Edmonton AB (U8 on Sat, U10 on Sun)
7. Nations Cup (four events) at Snow Valley, Edmonton AB

U12 Training Camps

Training Seasons

- There are four different seasons of training in ski racing:
1. Preseason (September/October/November)
 2. Regular Season (December/January/February/March)
 3. Spring (April/May)
 4. Summer (June/July/August)

U12 Preseason Training Camps

1. November 19-20, 2022: Marmot Basin, Jasper AB
*This camp is only open to returning families (no new athletes permitted)

U12 Regular Season Training Camps

5. December 2-4, 2022: World Cup Camp
(Lake Louise & Sunshine, Bow Valley)
6. December 16-19, 2022: Christmas Camp
(Marmot Basin, Jasper)
7. January 4-7, 2023: New Years Camp
(Marmot Basin, Jasper)
8. January 14, 2023: U12 Training Day (we will likely offer team travel)
(Canyon Ski Resort, Red Deer)
9. February 10-12, 2023: Training Camp
(Norquay and Sunshine, Bow Valley)
10. March 10-12, 2023: U12 Speed Camp
(Marmot Basin, Jasper)

U12 Spring Season Training Camps

1. April 20-23, 2023: U12 / U14 / U16 Training Camp
(Location TBD)
2. May 9-14, 2023: U12 / U14 / U16 Integration Camp
(Location TBD)

U12 Summer Training Camps

1. End of June / Early July 2023: Mount Hood, Oregon (to learn more about Mount Hood, go to page 57)

U12 Races

U12 athletes are eligible to race in 2 different circuits:

1. North Zone Nancy Greene Ski League (see page 30)
2. AASA U12 Provincial Series

About the AASA U12 Provincial Race Series

U12 Provincial Races are only for athletes aged 10 and 11 and encompass all clubs in Alberta (both the North Zone and the South Zone). The U12 Provincial Race circuit is typically more competitive than the NGSL series and is not recommended for beginner or recreational skiers.

There are usually four to five events on the calendar that encompass SL, Kinder Kombi, paneled and dual SL, ski cross and GS as their race formats. All U12 races will be run in single run race format. These races are set to the U12 course setting rules (as outlined in the AASA Course Setting Rulebook). For a U12 athlete in a high performance (55–75-day) program, they should target between 8-12 days of racing (with an emphasis on attending U12 provincial races as opposed to NGSL races).

The goal of this race series is to prepare athletes for their future in U14. The U12 Provincial race series should remain the main competition focus for 10- and 11-year-old athletes who want to compete at the highest possible level within the province.

Which athletes should participate in U12 Provincial Races

AASA U12 Provincial Races are not for beginner skiers. If your athlete is looking for a more recreational, low-pressure, and fun race experience, we recommend they participate in the NGSL series.

If your athlete loves to ski race, is ready to bring the heat in a high-performance setting and is excited by the prospect of competing against all the clubs in the province; the AASA U12 Provincial circuit is for them! Athletes do not need to be the fastest or the best to come to U12 provincial races... if they are at least intermediate skiers, are willing to try their best, and can compete with a good attitude, then these races are a great opportunity to experience the kind of competitive environment they will be racing in U14.

Racing on the U12 Provincial Circuit

Races that take place out of town will be more expensive than North Zone races in Edmonton. This is due to the addition of coach travel expenses, lane fees on training days, and mileage. Typically, these races will cost around \$250-\$350 per athlete (this includes race registration and coaching fees). Families are responsible for arranging their own lodging, transportation, travel, and lift tickets during these races. Please note: usually U12 Provincial Races will provide an option for families to purchase discounted lift passes for athletes who are registered to race.

U12 Races (AASA U12 Provincial Races in Red)

(North Zone NGSL Races in Blue)

1. January 15, 2023: ESC, Edmonton AB
2. January 20-22, 2023: AASA U12 Provincial GS Race, Canyon Ski Resort, Red Deer AB
OR
3. January 20-22, 2023: Blizzard Blast, Kinosoo Ridge, Cold Lake AB
4. February 3-4, 2023: AASA U12 Sunridge Ski Cross*, Edmonton AB
* SVR U12 athletes are not permitted to participate in the NGSL Sunridge race on February 5, 2023
5. February 24-26, 2023: AASA U12 Provincial Caribou Cup, Mount Norquay, Banff AB
OR
6. February 26, 2023: Snow Valley, Edmonton AB
7. March 3-5, 2023: Jasper Junior Olympics, Marmot Basin, Jasper AB
8. March 19, 2023: Rabbit Hill Lauberhorn, Edmonton AB
9. March 24-26, 2023: AASA U12 Provincial Finals, Nakiska, Kananaskis AB
10. Nations Cup (four events) at Snow Valley, Edmonton AB

The major time conflicts on the U12 calendar are:

- Provincial U12 Canyon Race or NGSL Blizzard Blast
- Provincial U12 Caribou Cup or NGSL Snow Valley Race

We ask that parents talk to their athletes about which race they would prefer to participate in. If they are looking for a more relaxed, fun, and recreational experience, they should participate in the NGSL events. If athletes are looking for a more competitive and high-level experience, they should participate in AASA U12 events.

Nations Cup

About Nations Cup

Nations Cup is Snow Valley Racing's own in-house race series designed to provide our athletes with race day simulation in a familiar, low-stress environment. For new athletes, these events are a great introduction into race day participation 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 their athlete's bib, and help their athlete find their team.
- Athletes are divided into teams (or 'Nations') randomly. Each Nation represents a country and 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 four Nations Cup events this season.
- Each Nations will race against other Nations (we try to pair up athletes who are the same age).
- 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 event.

Nations Cup Dates

1. Saturday, December 10, 2022 @ 9am-12pm
2. Sunday, January 8, 2023 @ 5pm-8pm
3. Sunday, February 19, 2023 @ 5pm-8pm
4. Sunday, March 12, 2023 @ 5pm-8pm

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 (we'll get the message when your athlete doesn't pick up their bib).

Registering for camps and races



Camp and Race Notices

Throughout the season, you will receive Camp Notices and Races Notices via email from the Nancy Greene and U12 Head Coach (Britt Ferguson). Notices will typically be sent out 4 weeks in advance. Sometimes, we are unable to get notices out as early as we would like... so 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 such as:

- Estimated cost of the camp or race (this cost includes all expenses, lane fees, and race registration)
- Lift ticket costs are typically not included (this will be further outlined on the notice)
- 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

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
- 12:30am 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 (chin guards, shinnyes 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?id=28738>

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

Coach: Britt Ferguson – brittany.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 Paneled 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://volunteersignup.org/XBMWY>

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



Who to contact with questions

Please reach out to the Nancy Greene & U12 Head Coach (Britt Ferguson)

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: The Nancy Greene and U12 Head Coach (Britt Ferguson) and confirm it is okay.

Credits for partial attendance of a camp or race

- We will only guarantee a credit for families who contacted us to ask and confirm partial attendance ahead of time.
- If you can only attend one or two days out of a three-day camp, you will only be charged for the days that you attended.
- 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 for dispensing credit 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.

To learn more about account credits and partial camp/race payments, please go to page 42/43.

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 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 training (inside or outside the course) and incorporating technical skiing and drills.
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 on the race schedule from the hosting club to be released) outlining the race schedule. This email may arrive anywhere from 1-7 days before the race.

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 (this is not the case every time, please read the race notice).
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 athletes who 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 everyone.

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 on a single athlete (leaving the other coach with the rest of the group).

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 Nancy Greene Mountain camps/races, 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 full-time in handling their athlete during the morning and afternoon session.

In extreme 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 understand and accept that their athlete has been barred from further participation, and Snow Valley Racing will provide a credit for the days the athlete will no longer be attending (not including the day they are expelled from the camp/race).

If you have any further questions about the skiing level of your athlete and their ability to participate in mountain camps and races, please reach out to Britt or Kyle and communicate your concerns. We are happy to provide further information or advice and want parents to make informed decisions in the best interest of their athletes.

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. Zone4 charges processing fees for every transaction on its website. When SVR provides a partial or full credit for the cost of a camp/race, we do not include the cost of Zone4 processing fees.

When you register for a camp or race on Zone4, you are essentially setting down a “deposit” to cover the estimated cost of that camp or race (the estimated cost is found on camp/race notices). The final cost calculated following the camp may be lower or higher than the initial Zone4 amount you paid.

After the camp/race, a Trip Report will be emailed out to parents within 2-4 weeks.

Trip Reports

Trip reports are calculated by taking all of the costs (race registration fees, coach travel expenses, lane fees) and dividing them up by the number of days attended by all athletes.

Sample Trip Report

of days actually attended by the athlete

Coach travel expenses

Actual total cost of the camp

Estimated cost on Camp Notice / what you paid on Zone4 when registering

U8, U10, U12 - Jasper Training Camp - January 7-9, 2022																
First Name	Last Name	Age	Program	Number Of Days	Coaching Fee	Coach Hotel	Coach Food	Coach Transportation	Coach Lifts	Lane Fee	Misc	Total	Paid on Zone4	Cart #	Owing	Zone4 Credit
1	Adam	Check	8	U8	0	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 225.00	3834747	\$ -	\$ 225
2	Billy	Jole	8	U8	3	\$ 90	\$ 75	\$ 18	\$ 9	\$ -	\$ 27	\$ 219	\$ 225.00	3841285	\$ -	\$ 6
3	Connor	McDavid	9	U10	3	\$ 90	\$ 75	\$ 18	\$ 9	\$ -	\$ 27	\$ 219	\$ 225.00	3822599	\$ -	\$ 6
4	Zac	Efron	9	U10	2	\$ 60	\$ 50	\$ 12	\$ 6	\$ -	\$ 18	\$ 146	\$ 225.00	3840017	\$ -	\$ 79
5	Amanda	Smith	10	U10	3	\$ 90	\$ 75	\$ 18	\$ 9	\$ -	\$ 27	\$ 219	\$ -	3834747	\$ 219	\$ -
6	Mikayla	Shiffrin	11	U12	3	\$ 90	\$ 75	\$ 18	\$ 9	\$ -	\$ 27	\$ 219	\$ 225.00	3837666	\$ -	\$ 6
Total				14	\$ 420	\$ 350	\$ 84	\$ 42	\$ -	\$ 126	\$ -	\$ 1,022				

Coaching fees are \$30/day

Note: if this were a race, there would be a column for race entry fees

We will use the above camp as an example to walk parents through the trip report process:

- The estimated cost for the above camp on Zone4 was \$225 (which is what everyone “Paid on Zone4”). The actual cost for attending all 3 days of the camp was \$219 (please note, we round up to the nearest dollar).
- Billy Jole (#2) attended all three days, and he now has \$6 of credit.
- Zac Efron (#4) only attend two days. He is only paying 2/3 of the camp cost and will receive \$79 in credit.
- Amanda Smith (#5) missed the deadline to sign up. Luckily, the coach allowed her to attend anyways. Her parents didn’t pay for the camp on Zone4, and they now owe \$219 (see account payments on the next page).
- Adam Check (#1) became ill and was not able to attend, he will receive a full \$225 in credit. We cannot guarantee we will always be able to offer a full refund in credits... usually, race entry fees are non-refundable. We will always do our best to accommodate family emergencies, illness, and families who give plenty of notice prior to the camp.

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 Britt or Kyle an email and they will register your athlete (you do not pay on Zone4).

Where does credit go at the end of the season?

At the end of the 22/23 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. Otherwise, plan to use it next year!

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 Britt or Kyle during training.
2. E-transfer to programdirector.kyle@snowvalleyracing.ca

E-transfers

E-transfer are sent to programdirector.kyle@snowvalleyracing.ca. When typing in a security question/answer, we kindly ask that you use the password: **Skiseason2223**

This helps us to accept transfers more easily without needing to google the capital city of Portugal or who won the hockey game last night.

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 needs. 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 runs over some rocks in their shiny, freshly tuned race skis.

Poles

Poles are not permitted or needed 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 that U12 athletes who plan on participating in Provincial AASA U12 races (see page 34) have the following:

- Back brace (protects against spinal injuries in case of a crash during GS races)
- GS skis (ideal for U12 athletes who will attend the Provincial Canyon race and speed camp)
- Chin guard (protects the face against slalom gates)
- Cross blockers (protects the hands/knuckles against slalom gates)
- Shinnies (protects the knees and shins against slalom gates)

This equipment will vary based on the race, event, and your athlete's skill level. If your athlete does not plan to participate in any AASA U12 events, they likely will not need the above equipment. If you have any questions, please feel free to reach out to the U12 Head Coach (Britt).

Equipment NOT required

- Although they look fast, race suits/speed suits are not a mandatory requirement for Nancy Greene 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 participating 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 in the LTAD) and slightly changed to be more applicable to Snow Valley Racing NG parents.

Introduction

In general, each season your athlete's skis should be tuned periodically when needed. Skis can be professionally tuned at a local ski shop (we recommend Sundance, see page 56), or it can be done by parents. Many of the skills taught by coaches on the hill become incredibly difficult on dull skis (this is especially true on man made snow, which can be icier). Parents should look to keep skis in top shape, so their athletes can nail down the skills and techniques they're being taught (and not constantly trying to manage and compensate for bad equipment).

Before parents begin to tune skis, it is highly suggested they 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 keep 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 be 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 cleanly as possible.

The keys to ski tuning are:

- Having the necessary tools and materials available and seek 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.

Tools needed for ski race tuning

- Set of vices
- Ski brake retainer or sturdy elastic bands
- Flat block
- P-tex candles
- File guide (in Nancy Greene 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/

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 bevelling
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 (#150-#220 grit for light repair work, #80-#100 for more serious damage).
- Body file (for severe damage).
- Emery cloth (fine or coarse, depending on the damage).

ACA Video: <https://www.youtube.com/watch?v=vxbRwOUjls&list=PLaj8qQJC3oicog310G7jNMEVsq4CZ7kEL&index=2>

How to cut sidewall: <https://www.racewax.com/sidewall-cutting/>

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 coloured 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.

ACA Video: <https://www.youtube.com/watch?v=tVLa9hAwmLA&list=PLaj8qQJC3oicog310G7jNMEVsq4CZ7kEL&index=3>

Ptex Base Repairs and How to Apply Ptex: <https://www.racewax.com/ptex-base-repair/>

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 bevelling 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.

Video: <https://www.youtube.com/watch?v=yF8Qab7PKwQ&list=PLaj8qQJC3oicog310G7jNMEVsq4CZ7kEL&index=4>

Ski Base Flatness and Structure: <https://the-raceplace.com/pages/race-ski-prep>

4. Edge Bevelling

Bevelling 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. Edge bevelling helps to make the ski easier to steer or turn and stops the ski from running straight.

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 bevelling:

- Secure the tip and tail of the skis in the vices with the base up.
- 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).
- Mark the edges from tip to tail with a black felt marker every (10) centimetre.
- 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 bevelled.
- File the skis with smooth strokes from tip to tail on the right edge (tail to tip on the other side).
- 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).
- Always bevel the edges before the skis are machined.

Video: <https://www.youtube.com/watch?v=BBBjkCd1LZM&list=PLaj8qQJC3oicog310G7jNMEVsq4CZ7kEL&index=5>

About bevelling and edge tuning: <https://www.racewax.com/edge-tuning/>

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 Nancy Greene athletes really only need an 88, advanced U12's can use an 87). Sharpening edges are important to ensure athletes can perform well on the snow!

Use the following sequence for edge sharpening:

- Secure the skis in the ski vice.
- 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).
- Mark the edges with a black felt marker every (10) centimetre.
- Use smooth strokes from tip to tail, while keeping the file guide close to the body.
- Use a diamond stone after filing to polish the edges.
- Finish with a soft stone along the edges after polishing.
- 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 centimetres from the tip and tail toward the bindings).

Video: <https://www.youtube.com/watch?v=J665CsOchU4&list=PLaj8qQJC3oicog310G7jNMEVsq4CZ7kEL&index=6>

How to tune ski edges: <https://www.youtube.com/watch?v=cAEkCS-qiNE>

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.

Never wax before ensuring that ski bases have been brushed/cleaned of any debris.

Video: <https://www.youtube.com/watch?v=71TJfIcfjJs&list=PLaj8qQJC3oicog310G7jNMEVsq4CZ7kEL&index=7>

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.

Video: <https://www.youtube.com/watch?v=qlhEmqUFeUg&list=PLaj8qQJC3oicog310G7jNMEVsq4CZ7kEL&index=8>

Choosing Wax: <https://www.racewax.com/choosing-wax/>

Wax selection charts: <https://www.racewax.com/wax-charts/>

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).

Video: <https://www.youtube.com/watch?v=qlhEmqUFeUg&list=PLaj8qQJC3oicog310G7jNMEVsq4CZ7kEL&index=8>

Applying Wax: <https://www.racewax.com/wax-application/>

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 the 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 PD during Tuesday and Thursday SVR training sessions. Specific instructions will be included with the email to all program participants.

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, October 24, 2022. 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 2022/23 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 make the specified timeframes.

SVR Clothing and Helly Hansen Team Kit

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

Helly Hansen Team Kit

Helly Hansen is the provider of the official SVR Team Kit. The Team Kit products we offer from Helly Hansen 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.

Once during a season, product is ordered directly from Helly Hansen so we can sell it to you. Product arrival dates range from mid October – mid November. Once the product has arrived this fall, we will open the SNOW VALLEY RACING ONLINE STORE so you can purchase Team Kit. All members will be notified by email of the store opening, along with specific product / order information. In conjunction with the online store opening, we will have samples available for athletes to try (to determine sizing and fit).

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 available in November in conjunction with the start of training. Our goal is to have all product received and out to all who ordered prior to Christmas.

Purdys Chocolates (Fundraiser)

Each year SVR partners with Purdys Chocolates to host two amazing fundraising initiatives where our members and their friends and family purchase Purdys 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!

This season SVR will arrange for 2 Purdys Chocolate Orders; one at Christmas and one at Easter. Specific instructions and information will be sent out to all members via email once the specific season arrives.

Skip the Depot (Fundraiser)

Once again, this season SVR has registered with Skip the Depot. Skip the depot is everything you need to recycle your bottles, electronics, and clothing from the comfort of your own couch! Download the app. Book a pickup. Get your time back and donate the proceeds to SVR!

How it Works

1. Download the app or visit Skip the Depot on the web at skipthedepot.com
2. Book a pickup. The morning of your pickup day, place your recyclables outside.
3. Donate. Skip the Depot will send you a breakdown of everything counted, followed by your deposit.

Snow Valley Racing has been registered with Skip the Depot, so if you wish all proceeds from your recyclables can be donated to our club through Skip the Depot.

Perks of SVR Membership

Accommodation Rates

Bow Valley (Canmore)

SVR's hotel of choice in the Bow Valley is the Rocky Mountain Ski Lodge, in the town of Canmore. Snow Valley Racing has had a long and successful relationship with the RMSL over the course of many years. The hotel is centrally located and provides our team with everything we need for a successful trip.

Members of SVR receive a discount when booking with the Rocky Mountain Ski Lodge for each winter season. You can book rooms at the RMSL using a promo code "GOTEAMGO", which gives SVR members a 15% discount on the room rates.

Parents can book rooms through the Reservations Team by phoning 1.800.563.8764, or through the following website: <https://www.banfflodgingco.com/>. Parents will need to provide the name of our team ("Snow Valley Racing Ski Team") to be eligible for the discount at the time of booking.

More information on the Rocky Mountain Ski Lodge can be viewed on the web here: [Rocky Mountain Ski Lodge](#)

Jasper

In Jasper, SVR's preferred accommodations is the Lobstick Lodge. The Lobstick Lodge's parent company is Pursuit, formerly Mountain Park Lodges. In addition to the Lobstick, Pursuit has several other Jasper hotels under their banner.

Members of SVR receive a discount when booking with the Lobstick Lodge each winter season. The arrangement for 2022/23 is still currently under negotiations. Once a deal has been reached all SVR members will be notified, and this section will be updated with the 2022/23 booking information and discount codes.

More information on the Lobstick Lodge can be viewed on the web here: [Lobstick Lodge](#)



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 Ski Hill - Season Passes Discounts](#)

Mount Hood

About Mount Hood

For the past twenty years Snow Valley Racing has hosted an annual Summer Camp in Mount Hood, Oregon. The last summer camp SVR hosted in Mount Hood was in 2019, and we had 28 athletes join us for eight amazing days on world class summer snow.

Mount Hood is the premier summer training area in North America. The vertical drop of skiing terrain available to us is over 2700ft. The terrain includes flat areas, along with moderate and steep hills, ideally suited for SL and GS technical free skiing, drills, and courses. Every summer many of the top skiers in North America take advantage of the training available at Mount Hood. Year after year Mount Hood proves to be one of the best camps and training opportunities of the year for our athletes.

Training at Mount Hood

The main focus of summer camp for all athletes is to “return to basics”. We will spend time revisiting the fundamentals of skiing and developing a strong body position on the ski. Athletes’ stance and balance will be challenged in various terrain, drill environments and course environments. Focus will be placed on building a balanced platform which enables an athlete to control the ski and react to external factors.

Summer Camp is a unique time of the year, where there are no external pressures from upcoming training camps or races, and we can take the time necessary to revisit the fundamentals that often get overlooked throughout a busy winter and race season.

Location

The ski resort that hosts summer training on Mount Hood is Timberline Lodge (TIMBERLINE LODGE | MT. HOOD, OREGON). The team accommodations are located in the small town at the base of Mount Hood, named Government Camp. It is a short (15 minute) drive from Government Camp up to Timberline Lodge each day. The Mount Hood National Forest area is the host of many activities (hiking, biking, paddling, climbing, etc.) all within a close proximity to Government Camp which provide exciting options for dryland and our rest day.

Dates

Traditionally, SVR will depart the day after school is out for the summer. In total the camp is 12 days long, with 8 days on snow, 1 day off, and travel days on each end.

Team Travel

SVR offers a full “all inclusive” style Team Travel package for this trip (which is how many of our athletes choose to participate). We also accommodate an “a la carte” style for families that want to come alongside their athletes. Additional information and an official SVR Trip Notice will be available in the spring of 2023.