

ADANAC SKI CLUB



Parent Handbook

2010 / 2011

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Welcome to the Adanac Ski Club!

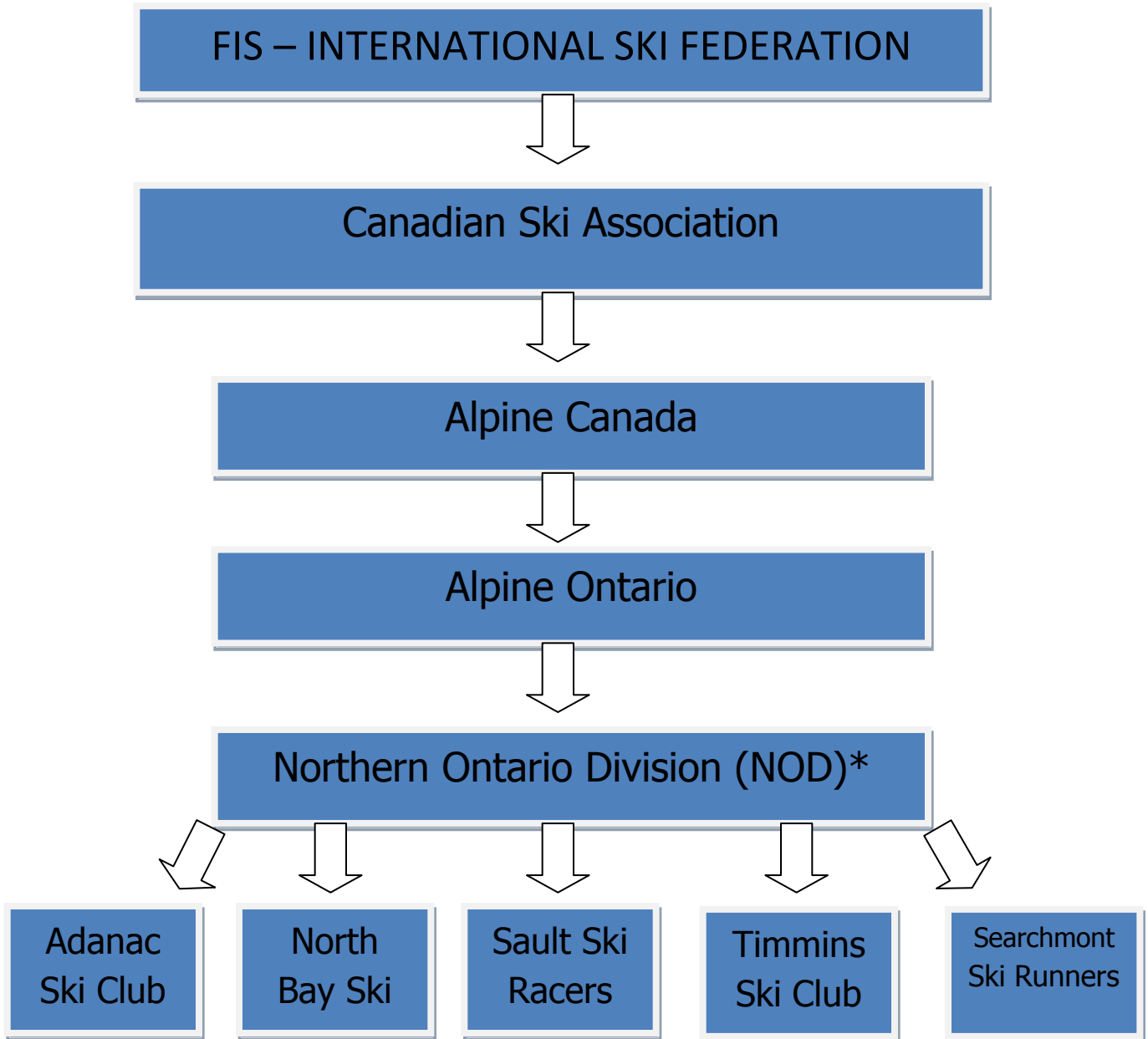


This handbook has been designed to provide parents of skiers in our club with some information on the different programs, the club, as well as contact information.

Adanac Ski Club is operated by a volunteer board of elected members. We are a not for profit organization. Our club relies heavily on parent and community volunteers to ensure optimal programs for our skiers. Ask how you can help today!

Our club is blessed with excellent coaches who are passionate about the sport and committed to continual coaching development. All Adanac Ski Club coaches are certified with the Canadian Ski Coaches Federation (CSCF) and / or the Canadian Ski Instructor's Alliance (CSIA).

ORGANIZATIONAL STRUCTURE



*NOD races are put on for K and J racers (aged 11 and up)








(Nancy Greene races are hosted by individual clubs)

Structure of Adanac Ski Club 2010-11

Executive

President	Past President	Vice President	Treasurer	Secretary	Alpine Chair
Chad Wilkinson	Chris Ransom	Gord Costigan	Jennifer Booth	<i>Vacant</i>	Stephen McCulloch

Committees

ALPINE COMMITTEE	NANCY GREENE COMMITTEE	K/J COMMITTEE	RACE COMMITTEE	FUNDRAISING COMMITTEE	MARKETING / PUBLICITY COMMITTEE	FINANCE COMMITTEE
Alpine Chair Steve McCulloch 	NG Chair Veronica Neilson 	K/J Chair John Kusnierczyk 	Race Administrator Juliette DelBosco 	Fundraising Chair Cory Willoughby 	Marketing Chair Marett McCulloch 	Treasurer Jennifer Booth 
Head Coach Brad Sidock	NG Coaching Coordinator Jeff Laberge	Event Registration Coordinator Sandy Wilkinson	Vice President Gord Costigan	Secretary <i>Vacant</i>	Past President Chris Ransom	President Chad Wilkinson
NG Chair Veronica Neilson	NG Assistant Coordinator Sarah Laamanen-Costigan	Travel Coordinator <i>Vacant</i>	Other members of Race Organizing Committee <i>Vacant</i>	Other members of Fundraising Committee <i>Vacant</i>	Other members of Marketing / Publicity Committee <i>Vacant</i>	Secretary <i>Vacant</i>
NG Coaching Coordinator Jeff Laberge	Registration Coordinator Christine Moxam	Finance Coordinator Dario Romani	Other members of Race Organizing Committee <i>Vacant</i>	Other members of Fundraising Committee <i>Vacant</i>	Other members of Marketing / Publicity Committee <i>Vacant</i>	Alpine Chair Steve McCulloch
Assist. Coaches		Registration Coordinator Christine Moxam	Other members of Race Organizing Committee <i>Vacant</i>	Other members of Fundraising Committee <i>Vacant</i>	Other members of Marketing / Publicity Committee <i>Vacant</i>	K/J Chair John Kusnierczyk
K/J Chair John Kusnierczyk			Other members of Race Organizing Committee <i>Vacant</i>	Other members of Fundraising Committee <i>Vacant</i>	Other members of Marketing / Publicity Committee <i>Vacant</i>	

COMMUNICATION

If at any time, you have a question about various aspects of the ski program, we would encourage you to read this parent handbook or check the Adanac Ski Club website as it has valuable information that may answer your question.

Simply click on www.adanacskiclub.com

If you are still in need of answers, please feel free to contact our club Executive Members. Contact information is as follows:

Title	Executive Member	Contact Information
President	Chad Wilkinson	petvets@vianet.ca
Past President	Chris Ransom	ransom@metrodesignonline.com
Vice President	Gord Costigan	gordon.costigan@gmail.com
Alpine Chair	Steven Mc Culloch	stephenm@cambrianford.com
Treasurer	Jennifer Booth	boothj@vianet.ca
Secretary	TBA	
Registrar	Christine Moxam	cdmoxam@sympatico.ca

Useful Information and websites:



Alpine Ontario www.alpineontario.ca




Alpine Canada www.canski.org




International Ski Federation www.fis-ski.com




It is our hope that this information will provide you with a greater understanding of the Adanac Ski Club and the Husky Snowstars Program. We thank you for your interest and encourage you to contact us with any questions that you may have.

ADANAC SKI CLUB TIMELINE

Month	Specific Date / Time	Event	Details
October	Oct. 2	Registration forms available	Forms emailed to members and eventually available on ASC website 
	Prior to Oct. 24 th	Check what ski gear you have and figure out what you need	If unsure, ask for more info. on Oct. 24 th at Ski Swap / Information / Registration Day
	Oct. 15	K's and J's Pre-Christmas training camp deposit due	If registering for Pre-Christmas camp, \$200 deposit due
	October 24 th , 1-4pm	Ski Swap / Information / Registration Day	- ski swap - ski tuning demonstration - information session - skier registration
November	Nov. 1 st	Registration forms and deposits due	-Nancy Greene aged 6-10 (Sat only) \$340 -Nancy Greene aged 8-12 (Sat and weeknight) \$395 - K's and J's (Sat, Sun, and weeknight \$450 of the \$895 due, cheques post dated Dec. 1 st for balance of ski registration (\$445) and Pre-Christmas training camp (approx. \$699)
	Early Nov.	Outside Store Equipment Night	Technicians help families select equipment and ensure proper sizing. (Discounts on ski equipment available.)
December	Date to be determined	K's and J's Pre-Christmas training camp	Cost is approx. \$899 (\$200 deposit due on Oct. 15, balance due on Dec. 1)
	Prior to Dec. 24	Adanac Ski Hill Season Pass	If purchasing a season pass, save money by buying your pass before Dec. 24th
	Dec. 28-31	Christmas Camp	-open to all Adanac Ski racers -included in ski registration fees
January	Week of Jan. 3	Ski Training Days begin	- check website for training schedule - check "Training Days" pg. for details
January to March	Date TBD	Adanac Fun Race	K's and J's host a fun race at Adanac Ski Hill for Nancy Greene racers.
	Dates TBD	Out of town Races and Training Camps	Watch for Race Notices and Training Camps applicable for your skier's division and register if able to attend
March	Last weekday night before March Break	End of Ski Season	
April	Date TBD	Year End Ski Banquet	Dinner, awards, parent meeting

RACER PROGRAMS

Program	Age	Description	Training Days
<p data-bbox="131 380 375 485">E Program "Nancy Greene Program"</p> 	aged 6-10	<p data-bbox="704 380 1122 485">Where skiers learn to ski and race for fun, race finish times are not given.</p> <p data-bbox="704 531 1073 590">DOES MY CHILD HAVE TO KNOW HOW TO SKI FIRST?</p> <p data-bbox="704 596 1130 1125">This is a "learn to race" program vs. a "learn to ski" program. It would be strongly recommended that the parent have their child out skiing before the first training day. Your child should be able to ski down the hill unassisted and be accustomed to using the chair lift (or the parent should be on skis and available to assist their child on the various lifts).</p>	<p data-bbox="1157 380 1357 411">1 training day</p> <p data-bbox="1157 457 1357 527">Saturday mornings only</p>
	aged 8-10	<p data-bbox="704 1215 1084 1320">Young skiers, as described above, who want to train 2 days per week.</p>	<p data-bbox="1157 1215 1370 1247">2 training days</p> <p data-bbox="1157 1293 1414 1398">Saturday mornings and one weeknight (TBD)</p>
	aged 11-12	<p data-bbox="704 1446 1130 1667">Skiers who are old enough for K1 but do not want to get into more serious racing yet, may still be a part of the Nancy Greene program. Race finish times are not given.</p>	<p data-bbox="1157 1446 1370 1478">2 training days</p> <p data-bbox="1157 1524 1414 1629">Saturday mornings and one weeknight (TBD).</p>

<p>K1 Program</p> 	aged 11-12	First experience with competitive racing, where racers receive individual timing results and awards. At this level your racer will be "carded" (see explanation below).	3 training days Saturday and Sunday mornings, and one weeknight (TBD).
<p>K2 Program</p> 	aged 13-14	Competitive route for those racers with the intent to race at higher levels.	3 training days Saturday and Sunday mornings, and one weeknight (TBD).
<p>J Program</p> 	aged 14 and over	Competitive level for racers in this age category. Significant travel and time commitment required.	3 training days Saturday and Sunday mornings, and one weeknight (TBD).

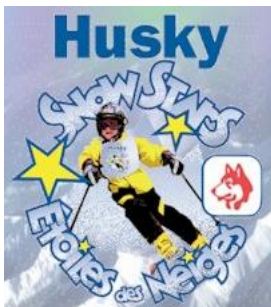
NOTE - Program eligibility is based on age as of December 31, 2010

Nancy Greene Program

Adanac Ski Club offers a Nancy Greene Program for racers ages 6-12 at Adanac Ski Hill.

The Nancy Greene Ski League introduces children to competition. Races, hosted by individual clubs, 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. The events usually include a fun race at Adanac, and two away races (either in Timmins, North Bay or Sault Ste. Marie) - the Boreal Cup late in January and the Nancy Greene Finals at the end of the season (held in Sudbury every 4th year).

During weekly training, coaches work on skill development with racers according to guidelines set out in the Husky Snow Stars Program.



Husky Snow Stars Program

The Husky Snow Stars, Alpine Canada's skill development program for young skiers, guides the skier, parent and coach through the appropriate skill progression. It consists of seven steps that outline key skills that the children require to progress from beginner to the athletic skier, and eventually to learn the basic tactical skills that are needed to learn to be a ski racer.

K1 Program and "Carding"

At age 11, your child can register in the K1 program. At Adanac Ski Club, K1 racers will be registered with Alpine Canada and become carded. The fee for carding is included in your registration fees. Carding allows your child to race in NOD (Northern Ontario Division) races and allows for a points scoring system that ranks athletes nationally and internationally. This is used to help determine quota spots for certain races and start order for example.

WHAT DOES IT COST?

Program	Age	Description of Costs
E Program "Nancy Greene Program"	aged 6-10	<p><u>Sat. only</u> ski registration: \$340</p> <p>Plus individual race costs –<i>optional</i> (approx. \$100 or more per race)</p> <p>No race fees charged for Adanac Fun Race</p>
	aged 8-12	<p><u>Sat. and 1 weeknight</u> ski registration: \$395</p> <p>Plus individual race costs (approx. \$100 or more per race)</p> <p>No race fees charged for Adanac Fun Race</p>
K1 Program	aged 11-12	<p><u>Sat., Sun. and 1 weeknight</u> ski registration: \$895.00 (\$450 due Nov. 1, cheque post-dated Dec. 1 for \$445 also due upon registration)</p>
K2 Program	aged 13-14	<p>Plus approx. \$899.00 for out of town Pre-Christmas Training Camp (\$200 deposit due Oct. 15, balance of approx. \$699 due on Dec. 1)</p>
J Program	aged 14 and over	<p>Plus race registration fees and other training camp fees (Cost varies for each event)</p>
<p>Notes:</p> <p>1. There is no additional charge for the 4-day Adanac Christmas Camp.</p> <p>2 Skier Registration fees DO NOT include lift tickets or season pass. All training days are considered a "half day". See next page for most recent Adanac Ski Hill prices listed on http://www.greatersudbury.ca/content/div_leisureservices/documents/Leisure_Guide_Fall_2010_English_WEB1.pdf</p>		

Adanac Ski Hill Lift Ticket Prices

Season Pass	Age	Before Dec. 24	After Dec. 24
Individual Season Pass	Junior (ages 6-14)	\$250.00	\$300.00
	Student (15+ with a student card)	\$285.00	\$340.00
Family Season Pass	2 people	\$500.00	\$610.00
	3 people	\$760.00	\$910.00
	4 people	\$910.00	\$1,040.00

Note...Season passes will be available for purchase at all Citizen Service Centres after October 25.

Pass / Ticket	Age	Half Day
5-Day Pass Card (Card holders can choose any five days in the 2010-2011 ski season.)	Junior (ages 6-14)	\$68.00
	Student (15+ with a student card)	\$80.00
Individual Lift Tickets	Junior (ages 6-14)	\$15.50
	Student (15+ with a student card)	\$17.50

All above prices include HST.

Withdrawing From Program

A \$50 processing fee will be charged for withdrawals prior to the start date of Adanac Xmas camp. Also, fees payable to Alpine Canada, Alpine Ontario and Northern Ontario Division cannot be refunded. (2009/2010 season fees ranged from \$125 to \$175 depending on age of racer, 2010/2011 rates are unknown at this time). Refunds net of fees will be prorated depending on how much time is left in the program. Once the program has been operating for 50% of its duration, there will be no refunds

TRAINING DAYS

TYPICAL DAYS AT THE HILL

Saturday morning Training (all ages, all racer divisions)	
8:30am	– arrive, obtain tickets, suit up
8:45am	– find group, stretch and warm up with coach
9:00am	- hit the slopes
11:00 or 11:30am	– lunch (skiers should have a packed lunch - groups eat together and then ski until 1pm)
1:00pm	– training day finishes

Sunday morning Training (K and J divisions only)	
8:30am	– arrive, obtain tickets, suit up
8:45am	– find group, stretch and warm up with coach
9:00am	- hit the slopes
11:00 or 11:30am	– lunch (skiers should have a packed lunch - groups eat together and then ski until 1pm)
1:00pm	– training day finishes

Weeknight Training (all racers on a 2 or 3 day training schedule)	
(Start time for weeknight training below is yet to be confirmed)	
4:30pm	– arrive, obtain tickets, suit up
4:45pm	– find group, stretch and warm up with coach
5:00pm	- hit the slopes
7:00pm	– training finishes for skiers aged 11 & 12 in Nancy Greene program
8:00pm	- training finishes for all K and J programs

Note- Washroom and warm-up breaks are provided as required.

Please note that all groups will leave at the designated "hit the slopes" times listed above. Should you be late, please do not leave your child unattended. Wait with your child until he/she meets the group at chairlift.

COLD WEATHER PROCEDURES

On cold days, the children will come in for warm-up breaks during the training session at the discretion of the coach.

In the event of extreme cold temperatures, parents should check the Adanac Ski Club website (www.adanacskiclub.com), before leaving home, to determine if training is cancelled. If a training day is missed due to weather conditions, we will try to make it up on an alternate day if possible.

LOST CHILD POLICY

In the event that a child is separated from the group they are to head to the base of the lift. They will wait there for their group. If they can't find their group they are to identify themselves to the lift attendant. The lift attendant will then contact the Ski Patrol. It is imperative that the children know what to do in the event that they get lost.

SKI GROUPS

The Coaching Coordinator will place the skiers in groups with a coach early in the season. Each week, skiers will ski in these groups with their coach. If your skiers' group or coach changes during the season, the skiers will be notified and a list will be posted on the ASC bulletin board at the Chalet.

Training during out-of-town race weekends: During out-of-town race weekends, training will still take place at Adanac Ski Hill for those skiers not attending the race. Restructuring of the groups will likely be necessary for these days and your skier will have a new coach if their regular coach is out of town for the weekend.

TRAINING DAY CHECKLIST

Before Leaving Home	<p>Pack:</p> <ul style="list-style-type: none">➤ lunch and snacks (spending money for canteen if desired)➤ appropriate clothing for cold, windy, and wet days. Layers work quite well. Facemasks and neck warmers can make those cold days a lot more fun. Hand warmers are highly recommended.➤ CSA approved helmet➤ skis, ski boots and ski poles➤ ski goggles➤ sunscreen on the sunny days <p>*Note – Please ensure all equipment is labelled clearly with your racer's name.</p>
At The Hill	Be sure to show up on time. All groups will make one lap past the club cabin to pick up latecomers.
	All skiers must have a current Adanac Ski Hill seasons pass, or lift ticket before they are dropped off to their group.
	Please have your young racers use the washroom before heading onto the snow.
End of Training Day	Be sure to pick up your child on time.

OUT OF TOWN RACES / TRAINING CAMPS

RACE / TRAINING CAMP GUIDELINES

	Nancy Greene Program	K and J Programs
Race Registration	Racers will receive notice of upcoming races via email. You can register for any of these races with the Nancy Greene Race Coordinator.	Parents must notify K/J Race coordinator about which races / training camps they will be attending.
Costs and Payment	Race Fee includes lift ticket, coaching fees, registration fee and banquet (if applicable). Payment is due upon registration prior to each race. Race fee will vary for each race. Once registered for a race, refunds will not be provided.	Race fees and training camp fees include racer lift tickets, coaching fees, registration fee, food, and accommodations. Post-dated cheques will be collected for each race at the Christmas camp.
Hotel Accommodations Check if block of hotel rooms have been blocked for Adanac Ski Club	Book hotel room for your family, including your racer.	Racer accommodations will be booked by K/J Travel coordinator. Racers stay as a team in rooms with parent/coach chaperones. Parents should make arrangements for booking their own rooms (consult with K/J Travel Coordinator if you have questions).
Food	Parents are responsible for providing meals for their racer.	Food will be provided for racers at each event. Food will be purchased and prepared by parent volunteers for each race.
Transportation	The club does not provide transportation to out of town events. It is the responsibility of the parents to be sure their children are at the hill and that they arrive on time. You may want to talk with other parents or the K/J Travel Coordinator if you want to car-pool.	

FYI...

If my child is in the Nancy Greene Program, can they race in NOD races?

For the last few years, some of our Nancy Greene racers participated in some of the NOD races by invitation. The NOD division executive stressed to all clubs that the NOD races are designed for older racers (11 and over). If interested, please discuss with your coach, which races would be appropriate for your child.

TYPICAL RACE DAY SCHEDULE

(Prior to race day, parents should check with Race Coordinator to determine what time to arrive at the hill).

1	Arrive at hill (get racing bib and lift ticket)
2	Meet With Race Day Coach
3	Practice runs with coach
4	Course inspection with coach
5	1 st Race
6	Lunch Break with ski group and coach
7	Course inspection with coach
8	2 nd Race
9	Awards Presentation

*** NOTE * Racers need to remain with their coaches at all times during race days unless otherwise directed. Coaches will provide direction as to when and where skiers should be.**

PARENT INVOLVEMENT

Parents are encouraged to check in with race organizers to see if assistance is required during race day.

After racers have gone with their coaches, parents may choose to purchase lift tickets and ski for the day or walk to the race course to watch the racers. (Be sure to dress according to the weather!)

HOW CAN PARENTS HELP?

Parental Commitment

The success of our club depends on the contribution of its members. ASC keeps program costs low and quality high through fundraising and volunteer involvement and tries to have fun while doing so.

Adanac Ski Club is run by volunteer parents. Each family is expected to contribute through fundraising as well as volunteer work.

Ways you can help:



- Fundraising (selling, organizing, promoting,...)
- Saturday helper (help younger children up the ski lifts, help set up and tear down training race courses,...)
- Race Day helper (gatekeeper, timer, announcer, course crew to set up and tear down race courses, finding sponsors for trophies and prizes,...) We will arrange training for these race positions. Parents are encouraged to take the officials course which the club will organize for December or January of this year.
- Coaching (CSCF Certification required) or assist with coaching. Parents are encouraged to attain their coaching certification.
- Join the club executive or assist on one of the various committees.







As a parent it is your responsibility to:

- get your skier to and from training on time
- ensure your child is dressed appropriately for the weather
- encourage your child
- fulfill your volunteer commitments
- be at the hill while your child is there (or arrange with alternate parents for childcare) **if your child is very young**

EQUIPMENT

It is the responsibility of the parent to provide ski equipment for their child. It is strongly recommended that you discuss your needs with your coach or local sports store to avoid purchasing equipment that may not be appropriate for your racer.

Equipment	Guidelines
<p data-bbox="186 556 470 598">Warm Up Suits</p> 	<p data-bbox="552 556 1421 709">Team jacket and snow pants can be ordered in the spring for team members. It is strongly recommended that you check with other members as skiers may have outgrown their suits. They have the Adanac Ski Club logo and are very warm.</p>
<p data-bbox="186 892 365 976">Ski Boot Selection</p> 	<p data-bbox="552 892 1429 1291">Fit and flex are the most important functions of any ski boot. The need for a proper fit is paramount in the overall function of the boot. While the growth of the child's foot during the season should be considered, buying oversized boots is counter-productive to performance and fit. The chosen boot must allow for good ankle flexion, with the upper and lower cuff flexing simultaneously. If the lower leg moves forward and the upper cuff moves very little, then the boot is likely too stiff. This will inhibit the child's alignment and ability to maintain balance as well as the ability to move his/her legs up and down while skiing.</p> <p data-bbox="552 1297 1412 1369">There are generally two design options when choosing a ski boot, the first being an overlap design, and the second being rear entry.</p> <p data-bbox="641 1375 1356 1446">Overlap Design – Strongly recommended for athletic skiers and racers</p> <ul data-bbox="600 1453 1388 1627" style="list-style-type: none"> - Cuff articulates with the lower shell using a hinge at the ankle joint - Overlap design should allow natural ankle flexion and promote side to side, or lateral stiffness. This is a critical factor in their skill development. <p data-bbox="641 1633 1226 1705">Rear Entry – Not recommended for athletic Skiers and racers</p>

<p>Guidelines for Ski Sizing</p> 	<p>Yes, the new shaped skis are as good as their reputation. Due to the improved design, kids are learning to carve clean turns at a younger age. Shaped skis will also allow for accelerated skill development, when compared to conventional or straight skis. When choosing skis for your child it is better to go with a shorter ski rather than a longer one. A shorter ski will assist in turning, and encourage a quicker progression of skiing skills. The ski should measure between the nose and the top of the forehead of the child. Longer lengths may become appropriate as the child develops his/her skiing skills, and increases his/her strength.</p>
<p>Bindings</p> 	<p>All new children's bindings currently available on the market are appropriate and safe if properly adjusted by a qualified technician. Parents should NOT adjust an athlete's bindings. This task is best left to the trained professionals.</p>
<p>Ski Poles</p> 	<p>Ski poles must be long enough for the child and should feature a small grip to suit the child's smaller hands. To ensure proper sizing, please contact your child's coach or the technicians at a sports store that supplies ski equipment.</p>
<p>Helmets</p> 	<p>Helmets are mandatory for all participants. Next to the safety features of the helmet, proper fit should be the most important factor when purchasing a helmet. A helmet should fit tight enough that if you move it back and forth the child's forehead will move with it. Trained retail technicians will match the child's head shape with that of a similar helmet style.</p>
<p>Racing Suits</p> 	<p>Racing suits are strongly recommended for all K and J racers but are not allowed at the Nancy Greene level. They are made of stretchy material that minimizes friction to maximize racer speed during a race. They are usually worn with warm up shorts prior to a race to maintain warmth.</p>
<p>Goggles</p> 	<p>Consult your local ski store, or ask your coach, for advice on fit and requirements for goggles.</p>

Opportunities for Purchasing / Selling Ski Equipment

Please be aware that there will be a Ski Swap hosted by the Adanac Ski Club on October 24, 2010. Please check your e-mails for further details. This is a great opportunity to get great quality equipment at a reduced price. Our younger racers will especially benefit as the reason for most equipment/clothing being sold is that the racer has outgrown it.

The Outside Store has also worked with Adanac Ski Club to host a ski fitting/equipment ordering night so members can order their equipment for the season at discount prices. There is also the expertise of ski technicians to ensure proper fitting. This will take place early in November – watch for the announcement.

Adanac Ski Club website has a section where used equipment, clothing and other ski related items are posted for sale. Please feel free to contact Chris Ransom, web administrator, to add items you wish to sell to the site.