



191 Hurontario Street, Suite 10
Collingwood, Ontario
Canada L9Y 2M1

Tel: (705) 444-5111
Fax: (705) 444-5116
E-mail: aoainfo@alpineontario.ca
Web: www.alpineontario.ca

Kinder II (K2) Selection Guidelines 2005-2006

DOMESTIC & INTERNATIONAL RULES FOR K2 ATHLETES - 2005-2006:

- The maximum number of nationally pointed races per calendar year is 20 – additional domestic starts will be purged from the athlete's point's list and athlete and manager may face sanction by ACA.
- International Events (Topolino & Whistler Cup) will not count as official starts
- Equipment Regulations:
 - Giant Slalom – minimum radius 17 meters
 - Giant Slalom – minimum length 130cm
 - Maximum ski height (bindings, plate & skis): 50mm
 - Maximum boot height (boot sole): 45mm
 - Ski helmets specific to alpine skiing for all events are mandatory (full backed helmets and face guards for slalom are recommended) All types of slalom helmets (including face guards) are currently accepted. It is highly recommended to wear a helmet with smooth top surface whose shell and padding cover the head and ears, and which have been certified by recognized institutes.

Mars® K2 Series 2005 - 2006

It is mandatory that in order to race in the Mars® K2 Series athletes must meet the following minimum criteria:

- Be enrolled in an approved dryland program
- Take part in the AOA Spring and Fall dryland testing
- Minimum of 10 days on snow by Jan 1st
- Minimum 3 days per week on-snow training during the season

It is up to each club to enforce these criteria.

AOS K2 Time Trials for Taschereau

Dates:	January 5th and 6th, 2006
Location:	Osler Bluff and Craigleith
Qualification:	Anyone who qualified for the K2 Canadian Championships as a 13 year old last year and anyone who qualified for Whistler Cup as a 12 year old last year, is eligible to attend the Time Trials, or by request to the AOS K2 Coaches Committee by way of AOA office dfindlay@alpineontario.ca before Jan. 3 rd , 2006
Events To Be Held:	The Wendy Buda GS race at Osler on Jan 5 th , will serve as the GS time trials, counting the best run of two. SL time trials will be held at Craigleith on Jan 6 th , using the best 2 out of 3 runs, or best 3 out of 4 if possible. Seeding for the SL time trials will be random with girls first. Start order for later runs will be adjusted to be fair for all.

These time trials are only for those racers who meet the minimum criteria for participation in the K2 series as set out above. Anyone who attends these time trials will be obliged to race at Taschereau if they qualify. In other words, racers should not attend the time trails if they do wish to go to Taschereau.

Taschereau

Dates: January 14 and 15, 2006
Location: Mt. Tremblant, Quebec
Events To Be Held: 1 SL / 1 GS

AOA Selection is based on:

- Base quota for AOA is up to 35 competitive athletes (15 AOS, 5 NCO, 5 NOD, 5 LSD) – 5 Discretion to be determined by AOA K2 Committee.
- Race is for 13 and 14 year olds only, 12 year olds are not permitted to race

AOA Seeding Guidelines:

- If the Taschereau R.O.C. seeds by province then seeding will be by last year's provincials by technical events.
- Divisions will let AOA know whether or not they will be using all of their quota by January 5th, 2006.

Topolino Italy

- Alpine Canada has confirmed their policy regarding Topolino. Canada will have no entries to Topolino for 2006.

Ontario K2 Championships

Dates: February 21 - 25, 2006
Locations: National Capital Division - Calabogie
Events To Be Held: 2 SG, 1 GS, 1 SL, 1 Combo Event

Regional Quota:

A.O.S. -	60
N.O.D -	25
L.S.D.A. -	25
N.C.D. -	30
Host Div.	20

	160

- *Seeding for this event will be as follows - NOD - 2 / LSSD - 2 / NCD - 3 / AOS – 8*

AOS Selection is based on World Cup (top 30) points from the AOS Mars® K2 Series. Racers total points will be based on best SL, best GS, best SG and best other result. Individual runs will be used to calculate this selection, but the overall standings in the Mars K2 series will be based on total race results (2 run total for SL and GS). Should any racers overall placing (2 run combined time) exceed the placing they achieved by individual run, then the overall placing would be used. This would only be used for racers finishing in the top ten.

- A limited number of spots may be reserved for committee discretion, based on injury, illness or compelling personal circumstance and backed up by appropriate data.
- The gender split of male /female will be decided by the coaches committee, based the strength of the fields- male vs. female
- Athletes competing in the AOS Mackenzie K2 Team League may qualify based on achieving a top 2 finish in any event at the Mackenzie K2 All-Star event (Feb 4 & 5 Horseshoe Valley & Toronto Ski Club) excluding overall positions (maximum of 4 per gender). Athletes, who fail to achieve a top 2 result, will not be eligible to participate at the K2 Provincial Championships.
- The Selection meeting will take place on the evening of Feb 12th 2006.

Alpine Ontario South - Seeding Procedure:

- Seeding at the SL, GS and Super G events will be done based on World Cup points accumulated within Mars® K2 Series by event using WC points accumulated in the racers best finish per discipline. Seeding will be based on the same lists as was used for selection to the event (based on individual runs). Seeding will be, or has the potential to be different for SL, GS and Super G.

Canadian K2 Championships

Dates: March 20-25, 2006
Locations: Mt Tremblant, Quebec
Events To Be Held: 2 SG, 1 SL, 1 GS, 1 Combo race
Automatic Regional Quota: A.O.S. – 9 (minimum of 3 of one gender); N.O.D. – 2; L.S.D – 2; N.C.D. - 2

Selection for all Regions:

Will be based on Ontario K2 Championships - best pointed racers from each of the four regions from these events will take the automatic spots - all regions will abide by this rule. Racers total points will be based on the best GS run best SL run, best SG run and best Combo run. Points calculation will be based on top 30 World Cup points. Each individual race run will count towards selection, but not towards title of Ontario Champions. Should any racers overall placing (2 run total time) exceed the placing they achieved by individual run then the overall placing would be used. This would only be used for racers finishing in the top 10.

Selection of Remaining Spots:

Will be based on the Ontario K2 Championships - the remaining athletes from all regions will be ranked using their World Cup Points. A meeting of the Regional coaching representatives will determine what the ratio of male to female is appropriate by analyzing the quality of the field. Illness or injury can be used for discretionary spots only - not automatic spots. A list of only 5 alternatives will be made above the base quota. The Provincial Coaches committee will make the final decision on number of athletes Ontario plans to send to the National Championships.

It is Ontario's plan to send all athletes they can this year to the National Championship race.

Sierra Wireless Whistler Cup

Dates: April 6- 9, 2006
Locations: Whistler, B.C.
Events To Be Held: K1 - 1 SL/1GS

K2 - 1 SG/1 GS/ 1 SL

Team Canada

Beginning in 2005, ACA introduced a training camp for the top K2's and K1's prior to the races of the Whistler Cup. This practice will continue in future years but the details of the 2006 program are still under discussion. Details will be provided when they are finalized.

Provincial Quota for Sierra Wireless Whistler Cup

K2 Quota: 12 skiers

Total number of quota to be confirmed with BC.

Team Ontario AOA K2 - Selection and seeding:

- Selection and seeding for the first six spots (3 male and 3 female) will be based on selection to the K2 Canadian Championships. In other words, the top three finishers from the provincial championships, based on World Cup top 30 points for complete races (2 runs combined) will automatically qualify for the Whistler Cup. The remaining six spots will be based on results from the K2 Canadian Championships using World Cup top 30 points for best individual runs of SG, SL, GS and Combo.
- These racers will be given first option to race - if a spot is turned down it will go to the next person on the list. Twelve spots will be available for this race.
- Because the Whistler Cup is an International Race it is not considered an official start. The maximum number of starts for a K2 racer does not include Whistler Cup event.

Other Out Of Division Races - Timmins, Inco, Nissan etc.

- AOS quota spots or equivalent will be - J1/J2 - 20%, K2 - 50%, K1 - 30% based on most recent race results in A.O.S. - A.O.S. Cup Standings, Mackenzie K2 All-Stars, Ontario K1 Championships
- For all out of Division Invitational races priority will be given to athletes according to their Divisional standing in their respective Divisions (K2, J1, and J2). Best ranked athletes according to their position in AOS standings will be given the first opportunity.

Policies and Procedures for Selection

- All coaches should inform their athletes and parents at the start of the season the following protocol: Any appeals of a committee decision, any questioning of the selection guidelines or criteria, any discrepancies or questions related to any selection process must come from the athlete's delegate coach to the AOA office. The coach will be the main representative of the athlete in question. Only appeals from the athlete's coach will be considered.
- The coach of any athlete who fails to compete in any competition for any compelling reason must inform the K2 Committee immediately. The reason must be documented very clearly, so all are aware well before

any selection or discretion is put forth. Examples may include injury, sickness, serious family or personal issues etc.

- All athletes must sign and complete standard Athlete Agreement and medical consent form before going on any overnight trip away from the division.
- After any selection a list will be posted on the AOA website www.alpineontario.ca. Individual members of the committee will report directly to their club designate after the meeting.
- All entries have to be made to the AOA 14 days prior to the competition by their clubs designate
- All clubs will have 24 hours after being notified to appeal a decision in writing from the Head Coach to the Chair of the K2 Coaches Committee.
- A.O.A. will appoint one coach to speak on behalf of the Province to be the designated Team Captain and represent all the clubs best interests for Tashereau, Nationals & Whistler Cup. The Team Captain will be responsible for: making sure all athletes have their athlete agreements and emergency consent forms signed, organizing other coaches on a daily basis (training space, course setting, position on hill etc), setting ground rules for the event – reminding athletes of curfew, rules of behaviour, nightly meeting etc.
- All coaches taking part in the above races will travel at the expense of their own clubs, but are required to take part in all team meetings and must assist the Team Captain in any way he/she deems appropriate.
- Any coach or athlete representative that is not present at a selection meeting, after given fair prior notice, may result in the removal of the athlete from the selection process (the final decision will be based on committee discretion). It is the coach's responsibility to ensure that they are getting the information on a regular basis.

Policy regarding taking athlete above full quota situation:

- An alternate list of 5 athletes will be made. If additional spots become available, and if the program these athletes are associated with wants to take them, they may do so, but they would be entered in the order that they come up on the list. The list does not go beyond 5 male and 5 female, regardless of what happens at the race.
- No exceptions to this policy will be tolerated. It must be adopted by all, and leadership must be taken from the Committee.