



EDMONTON ALPINE SKI RACING SOCIETY (ESC)

PARENT MANUAL

2020/21



escalpine.com

info@escalpine.com

EDMONTON ALPINE SKI RACING SOCIETY

Registration information

ZONE 4 - **ESC Alpine Registration 2020/2021**

Step 1 – Go to Zone 4 Registration Form <https://zone4.ca/register.asp?id=24510>

Step 2 - Please read all waivers and details on Page 1 of the registration form.

Step 3 - Once you check out, you will get a summary of fees and cheques required.

Step 4 - Purchase an ESC Seasons pass for your athlete(s). You can purchase your passes online: <http://www.edmontonskiclub.com>

Fees:

1. Program Fees
 - **Cheques payable to “EASRS”**
 - **Etransfers can be made to treasurer@escalpine.com**
2. ESC Alpine Membership: \$10 per person – allows opportunity to vote
3. North Zone Fee \$25
4. Athlete Alberta Alpine Fee (\$135 U6 – U8, \$170 U10 and up)
5. Family Insurance Fee \$80
6. Safeway/Sobey's Grocery Card - To keep registration fees down, ESC Alpine has implemented this fundraising project. A percentage of Grocery Card sales goes directly to ESC Alpine. Grocery cards can be used at the stores only, not for gas or liquor. (Options: Purchase a min. order of \$2500.00 in Safeway/Sobey's Grocery Cards or **OPT OUT** and pay an additional \$200.00 to your program fees) **Grocery Card payment must be received in full by Nov. 15 to allow time for processing payments and delivery of cards prior to Christmas.
7. 2x \$500 Volunteer Cheques (If your volunteer requirement is fulfilled, cheques will not be cashed)
8. Mountain Camps – Pay as you go \$75-100/day

Meet the Team

EDMONTON ALPINE SKI RACING SOCIETY (ESC) is a non-profit ski club. Our goal is to keep ski racing as affordable as possible while providing one of the highest quality programs for all ages. All families are encouraged to support the various program responsibilities, projects and/or events held through volunteer commitments. Many opportunities to support the club are available. Volunteers run the board, coordinate programs & events, organize camps, and work at the races.

Board Members 2020/21

President	Greg Milne (Acting President)
Past President	Greg Milne
Vice President	Claire Devaney
Treasurer	Monty Stanowich
Secretary	Andrea Veale
Alpine Chair	Cory Habulin
Member at Large	Jon Shields
Member at Large	Beverly Milroy
Member at Large	Vacant

Volunteers

Registrar	Rajka Tulik
Events Coordinator	Beverly Milroy
Volunteer Coordinator	Open
Parent Coach Liaison	Cory Habulin
Communications Coordinator	Jon Shields
Nancy Green Coordinator	Sandy Dong
U12 Coordinator	Lisa Stanowich
Regional Coordinator	Bonnie Aubrey
Casino Coordinator	Open

ESC is seeking volunteers!

If you are interested in contributing your knowledge and skills,
we would love to hear from you.

info@escalpine.com

www.escalpine.com

Welcome to the EDMONTON ALPINE SKI RACING SOCIETY (ESC)

Skiing is a life-long sport that can be practiced by all ages and all abilities! Taking part in ESC programs athletes will learn about:

- **Ski skills • Ski safety • Teamwork**
- **Independence • Self-confidence • Goal setting**

NANCY GREENE SKI PROGRAM GENERAL INFORMATION

The Nancy Greene program is open to skiers from 4 to 11 years of age. We require parent participation both with the organization of our program as well as races and mountain camps. Children train up to 7 hours a week with optional weekend camps in the mountains.

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. Many of Canada's top international skiers received their early training in Nancy Greene Ski League programs (NGSL).

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, 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.

Competitions

There are two levels of competition, U12 Provincial Series Races and NGSL North and South Zone Races.

- U12 Provincial Races are only for athletes aged 10 and 11 from all clubs in Alberta. There will be 4-5 events on the calendar that will use SL, Kinder Kombi, paneled and dual SL, ski cross and GS as their race formats. The goal of this race series is to prepare the athlete for their future in U14.
- Zone NGSL Races are for the U12, U10 and U8 age categories. Clubs must race with in their Zone. All NGSL races will be posted on the AASA calendar.
- The U6 age category can be used for awards at events or can be set up for additional "fun" race events, separate from the Zone NGSL Races for U12, U10 and U8.

Zones

Clubs have been assigned to one of two different zones based on geographical location and registered entry level numbers in that area. Edmonton Ski Club is part of the North Zone. U12 athletes can participate in the U12 Provincial events and their club's zone races.

- North Zone Clubs include: Cold Lake, Drumheller, Edmonton Ski Club, Fort McMurray, Nitehawk, Parkland, Rabbit Hill, Red Deer, Snow Valley, Sunridge

Standards

- Each participant must be a member in good standing of an Alberta Alpine Club and registered member of the Alberta Alpine Nancy Greene Ski League.
- All parents must be [Alberta Alpine General Members](#)
- Parent participation in the [LEVEL 1 Officials Course](#) is recommended
- Each coach must be a member in good standing as an accredited ACA CSC coach.
- Races and events must be sanctioned by Alberta Alpine and Alpine Canada
- The Nancy Greene Ski Program is the Entry Level Racing Program offered by the Edmonton Ski Club.

EDMONTON ALPINE SKI RACING SOCIETY RACING PROGRAM

Mission

To provide a competitive, cost effective broad-based alpine ski racing program that allows each athlete to achieve their personal BEST while acknowledging the importance of commitment and academic achievement.

Program Goals

The primary goal of our program is to teach young skiers proper skiing technique in an enjoyable environment. We encourage skill development through training and various racing events all in an aim to foster a lifelong love of skiing. The Nancy Greene Ski League was originally based upon the following ideas:

- A fun environment
- Safety awareness
- Skill development
- An emphasis on sportsmanship

Objectives

1. Fun – Maintain a culture of positivity and fun.
2. Safety – Create a safe and healthy skiing environment for our athletes, coaches, parents, and spectators. *2020/21: All coaches will be trained on COVID-19 protocols.*
3. Development – Facilitate a competitive environment that allows athletes to develop and grow both on and off the hill. Encourage ongoing communication between coaches and parents on athlete progress.
4. Communication – Ensure clear, timely communication between ESC Alpine, Edmonton Ski Club, coaches, participants, parents.

Note: Due to COVID-19, **EDMONTON ALPINE SKI RACING SOCIETY** requires flexibility as a group, throughout this season, as things evolve and change with Alberta Health Services and Alberta Alpine requirements and protocols.

Training Philosophy

Our training consists of on-hill skiing, drills, technical free skiing, limited gate training and video analysis. It is important for parents to understand that the primary goal of our program is skill development. Children acquire skills at different rates and the drills and training techniques used with the groups can vary widely. Athletes may not do the same drills as their needs and abilities are all different. Please note that gate training at the Nancy Greene age is not generally the most beneficial training tool so we use it in moderation. Gates can be a beneficial training tool when used properly and the program coaches will work to include them when appropriate.

The program will encourage skiers to have fun while improving their skills. No skiers will be forced into training or racing against their will. If there are any problems, please inform the coordinator and concerns will be dealt with promptly.

Coaching

Coaches will work alongside athletes to support their knowledge and development of technical skills including stance and balance, timing and coordination, steering and edging, pressure and carving and speed control. Throughout the year parents will be able to watch athletes improve and connect with coaches to learn more about how their athlete is progressing.

For more information about ESC Alpine's coaches, see <https://escalpine.com/coaches-and-executive>

Program Coaching Structure

- Nancy Greene (Coordinator – Sandy Dong)

	Coach
U6	Madeleine Shields Brittany Krupka
U8	Bryce LaFleche Kylie Derget
U10	Adrian Nicolescu (NG Head Coach)

- U12 (Coordinator – Lisa Stanowich)

Coach
Jason Schilling

- Regional (Coordinator – Bonnie Aubrey)

Coach
Doug Kermack (Regional Head Coach)
Megan Weiler (Regional Assistant Coach)

Expectations of Coaches

Professional Registration/Qualifications

- All coaches need to have their registration with the Canadian Ski Coaches Federation, (including Criminal Record Check), before the beginning of the season.
- They must also be in good standing with Alberta Alpine, have a current membership and signed waiver.

Attendance

- Coaching staff are expected to be dependable and reliable, showing up ready to go for each scheduled training/race/camp session and prepared for the activities of the session.
- Coaches will communicate any changes in scheduling to the Coach Liaison as soon as possible and adjustments and substitutions will be promptly made and communicated.

Communication

- Regular communication between coaches and parents is a vital part of the functioning of the ESC Alpine program, and an important part of athlete and coach development.
- Parents and coaches are welcome to bring any communication or club issues to the Coach Liaison for mediating and/or bringing larger issues to the Board.
- No other individuals (outside those named in the coaching structure above), may interact with athletes as part of the coaching staff unless cleared by the Board and communicated clearly to athletes and families in advance.

Code of Ethics

- All coaching staff are expected to be familiar with the [Coaching Code of Ethics](#), found on the Alberta Alpine website. As a coach for ESC Alpine, Coaching Staff are expected to adhere to the principles and guidance set out in this code.
- The coach/athlete and coach/parent relationship is a privileged one. Coaches play a pivotal role in the personal and athletic development of their athletes. An understanding of the inherent power that coaches can exert over athletes is an extremely important notion. Coaches must recognize they are role models through which the values and goals of the sport, and the sport organizations they represent, are channelled. Coaches must also recognize that they assume the full range of “duty of care” responsibilities while the athlete is under their control.

Risk Management

- Related to the above, Coaching Code of Ethics, Coaching Staff are responsible for providing respectful and safe environments for the athletes while they are under their care.
- ESC Alpine must provide an environment that is sensitive to the athletes’ psychological and physical wellbeing, including no tolerance of discrimination, demeaning behaviour, or abuse. This also includes recognizing their own limits, the limits of the athletes, and the limits of the role as an Alpine Ski Racing coach.

Progress Reporting

- Coaches will document and communicate athletes' progress regularly with them, and with their parents.
- 2020/21 The ESC Alpine Board has developed a mid-season report for all athletes.

Communication

Coaches and coordinators will use [TEAM SNAP](#) to inform parents of any changes in schedules. Please sign up and update your athlete's availability throughout the season. All urgent matters such as a cancellation of a training session will be sent out via Team Snap.

A [club newsletter](#) will also be distributed to your email on a regular basis. Please review as it has valuable information on upcoming events and club initiatives.

***Ask your coordinator for assistance if needed or if you are not receiving newsletter, Etc.**

Check out [the ESC Club Calendar](#) for events and activities.

[Alberta Alpine Events](#) also provides important information throughout the season. Including race schedules, live timing and [AA policies](#).

COVID-19

Our athletes' health is of utmost importance to us. The ESC Alpine Board of Directors, in coordination with the Edmonton Ski Club and Alpine Canada have put together a COVID-19 Return to Skiing Plan for the 2020/2021 season. Please see information on COVID related precautions [here](#).

During COVID times, we expect more flexibility and responsibility in terms of health, absences, and coverage. All coaches and athletes must complete the **self health check** in Team Snap before each session and follow the current COVID-19 protocols.

Equipment

Nancy Green racers will require:

- Helmets are mandatory and must be always worn. Helmets MUST have HARD ear protection.
- For this age group, ski length should be between the chin and nose.
- Children are only allowed to use one pair of skis for races.
- We also recommend that racers wear goggles at all times as this is good eye protection.
It is recommended that skis should be tuned (sharpened and waxed) once every 3 to 4 training sessions.

Regional racers will require:

- FIS sanctioned hard ear helmet that accepts a chin guard
- Chin guard
- Shinnies
- Back protector

- Pole gate guard
- It is recommended that skis should be tuned (sharpened and waxed) once every 3 to 4 training sessions.

Training locations

Home hill: Edmonton Ski Club

- Meet your coach at your groups designated spot. Be ready to go at the training start time!
- Parents be ready to meet your kids at the designated break times.

At any time when a NG skier is training there must be a parent, guardian, or a designated person responsible to help as needed (bathroom breaks, snacks, warming up).

Training Schedule

Weeknights

- Tuesday Evenings 6:00 p.m. until 8:00 p.m.
- Thursdays Evenings 6:00 p.m. until 8:00 p.m.

Weekends

- Sunday Mornings 10:00 – 1:00

COLD WEATHER POLICY - CANCELLATION OF TRAINING

Training will only be cancelled in cases of extreme weather. Training will be cancelled if the temperature is **-23 degrees Celsius or colder not including windchill**. We will use 5:00 pm as cut off on Tuesday and Thursday, and 8:30am for Sunday. Mountain camps are generally held regardless of the temperature however in the case of extreme weather the coaches and board reserve the right to cancel training.

Parents will determine if you want your child to ski when it is cold. **Please dress them appropriately** if you do choose to bring them out on very cold nights. Foot and hand warmers are highly recommended when temperatures are low.

Races

Please note due to COVID19 – All race schedules are on hold.

Nancy Greene racers may participate in several races throughout the season. These include:

- Intramurals– held during training at ESC throughout the season. These are fun, informal races, to give the kids additional race experience.
- Interclub Races – usually held on Sundays. There are four races held in Edmonton including the race we typically host at ESC. The format varies from dual Slalom, Terrain Race to Modified GS.
- Jasper Junior Olympics – this is the North Zone Mountain Race held at Marmot Basin. The race is a modified GS on the Saturday and a Dual Slalom Team Event on the Sunday. This event is a great event and all racers are encouraged to attend. All parents are asked to volunteer at this event. TBD
- Provincial Races - TBD
- NZ Provincial Race TBD
- The Caribou Cup at Norquay TBD

Updated Jan 10, 2021

Race notices and entries

Race notices/sign-ups are distributed via e-mail and our website with an entry deadline 2 weeks before the race. Please check Team Snap regularly and indicate your child attendance (going/ no).

LATE ENTRIES MAY NOT BE ACCEPTED

Race Fees

Race entry fees for in town races usually cost approximately \$50.00 a race and include a lift ticket, prizes and medals.

Race Day Preparation

- ✓ Have your child's skis tuned (sharpened and waxed) before each race.
- ✓ Race days start early, so encourage your child to get lots of rest the night before so you can arrive on time. Coaches will not be able to wait for late athletes.
- ✓ Pack a snack and lunch as the lodges/cafeterias are busy. Don't forget to bring water!

Typical Race Day Schedule

- Arrive at the hill (8:00 a.m.) and find the ESC team table.
- Pick up your child's bib (start number) and lift ticket from the coaches.
- Put your child's bib over their outer clothing. This is a race rule.
- Get your racer ready (boots on etc.) Encourage your child to relax and stay inside near the coaches. Children will then go outside with the coaches for warm up and course inspection. Do not let your child go free skiing before asking their coach.
- Usually, course inspection begins at 9:00 a.m. with a race start at 10:00 a.m.
- Children usually get two runs but will depend on the race format.
- Typically, there is time for lunch in between runs. The coach will inform parents when racers can go for lunch and when they need to be back outside.
- Take your child's equipment to the car when they are done skiing to ensure you go home with their items.
- Approximately 60 minutes after the final racer has completed their last run, the awards ceremony will begin. Timing may vary depending on the race. Check the race schedule emailed out before the race.
- Expect the race to take the full day

Volunteers

- The ski session, especially race days require a lot of work and it is important that everyone contributes. **Volunteering at the ESC race is mandatory, we need all the help we can get!**
- For other races, it takes a lot of parent volunteers to run a race and, as a club, we are obligated to provide volunteers when we enter. Each race requires several parent volunteers to work each race. Please sign up when you sign up your child to race. Parents who volunteer will receive a free lift ticket (if required) and a lunch (when available).

Camps

Throughout the year we hold a variety of training camps in the mountains. These camps are not part of the regular program and the cost of camps is not included in the basic program fees. These camps give the skiers more mileage on the slopes on longer and more challenging terrain. This is especially important to improve their skiing ability.

Mountain camps are open to any registered participants. Logistically we require adequate numbers of skiers with similar abilities to make our camps run. If your child is unable to ride a chairlift by themselves or negotiate all mountain terrain, you may be required to assist.

The camps are typically focused on technical free skiing. The primary objective is to build and refine GS technique as this is the real foundation to good all-round skiing skills. Where the coach sees fit, they will run some mountain camps where lanes (when available) are rented and the children train on courses for parts of the camp. Our club believes that time in the mountains is most beneficial when spent free skiing in a guided or regulated manner. Training this way allows young athletes to develop skills at an accelerated rate because of the terrain the mountains offer. With support and guidance from their coach, mountain terrain forces children to learn proper technique in one of the most fun and encouraging ways available therefore this will be the focus of most of our camps.

Note: Parent volunteers may be required to ski with our younger skiers to ensure they remain safe.

The club has two types of camps. All-club camps and program specific camps.

- All-club camps – these are opportunities for racers at all levels and their families to get to the mountains. All levels of racers will be present, this provides a great opportunity for racers and parents both to be exposed to people in the other programs. Participation in these camps is strongly encouraged.
- Program specific camps – there may additionally be camps dedicated to the various programs:
 - U6, U8, U10;
 - U12; and
 - Regional (U14/U16/U19+)

All camp opportunities appear in the ESC calendar and on Team Snap. The intention to participate in mountain camps must be communicated to the coordinator by the deadline (TBD).

For the 2020/21 season we are operating on a pay-as-you-go model. Full payment is due 1 week before the camp. Payment via **etransfer** is preferred to **treasurer@escalpine.com**

Accommodation

This year there will be a block booking at a hotel (please speak to your program coordinator for details). This year block bookings will be at **Lobstick Lodge** in Jasper. Details on block bookings are available from your program coordinator.

JASPER JUNIOR OLYMPICS

Every year the Jasper Junior Olympics is held at Marmot Basin in late February/early March. This is the keystone event for the North Zone children in the NG program (U6/U8/U10/U12). The course is long and contains several terrain changes, which means that the children must use all the skills taught to them to ski the course well. Parents are required to volunteer at this race. It is a lot of fun for children and parents. Everyone looks forward to this big event.

Rules

NANCY GREENE SKI LEAGUE RACE AND EVENT RULES

This is a partial list; details of the rules for Alpine Ski Racing are detailed in the ICR.

Please see: <http://www.fis-ski.com> for further information, or contact the Alberta Alpine office.

The ICR Children's rules, Alpine Canada Alpine guidelines, and the Alberta Alpine NGSL Course setting rules, Race & Event Rules govern Nancy Greene Ski League events

1. The use of crash helmets is compulsory for all events. Helmets used must be specifically designed and manufactured for ski racing.
2. The use of crash helmets is strongly recommended for all coaches.
3. The use of mouth protection and back protectors specifically designed for Alpine Ski racing is strongly recommended for all.
4. Speed suits are permitted at all NGSL Zone and U12.
5. NGSL races are seeded in club order, which is determined by random draw. U12 races are seeded by individual, which is determined by random draw.
6. The host club, in conjunction with Alberta Alpine, will decide the maximum quota of racers from visiting teams if venue capacity is limited.
7. All racers must be accompanied by a certified coach during course inspection.
8. The Team Captain's Meeting should be held the night before, or the morning of the first day of racing.
9. Awards should be within one hour of the end of the race and should last less than 30 mins. Awards per categories determined by the host club, but U12, U10, U8, U6 are recommended.

We aim for the Nancy Greene experience to be constructive and supportive. All skiers should contribute to the positive environment we aim to foster.

On Hill Rules

All racers will receive handouts outlining the Skiers' Responsibility Code. These additional rules are in place to ensure the safety of all skiers on the hill.

- Never stop uphill when joining a group of skiers.
- Do not butt into line.
- Listen to the lift attendants and follow their instructions.
- Do not fool around on the lift. An accident on the lift can result in serious injuries.

RACER CODE OF CONDUCT

Racers shall:

Demonstrate good sportsmanship at all times.

Not physically or verbally abuse other racers, coaches, or public skiers.

Racers keep your hands to yourselves.

Not swear for any reason.

Not damage the equipment of other racers, coaches, or public skiers.

Obey the Skiers' Responsibility Code and club rules (See "On Hill Rules").

Listen to your coaches.

Not buy or eat candy during training.

Treat people with dignity and respect. "Put downs" will not be tolerated.

PARENTS CODE OF CONDUCT

Parents shall:

Leave the coaching to the coaches:

*We encourage parental involvement and participation; however,
parents are there to support the direction and authority of the coaches.*

Enforce the no candy rule.

Be on time.

Encourage all our kids to treat people with dignity and respect.

The best way to teach our children is by setting a good example!

Please review the following:

1. Athletes Code of Conduct
2. Parent Code of Conduct
3. Coaching Code of Conduct

These forms are required prior to training:

- [AA Membership Form](#)
- [Concussion Form](#)

HAVE A GREAT SEASON!