



Mount Baldy Ski Area

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Mount Baldy Ski Team, Ski Team Development & Nancy Greene Ski League Information Package 2011-2012

*Program details subject to change as necessary. Website will be updated by September 30th with program package. Minor adjustments and/or updates throughout the season will be available via email and will be posted on the communication bulletin board in the Team Room at Mount Baldy.

September 17, 2011

Mount Baldy Ski Team

Welcome to the 2011-2012 season of the Mount Baldy Ski Team! We have a great team of enthusiastic skiers, ski racers, and coaches that love to train and excel at the sport of alpine skiing! Each athlete has his or her own reasons for being part of the Team. Some of the reasons include:

- * Becoming an accomplished skier
- * Building a great base of friends who love alpine skiing and the outdoors
- * Improving skills with free skiing drills and training courses
- * Setting goals and committing to a training plan
- * Racing in local events
- * Travel to regional training and competitive events
- * Progressing to higher ski racing levels such as Provincial, FIS, College, University, Club, or Masters
- * Seeking future employment in the ski industry as a coach, instructor, patroller or guide

Reflect upon your personal goals, and choose a program plan that is right for you.

Philosophy

Mount Baldy Ski Team is an inclusive team that spans a broad range of ages and abilities. All team members will abide by the rules of fair play and demonstrate respect and moral support for each other. Mount Baldy Ski Team promotes excellence in alpine skiing and will coach athletes to achieve personal development goals.

Statement of Goals

- ✓ To teach athletes how to establish personal goals, determine a training plan, and commit to a training plan
- ✓ To teach athletes the mechanics of good skiing
- ✓ To learn the tactics of ski racing
- ✓ To foster a love for the sport of alpine skiing and ski racing in a team environment
- ✓ To respect each athlete as an individual and provide training opportunities best suited to their level of commitment and ability

Athlete Agreements

Athlete agreements are contracts of understanding between the athletes, parents and coaches. Agreements may include:

- Athlete personal goals
- Athlete commitment to training and competition plan
- Athlete and parent code of conduct
- Description of athlete sanctioning process as set out in the FIS Alpine Ski Racing Rulebook
- Description of "local race rules" concept (example: athlete tear down for LSDA races, etc.)
- Program feedback mechanism clearly established to ensure effective and timely feedback

Athlete agreements will be reviewed and signed at registration.

Mount Baldy Ski Team Program Options

The **Mount Baldy Ski Team** offers training programs for athletes ranging in age from 9* to 19 years. Mount Baldy Ski Team programs include **Ski Team Development, Partial Programs, and Mount Baldy Ski Team – Competitive.**

Ski Team Development is for those skiers “in transition” between Nancy Greene Ski League and the full Mount Baldy Ski Team – Competitive program. Athletes may or may not choose to compete. Entry to competition will be subject to Head Coach recommendation.

Partial Program options are available. Training plans specific to the individual in a Partial Program need to be determined at registration. Athletes may or may not choose to compete. Entry to competition will be subject to Head Coach recommendation.

Mount Baldy Ski Team – Competitive program is for athletes training with the purpose of competing in local and regional races.

Please note:

*The 9 years of age suggestion is a guideline only. Individual skills, maturity, level of commitment, etc. may be considered when placing an athlete into Mount Baldy Ski Team programs. Appropriate placement is at the discretion of the Head Coach.

Ski Team Development and/or Partial Program		
Competitive and Non-Competitive	Ages 9* and up	<p>Registration Fees include:</p> <ol style="list-style-type: none"> 1. Coaching and Training Services: \$330 2. Alpine Ontario/Alpine Canada fees (varies according to age and program – see Appendix A) 3. Insurance Levy \$20 per athlete??? (Yet to be confirmed for 2011) <p>Registration Fees do NOT include:</p> <ol style="list-style-type: none"> 1. Membership and/or lift tickets are NOT included in registration fees. <p>Registration Fees subject to HST.</p> <p>The base program for Ski Team Development includes 15 sessions @ 4 hours each as follows:</p> <ul style="list-style-type: none"> ▪ 2 training days in early December ▪ 3 day Christmas Camp ▪ 10 weekly sessions January to March <p>Additional training is available at a level of commitment that is suitable to the athlete. The specific days they choose to train should be identified at registration.</p> <p>Pricing for additional training ranges between \$5 and \$10 per hour per athlete depending on when that individual plans to train. As a guideline, it is more costly to coordinate training services during the week than on weekends and Friday after school.</p> <p>Racing is an option. Race fees will be assessed as required.</p>

Mount Baldy Ski Team		
Competitive	Ages 9* and up	<p>Registration Fees include:</p> <ol style="list-style-type: none"> 1. Coaching and Training Services: \$980 2. Alpine Ontario/Alpine Canada fees (see Appendix A) 3. Insurance Levy \$20 per athlete??? (Yet to be confirmed for 2011/12) <p>Registration Fees do NOT include:</p> <ol style="list-style-type: none"> 1. Membership and/or lift tickets 2. Race entry fees 3. USSA competitor's card (if applicable) 4. Training camps in addition to those listed on the Team calendar <p>Registration fees subject to HST.</p> <p>The competitive training program is based on 3 sessions per week, Friday to Sunday, with Christmas Camp, a speed camp, and March Break Camp included in this price. A full training session on weekends and holidays is equal to 4 training hours. Half sessions are 2 hours on Fridays from 4-6 p.m. The majority of this training takes place at Mount Baldy.</p> <p>Some details:</p> <ul style="list-style-type: none"> ▪ Training calendar represents approximately 196 coaching and/or training hours scheduled as early as possible in December to the latest Sunday in March ▪ Full Christmas Camp ▪ March Break training ▪ Speed Camp ▪ Appropriate competition schedule as per athlete goals ***Please note: Competitive opportunities will be laid out once Alpine Canada, Alpine Ontario, LSDA and USSA Central competition schedules are published in the fall 2011. ▪ One private or semi-private session with a program coach scheduled within the regular training season ▪ Coaching for all local races ▪ Personalized ski locker in Team Room <p>Athletes committing to this program will become competitive with other athletes their age and experience level in local and regional competition fields. Athletes will become competent, confident and versatile skiers. Athletes committing to this program will see measurable improvement in</p>

	<p>their skills and ski performance. Work ethic and team spirit will be celebrated. Athletes will develop respect for themselves and for others.</p>
<p>Additional Training Opportunities for:</p> <p>Mount Baldy Ski Team, Ski Team Development or Partial Program</p>	<p>What <i>is</i> in place currently:</p> <p>Additional weekday training on Wednesdays from 1:00 – 4:00 p.m. at Mount Baldy and Thursdays 7:00 – 9:00 p.m. at Loch Lomond is available.** These training session times coincide with each ski area’s normal operating hours.</p> <p>These sessions will focus more on training for competition and are intended to meet the needs of those athletes with goals to excel at USSA Central and Provincial competitions.</p> <p>Pricing for additional coaching and training services in excess of the core program outlined above will be based on approximately \$10 per hour per athlete (minimum 4 athletes per session) plus lift tickets when applicable.</p> <p>What <i>could</i> be in place:</p> <p>Additional weekday training on Wednesdays and Thursdays after school hours (example: 4-6 p.m. or 5-7 p.m.) <i>may</i> become available. These proposed training times are outside each ski area’s normal operating hours, therefore, are subject to hill rental costs.</p> <p>Sponsorship(s) and/or partnerships to cover hill rental costs <i>may</i> be possible. Negotiations are currently underway. <i>Should</i> financing for hill rentals be accessed, then athletes will only be required to pay the above rates (\$10 per hour) for additional coaching and training services and not hill rental and/or lift ticket costs.</p> <p><i>**If</i> sponsorship for either Wednesday or Thursday training becomes available, then the official training time on the Team Calendar will change from those identified in paragraph one to the new after school times.</p> <p>All additional Team training opportunities will be coordinated through the Mount Baldy Head Coach. Please communicate your athlete’s interest in additional training directly to the Head Coach.</p> <p>Payment for all additional training will be taken prior to receiving services - payable to Mount Baldy Ski Area.</p>
<p>Registration Fees for Mount Baldy Ski Team, Ski Team Development or Partial Program due in full by December 4th payable to Mount Baldy Ski Area. A deposit of \$100.00 is due with the Alpine Ontario/Alpine Canada fees by October 15th, 2011.</p>	

Alpine Ontario/AlpineCanada fees	Please see Appendix A to look up the appropriate fee(s) for your athlete. These fees will be due to the Head Coach payable to Mount Baldy Ski Area by October 15 th , 2011.
FIS	FIS licence valid in US and Canada \$490 due June 20th to Alpine Ontario (higher price after that)
Insurance Levy and/or Club/LSDA fees	Last season this cost was \$20 per athlete. This figure will increase this season due to changes within the LSDA structure and the PASC insurance policy. Exact amount per athlete is yet to be determined.
Notes on travel	<p>If racing in the States:</p> <ul style="list-style-type: none"> * USSA Competitor's Card 13 years and up - \$140 (based on 2010-11 rates) * USSA Competitor's Card 12 years and under - \$60 (based on 2010-11 rates) * Passports recommended if travelling with the Team or another family * Each person is responsible for acquiring their own out-of-country health care coverage <p>For all travel both in Canada or US:</p> <ul style="list-style-type: none"> * Administration for trip arrangements and daily coach costs will be applied per trip to all athletes electing to travel. Coach expenses for accommodation and transportation as well as coach hours over and above what is already budgeted for on a standard training day will be covered by this per athlete travel cost. * Deposits for travel will be due to the Head Coach on specified dates early in the season in order to secure good rates and availability for booking. Payments in full to the best known amount will be collected prior to departure. A minimal balance may be charged upon return for incidental or unknown expenses. * Cost summary per trip will be available for review upon request within one week after returning from the trip.
Summer Ski Racing Camps	Several athletes from the Mount Baldy Ski Team have been or will be attending summer ski training camps in addition to their training with the Mount Baldy Ski Team Training Calendar – December to March. For those who are really keen and want to take part in such camps, kudos to them. There are several well established camps such as the Erich Sailer Ski Camps (Head Coach of Buck Hill Ski Team in Minnesota) as well as the Tichey Camps available for kids to participate in and excel during the summer months. Mount Baldy programs will not be directly involved in making arrangements for any summer ski training camps for athletes. Families who choose to participate in summer ski camps shall be fully responsible for selecting and booking their athlete's summer ski camp experience.
Pre-Season/Fall Ski Camp	For those Mount Baldy Ski Team athletes choosing to enrol in the full competitive program and plan to travel to races, participation in a pre-season/fall ski training camp is

recommended.

There will be 2 options available for a pre-season training camp.

Option 1:

Spirit Mountain and Lutsen Ski Resort, Minnesota

Dates: November 25-28 (snow conditions permitting)

Training will be conducted by Mount Baldy program coaches. Coaches may work collaboratively with another Minnesota ski team should a good opportunity present. It is expected that the \$99 Spirit Mt. season's pass will be made available again this season for Mt. Baldy season's pass holders. Lutsen usually offers lift ticket prices 2 for 1 at this time of year.

Occupancy at a hotel will be based on 4 per room – approximately \$30/night per person. Food, transportation and coaching and/or chaperone costs will also need to be budgeted for. Mount Baldy Head Coach will take responsibility for making travel arrangements for this training camp. More details to follow.

Option 2:

Winter Park, Colorado

Dates:

Week One – Sunday Nov 20th to Friday Nov 25th

Week Two – Sunday Nov 27th to Friday Dec 2nd *

*local skiers have typically attended week two – it's not as busy and better snow conditions

Training is primarily conducted by Buck Hill Ski Racing coaching staff. A Mount Baldy Ski Team coach may be in attendance to augment existing camp staff.

Transportation arrangements and camp registration for each athlete is the responsibility of the athlete's family. Camp information and brochure should be available on the Buck Hill Ski Racing website sometime this summer. Families often work together to reduce accommodation and travel costs.

Camp Registration Cost: \$910 US (includes coaching and lift tickets)

Transportation, accommodation and food not included in camp registration price.

Team Uniforms

Team uniforms are available for purchase. Team uniforms are not mandatory. However, a uniform give the athletes a sense of Team and raises the profile of the program to the public at the ski area as well as when travelling to competition. Avalanche Ski Wear has proven to be warm and durable. Mount Baldy Ski Team will use the same colours and style for several years in order to facilitate "handing clothing down" to smaller athletes as kids grow. A single yearly order goes into the Avalanche company, usually in April. This season will be the only exception to the ordering deadline date.

Sizing is available in youth and adult – unisex sizing. Pants are plain black, full zip away, with removable shoulder straps. Jackets are royal blue and white with Mount Baldy Ski Team embroidery on the back.

Pricing:

Pants youth - \$129

Pants adult - \$149

Jacket youth - \$179 + \$20 embroidery work

Jacket adult - \$199 + \$20 embroidery work

Prices are subject to HST. Shipping costs will also be shared amongst those placing the order.

Equipment

First, helmets are mandatory for athletes.

Second, Mount Baldy Ski Team will offer a general equipment consultation session on September 14th for all Team, Development, and Partial Program athletes and their families. Athletes may be recreational or competitive. Families are encouraged to bring their equipment for sale to this session so coaches can do some preliminary ski equipment/athlete matching. Group purchasing program may be available with specific equipment recommendations offered by coaching staff. If you need further information on equipment at any time throughout the season, please contact program head coach.

Nancy Greene Ski League

Ages 6 and Up

Cost: \$230 + HST

- Insurance Levy and Alpine Ontario fees will also be applied ranging from \$44 to \$95 depending on age (based on rates from 2010-11)
- This price does not include lift tickets and/or membership.

Overview

This program consists of 10 sessions at 4 hours each, beginning December 31st to March 3.

Format

The Nancy Greene Ski League will be run like a ski training camp. Each session will consist of a warm-up routine, skills and drills, instructed free skiing, training courses, and a final debrief at the close. Punctuality, preparedness and effort will be rewarded. Program will include video feedback, timing, and skills challenges. Nancy Greene Fun Day is scheduled to take place at Mount Baldy this season. Parent volunteers will be needed to help plan for and run this event.

Additional optional training and competitive opportunities usually arise throughout the season for Nancy Greene Ski League kids in Thunder Bay. Events such as the Northern Kids Ski Spirit Camp and the E2/K1 Challenge have been quite popular in the past for kids ages 8 and up. Typically, these events take place on a Friday afternoon. Dates for additional optional training and events will be published after competition calendars are set in the fall.

Goals

- To improve skiing skills
- Have fun with friends while improving skiing skills
- Learn how to train
- Gain understanding of the mechanics of skiing

Equipment

- Helmets are mandatory.
- All kids should have one good pair of "sandwich construction", sharp, carving skis at an appropriate length – between their chin and nose.
- Ski boots should be standard style with 3-4 buckles on the front/top of the boot. Ski boots must fit snugly, but not pinching, for optimal balance and control of skis.

Please note: The effect that well matched equipment can have on a child's ski development can be quite dramatic. There is plenty of good performing used equipment around town. Our coaches want to help families match appropriate equipment to their skier. Please contact us at mtbaldyprograms@tbaytel.net for consultation regarding equipment and/or a copy of the Equipment Selection Guidelines for Children.

Coaching for Mount Baldy Ski Team, Ski Team Development & Nancy Greene Ski League

As of September 14th 2011, the coaching team for 2011-2012 includes:

- ☺ Christopher Mitchell
- ☺ Jessie Gilbert
- ☺ Tory Ross
- ☺ Shaun Moore
- ☺ Dave Bradley
- ☺ Ray Friske
- ☺ Cathy Wood
- ☺ Additional hires as needed

Once again, Cathy Wood will be the Head Coach of the Mount Baldy Ski Team and Program Director for Mount Baldy Programs this season. All coaches will work together to provide excellent coaching services to Nancy Greene, Mount Baldy Ski Team and Ski Team Development athletes. Sometimes, athletes will be grouped a certain way and assigned to a certain coach for a specific purpose. Other times, athletes will train as an entire group and will see a variety of coaches. Athletes should be aware that they will see several coaches throughout the training season.

Mount Baldy Ski Team is fortunate to have a very strong team of coaches. We are committed to ensuring that each training session is well planned and effective. Even as some Team athletes are travelling to competition, a high level of training will be in place for those who are training at home. There will be a senior coach on site for all “home” training sessions within the regular training season at Mount Baldy.

Dryland Training

The most successful skiers and ski racers are usually the most physically fit athletes. Everyone can be physically fit – this is a factor that every individual has control over. Personal fitness is a must for any athlete aspiring to progress their skiing skills to the best of their ability within the short time frame we have on snow. Daily physical activity and stretching from now until the snow comes is highly recommended for all levels of ski racers (and all people, for that matter). Aerobic activity such as brisk walking, a light run, sustained cycling, swimming, etc. at for at least 30 minutes 3 times per week between now and the end of September will greatly benefit overall fitness levels and will make dryland training in the fall that much more effective. Daily stretching will keep muscles loose and less prone to injury. When an athlete comes to the fall sessions already aerobically fit and flexible, then dryland training can be devoted mostly to ski specific training in areas of speed, agility, coordination, and strength.

Team dryland training will take place Mondays and Wednesdays beginning Monday October 3rd. A third session may be added on Saturday mornings. The time and location is yet to be determined. In the past, training has taken place out of doors and after school in order to keep costs down. However, due to coach availability, this may have to change this fall. The location of choice is The Hangar at Lakehead University. Pricing for this has not yet been determined. Full details will become available in September.

Volunteer Commitment

- * Volunteer work is coordinated through the Port Arthur Ski Club.
- * Friday 4:00 – 6:00 p.m. training – if your athlete registers for this training, the athlete and/or parent is expected to participate in the grass and brush cutting blitz taking place beginning September 2011.
- * It is expected that all athletes racing have a least one parent volunteer to assist in running races and events that their child participates in.
- * Additional volunteer initiatives may come up throughout the season. A Port Arthur Ski Club Board member may contact you with further details as applicable. Please review the following letter to understand how Mount Baldy Ski Area and Port Arthur Ski Club work together to keep training and racing opportunities as affordable as possible.



Mount Baldy Ski Area

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Dear Mount Baldy Program Families:

Welcome to Mount Baldy Ski and Snowboard programs. Mount Baldy is committed to providing quality programs for children to actively participate in, develop their skills and foster a love for skiing and snowboarding. The following clearly establishes how Mount Baldy Ski Area and the Port Arthur Ski Club are two separate entities working together to enhance ski and snowboarding programs at Mount Baldy.

Mount Baldy Ski Area and the Port Arthur Ski Club are two separate entities.

Mount Baldy Ski Area operates as a business. It owns the ski area. Mount Baldy hires and pays coaching staff to develop programs, provide instruction and coach athletes within the parameters established by Alpine Canada, the Canadian Ski Coaches Federation, and the Canadian Ski Instructor's Alliance. Coaches are employees of Mount Baldy and answerable to its owner and general manager. The Mount Baldy program director and/or head coach handles book keeping and administration for the operation of the Mount Baldy Ski Team, Ski Team Development, Nancy Greene Ski League, and Mount Baldy Snowboard League at Mount Baldy. All registration fees and associated costs directly linked to the overall operation of the programs is payable to Mount Baldy Ski Area. The Mount Baldy program director is directly responsible for coordinating training and competition schedules for athletes registered in Mount Baldy programs.

The Port Arthur Ski Club is an incorporated not-for-profit organization. Club volunteers may choose to generate funds, host events, and/or donate time for initiatives that directly benefit athletes in Mount Baldy Ski Area ski and snowboard programs. Some examples of PASC projects include the annual grass cutting blitz in the fall, start ramp construction and maintenance, installation and maintenance of wiring for timing, and accessing of funds to purchase training equipment.

Active participation in PASC activities is not a condition of registration in Mount Baldy ski and snowboard programs. However, with active participation in any one of the many PASC initiatives, programming fees will continue to be as affordable as possible. It is suggested that parents of program participants volunteer in some way with the PASC.

Thank you.

Mount Baldy Ski Area

