



**2017/2018 Southern Ontario Division Ski Team  
Athlete Handbook**

## ***A Note from TES Hynes, SOD Program Director and the SOD Ski Team Coaches***

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Congratulations on your selection to the SOD Ski Team for the 2017/2018 season!

Some of you may be returning to the team, some of you may be beginning your tenure: some may be carrying on a familial tradition of skiing with the SODT, while others are forging into new territory. Whoever you are, you are now a part of a community that calls this province home. Work towards your potential – you have been recognized as one of Ontario's most promising young athletes.

This distinction comes with a set of standards and expectations. Laid out in this handbook, you will find policies pertaining to all those involved with, and representing the SODT. These policies are designed to reflect the core values of the SODT (respect, pursuing excellence, passion for the sport, Competition as challenge, fun, safety, personal development, sportsmanship and fair play) through the actions and attitudes of its representative athletes and staff. Every time you wear your uniform you become an ambassador for your team and your community – hold yourself to the high standards that those who support you would expect.

In addition, as much as you are a representative of the Southern Ontario Ski Team and the ski racing community, you are also a representative of yourself. Your reputation will be built primarily on your efforts, your attitude and your successes. Your participation with this team is a step on the pathway towards long-term success in ski racing. While the team and its staff will work tirelessly to provide the opportunities to develop and get faster, a significant part of working along this pathway is dependent on the efforts and attitude you put forth day-in-day-out, on-snow and off. The effort and attitude that it takes to be successful in an individual sport, such as ski racing, can be exhausting, frustrating, tedious, and exhilarating, but, ultimately it will be rewarding. Nobody else is able to do this work for you. The responsibility is yours as are the rewards.

You are not alone on the path. The SODT has put together an experienced and committed coaching staff. The staff is here to assist and guide you through the highs and lows of your development process. We strive to design programming that is athlete-centered, meets your developmental requirements, and provides you the opportunities to reach and exceed your goals. In order to be successful and effective as a team, it is our goal to create a collaborative and communicative environment. Our work together is a two-way street: we hope to have discussions, not just make statements about your development and are open to your questions and comments. Essentially, we expect the best from you and you can expect the same from us.

We are truly looking forward to working with you this coming season and all the prospects of future success that entails. Please take the time to thoroughly read and understand the policies and procedures outlined in this handbook (it is an indispensable source of information for successfully navigating your time with the SOD Ski Team). If you have any questions, please do not hesitate to contact one of the coaching staff.

All the best,

*Taylor, Will, Bebe and North*

Your SOD Team Coaches

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## **OVERVIEW**

The Handbook provides key information for the Southern Ontario Division Ski Team (SODT). It is the athlete's obligation as an SODT member to read, understand and abide by any directions contained in the enclosed material. If the athlete is unclear about any items, they are to contact their coach or SOD personnel for clarification. Please note that every effort has been taken to ensure the information here is the most current. This Handbook may be updated from time to time and such amendments will be forwarded to the SODT athletes.

## **ABOUT SOUTHERN ONTARIO DIVISION**

Southern Ontario Division is one of four member divisions that make up Alpine Ontario Alpin (AOA). AOA is a Not-for-Profit Provincial Sport organization promoting the development of recreational and competitive ski racing in Ontario. Alpine Ontario Alpin, together with its provincial partners, is affiliated directly with Alpine Canada, Canada's national body for ski racing. [Southern Ontario Division \(SOD\)](#). Each division governs their regional clubs; there are 44 registered clubs from the four divisions.

Alpine Ontario Alpin is primarily dedicated to organizing, directing, funding and supporting ski racing in the province through fundraising, education and athlete development programs, race organization, and acting as the provincial body for compliance and regulations in ski racing.

## **ALPINE ONTARIO MISSION STATEMENT**

Provide leadership and structure for high quality, sustainable and affordable programming, and communicate the competitive, recreational and lifestyle benefits of ski racing to the community.

## **SOD VISION**

Promote lifelong enjoyment of, and excellence in ski racing.

## **SOD TEAM CORE VALUES/BELIEFS**

1. Every athlete deserves an excellent Coach
2. Athletes should be developed not filtered
3. Commitment, effort, determination and focus will lead to success

## **PROGRAM OBJECTIVES**

1. Provide Athletes with the opportunity to pursue their passion for ski racing in a supported team environment geared towards each individual needs.
2. Build athlete centered schedules while maintaining individual academic needs through our approved educational institutions and available tutoring while at fall on-snow camps and when training in Collingwood.
3. Provide individual annual fitness programming developed from the fitness assessments conducted at the CSIO (Canadian Sport Institute Ontario)
4. Challenge athletes with targeted race and training opportunities.
5. Support an atmosphere where risking failure and learning from success provides excellent life skills that will serve the athlete well beyond their ski racing career.
6. Move athletes from the SODT to the OST.

## **SOUTHERN ONTARIO SKI TEAM OVERVIEW**

The Southern Ontario Ski Team represents athletes from clubs in southern Ontario racing FIS level alpine ski racing in the province with athletes spending over 120 days on snow each year. Commencing in August the program prepares for a five-month competitive season that runs from late November through to the end of April. The Southern Ontario Ski Team members work year round in an intensive conditioning program which combined with on-snow training and competition prepares them for the next step of competing at the Ontario Ski Team level.

## **COACHING AND PROGRAM COMMITMENT**

SOD is committed to providing excellence in both its coaching staff and program design. As an integral part of the ACA (Alpine Canada Alpin) athlete development system SOD is mandated to develop athletes towards elite level of performance and progression to the OST (Ontario Ski Team) development program

Southern Ontario Ski Team Coach Commitment:

- All coaches must be members of the CSCF (Canadian Ski Coaches Federation) in good standing and all coaches will be first aid certified (CPR).
- AOA conducts normal employee background checks on all staff members as general hiring practice.
- Comprehensive Yearly Training Plans (YTP) are designed with the guidance of the overall YTP as established by the Head Coach of the Men's and Women's teams. Execution of the plan is the responsibility of each coach.
- Communication, which is program related, should always go through the respective Coach first.
- Coaches will inspect the facilities and equipment before training sessions and competition and take steps to ensure deficiencies are corrected immediately, or adjust the activity(s) accordingly to avoid risk. AOA coaches will stop or withdraw from any activity that poses unreasonable risks, including stopping a training session or removing the team from a competition.
- Coaches will have in their immediate possession the I.C.E. (in case of emergency) numbers for each athlete and coaches and letters of medical permission.
- Coaches will be fully aware of medical conditions for each athlete.
- Coaches will ensure that athletes are wearing their protective equipment (mouth guards, spine protectors and helmets) and that they are properly adjusted and in good condition. **ATHLETES ARE RESPONSIBLE FOR THEIR PERSONAL SAFETY EQUIPMENT, IF THEY ARE MISSING MOUTH GUARDS, HELMETS AND SPINE PROTECTORS (FOR SPECIFIED EVENTS) THEY WILL NOT SKI.**
- If coaches have to leave the training site, the coach will be prepared to stop the training session if there is not a qualified person who is able to take over the on hill session.

## **ATHLETE EXPECTATIONS**

All SODT members have already signed their athlete agreement in conjunction with their contact. However, it is important to reiterate the following expectations for all SODT members:

- **Behavior** - Athletes on the SODT are representatives of Alpine Ontario and their home clubs. Being polite and a good sport are expected at all times. Our team is visible and our athletes need to be aware that people are watching them both on and off the hill.

- **SODT Athlete Ambassadors** - As a member of the SODT you are an ambassador for Ontario, your club, AOA sponsors, your family. Enjoy the attention, but remember, as an ambassador people are watching you and you have an obligation to uphold the values of AOA and the SODT.
- **Tear Down** – Athletes are asked to help with tear down (removing the equipment and fencing) from the race hill upon completion of the race. Everyone at race venues is a volunteer and they are there to help you race, please show respect for the ROCs, other racers and the volunteers donating their time to create a positive race experience for you.
- **Training and Competition** – In both training and competition anything less than YOUR BEST effort is unacceptable. We expect all SODT athletes to understand and follow the rules of the sport and to give every training session and competition the best they have.
- **Personal Responsibility** – It is the responsibility of the athlete to be aware of everything they consume. Part of the athlete’s contract includes the following assertions:
  - I will not take performance enhancing drugs. I understand that the consequences for such actions could be suspension from the sport of alpine skiing.
  - I understand that abusing alcohol and other recreational drugs damage my ability to be my best; I will not drink alcohol or use illegal drugs during the training and racing period.
  - I understand that using tobacco products can also hurt my performance and lead to life threatening illness. I will not USE tobacco products.
  - I will not make inappropriate or unwanted physical, verbal or sexual advances on others.
- **Team Responsibility** - As a member of the SODT you have a responsibility to your team, your coaches and Alpine Ontario. The code of conduct requires you to abide by the following:
  - I will wear the team uniform at all times on hill and at prize giving ceremonies when representing the team and its sponsors.
  - I will act as a role model for other skiers and athletes, on the hill, in the lodge and in the gym.
  - I will practice good sportsmanship at all times.
  - I will not fight with other athletes, coaches, volunteers or staff.
  - I will RESPECTFULLY deal with concerns or disagreements in a professional, polite manner.

## PARENT EXPECTATIONS

Parent and guardians play a big role in the development and success of the athlete. While your athlete is traveling and training with the SODT we request that you keep in mind the following from the ***Parent and Guardian Code of Conduct*** that you signed:

1. We will remember that adolescents participate to develop as athletes and as people. The SODT program is helping athletes achieve THEIR goals and the program is centered around the athletes OBJECTIVES, not the adults.
2. We understand that the coaches have our athletes' best interest as a top priority. We understand and agree that the coaches are the first point of contact for any concerns that we may have, and if the concerns are not resolved at that level, we will engage Southern Ontario Division at the administrative level. We will not publicly air our concerns without having gone through the appropriate channels first.
3. We expect our athletes to abide by the rules as set by the FIS, Alpine Canada and Alpine Ontario, thus we shall do the same. Any issue or conflict with said rules shall be resolved in a timely and mature fashion, without resorting to hostility or actions that are contrary to said rules.
4. We will not engage in any kind of unsportsmanlike conduct with any official, coach, parent or athlete.
5. We will respect the officials and his/her authority during races and will NOT criticize, contradict or interfere with officials or coaches at competition. We will take time to speak with coaches privately AT THE APROPRIATE TIME if we have any concerns or complaints.
6. We will be positive role models for our adolescents and encourage good sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, officials and spectators at all times.

WE RECOGNIZE AND ACCEPT THE IMPORTANCE OF THE PHILOSOPHY BEHIND "I LOVE TO WATCH YOU PLAY"

## SCHEDULE

The following is a list of important dates that are applicable to ALL SODT athletes.

<b>Date</b>	<b>Event</b>	<b>Location</b>
<b>May 7, 2017 - &gt; ongoing</b>	Dryland Testing	CSIO, Toronto Pan Am Centre
<b>July 16, 2017</b>	Team Dryland – indoor ski	Toronto, Ontario
<b>July 23, 2017</b>	Team Dryland	Wasaga Beach, Ontario
<b>August 10 – 29, 2017</b>	Chile Camp * <b>Optional</b>	Chile, South America
<b>October 7, 2017</b>	Dryland – Craigeith Turkey Run	Craigeith, Ontario
<b>Oct 28 – 29, 2017</b>	Fitness Testing – CSIO	Toronto, Ontario
<b>November 17 – December 3, 2017</b>	Western Camp <ul style="list-style-type: none"> <li>• Goal setting</li> </ul>	Panorama, BC
<b>December 9 – 23, 2017</b>	Eastern Camp Note camp may start Dec 15 if snow in Collingwood for training prior	Tremblant, Quebec
<b>December 27 – 30, 2017</b>	Train in Collingwood	Collingwood, Ontario
<b>Late January 2018</b>	U16 Parents meeting @ U16 Midwinter Series	Collingwood, Ontario
<b>Early February 2018</b>	Midseason Review Parent/Athlete meeting	Collingwood, Ontario
<b>Early May 2018</b>	Dryland Testing and Athlete Review	TBA

Starting in January the teams have individual training schedules. Below is a snapshot of the draft SODT schedules until the end of the calendar year. Coaches will be updating and distributing the schedules on an ongoing basis.



## UNIFORM

The SODT uniform is provided to athletes by Karbon. Karbon is the perfect balance of function, design and performance. The Karbon 2017/2018 collection continues on a tradition of delivering innovative products to the winter active sports enthusiast. It is sport after all that inspires us and is the life blood running through every Karbon garment.

Karbon provides the following pieces to each SODT athlete:

1. Soft shell
2. Ski pants
3. Ski jacket

Athletes are expected to wear the uniforms at all times on the hill (even on days off). This includes, but is not limited to, all races, training and when you are on the podium. Your coaches will inform you as to which jacket should be worn on the podium. Please make sure that you are wearing ONLY SODT podium-wear on the podium.

## SPONSORS

AOA has very generous sponsors and partners. As part of the SODT it is your responsibility to respect and support our sponsors. Please see sponsor footer below to become familiar with the companies that support THE SODT and ski racing in Ontario.

Sponsors are represented on the Team Uniform on AOA marketing material, and on all external communications from the AOA office.

Please wear your uniform with pride and represent the sponsors with respect.



## ALPINE ONTARIO ALPIN SOCIAL MEDIA USAGE

Social media provides PSOs with a new way to speak to athletes, members and various other stakeholders. Although social media provides immediate two-way communication, it can also pose a problem with 'over sharing' or dissemination of confidential or inappropriate content.

The following is the official Alpine Ontario Alpin policy for participating in social media. These guidelines apply to all Alpine Ontario Members, including Board of Directors, General Members, full-time staff, interns, part-time or volunteer staff (e.g. provincial coaches, officials or coach educators) Ontario Ski Team AND SODT athletes.

Participation in social media on behalf of Alpine Ontario Alpin is not a right, but a privilege. Please treat this seriously and with respect.

**Honesty and Transparency:** Your authenticity will be quickly noticed online. Please represent AOA ethically and with integrity.

**Be transparent:** Use your real name, identify who you are and be clear about your role.

**Be truthful:** If you have a vested interest in something you are discussing, be the first to point it out and be specific about what it is.

**Be yourself:** Stick to your area of expertise; write what you know. Do not misrepresent your level of knowledge or certification.

**Protect AOA:** Never post anything that puts AOA or yourself IN DISREPUTE OR at risk.

**Maintain AOA's Confidentiality Agreement:** **DO NOT** reveal CONFIDENTIAL classified or OTHER PEOPLE'S confidential information. If you're unsure...pause rather than publish.

**Do NOT criticize AOA, SOD, OTHER athletes, coaches, officials, ROC's , etc...:** Complaining online does nothing TO ENHANSE YOUR POSITION!

**Don't overshare:** Be careful out there – once you hit "share," you usually can't get it back.

**Use Common Sense:** Perception is reality and in online social networks, the lines between public and private, personal and professional are blurred. Do not use your personal accounts for AOA postings. No one wants to see your personal Instagram shots from your weekend away or political tweets spread over AOA networks.

### **Responsibility to our Sponsors:**

- Do not post a picture of an athlete in anything other than a team uniform provided by Karbon.
- Do not encourage followers to go to NON SPONSOR RETAILERS.
- Do not promote COMPETING BRANDS OVER THE SPONSORS.
- If you are concerned about a post, or potentially offending a sponsor (partner), please contact [communications@alpineontario.ca](mailto:communications@alpineontario.ca) before posting.

## INJURY POLICY AND PROCEDURES

Injury prevention is assisted by compliance to our physical fitness program. Our policy and procedures in the event of an injury to one of our athletes includes a return to snow protocol and addresses the responsibilities of both AOA and the athlete with regard to this very important area of ski racing. **Please note that following any major injury the athlete and Parents will be required to provide a letter of clearance from either the attending Dr. and/or Physiotherapist. This must be signed by all parties (medical professional, parent and athlete).**

**It is required that all athletes carry the RECOMMENDED SAIP accident insurance when travelling outside of Ontario. (Please see section on Travel Policy – insurance) FIS International license registration covers SAIP**

### **GENERAL INJURY (to be followed when athletes require medical assistance on the hill)**

Falls can result in the requirement for medical attention (ski patrol). Often this is simply a precautionary action to ensure the safety of the athlete. In the event of injury SODT has the following rules that the coaching staff will follow:

- Coaching staff will accompany the athlete to the first aid station. (Never leave athlete alone)
- Arrangements will be made to ensure remaining athletes are supervised.
- Upon release from the first aid station the coach will take note of the actions and enter this in the athletes file. NOTIFY THE ATHLETE'S PARENTS.
- If there is any suspicion of a concussion the coach will follow the advice of the onsite professional and follow the SODT concussion protocol. <https://www.alpineontario.ca/download/2017-18-aca-concussion-policy/>
- An injury report will be completed by the coach using the FIS injury report <http://www.fis-ski.com/data/document/injury-form-fianl--electronic.pdf>

### **INJURY PROCEDURES (When athletes require Hospital or clinic attention)**

- Athlete will not be left alone. (The Coach will accompany athlete).
- Coach will have each athlete's medical file (history of athlete) on hand (PRIVIT).
- Parents will be notified, in accordance with the SODT Emergency Action Plan.
- The coach will ensure all appropriate reports are gathered or accessible for insurance purposes.
- A report of the injury will be filed with the AOA office. This will include date, discipline, general conditions, description of accident, actions taken and next step procedure.
- Coaches will continue to manage the other team members who are at training or racing location, if necessary the coach will find a qualified designate.
- Depending on severity of injury the coach will communicate with the parent regarding transportation arrangements home.
- SAIP will be activated after diagnosis in Canada. If the athlete is out of the country SAIP will be activated on the way to the hospital.
- Parents are responsible for managing their insurance file with personal insurers and SAIP after Coach has released guardianship of athlete back to the parents.

## COACH FOLLOW UP

- Coach will contact the athlete as often as possible and will suggest books the athlete can read to keep them engaged and encouraged.
- A list of mentors will be provided to the injured athlete so that they can contact the mentor discuss their rehabilitation plans.
- Based on injury the return to ski program will be designed and communicated to the athlete and parents (copy to AOA office).
- If surgery is required the athlete and program will follow the AOA return to snow policy.
- If the athlete is expected to be off snow for an extended period of time, the coach and office will ensure that all communications continue to the athlete to ensure they still feel part of the team.

## HEAD INJURY AND CONCUSSION PROTOCOL

Head injuries are a concern to AOA and the parents of all athletes. Data shows that minor head injury (trauma) requires close attention by the coach and athlete. We also recognize that our coaches are not Dr.'s and fully trained in this area. The following protocol will be followed by the AOA coaches in the event of any head injury. For the full protocol: <https://www.alpineontario.ca/download/2017-18-aca-concussion-policy/>

All AOA athletes must complete a base line test conducted by ImPact. This establishes a baseline for future comparison and allows accurate determination of the athlete's condition.

- First response should be the responsibility of the Ski Patrol or on site medical professionals.
- Parents and AOA office will be notified following the advice of the medical professionals on site.  
**Major accidents will be communicated to the Parents immediately by coaching staff.**
- Should injury occur during training the coach will seek the appropriate medical support on site.
- If the coach can manage a less serious injury on site they will do so under the advice of the AOA medical support and the parents. If the athlete can be managed on site we will follow the CAST concussion protocol. The athlete will remain off snow until asymptomatic and then will return on a pre-described rate of exertion. More severe injuries will be dealt with under the direction of the onsite medical professionals.
- Travel home will be coordinated by the coach as directed by both Medical needs and as communicated to Parents.
- Follow up and return to training and racing will be done under the direction of the attending medical professionals
- **Prior to any athlete returning to ski with AOA following head injury the athlete and parents must provide AOA with a letter of clearance signed by both the Dr. and by the Parents.**

## **AOA / PARENT RESPONSIBILITY TO THE MEDICAL SUPPORT OF THE ATHLETE**

The responsibility for medical support of the athlete rests with the Parents. During program component (training and competition) AOA assumes these responsibilities as outlined in the Athlete Consent Form.

AOA will endeavor to help the athletes and their families find appropriate medical advice and assistance in the event of injury during our program components. Getting the advice of the Medical team who has sport specific experience is important. It should be understood that all return to ski activity will follow the advice of Medical advisors.

- Initial contact and advice from the AOA medical support will be undertaken by the Coach.
- AOA assumes all on site responsibility until the Parents have been contacted after which the responsibility is handed over to the Parent.
- AOA reserves the right to refuse return to competition without proper clearance from the Medical support (Drs. and Physiotherapists).

## **AOA RETURN TO SKI POLICY**

Alpine Ontario recognizes that we have a responsibility to our athletes to ensure that team members are physically and mentally ready prior to their return to our program and on snow activities.

Coaches may use discretion to help to determine whether the athlete is able to cope with the demands required for elite alpine ski racing and training.

The following will apply:

- Athletes and Parents must submit to AOA clearance from their Doctor and or Physiotherapist for a return to snow.
- Athletes will be required to perform a physical fitness test delivered by the AOA Athletic Director, OST Coach, or designate. This test is designed to evaluate the athlete in preparation for undergoing the normal stresses associated with skiing.
- Following release and a clearance to return to ski, AOA will establish a return to training / competition program for the individual. This plan will be communicated and discussed with the Parents and athlete. **(Depending on timing of this plan the financial implications need to be clarified between all parties prior to execution).**
- Injured athletes will maintain their team status from the time of injury. Following a successful return to competition plan athletes will be evaluated as regular team athletes.

## **AOA RESPONSIBILITY TO INJURED ATHLETES**

The following will outline AOA responsibilities to our injured athletes.

- Ensure all medical and rehab programs are available and being followed by the athlete.(including the availability of Psychological support if required)
- Maintain communication with the athlete regarding both normal team activities as well as updates on the athletes rehab process
- Ensure all team equipment (uniforms etc.) are delivered to the athlete
- Ensure the FIS points are “frozen” and all admin requirements regarding the athletes status are up to date

Coaches are available and will communicate with the athlete during this period. A variety of situations can arise from an injury which includes the amount of work required to return to a successful competition level and the willingness to of the athlete to ‘make this commitment’.

## **TRAVEL POLICY (INSURANCE)**

Regarding vehicles and driving:

- Coaches will be limited to driving time following either a training day or competition day not to exceed a total work day of 14 hours. This is to reduce fatigue during long drives.
- Coaches are only permitted to drive vehicles they are licensed to drive.
- All equipment will be secured properly.
- Coaches or officials require letters of permission for minors that will cover out of country travel, medical treatment.
- Coaches and officials must recognize their responsibilities to supervise.

## **INSURANCE**

SAIP coverage is required by FIS for all FIS-carded members to compete in FIS competitions (ICR 212.4). SAIP is automatically applied to FIS-level members of Alpine Canada (excluding Masters members). SAIP coverage is required by Alpine Canada of any members traveling to compete or train outside of North America. The coverage extends from the registration date to June30 of the following season (example: July 1, 2017 registration is covered to June 30, 2018).

- Coaches are covered by the CSCF, SAIP and ACA insurance policies.
- For further information on SAIP: <https://www.alpineontario.ca/download/2017-18-saip-memo-october/>
- Must purchase the International FIS license which includes the SAIP class 2

## SUPPORT SERVICES

Position	Name	Contact Information
<b>Men's Head Coach</b>	Taylor Martin	tmartin@alpineontario.ca 905-308-6588 mobile
<b>Men's Assistant Coach</b>	Bebe Zoricic	bebe.zoricic@gmail.com 416-702-0002 mobile
<b>Women's Head Coach</b>	Will Gyles	wgyles@alpineontario.ca 416-709-2820 mobile
<b>Women's Assistant Coach</b>	Northrop Johnston	northjohnston@gmail.com 705-205-3203 mobile
<b>SOD Program Director</b>	T.E.S. Hynes	tes@alpineontario.ca 705-444-5111 ext 133
<b>SOD Program Manager</b>	Suki Chapman	sodmemberservices@alpineontario.ca 705-444-5111 ext 133
<b>Alpine Ontario Executive Director</b>	Scott Barrett	sbarrett@alpineontario.ca 705 444-5111 ex 206 416 993-4553
<b>Alpine Ontario Accountant</b>	Angela Hobbs	accounting@alpineontario.ca 705 444-5111 ext 125 705 888-3296
<b>Alpine Ontario Competition Director</b>	Robyn Skinner	rskinner@alpineontario.ca 705 444-5111 ext 128 705 333-3845
<b>Alpine Ontario Communications</b>	Kristin Ellis	communications@alpineontario.ca 705 444-5111 ext 132

### Useful Links

Alpine Ontario Alpin	<a href="http://www.alpineontario.ca">www.alpineontario.ca</a>
Alpine Canada	<a href="http://www.alpinecanada.org">www.alpinecanada.org</a>
FIS	<a href="http://www.fiski.com">www.fiski.com</a>
ACA Live Timing	<a href="http://www.alpinecanadalive.org">www.alpinecanadalive.org</a>
Split Second	<a href="http://www.live-timing.com/">www.live-timing.com/</a>

### FIS registration Forms

ACA Medical Evaluation	<a href="http://www.alpineontario.ca/download/aca-medical-evaluation-form/">www.alpineontario.ca/download/aca-medical-evaluation-form/</a>
FIS Athlete Declaration	<a href="http://www.alpineontario.ca/download/2017-18-fis-athlete-declaration/">www.alpineontario.ca/download/2017-18-fis-athlete-declaration/</a>

## **EDUCATION**

Alpine Ontario recognizes that we work with athletes in their High School years and that education is a concern for many parents and student/athletes. Where possible tutors will be available at the fall camps and during the season, however, it is the athlete's personal responsibility to keep up their school work while maintaining a rigorous training and competition schedule.

AOA will take the following responsibilities regarding education.

- Support parents requiring athletes to maintain specific grades to continue with the ski program
- Inform athletes about summer school opportunities

If you have any questions or concerns about balancing the demands of ski racing and school, please refer to AOA's Education Resource: <http://www.alpineontario.ca/download/education-ski-racing-resource-guide-ontario-athletes/>

## **SOD COMMUNICATION**

- Athlete's and Parent's first line of communication is their individual coach.
- Coaches and administrators are required to:
  - Respond to all inquiries in a timely fashion
  - Provide program evaluations to athletes and parents on a semi-annual basis.
  - If an issue cannot be rectified or a question cannot be answered by the athlete's coach, then the parent is asked to contact the AOA Executive Director or SOD Program Director or Manager.

Attachments

Program Fees

Athlete Application

Returning Athlete Application

Athlete/Parent Agreement / Code of Conduct

Program calendar