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## LATEST NEWS



### U14 CAN AMS 2024 TEAM ONTARIO

Alpine Ontario Alpin (AOA) congratulates the 31 alpine ski racers who competed as part of **Team Ontario** at the U14 Can-Am in **Sugarloaf, Maine, March 28-31**. This group of athletes qualified to represent Ontario through their strong performances at this year's U14 OCup Finals.

Originally scheduled to compete in a Slalom, Giant Slalom, Super G, and a Skills Combine against the best U14 athletes from Quebec, the Maritimes, and the US's Eastern and Central regions, Ontario's athletes showed great resiliency to compete in the SL and GS. Tough weather conditions shortened the race series.

#### TEAM ONTARIO 2024

ALEPIAN, Allegra (GEORG)  
BENNETT, Reese (ALPIN)  
BOUCHARD, Lauren (ADANC)

BRETT, Harrison (DEVGL)  
FREEBURN, Hudson (NAC)  
GERRY, William (NAC)

ELLISON, Anabelle (DEVGL)  
FASANO, Adrienne (CRAIG)  
KNEZY, Artina (JOZOW)  
LESNICK, Maelee (SEARC)  
MANASTERSKY, Ali (OSLER)  
NASH, Elle (CRAIG)  
NICHOLS, Ella (TBFST)  
ROCKLIFFE, Chanel (CRAIG)  
STROUD, Berkeley (GEORG)  
WARBURTON, Alice (TSCBM)  
YOUNG, Olivia (BEAVR)

HYNES, Matthew (CRAIG)  
JONASSON, Jake (DEVGL)  
JONES, Reid (TBFST)  
KALYNUK, Arlo (FORTU)  
KOVATCH, Jack (JOZOW)  
MURDOCH, Nico (CRAIG)  
ROBERTSON, William (GEORG)  
SCHMALHOFER, Elliott (CRAIG)  
STACH, Alexander (FORTU)  
WEIS, Colton (CRAIG)

**Special Thanks** to all the **Coaches** for their leadership and athlete support on the hill!

BANFIELD, Shawn (FORTU)  
BUBELA, Nick (GEORG) \*Lead  
BURGESS, Nicole (GEORG)  
LALONDE, Benny (CRAIG)  
LESNICK, Mike (SEARC)  
PRITCHARD, Matt (DEVGL)  
RALPH, Stephanie (CRAIG)  
ROBINSON, Doug (TBFST)



## US CAN PARA TECH NATIONALS

### ONTARIO PARA ALPINE SKI TEAM

Incredible athletes are showcasing their talent and skills at the Winter Park this week.

**Andrea Nelson** claimed 2nd and 3rd place in the Super G, showing exceptional skill and determination on the slopes.

**Rebecca Mideros** (ON, CPAST next-gen program) conquered the slopes to clinch third place in the standing SG category, proudly representing Ontario!

Plus another podium! 🏆 OST alumni **Colin Kress** guided Devo Team Para Athlete **Logan Leach** and captured 1st place in both Super G races on Sunday and the GS on Monday! Congrats!

A massive shoutout to all athletes for their hard work and dedication. You continue to inspire us all! 🌟







## SOD SEASON WRAP-UP!

**Dear Athletes, Parents, Officials, Race Crew, Volunteers, and Coaches,**

As we bid farewell to another successful SCUP season, we want to extend our heartfelt gratitude to every one of you who contributed to its success despite the challenges presented by the weather. Your dedication and passion are truly commendable.

Looking ahead, the SOD committee is already hard at work planning for the next season. We recently hosted a SOD summit at Alpine Ski Club, bringing together head coaches and race administrators from over 20 SOD clubs. Together, we delved into various aspects of the SCUP, aiming to refine the race series for an even better experience. Discussions included enhancements to the team racing format, technology implementation for faster team scoring results, adjustments to bracket numbers and starts per discipline, considerations for final locations, and the inclusion of cross/terrain elements.

The valuable insights gathered from this summit are being incorporated into a comprehensive plan for the 2025 season, which will be unveiled to the entire region in the fall.

We extend our sincere appreciation to Alpine Ontario and all our member clubs for their unwavering support. Your commitment fuels our determination to continuously improve and elevate the SCUP race circuit.

As we embark on the off-season, we anticipate your return to join us on the slopes next winter, ready for another competitive season of SCUP racing. Thank you once again for your dedication and support.

Sincerely,

**Shawn Letton**

**SOD Manager**

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## AOA U16 HIGH PERFORMANCE PROGRAM NOW OPEN FOR REGISTRATION

We are excited to announce that we are now accepting applications for the **2024 U16 High Performance Program (HPP)**. For program details, including camp locations and dates, program costs, and other offerings. Please visit the [U16 HPP page](#) on Alpine Ontario's website and complete the application form.

## AOA U14-U16-FIS-UNI/CAST PATHWAY INFORMATION ZOOM MEETING

Date: March 25th, 2024

Time: 4:30-5:30

[ZOOM MEETING INFO HERE](#)

The AOA Pathway Meeting is intended to be an information session for families and open to coaches. It will be general and touch on themes like:

- How the LTAD is reflected in U14 and U16 OCUP planning and competition
- U16 HP program
- FIS racing and what it entails
- FIS programs
- Education options and managing school pressures while racing
- ODS and OST information





41 Canadians at WCM

## ONTARIO MASTERS

### 2024 FIS World Criterium Masters & FIS Masters Cup

- Kimberley BC

For the first time ever in Canada, a FIS World Criterium Masters Alpine Skiing event was held from March 1-7, 2024, at Kimberley Alpine Resort, BC. Eight Ontario Masters were amongst the 148 athletes from 15 different nations.

The opening ceremony included a piper leading the parade of nations, country flags carried by local schoolkids, dignitaries including Elder Sophie from The Ktunaxa Nation, Mayor Don McCormick, and the Race Organizing Committee. The video produced by Lukas Nemeth Films captures the spirit of the event.

The six-day competitions included slalom, giant slalom, and super giant slalom events; the participants ranged from three men in the 30-34 age group to seven men and one woman in the 80-84 age group.

Five of the eight Ontario Masters brought home five golds, three silvers, and six bronzes.

Full results are available [HERE](#).

FIS Class	Age Category	Racer	FIS World Criterium Masters				FIS Masters Cup			
			Gold	Silver	Bronze	Total	Gold	Silver	Bronze	Total
C-9	70-74	KINGSMILL Robin	2	1		3			1	1
C-5	50-54	SMITH Melanie			1	1				-
B-9	70-74	ROBBINS Mike	2	1		3	1			1
B-9	70-74	LACHANCE Allan			1	1			1	1
B-8	65-69	SUTHERLAND Jeff		1	1	2			1	1
		<b>Total</b>	<b>4</b>	<b>3</b>	<b>3</b>	<b>10</b>	<b>1</b>		<b>3</b>	<b>4</b>



🥇 Robin Kingsmill



🥇 Mike Robbins



Tom Nicol  
Bronze for CMAC Overall Combined



Brian Daub (right)  
CMAC = 1 silver SG2 & 2 bronze SG1 + Overall Combined

## ONTARIO MASTERS

### 2024 FIS MAS & Canadian Masters Alpine Championships

– Nakiska AB

Seven Ontario Masters attended the Canadian Masters Alpine Championships (CMAC), but only two qualified for the FIS MAS event held at the same time, from March 9-11, 2024, in Nakiska AB; there were 66 Masters from 7 different nations competing.

CMAC included four events: combined 2-run slalom, combined 2-run giant slalom, and two super giant slalom races, plus overall combined results.

The FIS MAS included six events: two 2-run slaloms, two 1-run giant slalom, and two super giant slalom races. Due to a complete power outage in the valley, the slalom became a one-run race.

For CMAC, Ontario Masters brought home 1 gold, 5 silvers, and 4 bronze between them, and for FIS MAS, 1 gold, 2 silver, and 2 bronze, plus 1 Category Class trophy.



David Star | Bronze FIS MAS SG2

FIS	Age	Name	Gold	Silver	Bronze	Total	Gold	Silver	Bronze	Total	Class
Class	Category	Name	Gold	Silver	Bronze	Total	Gold	Silver	Bronze	Total	Trophy
C-05	50-54	SMITH Melanie		2	1	3	1	2	1	4	1
B-08	65-69	SLABON Karol									
B-08	65-69	SIMAK Lenny									
A-06	55-59	DAUB Brian		1	2	3					
A-06	55-59	STAR David							1	1	
A-05	50-54	NICOL Tom			1	1					
A-03	40-44	WOLF Mike	1	2		3					
			1	5	4	10	1	2	2	5	1

Thanks to the Contributors: Sharon Chadwick, David Star & Jaime Hugessen



## NOMINATE YOUR CANDIDATE TO WIN!

[through the links below](#)

1. [SKIIS & BIKES ATHLETE OF THE YEAR](#)
2. [ANTHONY PACIONE COACH OF THE YEAR](#)
3. [FASKEN VOLUNTEER OF THE YEAR](#)
4. [ROBERT SHORE OFFICIAL OF THE YEAR](#)
5. [KARBON EVENT OF THE YEAR](#)
6. [SPIRIT OF ONTARIO SKI RACING - SANDY PROCTOR AWARD](#)
7. [EXTRAORDINARY CONTRIBUTOR TO SKIING | BUILDER OF THE YEAR](#)
8. [MACKENZIE INVESTMENTS RACE SKI CLUB OF THE YEAR](#)

(This a voting category. This is an online vote for no more that 5 finalists and allows the club with the most votes to win!)

**FULL 2024 ONTARIO SKI RACING AWARDS - DETAILS HERE**

Nominations close April 29th, 2024

Selection Committee will select finalists w/o April 30th, 2024



## UPCOMING EVENTS





**FEATURING**

- Industry expert led discussions
- Network with ski coaches across Ontario

**ALPINE ONTARIO ALPIN**

# SPRING DEBRIEF

**& MEETINGS 2024**



**FRIDAY MAY 3**  
Devil's Glen Ski Club



REGISTER @  
SNOWREG.COM







**MACKENZIE**  
Investments



*Skiis & Biikes*

**KARBON**

**FASKEN**

## AOA SPRING DEBRIEF & MEETINGS 2024

A Session of Sharing & Learning together

**REGISTER NOW**

Date: Friday, May 3, 2024

Time: 9 am - 4 pm

Location: Devil's Glen Ski Club

### Features

- Off-Season Fitness & Nutrition Insights
- Breakout Sessions & Workshops
- Coach Education and Development Updates
- AOA Updates



## **CALLING ALL Alpine Ontario Athletes! You are INVITED to the 2nd Annual Active Life Conditioning Fitness Combine!**

### **May 4&5 is a celebration for local sports organizations**

Your U14+ athletes are invited to register to see how they stack up to others in their age group and, ultimately, to determine whether they are our area's fittest athletes.

All Alpine skier registration funds collected from your athletes will be donated back to your organization to help with funding or athletes or as a credit for future fitness programming with us.

We would also welcome sports organizations to bring promotional information or set up a booth with any information about your sport you wish to share.

There will be an optional concussion baseline clinic running during the combine that athletes can choose to register for (details can be found at the bottom of this email)

**You can pass the information below to your organization's participants. It is attached in pdf format as well. Please don't hesitate to reach out if you have any questions. We hope to see lots of your ski racers on May 4/5th**

[Click here to see the video of our 2023 Combine](#)

### **Schedule and Registration:**

When you register, you will be assigned a start time for that wave.

The combine will take each athlete approximately 60 minutes to complete.

#### **Saturday, May 4th**

[2024 Combine Saturday AM \(10:30-1:30\) Wave](#)

[2024 Combine Saturday PM \(2:00-5:00\) Wave](#)

#### **Sunday, May 5th**

[2024 Combine Sunday AM \(10:30-1:30\) Wave](#)

[2024 Combine Sunday PM \(2:00-5:00\) Wave](#)

**Important:** Click the link above for the Day & Time/Wave you prefer - then purchase the appropriate pass for the following age groups:

**U14 (2011/2012 YOB)**

**U16 (2009/2010 YOB)**

There will be a commemorative t-shirt for all participants and prizes for top results in age categories.

The cost is \$10+hst/athlete.

**\*\*\*This is a not-for-profit event. All registration money will be donated back to local sports organizations\*\*\***



## AOA | Active Life Conditioning U14 & U16 ALPINE SKIER FITNESS SUMMER CAMP

**JULY 22-26 9AM-3PM**

**BIRTH YEARS 2009-2012**

Ontario's top athletes in their sport will serve as wonderful mentors to your young racers. Take your skiing to the next level next season after developing fitness skills needed to excel on snow. Our motivating and dynamic coaches from the the Ontario Ski Team and other programs are some of the top in their sport and will create a positive and challenging environment for our young racers. Drop off and pick up will be a combination of Harbourview Park in Collingwood and Osler Bluff Ski Club.

**INVESTMENT \$529+HST**

REGISTRATION BELOW

[U16 Registration YOB 2009/2010](#)

[U14 Registration YOB 2011/2012](#)

[More Info and other camps are found here](#)







## GET TO KNOW CURTIS EADES COACH Q&A

### Q - Original Home Club?

CURTIS - Caledon Ski Club & Georgian Peaks Ski Club

### Q - Where and how did you discover your love of coaching?

CURTIS - Skiing has always been a huge part of my life; the more I do it, the more I love it.

### Q - What are you most proud of as a coach?

CURTIS - The lifelong connections I've made. I have athletes I worked with 10-15 years ago, and we still communicate, and they reach out for advice. It's amazing how many life friendships come from this sport.

### Q - What type of coaching legacy do you believe you are creating today?

CURTIS - I believe that all athletes should be treated the same. Male or female, first or last, they should all receive the same attention. Everyone moves through this sport at their own pace and has their own goals; it's our job to help everyone meet those goals.

### Q - What are the aspirations/goals for this team this year?

CURTIS - To have the athletes enjoy the year and meet their goals as best as they can

### Q - What is something that is little known but that you deeply admire about this team?

CURTIS - How accepting and open the team is. We are always happy to have athletes join our camps. The team accepts them, and typically, they become good friends.

### Q - What is the best advice (life, coach, ski, or anything) you've ever received?

CURTIS - "You have 15 minutes to put a course in the ground" - From my brother Brad Eades when we coached sod together roughly 10 years ago when setting my first FIS race. It sounds silly, but I always think of that when I sit, and it reminds me not to overthink it and just let it flow. It's worked well for me so far!

### Q - What is your essential (don't go anywhere without) piece of ski/coaching equipment?

CURTIS - Sunglasses and coffee!



## GET COACHING!

April 14-20, 2024, is National Volunteer Week in Canada, and the Coaches Association of Ontario (CAO) is using this opportunity to recruit more coaches into the sport system by encouraging Ontarians to Get Coaching!

This April, CAO has everything you need to help new coaches or anyone thinking about coaching get equipped to start their journey on the bench in sport.

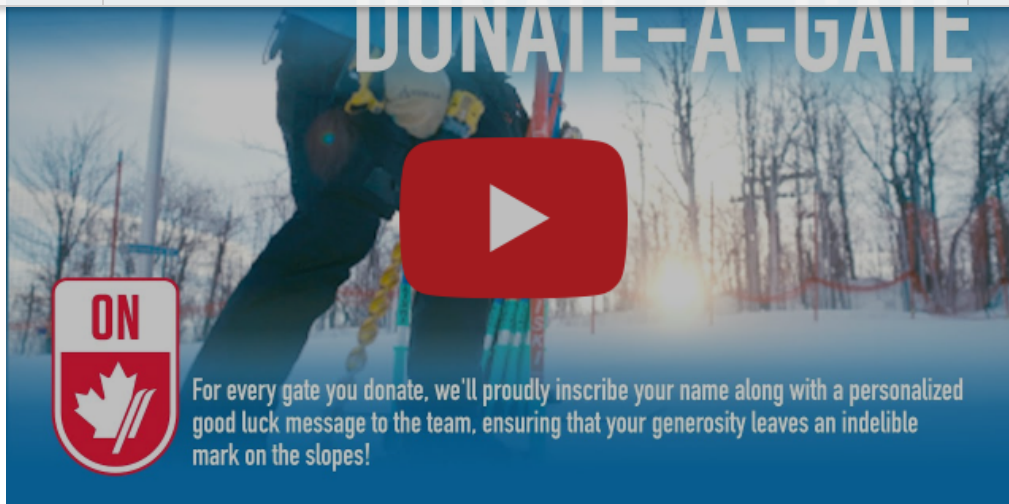
Join the CAO on social media all through the week as they offer:

- Deeply discounted NCCP workshops
- FREE e-learning modules
- The all-new Get Coaching webinar has everything a new brand coach will need to grab a clipboard and hit the bench with confidence

Don't miss out on this chance to access training, resources, and support tailored specifically to the needs of new volunteer coaches. Visit [www.coachesontario.ca/getcoaching](http://www.coachesontario.ca/getcoaching) or contact [brooke@coachesontario.ca](mailto:brooke@coachesontario.ca) for more information.

## DONATION OPPORTUNITIES





**OUR GOAL IS TO REACH 150 GATES for next season!**

### **DONATE - A - GATE AS A GROUP, CLUB OR TEAM**

- The Ontario Ski Team, Development Ski Team, and Para-Alpine Ski Team need 150+ gates yearly.
- Each gate costs \$75. Support Ontario skiers by donating gates!
- Your contribution helps train athletes and shapes the future of Ontario skiing.
- Your name and personalized message will be inscribed for every gate you donate to.
- Your donation will leave a lasting mark on the slopes.
- Join us in empowering athletes and be part of their success stories.

[Donate now to start your legacy!](#)

	<b>PREMIER PARTNERS</b>	
		 
	<b>PLATINUM PARTNERS</b>	
		
<b>PROUD PARTNERS</b>		
		
		 



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