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## DOUBLE PODIUM ALERT !!

### ONTARIO PARA ALPINE SKI TEAM

Not just one, but TWO podium finishes for Jessica McPhee at the Huntsman Cup! 🏆

Jessica secured the SILVER MEDAL in the SL 1 category, as well as a BRONZE 3rd place in the SL 2 event. Let's give a big cheer for ON Jessica McPhee's fantastic achievements! 🙌

## PARALYMPIC HOPEFULS

The **Annual International Ski and Snowboard Federation (FIS)** Huntsman Cup is hosted by the National Ability Center at Park City Mountain in February. The Huntsman Cup is dedicated to offering opportunities to aspiring adaptive athletes for future Paralympic Games.

This Alpine ski racing event is designed to help athletes refine their technical racing skills and reduce their points, thus qualifying them for higher-level competitions.



## WOMEN'S NOR-AM CUP REPORT

The Women's NorAm Cup in Ontario was a thrilling event filled with sunshine and top-tier racing. Ontario was well represented with both experienced athletes plus many younger athletes that competed and gained great race experience. Starting the series at Devils Glen over the two days of the weekend, the atmosphere was electric with enthusiastic kids showing up in numbers to support the all of the racers. Thanks to the many NorAm ski community sponsors that supported this event, plus @mackenzieinvest, @skiisandbikes, @karbonsports and @normerica.homes, there was plenty of swag and hot chocolate to keep everyone warm and energized. [See FULL SL RESULTS HERE](#)



The excitement of the Women's NorAm Cup continued as the event transitioned to Georgian Peaks for the Giant Slalom races on Monday and Tuesday. The fantastic weather and track persisted on Monday, providing ideal conditions for the athletes to tackle the challenging GS course. The women brought their A-game, delivering thrilling performances as they navigated the slopes with skill and determination.

However, Mother Nature had different plans for Tuesday. Despite the initial optimism, lightning and showers struck, ultimately leading to the cancellation of Tuesday's events after just one run. While the abrupt end was disappointing, the safety of the athletes always takes precedence, and it served as a reminder of the unpredictable nature of outdoor sports events in ON! Nevertheless,



The competition is fierce, with female athletes showcasing their high performance racing skills at the NorAm level. Despite the intense rivalry on the slopes, there was an undeniable sense of camaraderie and enjoyment among all participants. It was a weekend where both competition and fun went hand in hand, creating lasting memories for everyone. [See FULL GS RESULTS HERE](#)



## 2024 CANADIAN UNIVERSITY CHAMPIONSHIPS

Ontario recently celebrated a momentous occasion as it proudly hosted the inaugural Canadian University Ski Championships at Craighleith Ski Club and Georgian Peaks on February 21st and 22nd. This groundbreaking event marked the first time that Canada's university ski teams gathered from all corners of the country to compete.

Six universities were represented at the Canadian Championships Lakehead University, University of Ottawa, Dalhousie, University of Montreal, University of Laval, and the University of Calgary. The FIS race format added an extra layer of excitement, with both individual and team scores being awarded in the University Category, intensifying the competitive spirit among participants.

Congratulations to the University of Calgary Dino's who walked away as the 2024 team champions.

The Women's team title was secured by the University of Laval Rouge et Or, and the Men's title to the Dino's.

The women's individual slalom title was won by Cléa Peter from les Carabins, and the giant slalom by Alyssa Bergeron-Saucier also of the Carabins.

Aleksas Valadka, competing for the Calgary Dinos took home both the slalom and giant slalom individual titles.

can be found on our [AOA website HERE](#).



## SHE CAN. SHE WILL. SHE SKIS.

presented by Mackenzie Investments



Girls in racing mentorship and empowerment was in full force ❤️🔥. Last Friday @mackenzieinvest partners with the #CANskiteam and @alpineontario presented "She Skis". Every club across Ontario was invited and girl racers from 21 clubs were represented.

This event was dedicated to uplifting young female ski racers through education, training, and empowerment. Forty determined girls, ranging from U12 to U16, gathered at @georgianpeaks for workshops, inspiring speakers, and on-hill training led by women coaches, role models, and past and current #CANskiteam athletes.

We sincerely hope the girls carry all of this energy and information and share it with their teammates. Gratitude goes to all who contributed, participated, and continue to make a significant impact in the sport we cherish so dearly.  
Thank you @mackenzieinvest!







## AOA WOMEN IN COACHING

presented by Mackenzie Investments



Empowering and advancing female coaches in Ontario's skiing community has taken a significant leap forward thanks to the generous support of key sponsors and the collaborative efforts of the NorAm community. The Women in Coaching initiative brought 15 women from clubs across Ontario together simultaneous to the Women's NorAm cup this past weekend. Aimed to break barriers and foster inclusivity within the coaching realm, paving the way for a more diverse and equitable landscape in the sport.

Central to the initiative's mission is the creation of access and opportunities for female coaches to gain invaluable insights and exposure to coaching at the provincial level. By breaking down barriers and providing platforms for learning, skill development and mentorship, the initiative aims to cultivate a pipeline of talented and empowered women coaches who can lead with confidence and competence.

Several of the women coaches stepped up as mentors and coaches for the She Skis initiative, which focuses on developing girls in racing. As leaders, they demonstrate fostering and supporting inclusive environments crucial for nurturing the next generation of ski racers and women coaches

In its now fourth edition, the network of support, mentorship, and resources continues to strengthen and grow, and it's amazing to witness these women coaches thrive and inspire others to pursue their passion for coaching, thus perpetuating a cycle of empowerment and advancement within the skiing community.

Special Thanks! @KatieTwible @RachelTopping @NancySpotton @JeffThompson  
@JacquesReid @MariaBurton @PatrickBiggs





## IT'S INVITATIONALS, FINALS & CHAMPIONSHIPS TIME!

### [Upcoming Invitationals & OCUP Schedule](#)

#### **U12 Ski Meister - Mar 13-14 Devil's Glen**

- SOD U12 GS, Dual Parallel SL Invitational

#### **U10/U12 Muskoka Rodeo - Mar 15-17 Muskoka/Hidden Valley**

- GS, SL, Terrain Invitational

#### **Slalom Derby - Mar 22-24 Mt Jamieson/Timmins**

- NOD U14, U16, U18 SL Invitational

#### **Slalom Slam Invitational - Mar 23-24 Mt St Louis Moonstone/Glacier**

- SOD U12 -U19 SL Invitational

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#### **U16 OCUP Finals - NCD - Mt St Marie, Camp Fortune - March 7-11**

- Looking for [Volunteers SIGN UP HERE](#) (Gate judges, Slippers)
- Optional SG Train, SG,GSx 2, SL x 2

#### **U18 Eastern Regional (NAT) Championships - MSLM - March 16 - 17**

- 1SL, 1GS

#### **U16 Eastern Regional Championships - Osler Bluff, Georgian Peaks - March 20 - 24**

- Skills Combine, SG, GS, SL, Team



## COACHES' CORDUROY

**RACHEL TOPPING**

**COACH**

**ONTARIO DEVELOPMENT SKI TEAM WOMENS**

Rachel is an energetic athletic coach with 10 years of experience helping athletes meet their goals in multiple sports and mentorship roles. She holds a performance-level certification and is CSIA Level 2. Prior to joining the ODST, she was the Skibec FIS Team and U16 Team Assistant Coach as well as the Estrie FIS Team Assistant Coach.

### GET TO KNOW RACHEL TOPPING COACH Q&A

**Q - Original Home Club?**

RACHEL - Mont-Ste-Anne

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

RACHEL - Putting two girls that didn't meet criteria to be on ODST W, on OST, after only one year working with them

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

RACHEL - I'm trying to have my athletes prepared for the higher level as well as making them better people. Seeing them evolving in that sense motivates me to keep going, even more when they can reach their goals.

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

RACHEL - Make criteria for OST after their second year FIS.

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

RACHEL - How supportive and honest the girls are with each other and with me

**Q- What is the best advice (life, coach, ski, any) you've ever received?**

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

RACHEL - Candy, a LOT of candy!!!

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## DONATION OPPORTUNITIES

### VISIT SIDE-LAUNCH BREWERY

in MARCH & APRIL

### SUPPORT AOA Coach Education!



**EACH and EVERY can purchased directly impacts AOA COACH EDUCATION! \$0.10 from every Light Lager \$0.10 from their Taproom/Online sales anytime before April 1, 2024, will be DONATED to Alpine Ontario** to support increased coaching programs, including development and training opportunities.

You can find Side Launch Light at the LCBO, or you can stop by their Collingwood Taproom for a pint or to grab a case!

Cheers to developing great coaches! 🍻

***Please remember to drink responsibly***

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## **DONATE - A - GATE - FUNDRAISER**

**AOA is thrilled to introduce our latest campaign, "Donate a Gate to Ontario Racers."** We recognize the crucial role that ski gates play in honing the skills of our Ontario Ski Team, Ontario Development Ski Team, and Para Alpine Ski Team. Collectively these teams require 150+ new training gates each year, and at \$75 per gate, it's a significant cost to these teams. By contributing to this campaign, not only do you support our athletes' training needs, but you also become an integral part of their journey.

### **[HELP US REACH OUR GOAL - 150 NEW GATES IN 2024](#)**

For every gate you donate, we'll proudly inscribe your name along with a personalized good luck message to the team, ensuring that your generosity leaves an indelible mark on the slopes. Join us in shaping the future of Ontario skiing and empowering our athletes to reach new heights! Donate a gate and be a part of their success story. **[Your legacy starts HERE!](#)**

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