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U16 CUP FINALS - NATIONAL CAPITAL DIVISION

What an incredible U16 OCUP Finals we had in the National Capital area over the last five days!

The event included some high paced SG and GS racing down the Dustin Cook track at Mont Ste Marie, and 2 days of Slalom at Camp Fortune. Despite a challenging weather forecast leading into the event, the local groomers and volunteers from around the province united to create a fabulous race surface for our athletes to showcase their hard work and skills. We could not have done it without you!

Saint Anne March 20-24. A big congratulations to **Sophie Podivinsky**, from Georgian Peaks who walked with the women's overall after winning 4 out of the 5 events on the ladies side, and Glacier's **Kezik MaGill** winning the overall title and 2 of the 5 events on the boy's side.

Full results of the event can be found here: <https://www.alpinepoints.ca/results/>

Thank you Rod Windover for providing photography for the event!

[More Photos HERE](#)

Thank you again to all our volunteers, parents, coaches and title sponsor of the OCUP series, Mackenzie Investments as well as Skiis & Biikes, Karbon, and Fasken.





MACKENZIE

Investments

MACKENZIE SCUP WINNERS

🎉 CONGRATS TO ALL MACKENZIE SCUP TEAMS 🎉

U12 SCUP

Bracket 1 🏆 Georgian Peaks Whalen 2 ✨

Bracket 2 🏆 Beaver Valley ✨

Bracket 3 🏆 Georgian Peaks Wilson 1 ✨

Bracket 4 🏆 Alpine Fire ✨

Bracket 5 🏆 Heights Black ✨

Bracket 6 🏆 Mansfield Wolfpack ✨



U14 Overall 🏆 Georgian Peaks GP's ✨

U16 Overall 🏆 Georgian Peaks ✨

Congratulations to everyone who competed this year
and looking forward to seeing you back on the hills in 2025!



BARN HOUSE SKI GETAWAY | Normerica Timber Homes



Nestled beside the newly clad original 1850's farmhouse, this horse-and-living-quarters timber frame barn house

structure for this unique and exquisite home that serves as a weekend ski getaway for this family.

The natural stone masonry, grey barn board siding, black metal windows, and dark standing seam metal roof give this barn house a contemporary look that beautifully contrasts with the bucolic landscape. The ground level is designed for both horses and ski storage with timber box stalls, 4"x8" timber joists, and a timber ceiling. Natural light floods into the stalls through the glass paneled garage door, illuminating the space.

This barn home has been constructed partially into the hill to give easy access to either entry – the lower horse area or upper living area, as well as to the large deck. [READ FULL ARTICLE HERE](#)

Normerica is a proud partner of Alpine Ontario.



NEW COACH GRADUATES! @CONGRATS

Its busy times on the hills with many spring EL & DL spring courses happening. Ski coach candidates across the province last week underwent learn coaching techniques, safety protocols, and teaching methods. Developing hands-on experience, communication skills and gain deeper insights into skiing and coaching. As certified ski coaches they are ready to inspire future ski racers! [LET'S GET CERTIFIED](#)

ONTARIO 2024 SKI RACING AWARDS

presented by



MACKENZIE
Investments



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[through the links below](#)

para and one athlete (either male or female) from ski cross.

2. Anthony Pacione Coach of the Year

The AOA Coach of the Year Award in honor of Anthony Pacione's dedication to outstanding coaching performance that results in exceptional and demonstrated athlete advancement in alpine, para-alpine or ski cross racing. Pacione's home ski club was the Osler Bluff Ski Club.

3. Fasken Volunteer of the Year

Recognizes one or more volunteers in the sport of Ontario ski racing who have made an extraordinary contribution to their Club, Division or Province, and to the sport in general. This award recognizes the important role of volunteers as they support their children, team, club or sport as a whole.

4. Robert Shore Official of the Year

This award recognizes an Official in the sport of Ontario ski racing who has made an extraordinary contribution to their Club, Division, Province, and to the sport in general. This award was created in honour of the outstanding dedication to the sport made by Robert Shore, a former FIS TD Official.

5. Karbon Event of the Year

The Event of the Year is awarded to a ski club or race organizing committee which demonstrated an exceptional commitment to Ontario ski racing, through one or more ski racing events that support the local, Provincial, National and even International community.

6. Spirit of Sandy Proctor Award

Embracing the characteristics in honour of Sandy Proctor, who for many years was the face of the Nancy Greene Ski League in Southern Ontario and had an enormous love for both the participants of this sport and the entire sport. This award recognizes the extraordinary contributions of one or more individuals to the "Spirit of Ontario Ski Racing". This person(s) is always wearing a smile and is a positive and motivating force to the people around him or her. This award recognizes the important role of motivators as they support the spirit of sport with their children, team, club, Division or Province.

7. Builder of the Year

Formerly the Chairperson's Award, the Builder Award is for extraordinary contributions of one or more individuals to the sport of Ontario Ski Racing. and is intended to recognize one or more individual's lifetime contributions to Ontario Ski Racing.

8. Mackenzie Investments Race Ski Club of the Year

The Race Ski Club of the Year presented by Mackenzie Investments is awarded to one Ontario ski club that has distinguished themselves as being invested in their members and athletes on and off the hill. They provide exceptional ski racing programming, supporting the development of athletic success and have built an incredible culture for its members and their families.

(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



COACH UP SESSIONS - UPDATE



Coaches from diverse clubs across Ontario recently embarked on a transformative journey, spending a day immersed in the world of provincial-level coaching. Beginning with planning and logistical coordination at dawn, they transitioned seamlessly to on-hill sessions with elite athletes, honing techniques, fostering environments conducive to training, and strategizing for peak performance.

Throughout the day, the coaches not only absorbed invaluable insights but also actively engaged fostering collaborative insights and approaches. This immersive experience left them with a deeper appreciation for the complexities of high-performance coaching and renewed inspiration to elevate their own coaching practices, ultimately aiming to make a lasting impact on the racers they mentor.





INVATIONALS, FINALS & CHAMPIONSHIPS

[Upcoming Invitationals & OCUP Schedule](#)

- Mar 13 -17 U14 OCUP Finals Alpine / Craigleith
- Mar 15 -17 U10/U12 Muskoka Rodeo Invitational
- Mar 16 Ontario Masters Championships Devils Glen [LINK](#)
- Mar 23-24 Slalom Slam Invitational Mt St LouisMoonstone [LINK](#)
- Mar 29-31 Honda Cup Searchmont U12/U10/U8 [LINK](#)





GET TO KNOW NICK KWASNIAK

COACH Q&A

Q - Original Home Town?

NICK - Collingwood

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

NICK - Knowing that no matter how far my athletes went in the sport system, "most" athletes I have coached still love to ski

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

NICK - Being a positive contributor to the athletes journey

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

NICK - To be competitive at our Para National Championships

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

NICK - How deeply each racer is committed to improving every day

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

NICK - "The "Party, " is what you make it"! - Childhood Friend

"If you believe you can or, you believe you cannot, you are correct" - Henry Ford

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

NICK - My rain coat! It gives me that outer layer to protect me out there in ALL conditions.

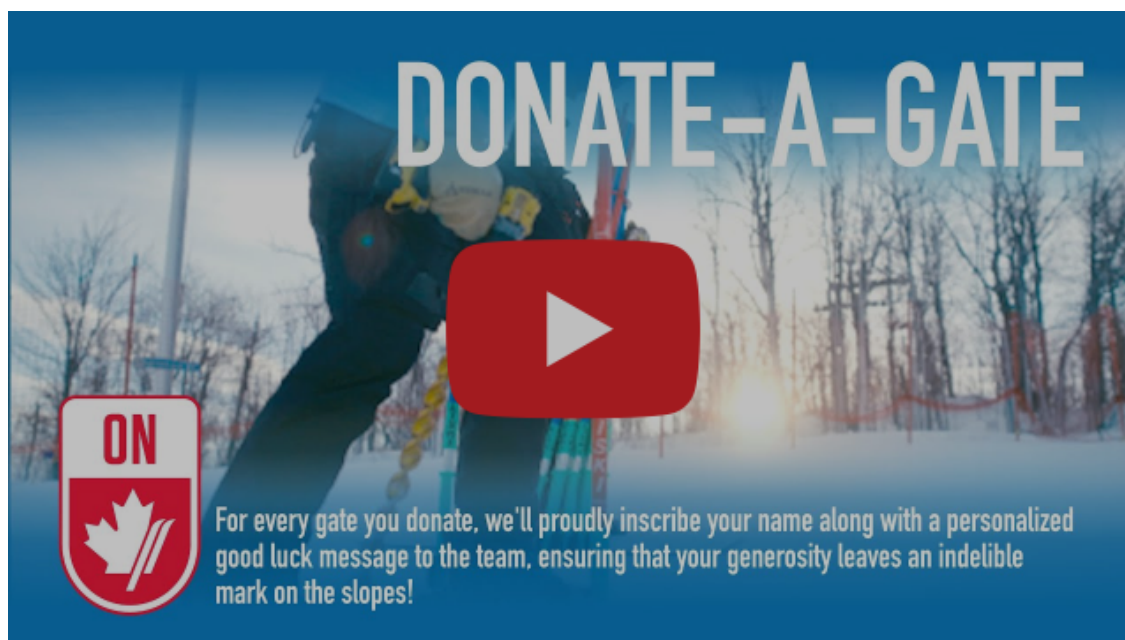
DONATION OPPORTUNITIES

LCBO PROMOTION EXTENDED THRU MARCH!! SUPPORT AOA Coach Education!



Purchase a 6-pack of Side Launch Light Lager (LCBO or Taproom) and \$0.60 from EVERY case goes to support Alpine Ontario coaching programs

Please remember to drink responsibly!

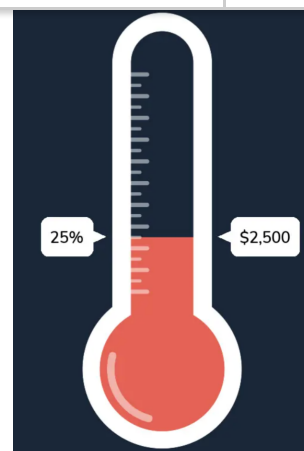


DONATE - A - GATE - FUNDRAISE UPDATE!

**YAY! WE HAVE REACHED 25% OF OUR GOAL!
LET'S KEEP IT GOING!**

Support Ontario skiers by donating gates! Ontario Ski Team, Development Ski Team, and Para Alpine Ski Team need 150+ gates yearly, costing \$75 each. Your contribution helps train athletes and shapes the future of Ontario skiing.

For every gate you donate, your name and a personalized message will be inscribed, leaving a lasting mark on the slopes. Join us in empowering athletes and be part of their success story.

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