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LATEST NEWS



MACKENZIE U14 OCUP FINALS - CRAIGLEITH & ALPINE

What an exciting week of racing at the Mackenzie Investments U14 OCUP Finals hosted by Alpine Ski Club and the Craigleith Ski Club. Athletes raced in 2 slalom events, a giant slalom, and a dual slalom. Despite early concerns about having enough snow to host the events, the two clubs, their race crews with a helping hand from volunteers did a fabulous job in creating excellent race surfaces for our athletes to showcase their hard work and skills. Thank you!

The U14 OCUP Finals brings together our province's best 12 and 13-year old children. Ski racers in the *Train to Train* phase of Alpine Canada's Long Term Athlete Development strategy are focused on transferring fundamental technique and basic tactical skills into the competitive environment. The goal is applying what they've learned in training and not on winning at all costs.

From this event, the fastest 15 boys and 15 girls were selected to represent Ontario at the CanAm race series in Sugarloaf, Maine on March 28-31st.

If you missed out on the OCUP Finals swag, hats and toques can now be purchased on the [AOA website](#) for direct shipping to you.

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**.



U16 EASTERN REGIONAL CHAMPIONSHIPS

Alpine Ontario Alpin (AOA) would like to congratulate the 60 alpine ski racers who competed as part of Team Ontario at the Eastern Regional Championships that took place at Mont Saint Anne March 20-24. Ontario's racers and 15 coaches from around the province were led by Heather Metzger and Thomas Trusler to compete in a Slalom, Giant Slalom, Super G and an Alpine Canada Skills Combine against the best in from Quebec and the Maritimes. The Eastern Regionals are part of Alpine Canada's new format that splits the National Championships into an eastern and a western championship, and selects the fastest racers from each to attend Whistler Cup as the national benchmark.

Over the 4 days of competition, Ontario athletes took home 2 podium finishes. Congratulations to Glacier's **Kezik MAGILL** on his 3rd place in the GS, and **Liam LOSTY** of Craigleith for his 3rd place in the Slalom. A full list of results can be found [here](#).

From the results at Eastern Regionals, the following individuals were named to represent Team Ontario at the Whistler Cup. Good luck to all our Ontario racers!!

Women:

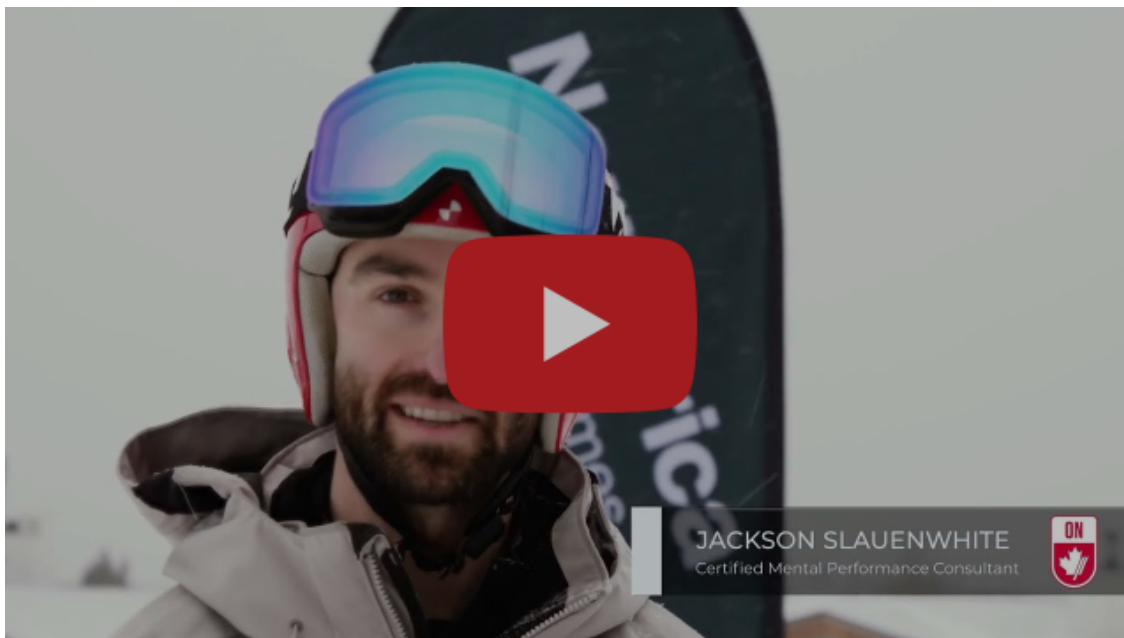
Sophie Qian (Craigleith)
Jordyn Rog (Camp Fortune)
Ava Currie (Elliot Lake)
Rachael Warll-MacMillan (Craigleith)
Sophie Podivinsky (Georgian Peaks)
Alexandra Houle (Camp Fortune)

Men:

Kezik Magill (Glacier)
Karmen Correia (Georgian Peaks)
Liam Losty (Craigleith)
Jack Zolis (Craigleith)
Daniel Meisenheimer (Camp Fortune)
Ryder Scott (Osler Bluff)
Brandon Wayland (Craigleith)

Unfortunately, no athletes were selected from Ontario to represent Team Canada at this event.

Alpine Ontario would like to extend a big thank you to **Mackenzie Investments**, **Skiis & Biikes**, **Karbon**, and **Fasken** who supported this team Ontario project.



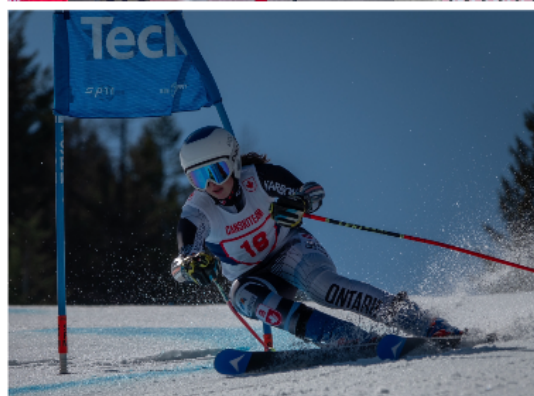
NORMERICA PARENT IQ VIDEO #1



☀️ Supporting Our Racers from the Get-Go! ☀️

Mental Preparation with Jackson Slauenwhite - Mental Performance Consultant

As parents, our role goes beyond just cheering from the sidelines. It's about providing the right support and guidance, especially on the drive home after a race or training day. Focus on three simple things...



ONTARIO SKI TEAM UPDATE - NATIONAL'S SUCCESS

The Ontario ski team have had a busy week on the road in Red Mountain at Canadian Senior National Championships and Alberta / BC spring series. Gabby Wall was third in the U21 Canadian National Champs GS and Elli Clark has hit the podium in 3rd place in the western spring series.

On the men's side, Kyle Blandford locked in a Senior National Champs Bronze in the GS, and Jayden Buckrell took top of the podium in the Slalom at Western Springs. The team will be moving on to Kimberly and Panorama for Nor-Am Finals before rounding off the season for camp at Sun Peaks.



COACH TRAINING - SPRING UPDATE

Canada in organizing and running the Skills Combine where we evaluated the skiing skills of the U16 athletes who qualified for this event. All athletes were put through a battery of five basic skills on the first day of this event. Coaches who were attending the event were trained and organized to help with these skill evaluations, and future skills combines across Canada.

Development Level coaching course - Georgian Peaks & Craigleith:

Eleven development level candidates participated in the DL course at Georgian Peaks and Craigleith. This course focuses on giving coaches more tools to use when coaching at the U12, U14 & U16 levels. Also helping to improve their course-setting abilities to develop better technical and tactical skills with their athletes.

Training Coach - Evaluators & evaluating coaches - Alpine Ski Club :

Building capacity – AOA worked to mentor a new Coach Evaluator at Alpine Ski Club to help Alpine certify more of their Entry-level coaches. This process helps build a stronger system in Ontario to allow more opportunities for young coaches to improve their coaching skills and progress through the coaching pathway.

Coach Up sessions - Devil's Glen:

This winter, AOA matched 4 coaches with the Ontario Women's Ski Team during two separate training days. Jacques Reid says "Helping to facilitate the interaction between these coaches and Cam Stephen was very rewarding. A big thanks to Cam for sharing his time to help these coaches with their personal development and to the athletes for being very inclusive with these coaches."

Development Level coach evaluation & coaching session - Battawa Ski Racing Club

Jacques Reid reports "I had a very rewarding day at Battawa Ski Hill in February where I was able to spend the morning with a coach looking to complete his DL certification by doing a "In training evaluation" of this coach will they worked with their athletes. During lunch time all Battawa coaches gathered for a brief presentation on coaching pathways and the role of Alpine Ontario as the provider for the education and training of coaches across the Province. The afternoon was spent on the hill and helping coaches run an athlete training session where we mainly worked on training their "Coaching eye". "



COACH EDUCATION 2023-24 SEASON!

Another successful season of delivering Entry and Development Level Coach Courses all over Ontario. Proud to say we have 320 new Entry Level Trained coaches and 25 new Development Level Trained coaches to support our ski racing programs in Ontario.

We are offering one final course of the season, [Performance Level Coaching course at Mont Ste Anne QC April 8-12 registration details HERE](#). One of the highlights of the season was the return of the Entry Level Coaching Course to 3 days on snow (previously two). This gave participants more time on snow for skiing and coaching development.

I want to send a huge thank you to the AOA Learning Facilitator Team who are amazing and delivered top-notch courses all season long (and wet sometimes). Extra special shout out to the biggest group of women Learning Facilitators we have ever had; Katelyn Budkowski, Erin Flynn, Steffi Ralph, Laura Berry, Adrienne Keyzer and Victoria Fenninger you were awesome!

And let's remember that learning continues in the off-season, check out the [Coaching Association of Ontario NCCP Course calendar HERE](#) and keep moving along the ACA coach education pathways! Until the snow flies again - Sarah Edwards – AOA Manager Coach Education and Delivery sedwards@alpineontario.ca

Picture above - Final EL course of the season at TSC – LFs Richard Vendrig, Rob Crossan, Colin Pettit, Brian McGregor



SUBMIT YOUR NOMINEES TODAY!

[through the links below](#)

1. Skis & Biikes Athlete of the Year

The AOA Athlete of the Year will be awarded to one male and one female athlete from alpine, one athlete (either male or female) from 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

members and their families.

(This is a voting category. This is an online vote for no more than 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



😊 WITH GRATITUDE 😊

Alpine Ontario once again extends a heartfelt thank you to all our incredible sponsors! Your generosity fuels our initiatives for Women in Coaching, Girls in Ski Racing, and Bridging the Gap, ensuring equal opportunities for all in the skiing community.

With your help, we provide essential resources, training, and mentorship programs, empowering women coaches and inspiring young girls to excel in ski racing. Your contributions break down barriers, ensuring everyone can pursue their passion for skiing.

Thank you for believing in our mission and being a vital part of the Alpine Ontario community. Let's continue to inspire, empower, and support each other as we carve our way towards greatness!

#AlpineOntario #WomenInCoaching #GirlsInSkiRacing #BridgingTheGap

2024 NORAM SPONSORS

Mackenzie Investment	Craig & Casey Tredgett
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People Care	Collingwood Brewery
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Fasken	The Newall Family Foundation

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	Keslassy Freedman Gelfand	Sean Conacher
	Sleep Country	PNH
	Steve Sittler	Admissions Excellence
	Cottage Springs / Casa del Rey	Bobby Breadner





UPCOMING EVENTS




INVITATIONALS & FINALS

[Invitationals Schedule](#)

- Mar 29-31 Honda Cup Searchmont U12/U10/U8 [LINK](#)





FEARLESSLY FEMALE

CANADIAN WOMEN IN SKI RACING

YOU'RE INVITED

by Mackenzie Investments and Alpine Canada to celebrate the history and accomplishments of the inspiring CANskiteam women.

The event includes a special panel featuring CANskiteam athletes who have had tremendous success this season and continue to inspire the next generation of young Canadian ski racers.

The event will also feature a very special live auction for heli-ski experiences with Alpine Canada partner Mike Wiegele Heli-Skiing.

All proceeds from the event support the CANskiteam.

DATE Tuesday April 9th 2024	LOCATION 180 Simcoe St. 3 rd floor, Toronto	TIME 5-7 pm TICKETS \$1,500
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CLICK HERE TO RESERVE YOUR TICKETS

RSVP BY MARCH 30

COMING UP! [BOOK YOUR SEAT!](#)

Hosted by Rod Black, Canadian Sports Broadcaster

Panel Guests:

Laurence St Germaine

Brittany Phelan

Nancy Greene Raine

FEATURING

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

ALPINE ONTARIO ALPIN SPRING DEBRIEF & MEETINGS 2024



FRIDAY MAY 3
Collingwood



REGISTER @
SNOWREG.COM



MACKENZIE
Investments



Skiis & Biikes

KARBON

FASKEN



AOA | Active Life Conditioning

U14 & U16 ALPINE SKIER FITNESS 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](#)



NSA SUMMER SKI CAMP

U14/U16/FIS Training Camp



SESSION RUNS: July 20th-July 30th

18 SPOTS
10 DAYS
3 MEALS/DAY
100% FUN
\$5950.00*

*CDN \$ plus hst

REGISTER NOW!



JOIN **NSA** @ MT. HOOD, one of North Americas top summer ski training sites.

Timberline Resort boasts over a 400cm base, conditions will be great for summer skiing. Summer ski camp is a perfect opportunity to work with TOP **NSA** COACHES, acquire new skills, test skis, develop independence, and grow as a young athlete.

INCLUDED: PORTLAND AIRPORT*** PICKUP/ DROPOFF, 3 DAILY MEALS, LIFT / LANE, COACHING & REPORT, DAILY VIDEO, CAMP WEARABLE, FULLY CHAPERONED BY STAFF, DRYLAND SESSIONS

Camp requires a minimum of 10 participants to operate *FLIGHTS ARE NOT INCLUDED

COACHES' CORDUROY





GET TO KNOW HENRY YEIGH COACH Q&A

Q - Original Home Club?

HENRY - Caledon Ski Club

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

HENRY - I discovered my love for coaching when I realized that working with motivated athletes who were trying to better themselves on and off the hill gave myself energy and enjoyment in being part of a process that is bigger than myself.

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

HENRY - Certainly the relationships fostered with athletes and coaches from around the world. It is extremely rewarding to have former athletes excelling in the sport for many years.

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

HENRY - My motivation comes from being part of a process and journey with athletes to reach their goals in the short and long term. If my athletes leave me as a more complete human and athlete I am thrilled.

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

HENRY - To help all the boys reach their individual goals and pathways they wish to pursue. Create a value based culture focused around hard work, integrity and passion. Have all the boys sub 75 points in Tech disciplines.

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

HENRY - How much they love the sport and desperately want to succeed.

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

HENRY - "Treat others the way you would like to be treated. - Mom
"It only takes two" - can't remember!

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

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!

WE ARE OVER 25% OF THE WAY THERE - LET'S KEEP IT GOING!

OUR GOAL IS TO REACH 150 GATES

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.

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



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& Biikes***

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PROUD PARTNERS



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AIR CANADA



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