



# 2018-2019 PROGRAM UNIVERSITY SKI TEAM

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Les Torrens de l'UQO - uOttawa Gee-Gees - Carleton University Ravens

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## About the team

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The University Ski Team is officially launching its 2018-2019 season program. Students enrolled at Carleton University, at the Université du Québec en Outaouais, and at the University of Ottawa have the opportunity to train with a group of highly skilled student-athletes and coaches, to compete on the FIS University Circuit, and to represent their respective academic institutions in the hunt for the RSEQ banners! The team's mission is to promote academic success through the development of skilled, fit and exemplary student-athletes. We envision the program as a stage for our athletes to shine, and to show that they are amongst the most driven and ambitious students in the region, throughout Canada, and on the world stage.

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## Eligibility requirements

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To appear on the schools 2018-2019 rosters, students must respect all the requirements listed below:

1. A confirmation of enrolment into one of the following academic institutions:
  - Carleton University (Carleton Ravens);
  - Université du Québec en Outaouais or CÉGEP (UQO Torrens);
  - University of Ottawa (uOttawa Gee-Gees).
2. A letter of recommendation from a coach, and a short letter (300 words) of motivation describing your athletic and academic experience and aspirations;
3. (Highly recommended) Two years of previous ski racing experience at the FIS level.

Prime partners:



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**Program details**

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**Program costs: 5000\$**

<b>Program component</b>	<b>Included</b>	<b>Schedule</b>	<b>Location</b>	<b>Not included</b>
<b>Physical preparation</b>	24 sessions including coaching	Tuesday nights and Sundays (Sept to Dec 2018)	Mooney's Bay for outdoor sessions and different indoor facilities	Individual training plans and physical preparation
<b>On snow training</b>	64 days on snow including coaching	Tuesday nights, Fridays, Saturdays and Sundays (Dec 2018 to Apr 2019)	Camp Fortune and other local ski hills	Season's pass at Camp Fortune
<b>FIS Racing</b>	8 FIS UNI starts including coaching, registrations, transport, food and lodging	4 week-ends in the province of Quebec (Jan, Feb and Mar)	To be determined by RSEQ	Costs related to the participation to other FIS races (Super Series, Nor-Am, NCAA)
<b>Camps</b>	3 day SL camp 3 day GS camp 2 day Ski-Cross camp 1 Ski-Cross race start	Nov to Dec 2018	To be determined (Sunday River, Val St-Côme, Stoneham, Tremblant and/or Mont Ste-Marie)	Other pre-season away camps (camp options available with our partners)
<b>Team wear</b>	*Each athlete will be given some team wear (branded jacket + hat + sweater) and a bird gang membership for free access to all Ravens sports games (Carleton students only).			

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Coaching staff

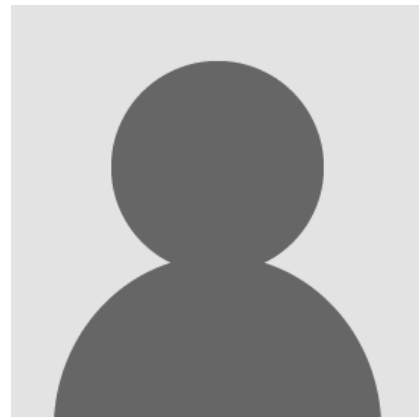
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**Gabriel Bouffard – Athletic Director (CSCF III & CSIA IV)**



After competing on the FIS circuit, Gabriel held coaching positions at different sport-schools and ski clubs in the Gatineau region and is a former athlete and coach of the NCO ski team. Gabriel believes that mature athletes should have the opportunity to pursue both their academic and athletic goals. He holds a B.A.A. in management from uOttawa and an M.Sc. from the University of Montreal.

**Unknown – Head Coach ()**



**Patrick Biggs – technical advisor (CSCF III & former CAST member)**



In May 2004, Patrick was first named to represent Canada as a member of the Canadian Ski Team. He has competed in two Olympics, placed in the top 10 at two World Championships, scored top 30 results on the world cup for 7 years, stood on top of the podium 4 times at the Europa Cup and 4 times at the North American Cup. Patrick skied for Dartmouth University in New Hampshire while completing his engineering and studio art studies.

Now acting as the Program Director for the Camp Fortune Ski Club, Patrick will be invited to some of the team's Tuesday night trainings so he can share his expertise and experience with the athletes.

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**Ethics and conduct**

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All athletes who will be figuring on our 2018-2019 roster will have to respect the UST, RSEQ, ACA, AOA and SQA codes of conduct, as well as the code of conduct of their respective academic institution. There is zero tolerance for acts of misconduct, for the use of drugs and alcohol and for initiation activities. Deviance from the codes of conduct will translate into suspension or expulsion from the team.

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**Registration**

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Please fill out the [registration form](#) on our website if you are interested in being part of your university's ski team. Registration will be open from March 1<sup>st</sup> 2018 until May 31<sup>st</sup> 2018. The Head Coach of the program will contact you soon after for a short phone interview and to provide more details on the program.



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