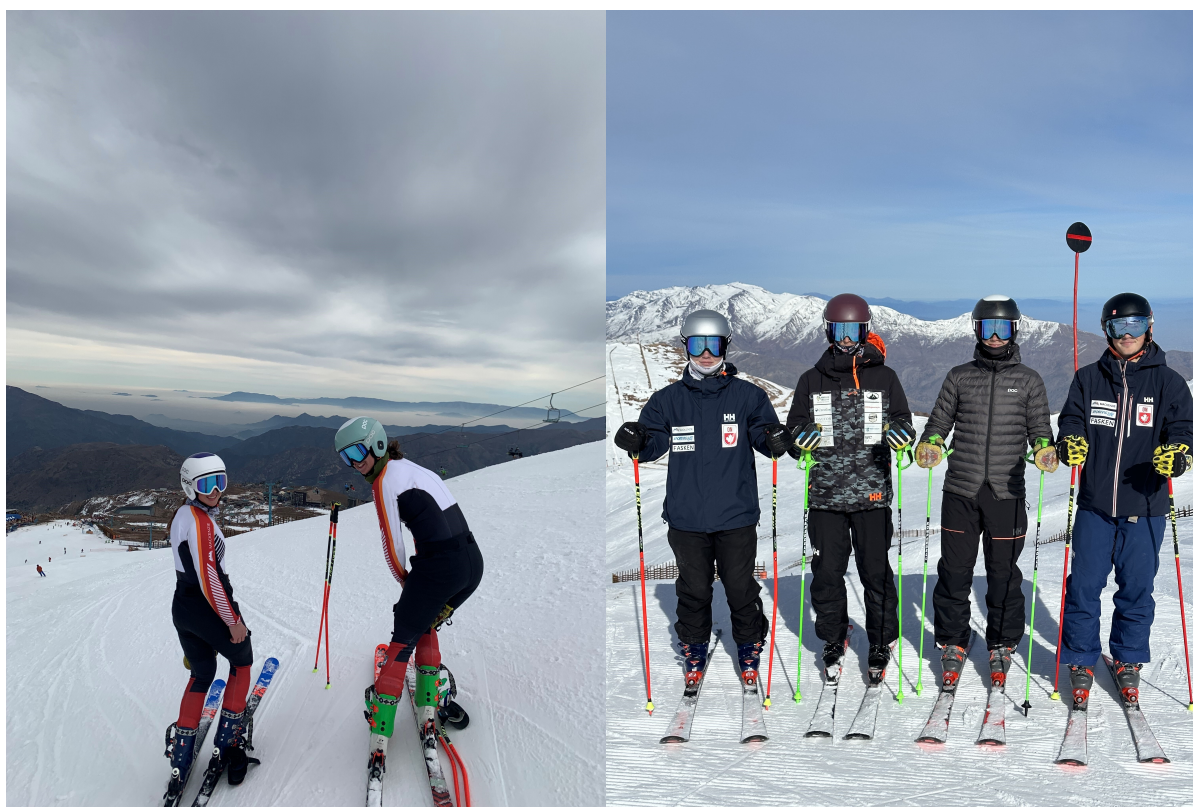


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LATEST NEWS



EL COLORADO, CHILE— The Ontario Ski Team (OST) and Ontario Development Ski Team (ODST) are happy to send a warm hello to everyone at home enjoying the August summer sun. AOA men's teams have just landed back in Canada after a 3 week training phase in El Colorado Chile, while the Women's team members are nearing the end of a 3 week Chile block, which is the opening on snow camp for the 2023/ 2024 winter campaign. The camp has seen the Development team and Provincial team working together to establish common language and on snow technical understanding in freeski, drill and course environments. The work has focused on building the technical and tactical skiing foundations that will support all the skiing going forward through the 2023/ 2024 winter season. The OST/ODST men and women showed great work ethic and ability to absorb adversity making the best

El Colorado is a popular international summer training destination located just 37km outside of Santiago Chile. With nearly 40 teams from around the world currently on the mountain including Canadian, American, Chilean, and Japanese National ski teams, as well as the BC and Quebec Provincial Ski Teams currently training on site the resort is a hot bed for some of the best summer training in the world. Unusually warm temperatures have challenged but not deterred teams from finding a wide variety of high quality training pistes and venues at the resort.

The Chile camp, bringing together the top talent from Ontario at an elevation of 3400 meters, marks the initial on-snow project of the season, but the hard work and preparation began well before this. Our provincial team athletes have been working hard at Active Life Conditioning in Collingwood, and in Integrated Sport Science programs provided by the Canadian Sport Institute Ontario since mid-May to establish the physical capacities to support the three weeks of intensive technical skiing, Slalom and GS training, and Strength and Conditioning training at high altitude.

Upon Returning from Chile the athletes of the Ontario Women's and Men's Ski Teams will step back into the Gym for another month long strength and conditioning block before their next on snow block. The OST Men and Women will return to Chile in mid September for another technical training block at El Colorado followed directly by the teams first speed block of the 23/24 season at Corralco Mountain Resort located about 9 hours south of Santiago.

Be sure to follow the journey of our Ontario Ski Team and Ontario Development Ski Team athletes through the season on instagram, facebook, and raceline. Go Ontario!

AOA UPDATED FITNESS COMBINE

A reminder for the upcoming 2023/24 season all OCUP athletes must complete a fitness test between September 1st and December 30th, 2023, and have their club submit the results to Alpine Ontario in to be eligible to start races. New for this season athletes must complete and submit results for Alpine Canada's new fitness combine, while this combine was available last year both new and old testing protocols were accepted.

About the ACA Fitness Combine

The ACA Fitness Combine aims to implement a system-wide standardized testing protocol to ensure Canadian skiers are developing ski-specific physical fitness abilities as they progress through the athlete development pathway while tracking the progression of skiers. This testing can be done with your Division, Ski Club, Gym and/or school. Please ask your coach where your team will be doing the testing.

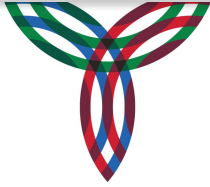
All relevant links – including the full testing protocol; audio/video resources; and instructions on how to submit testing to ACA can all be found on the AOA website or below.



Our summer liquidation is still on! We have everything from downhill suits, jackets, race shorts, snow pants, shirts, and more! Go check out our online store using the link below.

[Buy Now](#)





Thunder Bay 2024

Ontario
Winter Games
Jeux d'hiver de
l'Ontario

ONTARIO WINTER GAMES

The Ontario Winter Games (OWG) is heading north in 2024 to Thunder Bay. Alpine Ontario is working with OWG organizers and Thunder Bay's local clubs to role out event formats that excite and engage our young athletes. The three event race series will include a team parallel dual, and terrain GS.

The event will target U14's, and will be open to both O-CUP racers and all divisional level racers (S-CUP, etc.). The Ontario Winter Games offer a games like experience, and the opportunity to participate in an event surrounded by some of Ontario's top young athletes from a multitude of sports.

Provincial government subsidies are available to offset costs and flights. More details to be shared through clubs in September. Interest by participants must be confirmed in December to your club. For more information about the games, click below.

Stay tuned for more information.

ONTARIO WINTER GAMES



Jurg Gfeller

**NANCY GREEN
BUILDER AWARD****JURG GFELLER****PRIX DES BÂTISSEURS
NANCY GREENE**

A big congratulations goes out to Jurg Gfeller who recently received the Nancy Greene Builder Award at the 2023 Canadian Ski Racing Awards. Nigel Cooper wrote a few words about Jurg, saying;

Jurg Gfeller has been a staple of the Collingwood ski scene for 50 years. A member of the famed Ernie McCulloch ski school at Blue Mountain in the 70s, Canadian Alpine Ski Team Coach through the 1984 Sarajevo Winter Olympics and Co-Founder of the National Ski Academy (NSA) with Henry Haiduk and Dan Hadley in the 80's.

For over 35 years since as the heart and soul of the NSA, Jurg's impact on almost 1,000 student athletes and many coaches at Canada's only residential ski racing academy is unparalleled. His total commitment to the dream has built a legacy of excellence in bringing ski racing and school under one roof.

In retirement, there is no rest for The Big Cheese. Jurg is back to his roots coaching at Georgian Peaks because he knows better than anyone that "you snooze, you lose". Truly a "builder" of ski racing in Canada.

Additional comment on Jurg from Graydon Oldfield, National Ski Academy Alumni ('87-'91), First National Ski Academy Graduate to the Canadian Ski Team and first World Cup Points for NSA – Canadian Ski Team Alumni

In the worldwide realm of Alpine Ski Racing, there are those who stand out as exceptional leaders, mentors, and motivators. They inspire their athletes to greatness, instilling in them the belief that they can achieve anything they set their minds to. This tribute is dedicated to one such remarkable coach and builder whose impact transcends the boundaries of the ski hill. Through his unwavering dedication, support and most importantly his profound vision, Jurg Gfeller has shaped us not only as athletes but also all those he who surrounded him throughout this incredible journey. There is no one more deserving of this award than the one they call "The Big Cheese". I am so proud and grateful to have been a small part of this journey.

To see more about the 2023 Canadian Ski Racing Awards, visit the link below.



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