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## WAY TO GO! CANADIAN WORLD CUP WOMEN

### AND A BIG *THANK YOU* TO ALL THE ONTARIANS WHO TRAVELLED TO MONT TREMBLANT TO SUPPORT THESE AMAZING WOMEN

Witnessing the Canadian Women in action, which for some was a home hill @monttremblant. Valerie Grenier - our Franco-Ontarian, with an outstanding 6th place finish marks her perfect record of four for four in top 10 finishes this season! "It feels so good to see everyone who came here today and yesterday, I can't really believe how many people came to see us," said Grenier. "It really warms your heart."

Cassidy Gray of Panorama, B.C., finished 24th in 2:14.49. Grenier and Gray were the only Canadians to advance to the second run scheduled for Sunday afternoon.

"It's really special for me," said Gray. "This gives me a lot of confidence, and I know I can do even more. I'm looking forward to the rest of the season."

Justine Clement of Stoneham, Que., and Justine Lamontagne of Mont Sainte-Anne, Que., missed the cut at 50th and 53rd, respectively. Sarah Bennett, also of Stoneham,

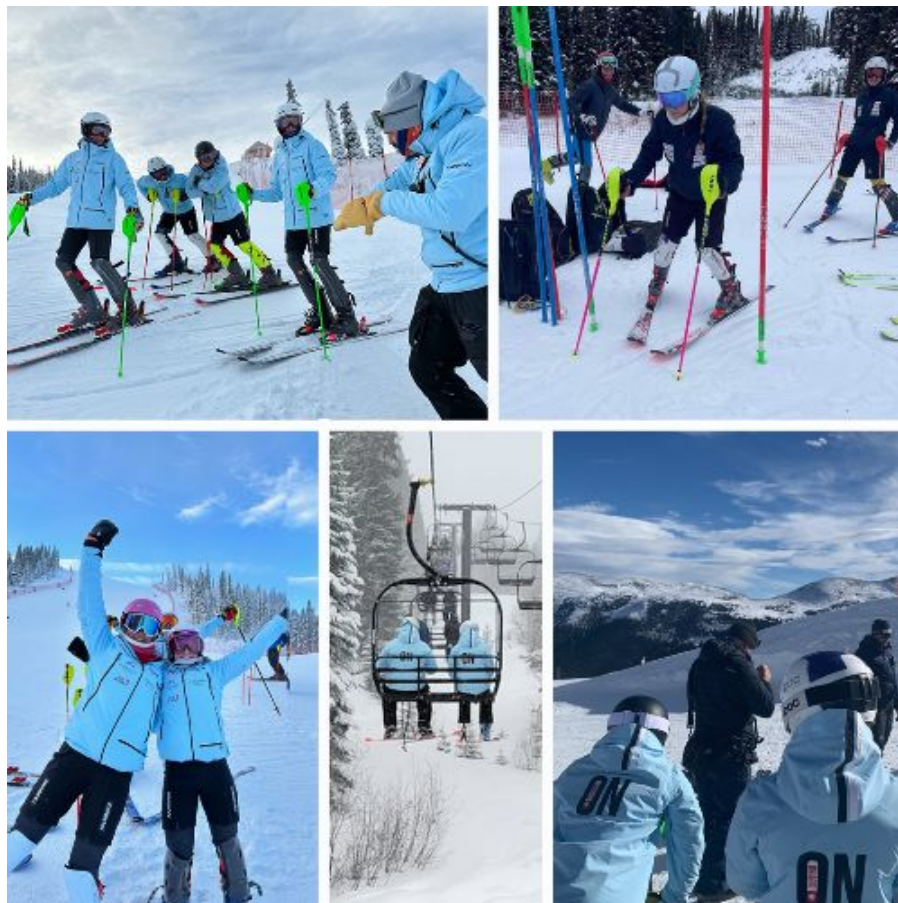
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and Britt Richardson of Canmore, Alta., did not finish.  
-From The Canadian Press

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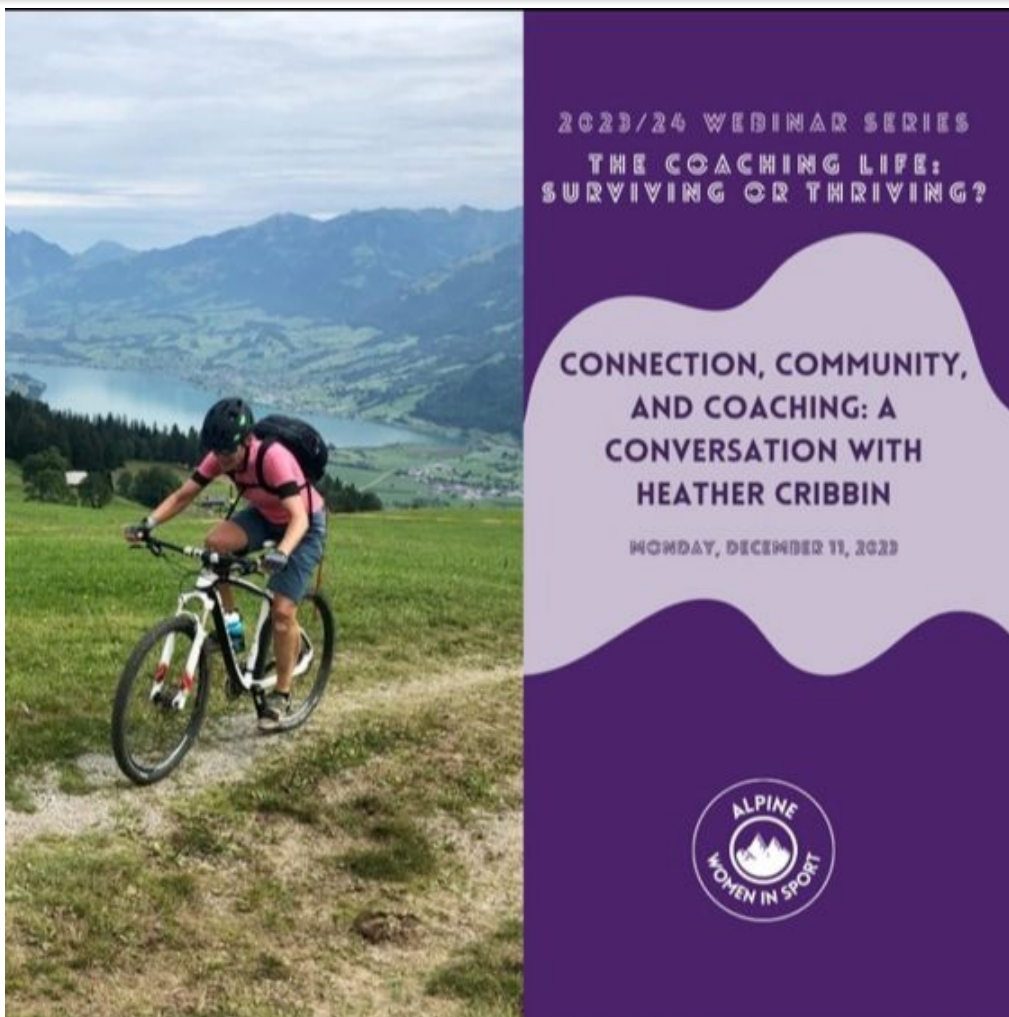
## UPCOMING EVENTS



# Entry Level Coaching Course



[CLICK HERE TO REGISTER](#)



## **ALPINE WOMEN IN SPORT**

### **2023-24 Webinar Series**

# **"The Coaching Life: Surviving or Thriving?"**

Join us on December 11th at 5:30PM (PST) - 8:30 PM (EST), as Mental Performance Coach, Heather Cribbin will be the guide for the series, helping us engage our coaching community and lay the groundwork for open and mindful exchanges, starting with "Connection, Community, and Coaching: A Conversation with Heather Cribbin." [Please REGISTER HERE](#)

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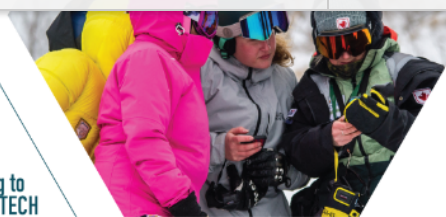
# COACH UP SESSION

**EXPERIENCE**  
"A DAY IN THE LIFE"  
OF AN OST COACH

ARE YOU looking to  
BUFF UP your TECH  
COACHING skills?

- > Join OST Coaches and experience an OST athlete training session in Ontario Feb & Mar 2024
- > Offers Coaches Provincial level exposure and interactive mentorship within high-performance training environments
- > This session is designed only for Coaches at Comp Intro & Comp Development levels

APPLICATION  
INFO TO COME



## ONTARIO SKI TEAM

### "COACH UP" SESSIONS

#### THE WHY

- Take advantage of this opportunity to connect with OST coaches and athletes while they train in Ontario
- Learn more about how to support athletes in a highly functioning environment
- Broaden your skills to help you prepare for your next coach education or development aspect of your coach pathway

#### THE WHAT, HOW & WHEN

- Project will allow selected coaches to spend time with the OST when they are training in Ontario during the months of February & March
  - Project designed to give developing coaches an opportunity to spend time with the OST athletes and coaches in a high performing environment
  - Project will select coaches working at the Comp Intro & Comp Development levels where applicants will be chosen based on their personal development goals and compatibility with the OST training environment
  - Connect the OST (coaches & athletes) with the general coaching community
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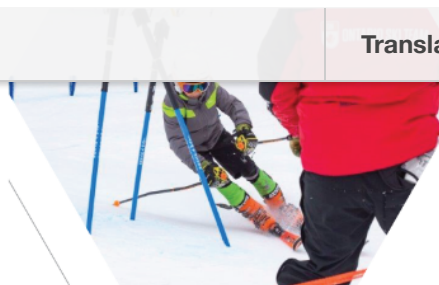
# SKI UP SESSIONS

**EXPERIENCE**  
A NEW TAKE ON SKI  
"FUN" DAMENTALS

Session 1 - Quickness & Agility  
Session 2 - Flow & Linking Turns  
Session 3 - Mobility  
Session 4 - All Mountain Exploring

- > A stimulating, challenging, fun session environment for athletes to fuel their passion and improve their basic ski skills
- > The SKI UP SESSIONS provide additional training days to supplement the club program development
- > The series of sessions are designed for U10 & U14 racers

REGISTRATION  
INFO TO COME



## 'SKI UP' SESSIONS OFFER *accelerated* learning!

- New and engaging environments that differ from a regular training day at your ski hill
- New people (athletes and coaches) to engage with and learn something from and create new friendships allowing for more fun to be had
- Being "outside of their comfort zone" (regular training at home club) allows athletes to explore where their limits are allowing for accelerated development. As long as athletes feel safe and supported
- When athletes are having fun they learn more and by fun we are not referring to being silly. Being silly can be fun and I am not saying that we can't be silly while we learn. What I am saying though is that athletes are having fun when they engage with others, when they push themselves and when they feel they are accomplishing something.

Don't miss your opportunity to do more of these events. Check the [AOA website events page](#) to see what event is designed to help in the development of your skiers.

# RACER **UP** SESSIONS

**U16**  
**EXPERIENCE**  
A DAY WITH OOST

- > WHO - Select U16 HPP athletes
- > WHEN - December - Christmas Break
- > HOW - Athletes/Clubs Coaches will be emailed
- > WHERE - Escarpment



**LEVEL  
UP**

MACKENZIE  
**WOMEN  
in  
SKI RACING**

NEW FEMALE COACH INITIATIVE

Thanks to the support of one of Alpine Canada's premier partners – Mackenzie Investments. Alpine Canada in partnership with the Provincial/Territorial Ski Associations will be providing a coaching subsidy to DL & PF female coaches to help eliminate one of the barriers identified with getting more

registration cost of attending coach education at the Development Level (DL) course and the Performance Level (PL) course in Alpine skiing. **If you are female and are currently registered for ACA DL or PL Coaching Course you are automatically eligible for the random draw on March 4th, 2024.**



## JOIN THE NSA ALUMNI APRÉS DEC 28th, 2023

Did you attend the National Ski Academy over the course of its 37 year history? Join us for an après! On December 28 we invite NSA Alumni to join us for a casual holiday après to mix, mingle and catch-up. Come straight from the hill with your family in tow, take a tour of your alma matter, and enjoy some of Chef Zak's famous charcuterie!

**December 28 @ 4:00PM-6:00PM**

**The National Ski Academy, 200 Oak St**

**We do not have contact details for all of our alumni. If you did not receive the invite and would like to be added to our RSVP list, please email: [info@nsa.on.ca](mailto:info@nsa.on.ca)**

For over 37 years, NSA has provided an environment for talented student athletes to maximize their potential through the pursuit of alpine ski racing excellence, academic achievement and personal growth. If you were a student athlete here at any time during NSA's history, we would love to reconnect!



## ALPINE ONTARIO ALPIN 2023-24 PARENT HANDBOOK



PREMIERE PARTNER  
 **MACKENZIE**  
Investments

2023-24 Parent Handbook

## AOA STRATEGIC PLAN SPOTLIGHT



ONTARIO  
**UNITED**



AOA is excited to announce a new race championship to engage a broader range of ski racers. Partnering with Quebec, this event series is focused on athletes in the Train to Race window of the Long Term Athlete Development System who are targeting a Ski For Life Pathway. This new Eastern Regional NAT Championship event is open to U18 athletes from Quebec, Ontario, and the Maritime provinces for a nationally pointed (NAT) final (Non-FIS). Ski Quebec and Alpine Ontario's goal is to bring together Nationally Carded athletes from Quebec's CJP circuit, and Ontario's divisional NAT circuits to offer a multi-province U18 championship event. U18 FIS athletes are permitted to compete, some point restrictions apply. Thank you Glacier Ski Club for graciously agreeing to host this event!

### U18 Eastern Regional (NAT) Championships

Mount Saint Louis Moonstone

March 16 -17, 2024 - 1XSL, 1XGS

[ACCESS THE FULL AOA 2023-2028 STRATEGIC PLAN](#)



#### PREMIER PARTNERS



#### PLATINUM PARTNERS



#### PROUD PARTNERS



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