

[View this email in your browser](#)



LATEST NEWS



STRONG PERFORMANCES FOR ONTARIO

Ontario's Ali Nullmeyer continues to post strong world cup finishes with an 11th place finish at Lienz, and 13th place finish at Courchevel. Jack Crawford narrowly misses the podium by .03 and .07 seconds in Val Gardena SG and DH, but with the World Cup circuit heading to the January classics, he's in great form! Be sure to follow and cheer on all our Ontario athletes!



CONSISTENT KYLE!

Ontario Ski Team Member Kyle Blandford continues his U21 podium success on the Nor-Am circuit. Building on his 2nd and 3rd Place from Copper Mtn, he followed up with 2nd and 3rd place finishes in the Burke mountain GS races.



GET READY!

for an exhilarating ride at 90 km/hr into the incredible world
of Canadian Ski legend, Nancy Greene Raine.

The Fabulous Life of Nancy Greene Raine—or N.G.R. for short.

N.G.R. has spent a lifetime showing the world what it means to love a sport. As a ski racer, coach, Olympic champ, mountain-resort visionary and Canadian Senator, Nancy Greene Raine is an inter-generational household name for many Canadians. But how much do you really know about Sun Peaks' local celebrity?

next generation of skiers, she helped put Sun Peaks on the map as a world-class destination, and a welcoming community. A place that whether you're a local or a visitor, you always feel at home.

Hold on to your toques because we're dropping in, to a masterclass in how to live life at 90 km/hour!

[TUNE IN HERE](#) to weave through her exciting life story at a Nancy-approved pace



WINTER WORLD MASTERS GAMES COUNTDOWN

Dream, plan and enjoy! Academy members are feeling the excitement in the air as only a few days remain before the IMA Team comprised of avid racers from ON (14), AB (7) and QC (4) head to Italy for an otherworldly and unforgettable experience. The race venue for GS & SL races is Ponte di Legno while the Super-G's are in Aprica. Follow results Jan 16-19 at www.fis-ski.com

PRELIMINARY CANADIAN MASTERS CALENDAR

A few more BC and ON races were posted on Dec 6th. [CHECK OUT ALL THE DETAILS HERE](#)

- REPOST NOTIFICATION - EARLY SEASON PODIUMS FOR ONTARIO ATHLETES *Way to GO!!*

We'd like to share the successes of some of our Ontario athletes we missed in the last Raceline. Congrats to Jayden Buckrell for two podium finishes at the Quebec Super Series Events in Mont Saint-Sauveur. Nicole Svirkova - Glacier Ski Club, who finished 3rd at the Searchmont FIS slalom. Also a quick note that Callum Hankai who we highlighted in the last Raceline is from Glacier Ski Club. Go Glacier! Good luck to our athletes competing down at the



Be sure to send us photos and tag us @AlpineOntario on social so we can share the successes of all Ontario athletes



In Heartfelt Memory
Riley Brent Cotter
Mar 7, 2006 — Dec 27, 2023

Our ski community mourns the loss of such a beloved young skier, Riley Cotter, U18 Athlete at Calabogie Peaks. Riley's untimely departure has left a profound void in the hearts of all who knew him, especially to all of his close friends and teammates at Calabogie Ski Club. In this time of sorrow, we send support to Brent, Ellen and Tori and the extended Cotter Family.

May this bind our community closer together and build strength in the shared love for Riley. Please find [Tributes](#), [donation details](#) and [condolences](#) in memory of Riley.

UPCOMING EVENTS



AOA is thrilled to offer the 2024 Women in Coaching initiative, initiated in 2020, dedicated to advancing female coaches in Ontario. The program is woven into the 2024 Women's NorAm event

women in coaching community, on-hill experiences, collaboration with provincial coaches, and enlightening development sessions with leaders in the ski community.

This years event features:

- - **Tech talk with Rachel Topping & Katie Twible**
 - **Equipment workshop at Skiis & Biikes**
 - **On-hill access to NorAm coaches**
 - **Indoor Professional Development session**
 - **Team Dinner**
 - Georgian Peaks & Devil's Glen - Feb 24 - 27, 2024
 - **Deadline to Apply Jan 15 - [APPLY HERE](#)**
-



NZ SL 5:30PM - 8:00PM

TRAINING

WEDNESDAY NIGHTS
U12 AND OLDER

 Every Wednesday
Jan 10 - Feb 28

 Mount St. Louis Moonstone
Moonstone Side - Top of Ridge

 \$15 Fee
+ Lift Ticket \$40
without MSLM pass

REGISTER ONLINE

Scan QR Code >>



Or go to our website
<https://www.glacierclub.com/nz>
Register by Mondays 12pm





Exciting news for AOA SOD athletes! Join Wednesday nights in Jan, Feb & Mar, for NZ SL Training at Mount St. Louis Moonstone. [REGISTER HERE](#)

Special Thanks to our partnership with the @nikzoricicfoundation. 🙏



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

Are YOU looking to?

- > UP your COACHING game
- > EXPAND your coaching knowledge
- > BROADEN your coaching skills

- > Connect with OST Coaches and experience an OST athlete training session in Ontario Feb & Mar 2024
- > Offers Coaches top level in the Province exposure and interactive mentorship within high-performance training environments
- > These sessions are designed for Coaches at the Comp Intro & Comp Development levels

CLICK HERE TO **APPLY** 

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 [**APPLY HERE**](#)

SKI // UP SESSIONS

EXPERIENCE
A NEW TAKE ON SKI
"FUN" DAMENTALS

Session 1 – Thu Jan 25

Quickness & Agility – Caledon Ski Club

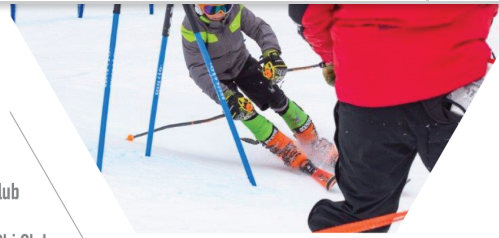
Session 2 – Fri Feb 9

All Mountain Exploring – Craighleith Ski Club

Session 3 – Thu Feb 15

Speed & Mobility – Osler Bluff Ski Club

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



'SKILL UP' SESSIONS OFFERS *accelerated* learning! OPEN to ALL AOA Registered U10, U12 & U14 Skiers!

- 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.

Cost - **\$99/day**(includes lift ticket) or **\$65/day**(without lift ticket)

8:30 AM	Check-In
9:00 AM	Meet On Snow
10:00 AM	Environment training
11:30 AM	Lunch
12:30 PM	Environment training
3:00 PM	Debrief with athletes
3:15 PM	Ready for pickup

COACHES' CORDUROY



Jan 2 2024 - 5 coaches are participating in the Development Level Coaching Course at Osler Bluffs Ski Club including 3 women who qualify for the opportunity to receive the Mackenzie Level Up funding. Despite challenging conditions, the Candidates have been participating in this "hybrid" version of the course where they are working with a group of skiers while working through the material for the DL.

A big thank you to Osler for hosting this course at the same time as an Entry Level course as well as a CSIA Level 1.

Stay up-to-date with the latest Coaches News & Resources - [COACH CONNECT](#)



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 females to continue along the pathway toward completing their education in the profession of alpine ski coaching. The intent is to create an opportunity for females to be eligible for a 50% subsidy in the 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.**

DONATION OPPORTUNITIES!

THE FUTURE WORLD CUP STARS

COLLINGWOOD FEB 24-27, 2024



LET'S CHANGE THE FUTURE OF ONTARIO SKI RACING

TOGETHER



1

**GIRLS IN RACING
WOMEN IN COACHING**

2

**BRIDGING THE GAP
SUPPORTING THE NEXT GEN**



YOUR OPPORTUNITY TO SUPPORT
THESE TWO INITIATIVES AT
THE NOR-AMS

VISIT alpineontario.ca/noram/ or CONTACT:

John Mealey 416 706 4331 cell jmealey@northshorecanada.ca

Sue Mealey 416 569 6344 cell suzymealey@gmail.com

Or your Club Committee member:

Devil's Glen: Nancy Gee nancygeenrg@gmail.com

Georgian Peaks: Michelle Foote mifoote74@hotmail.com



WOMEN'S NOR-AM

DEVIL'S GLEN FEB 24-25

GEORGIAN PEAKS FEB 26-27

COLLINGWOOD, ONTARIO

PARENTS' PISTE





Put LIFE-SAVING tools in the hands of your Coaches *THIS* Season purchase them a Stop the Bleed Kit

In the world of skiing emergencies, **Dr. Chisholm** MD FRCPC – Stop the Bleeding – NZ Foundation - Ski Race Parent – highlights a crucial point. When it comes to arterial bleeding on the hill, it takes just 3-4 minutes to bleed out with a femoral artery laceration, and bleeding is even faster for little ones. The average ambulance response time? Around 15 minutes. So, why not ensure the kit is onsite and in the hands of your coach and **could save a life**. All Proceeds go towards Nik Zoricic Foundation and AOA Alpine Development. **Sale PRICE \$50 [PURCHASE A KIT](#)**

We are proud partners with the Nik Zoricic Foundation to improve the safety of our training and racing environments.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

PLATINUM PARTNERS



PROUD PARTNERS



Copyright © 2023 Alpine Ontario Alpin (AOA), All rights reserved.

Our mailing address is:

Alpine Ontario Alpin
39A Stewart Road
Collingwood, Ontario,
L9Y 4M7

You can update your preferences or unsubscribe from this list