



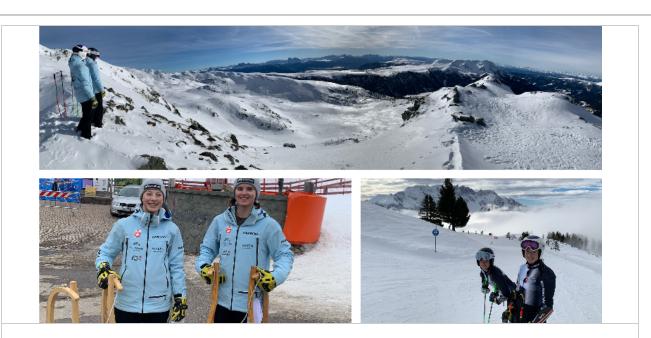
Project Excel Action Plan to Accelerate and Elevate

the Performance of Canada's High-Performance Athletes

Calgary, AB. (January 24, 2024) — Alpine Canada and its provincial partners are pleased to announce the launch of Project Excel. The program, developed in collaboration with technical experts from across Canada in the disciplines of alpine and ski cross, is designed and primarily focused on accelerating and elevating Canada's U21 talent pool and supporting coaches working with these athletes with tools, resources, and development opportunities. The ultimate objective is to develop more athletes who can achieve podiums at the Junior World Ski Championships and are ready to compete with the world's best at the World Cup, World Championships, and Olympic Winter Games.

"I am very excited about the potential impact Project Excel will have on Canada's highperformance system," said Jeff Thompson, Vice President of Domestic Sports Programs & Events, at Alpine Canada. "We have come together as a country and developed concrete steps that we are confident can be implemented to support athletes who are close, but not quite at the level to join the Canadian National Ski Team."

READ FULL ANNOUNCEMENT HERE



ONTARIO SKI TEAM WOMEN - Cortina D'Ampezzo, Italy

The Ontario Ski Team women have been busy in Italy. Elli and Gabby have continued to train and race all over the Trentino region. The team has trained and raced over the last 3 weeks at 9 different resorts mainly in the Val di Fassa area where their primary focus has been on GS and

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Past Issues

Translate `

RSS

The team changed locations today to a small village just outside of Cortina D Ampezzo where the team will base operations for the next week of racing and training at Cortina and Cinque Torre ski resorts. The weather has continued to be brilliant, the surfaces have been consistent and hard, and the food has been great. More to follow in the next installment.

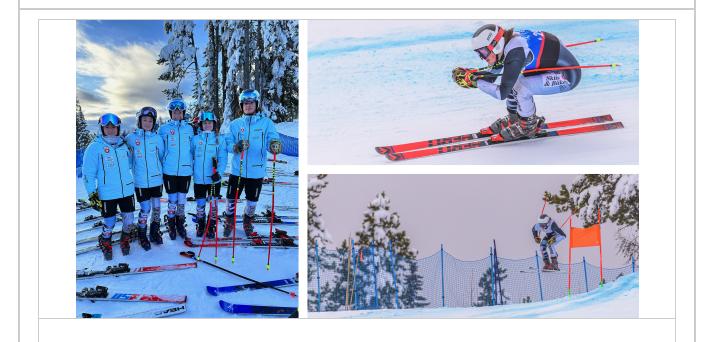


ONTARIO SKI TEAM MEN are currently a split team!

There is a group continuing the train and race in Ontario and eastern North America. Jayden, Colton, and Filip have put together a string of strong results and podium performances through Whiteface, Ottawa, and Collingwood competitions. Thank you to Ryan Butler for keeping the boys motivated.

HAPPENING NOW!

Kyle is currently representing Canada at the Junior World Ski Championship in Portes du Soliel, France. He will be competing in DH, SG, GS, and PGS over the coming week. You can follow along with FIS live timing and live commentated broadcasts on the FIS Youtube channel. Watch live with English commentary on <u>FIS.TV</u> or on the <u>FIS Youtube Channel</u>



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We were able to get a 3-day speed camp before starting to race, which was a priority for the team, to introduce 3 girls out of 4 to their first experience on DH skis. Tadas Valadka has also decided to join the girls for this trip and is also experiencing his first DH races! We've had some great results, and everybody is embracing this learning opportunity. We are now heading to Panorama for 4 days of technical racing before we going back home.



ONTARIO DEVELOPMENT SKI TEAM MEN

ODST men competed at Whiteface NY and Mount St Louis Moonstone, ON, in the local race series. Congrats to all the athletes that battled the adverse conditions to make it on the podium.



SOD SKI TEAM UPDATE

Congrats to all the SOD athletes and podium winners @mtstlouismoonstone this passed week! It was a great day for SOD Team member @brooklynxhunter who placed 3rd for u18 and 4th overall. Great racing by everyone on the SOD team! Keep your eyes peeled for more racing!

Past Issues



Karen Sargeant Managing Partner (Ontario) at Fasken

As a lifelong athlete, Fasken's support of Alpine Ontario Alpin (AOA) means a lot to me. While I grew up in the mountains of British Columbia, it ironically wasn't the ski hill that called my name, but the pool. Swimming was more than just a sport for me; it was – and still is – a way of life, a catalyst that helped shape my values, my resiliency, and my determination.

I know that AOA supports ski racers in the same ways I was supported as a swimmer. From encouraging those just beginning their athletic pursuits to building a pathway to podiums, to showcasing the recreational and social benefits of sports, the work AOA does is crucial in building a sustainable and inclusive sports system.

At Fasken, our business succeeds because we cultivate potential and excellence in everything we do. As a leading international law firm, we are driven to improve and innovate every day. It's not unlike swimming or ski racing.

Swimming taught me and my two younger sisters invaluable lessons: perseverance, the ability to push ourselves past our limits, and instilled in us the drive to excel in and out of the pool. It went beyond us kids.

My grandfather had played water polo, and my mom and many of her siblings had been swimmers. While I was swimming, my mom could often be found officiating swim meets, doing stroke and turn judging. My dad would be a timer. As a family, we moved around to different communities in B.C. and had ready-made groups of friends at the pool. Traveling from town to town for swim meets became our family vacation. We'd load up in the car and head out on Friday night, cramming all five of us into a hotel room for the weekend. On Sunday, we'd head home with another meet under our belts.

I swam throughout school, taking a short break through my undergraduate studies, but picking it back up at the University of Toronto, where I attended law school. I met my husband at the pool. I was on the swim team, and he was a triathlete, so our paths crossed. Swimming became a part of who we were as a couple. Years later, with her own kids getting involved in the sport, it became part of who we were as a family. Today, I value the mental well-being component as much as the physical component. I'm part of a masters swim club and at the end of a busy day, I can hop in the pool and leave work behind for an hour.

At the heart of Fasken's decision to sponsor AOA lies a passion for nurturing talent and empowering individuals to become the best versions of themselves. We firmly believe that by investing in young athletes today, we're contributing to a brighter and more promising future, both in sport and beyond. Together, we're shaping great athletes but we're also shaping leaders, fostering a generation of resilient, driven individuals who will inspire and lead by example. Our sponsorship goes beyond today's victories; it's about investing in a legacy that transcends medals and records, creating a lasting impact on lives and communities – on and off the racecourse. *- Fasken is a Proud Platinum Partner of Alpine Ontario*





'SKILL UP' SESSIONS OPEN to ALL AOA U10, U12 & U14 Skiers!

Last week over 40 kids from across Southern Ontario gathered at Caledon Ski Club for this season's first "Skill Up" session. This session focused on developing speed of movement and agility of kids ranging in age from U10 to U14.

Over the day, these young skiers completed multiple environments that challenged them to improve their skills. Stubbie gates, brushes, dye markings, and regular gates were set in ways that were quite different from a regular SL course, keeping the skiers engaged and motivated to complete each course and move on to the next station.

Kids from different clubs all trained together making new friends while learning simultaneously. Early struggles were embraced and supported and improvement was significant as the session progressed. By doing this session, these skiers stepped outside of their regular club training environment and their comfort zone to push their limits and improve their speed of movement and agility which should help their overall skills and athletic ability down the road.

A big thanks to Karson Benn and his Caledon team who supported this event by providing coaching and administration to help this Skill Up session run smoothly and efficiently.

Two more Skill Up Sessions are coming up this month so don't miss the opportunity to improve your skills in a fun and engaging environment bringing kids from across SOD together:

Feb 9 All Mountain Skiing Skill Up Session at Craigleith Ski Club

This session will focus on developing "All mountain" skills through skiing multiple environments like ungroomed terrain, the terrain park, and ski cross track

Twin Tip skis are encouraged but not a must/Multi-event skis for younger skiers will also be suitable. <u>REGISTER HERE</u>

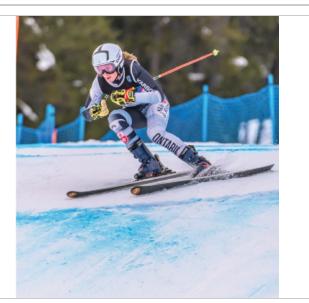
Feb 15 Speed & Mobility Skill Up Session at Osler Bluffs Ski Club

This session will focus on developing speed and mobility skills by skiing various types of terrain at higher speeds. Rollers, bank turns and jumps will be utilized to help develop these skills

Giant Slalom skis are encouraged but multi-event skis for younger skiers will be suitable <u>REGISTER HERE</u>







SAVE THE DATE! CALLING ALL U16s!

You're Invited to Our AOA Ontario Development Ski Team

OPEN HOUSE Hosted at Osler Bluff Ski Club - Orchard Lodge -Date: March 2nd Time: 4:00 PM - 6:00 PM

Join us for an exclusive opportunity to delve into the exciting world of competitive ski racing! The Ontario Development Ski Team invites YOU!

If you're an aspiring U16 ski athlete, a seasoned racer looking for the next steps, or simply curious about the Ontario athlete development pathway, this event promises insights, inspiration, and a chance to connect with like-minded athletes, parents, and coaches!

Meet the Team

Get to know our dedicated ODST athletes and coaches.

Learn About Our Programs

Discover the training development pathways and opportunities available for ski racers in Ontario

Join us for an evening of camaraderie, information, and passion for ski racing. SAVE THE DATE, and let's embark on this journey together!



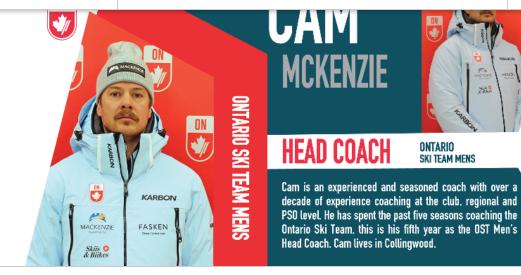


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Section Con

ONTARIO Ski team mens



GET TO KNOW CAM MCKENZIE COACH Q&A

Q - Original Home Club? CAM - North York

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

CAM - Coaching allowed me to rediscover the sport from a new perspective following leaving racing as an athlete. It felt like this could be a pathway to build and give back to the sport.

Q - What are you most proud of so far in your Coaching career? CAM - Watching athletes compete, perform, and continue to enjoy the sport beyond their years with the Ontario Ski Team.

Q - What is something that is little known but that you deeply admire about this OST Men's team this year?

CAM - The maturity, independence, and support that the athletes on the team offer each other.

Q - What are the aspirations/goals for this team this year? CAM - My goal is to get our athletes inside the Nor-Am Top-30 rank and compete at the Junior World Ski Champs!



BIG NEWS!! Time to Light Up Your Winter and Support AOA Coach Education!

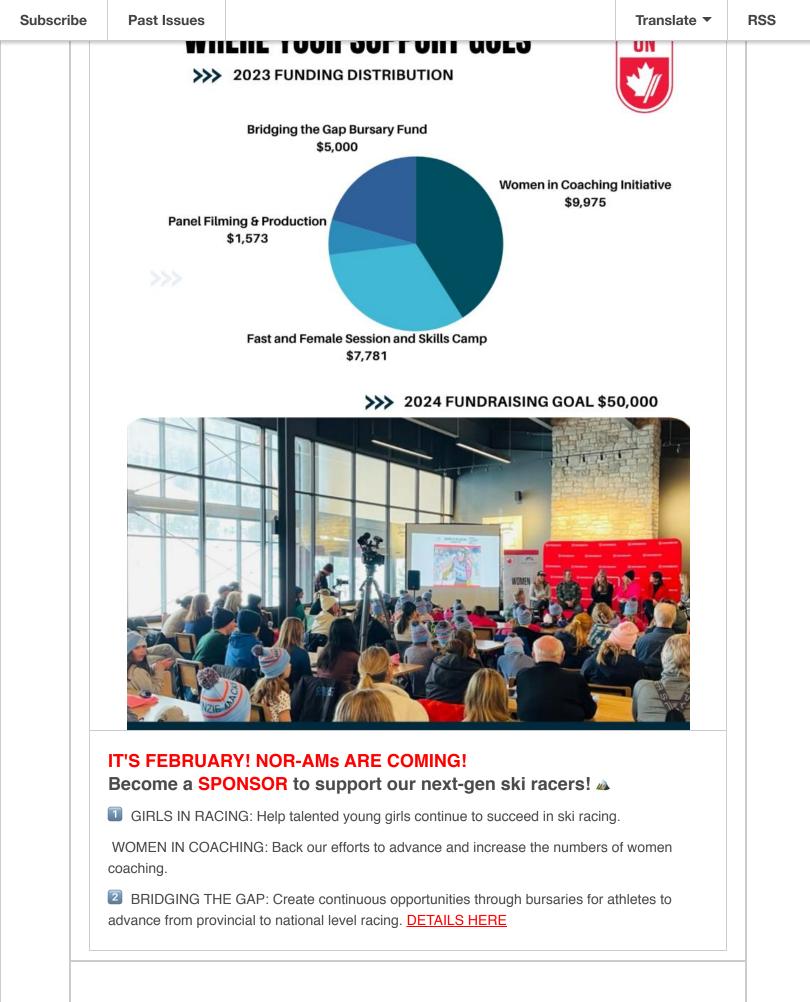
Our friends over at <u>Side Launch Brewing Co.</u> are SO EXCITED to announce the launch of their new Light Lager!!! Striking the ideal balance between flavor and smoothness, they believe this can be your go-to drink anytime, anywhere. With an ABV of 4.0% and only 100 calories per can, it is the perfect drink after a long day on the slopes.

NOT TO MENTION, EACH and EVERY can purchased directly impacts **AOA COACH EDUCATION! \$0.10** from every Light Lager can sold in LCBO in February AND \$0.10 from their Taproom/Online sales anytime before April 1, 2024, will be **DONATED** to Alpine Ontario to support increased coaching programs, including development and training opportunities.

You can find Side Launch Light at the LCBO, or you can stop by their Collingwood Taproom for a pint or to grab a case!

Cheers to developing great coaches! *Please remember to drink responsibly*

DONATION OPPORTUNITIES



SKI 🗸 ON





CUSTOM AOA GOGGLES - FUNDRAISER We're thrilled to give you a sneak peek at the Alpine Ontario XSPEX Havoc and Fury goggle with custom AOA strap as part of our latest fundraiser!

All proceeds go directly towards athlete development, and building Ontario pathways in ski racing. The AOA XSPEX goggle will be exclusively available online at our official retail partner Skiis & Biikes, and at select AOA events and races in the coming month. We're extremely proud to collaborate with XSPEX on this exciting project to raise community support and engagement, while offering cutting-edge optics and functionality to our members and racers. Quantities will be limited! WATCH for the ANNOUNCEMENT!

AOA STRATEGIC PLAN SPOTLIGHT 🐺

BUILDING RESILIENCY, INCLUSIVITY, COMMUNITY, AND IMPROVING RETENTION IN ALPINE ONTARIO Subscribe



- UPDATE -NEW U16 START ORDER METHOD

Already in action for the 2024 season, Alpine Ontario has implemented its new U16 start order method. The method, described in detail below, will use a randomization of all competitors, blocking them into groups which will be rotated through different segments of the start order throughout the season or race series. This same start order method will be implemented for all OCUP U16 and U14 races, including OCUP Finals. Note, that the decision to include OCUP finals was added to align with U16 Eastern Regionals (Eastern Canadian Championships) using this same format.

AOA will join Alberta Alpine, BC Alpine, and USSA Rocky Mountain Division in moving away from national points to determine first run start order, to using a form of randomization to determine first run start order. This new start order aims to build resiliency and community and help to improve athlete retention.

"It's all about maintaining balance and snow contact when conditions get rough." Says Pat Biggs, AOA Executive Director and former World Cup racer. "We've got to remember that U16 is still relatively early in the 'train-to-train' learning phase within the greater context of our sport. Allowing all kids to race on a smooth course is fun and builds engagement! Having our lowestpointed racers learn to race from the back develops strong character and skills that will set them up for future success in alpine skiing. On many fronts, it's moving us in the right direction as a development system". <u>FULL ARTICLE HERE</u>

