



ALPINE ONTARIO ALPIN

Provincial Governing Body for Alpine,
Para-Alpine & Ski Cross Racing

CLUB CALL

OCTOBER 9, 2024



Presented by



MACKENZIE
Investments



ALPINE ONTARIO **WELCOME**

Within these walls where a passionate ski community comes to gather, you are welcomed, accepted, and respected.

Here, no matter who you are or where you are from, you are at home, regardless of your race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, family status, genetic characteristics, disability, or conviction.

All we ask is that you be excellent, respectful, accountable, courageous, and a leader.

TOGETHER, WE ARE **ONTARIO UNITED**



AGENDA

- Division Updates
- Para Update
- U16 HPP Update
- U14 OCUP Update
- ACA Fitness Combine
- Coach Education Update
- Club Parent Resource Update
- AOA Fees Update
- Officials Update
- PCR Rules Change
- Reminders & Updates
- New Business
- AOA Strategic Plan Interval Report
- Next Meetings
- Questions





DIVISION UPDATES

Southern Ontario Division – Jennifer Gillard

Jason Manning

Lake Superior Division Alpine – Nancy Petrick

National Capital Division – Brian Ivay

Northern Ontario Division – Alan Chute

ALPINE ONTARIO ALPIN

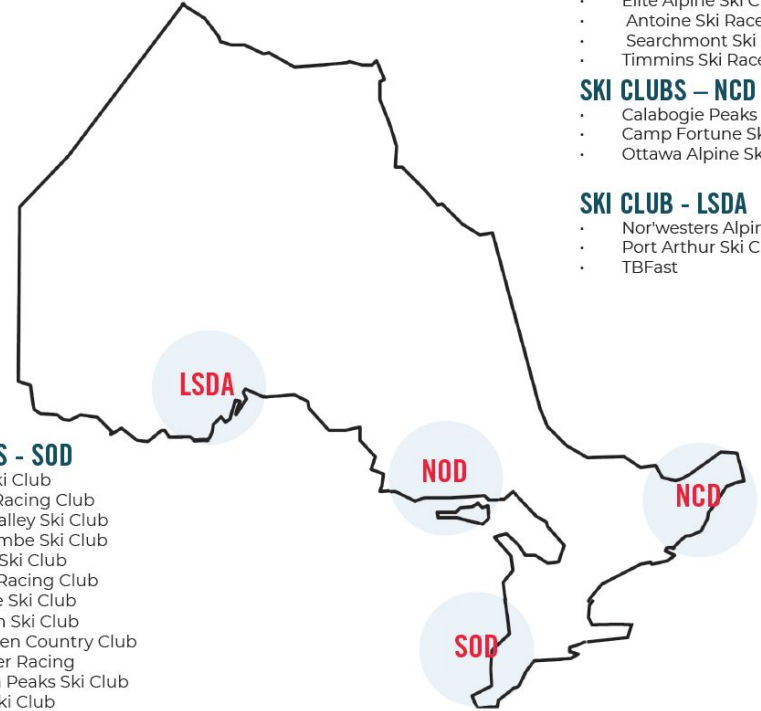
The four AOA divisions are:

National Capital Division (NCD)

Northern Ontario Division (NOD)

Lake Superior Division Alpine (LSDA)

Southern Ontario Division (SOD)



SKI CLUBS – NOD

- Adanac Ski Club
- Elliot Lake Ski Racers
- Elite Alpine Ski Cross North Bay
- Antoine Ski Racers Inc
- Searchmont Ski Runners
- Timmins Ski Racers

SKI CLUBS – NCD

- Calabogie Peaks
- Camp Fortune Ski Club
- Ottawa Alpine Ski Sports

SKI CLUB - LSDA

- Nor'westers Alpine Ski Club
- Port Arthur Ski Club
- TBFast

SKI CLUBS - SOD

- Alpine Ski Club
- Batawa Racing Club
- Beaver Valley Ski Club
- Brimacombe Ski Club
- Caledon Ski Club
- Catalyst Racing Club
- Chicopee Ski Club
- Craigeleith Ski Club
- Devil's Glen Country Club
- Fenninger Racing
- Georgian Peaks Ski Club
- Glacier Ski Club
- The Heights Ski & Country Club
- Jozo Weider Racing Club
- London Ski Club
- Mansfield Ski Club
- Milton Heights Racing Club
- Muskoka Ski Club
- National Ski Academy
- North York Alpine Race Club
- Osler Bluff Ski Club
- Snow Valley Ski Club
- Toronto Ski Club



PARA UPDATE

- Para Pathway

https://alpinecanada.org/uploads/documents/Para_Alpine_Pathway_ENG_280324.pdf

- Carving the Future -
Becoming Para Ready Resource to be published by ACA
- The NCCP Coaching Athletes with a Disability (CAWAD) e-Learning module and manual revised and are now live.

[Manual: NCCP Introduction to Coaching Athletes with a Disability webpage](#)

The CAO can provide you with a code to take it for free. To receive your free code, please fill out this [form](#).



U16HPP + OCUP UPDATE

- > U16 HPP Camps (2) Chile & Saas Fee 38 athletes from 10 clubs
- > U16 OCUP Mont Saint Anne Speed Camp and Race Feb 13-15
- > [U14,U16 SOD OCUP Calendar complete HERE](#)
- > U16 OCUP Finals - TBD - Searchmont
- > U16 Eastern Nationals - Osler, GP March 20-24
- > U16 Whistler Cup - TBD (~April 9-13)





U14 OCUP UPDATE

> [U14 SOD OCUP Calendar complete HERE](#)

> U14 OCUP Finals - Calabogie (NCD)

> U14 CanAms - Tremblant - Dates TBD
~March 29-Apr 1

=====

> U14 Mealey Speed week - TBD ~Jan
13-19

> U16 Whistler Cup - TBD (~April 9-13)





ACA FITNESS COMBINE

Recommended that all athletes complete

Required for OCUP eligibility

Club/Division Operations material - [here](#)

Updated benchmarks by ACA - [here](#)

Fitness Combine Protocols - [Here](#)

SOD Fitness Testing

- 140 athletes from 13 clubs
- U14 being our largest group at 70 athletes
- Well attended parent information meetings





FITNESS RESULTS UPLOAD

- U14/U16 OCUP athletes testing results to be emailed to AOA prior to Dec 31st.
Please use ACA Template
- TUTORIAL COMING - Uploads to National Database through Smartabase U12-U23+
- Contact Suki for assistance:
memberservices@alpineontario.ca



ACA FITNESS COMBINE



U14 FEMALE											
Aerobic Capacity	Coordination (Round)	Lower Body Power	Lower Body Power Coordination	Lower Body Power Asymmetry	Upper Body	Upper Body Stability	Upper Body Core Stability	Core	Anaerobic Capacity	Combine Score	
10.7	49.0	22.15	2.87	10.56	8.96	9	69.00	23	45	77	595
10.5	48.4	22.31	2.82	10.00	8.00	8	42.00	19	40	61	544
10.2	47.4	23.00	1.89	9.80	7.76	7	40.00	18	36	65	492
9.7	45.5	23.15	1.89	9.00	7.80	6	39.00	15	35	60	446
9.1	43.6	23.30	1.83	9.80	7.40	5	31.00	14	33	58	423
8.3	40.9	23.64	1.89	9.00	7.00	4	29.00	13	30	55	400
8.7	40.2	24.29	1.80	7.80	6.80	3	25.00	12	29	54	378
7.8	38.2	24.98	1.67	7.70	6.48	2	23.00	11	27	45	342
7.4	37.8	25.67	1.67	7.60	6.28	1	21.00	10	26	40	305
6.8	35.7	26.80	1.50	7.35	6.10	0	19.00	9	24	35	258
20m Beep Test (Level/Short)	20m Beep Test Max W(20m/40m)	Hex (m)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (m)	Armsling (m)	Push Ups (reps)	Sit Ups (reps)	60s Box Jump (reps)	Total Combine Score (Points)

U14 MALE											
Aerobic Capacity	Coordination (Round)	Lower Body Power	Lower Body Power Coordination	Lower Body Power Asymmetry	Upper Body	Upper Body Stability	Upper Body Core Stability	Core	Anaerobic Capacity	Combine Score	
12.5	55.1	21.30	2.36	11.00	9.87	14	69.00	29	45	79	691
11.11	53.4	21.48	2.30	10.00	9.30	12	59.00	19	40	67	576
11.8	51.9	22.00	2.20	9.50	8.82	10	54.00	16	36	65	484
10.3	50.4	23.15	2.10	9.30	8.80	9	47.00	15	35	60	432
10.7	49.0	23.30	2.05	9.00	8.40	8	37.00	14	33	58	400
9.4	44.5	24.00	2.00	8.50	8.01	7	35.00	13	30	55	369
8.11	43.3	23.42	1.89	9.30	7.80	4	33.00	12	29	54	339
8.7	42.1	25.31	1.80	8.00	7.30	3	31.00	11	27	45	312
8.2	40.5	25.67	1.70	7.60	7.20	2	30.00	10	26	40	300
7.4	37.9	26.80	1.65	7.35	7.00	1	26.00	9	24	35	258
20m Beep Test (Level/Short)	20m Beep Test Max W(20m/40m)	Hex (m)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (m)	Armsling (m)	Push Ups (reps)	Sit Ups (reps)	60s Box Jump (reps)	Total Combine Score (Points)



PROJECT/PROJECT EXCEL





COACH EDUCATION



ALPINE ONTARIO ALPIN COACH CONFERENCE SATURDAY NOV 2, 2024



Blue Mountain Village Conference Centre
Petun Room & LIVE STREAM OPTION



FEATURING KEYNOTE SPEAKERS

- JP NERBUN • TOC Culture Consulting • Author, Podcast Host, Coach
- PIERRE RUEL • Alpine Canada • Coach Education and Development

PLUS OTHER Industry Experts with Technical Updates,
Panel Discussion, LUNCH & More



2024 AOA FALL COACH CONFERENCE

Saturday Nov 2 - Blue Mountain Conference Centre
We are excited to include a lineup of speakers, community leaders and industry experts that promise to offer an inspiring, informative, and impactful event!

NEW THIS YEAR!

- *Lunch* will be included in this year's event fee. Register today to reserve your spot (including Livestream) as space is limited and the deadline is October 19.
- To encourage attendance **Registration is FREE for coaches 29 years of age and younger!**

For registration and more details click [HERE](#)

Keynote Speaker - Read more on JP Nerbun [HERE](#)





COACH EDUCATION



2024 AOA LEARNING FACILITATOR TRAINING

Friday Nov 1 - Georgian Peaks Ski Club

This training is for coaches who are interested in delivering the ACA-CSC Entry Level Coach Course for Alpine Ontario this season.

New coach developers are always welcome!

For registration and more details click [HERE](#)



COACH EDUCATION

EL/ DL /PL Coach Course Schedule to be Posted Oct 28 [HERE](#)

NCCP Courses Available to Coaches in their locker at www.coach.ca

Intro to terrain parks – online NCCP elearning - \$50

Ski Cross Coaching and Safety Module Part 1 and Part 2 – online NCCP elearning - \$60 – (on snow module required for ski cross trained accreditation)

Setting Environments to Develop Athletic Abilities – online NCCP elearning - \$50

Speed Module - online NCCP elearning - \$50 (on snow module required for speed trained accreditation)

NCCP Coaching Athletes with a Disability – Multi-Sport elearning module

There are additional elearning modules coaches can complete under the multi sport tac in their NCCP locker for credits and some of them are even [FREE](#)

CLUB PARENT RESOURCE UPDATE



<https://alpineontario.ca/official-aoa-gear-guide-2024/>



https://alpineontario.ca/wp-content/uploads/2024/10/24_25AOAPARENT_HANDBOOKV2.pdf



https://alpineontario.ca/wp-content/uploads/2024/10/AOAMembership24_25.mov

✓ ACA/AOA FEES UPDATE

Published on website:

https://alpineontario.ca/wp-content/uploads/2024/09/Fees_2425_AOA-Membership-Fees-V5.pdf

ACA now provides SAIP through Zurich insurance

All FIS athletes (including masters) require SAIP

International programs (US Academies, US universities, etc.) + FIS Masters may use alternative SAIP insurance by having policies approved by ACA

AOA Invitationals – 150\$ Flat Fee

Calendar Listing, Posted Results

Bibs available with deposit \$100

AOA Membership Registration [OPEN](#)





✓ OFFICIALS

- Updates & Course dates TBA November Club Call
- FIS TD Eastern update is [Lake Placid](#) October 25-27



✓ REMINDERS

- Ensuring your Club activities and contacts is current on SnowReg for 2024-2025 season.
- Please review Permit Application on your club login with SnowReg
- AOA Event sanction Invitational application due **Nov 30**. Application will be forwarded to clubs who have requested
- U14/U16 OCUP Fitness Testing results to be submitted by **Dec 31**
- Separate categories for U12, U14, U16, U18 Ski cross only. Can only participate in Ski Cross events
- **FIS registration deadline Dec 25** – late registration additional fee \$145.00

PCR RULE CHANGES

RULES FOR U18/U21 ENTRY INTO U16 OCUP RACE EVENTS

ELIGIBILITY

All athletes must have a national card **or** FIS card*. Competitors must be active members in good standing with their respective provincial body and club.

*An athlete with a FIS card must have greater than 100 FIS points in both technical disciplines (SL and GS) at the publishing of the November FIS list of calendar year. Athletes with below 100 FIS points in SL or GS at the November FIS list will NOT be eligible for to take part in the race series. If, however, an athlete with greater than 100 FIS points falls below 100 FIS points after the November FIS list, the athlete would still be eligible for competition.

EQUIPMENT

Athletes are responsible for their own equipment which MUST meet the minimum sport requirements for the level of competition including, skis, helmets, suits etc. FIS equipment regulations do not apply.

AWARDS/MEDALS

Awards will be presented for the category (U18/U21) to the top 3 finishers male and female. Medals to be provided by AOA

QUOTA

A reasonable limit to field size can be determined by the host venue ROC and published on the race notice. In the event that entries as shown on the U16/U18 OCUP base list exceed capacity of host venue, priority for entry will be as follows:

1. U16 athletes
2. Eligible U18 athletes ranked by National points

OCUP RACE ENTRY

Clubs must register athletes for U18/U21 OCUP series prior to *Dec 31st* of the calendar year such that athletes are randomized along with U16 athletes into the start blocks. The U16 OCUP Finals will not be open for entry by U18/U21 athletes.



✓ NEW BUSINESS

- If registered as SCUP U18/U21 can also compete in U16 OCUP races under U18/U21 OCUP
- If registered as FIS U18/21 can compete in U16 OCUP races under U18/U21 OCUP. Racing with your National number and points (not FIS number and points).
- All U14, U16, U18/21 OCUP athletes must register on base list through alpinepoints.com



VISION

A THRIVING SKI COMMUNITY FOR ALL

MISSION

LEAD, SUPPORT, AND PROMOTE THE JOYS OF SKI RACING WHILE DELIVERING A TRUSTED PATHWAY TO PODIUMS, COMMUNITY, COMPETITIONS, AND CAREERS

CORE VALUES

RESPECT, INTEGRITY, PASSION, ACCOUNTABILITY, INCLUSIVITY

ONTARIO UNITED – A PLACE OF BELONGING THROUGH POSITIVE EXPERIENCES FOSTERING GROWTH, INCLUSIVENESS, AND COLLABORATION

STRATEGIC PLAN INTERVAL REPORT SEPT / 24



As an organization we must drive forward with resolve and agility, understanding that our tactics and progress will be continuously assessed, adjusted and improved. A good plan is simply just the beginning.

The AOA strategic plan interval report is aimed to help showcase progress against the priorities set forth in our 2023-2028 strategic plan.

AREAS OF FOCUS



PRIMARY OBJECTIVES

- I. A growing ski racing community that embraces inclusiveness and belonging
- II. A trusted growth and development pathway that delivers value and performance success
- III. AOA supporting coach and officials development across the province
- IV. Commitment to excellence in governance, financials and operations

STRAT PLAN ADVISORY GROUP



29 KEY ACTIONS

PTSO ROLES AND RESPONSIBILITIES



Ontario's Sport Recognition Policy sets out the mandatory requirements provincial sport organizations and multi-sport organizations must meet to be recognized by the province.

PSO RESPONSIBILITIES

- ✓ developing their sports
- ✓ providing a competitive pathway for athlete development
- ✓ selecting provincial teams
- ✓ recruiting and training coaches, officials and volunteers
- ✓ conducting provincial championships
- ✓ ensuring they operate within their National Sport Organization (NSO) rules

FOR THE PUBLIC, A PROVINCIALLY RECOGNIZED PSO/MSO PROVIDES

- Assurance the organization operates in a safe and effective manner
- follows national standards when developing and offering a sport
 - offers high quality programs to their members
 - has certified coaches and officials
 - has established risk management policies (discipline, harassment, anti-doping, screening for volunteers etc.)
 - is working to promote participation from under-represented populations in Ontario



1

Identify and support the diverse needs among clubs and athletes to provide programming that fosters participation and retention.

STATUS | ON TRACK

BENEFITS

- A community that provides programming for varying skill, development, and performance levels across all divisions
- New models of access and entry to ski programs

CURRENT ACTIVITIES

- ✓ Host the first ever Canadian University Championships
- Schedule U18 events that unite racers and offer an alternative to FIS
- ✓ Integrate team racing component in SCUP series (SOD)

2

Proactively safeguarding participants through robust Safe Sport policy and promoting safe and inclusive environments.

STATUS | ON TRACK

BENEFITS

- A growing ski racing Community that embraces Inclusiveness and belonging

CURRENT ACTIVITIES

- ✓ Securing independent third-party Safe Sport case manager
- ✓ Safe Sport training for participants
- Developing new safe sport policy suite

ACTION PLAN ITEMS UPDATE

SEPT / 24



3

Providing relevant and clear information & resources for clubs to onboard new families into the ski community.

STATUS | ON TRACK

BENEFITS

- A growing ski racing Community that embraces Inclusiveness and belonging

CURRENT ACTIVITIES

- ✓ Develop equipment gear guide for families
- ✓ Develop parent information video series

6

More Cowbell - Increase community engagement and participation through organized and meaningful events & competitions.

STATUS | ON GOING

BENEFITS

- A growing ski racing Community that embraces Inclusiveness and belonging

CURRENT ACTIVITIES

- ✓ Develop events that excite and draw fans and engagement – 2024 NorAms



8

Identifying critical gaps in performance infrastructure and athlete pool (location, education, \$) and collaboratively developing short/medium/long term solutions.

STATUS | ON TRACK

BENEFITS

- Pathways and programs that allow Ontario athletes to progress to the highest level of the sport.

CURRENT ACTIVITIES

- ✓ Community outreach meeting and surveys conducted
- ✓ System expert/consultant hired to analyze and make recommendations
- ☐ Publish actionable steps

12

Increase access & exposure to SX and Super-G environments.

STATUS | ON TRACK

BENEFITS

- Pathways and programs that allow Ontario athletes to progress to the highest level of the sport.

CURRENT ACTIVITIES

- ✓ Develop annual plan of events for AOA supported SX and SG camps
- ✓ Collaborate with Ontario Snowboard to offer SX race series
- ☐ U16 SG Camp in Quebec/USA



13

Enhance Skill Development and General preparation for more U14 athletes through AOA led initiatives

STATUS | TO BE STARTED

BENEFITS

- Pathways and programs that allow Ontario athletes to progress to the highest level of the sport.

CURRENT ACTIVITIES

- U14 Summer Development Camp
- U14 mid-season project
- U14 dryland camp

18

Make coach education and professional development more accessible in the field and to new coaches.

STATUS | ON TRACK

BENEFITS

More opportunities for 'on hill learning'

CURRENT ACTIVITIES

- ✓ Flexible DL delivery model implementation
- ✓ Increased camp modules for coaches



20

Developing a team of learning facilitators that will inspire the next generation of AOA coaches.

STATUS | ON TRACK

BENEFITS

- Increased investment in coaches and officials' development
- Clear pathways to elevate and maximize potential

CURRENT ACTIVITIES

- ✓ Increased focus on coach developer training and recruitment

24

Developing, executing and communicating aligned multi-year actions with clear KPI, roles and responsibilities, and review process.

STATUS | ON TRACK

BENEFITS

- Pathways and programs that allow Ontario athletes to progress to the highest level of the sport.

CURRENT ACTIVITIES

- ✓ Development of AOA Action Plan update through tracker
- ✓ Ministry Tracked KPIs



26

Develop a robust and transparent revenue generation plan with fiscal responsibility to create a sustainable stream of revenue for the organization.

STATUS | ON TRACK

BENEFITS

- Strong finances with revenue growth
- Transparency to stakeholders aligned with ethical behavior

CURRENT ACTIVITIES

- ✓ 150k growth in new sponsorship revenue and VIK
- ✓ 50k Growth in new grant funding
- Fundraising Revenue Generation Plan

27

Strengthen Alpine Ontario governance practices and align with current strategic plan.

STATUS | ON TRACK

BENEFITS

- Stable and sustainable best-in-class athletic leadership and programming

CURRENT ACTIVITIES

- ✓ Bylaws update in alignment with ONCA
- Code of Conduct policy update and Club/Division policy review
- Division MOU updates



2024-25 KEY PRIORITIES

ALPINE ONTARIO ALPIN



ONTARIO UNITED - ALPINE ONTARIO ALPIN STRATEGIC 2023-2028



A PLACE OF BELONGING THROUGH POSITIVE EXPERIENCES FOSTERING GROWTH, INCLUSIVENESS, AND COLLABORATION



Inspired Community

Identify and support the diverse needs among clubs and athletes to provide programming that fosters participation and retention.

Proactively safeguarding participants through robust Safe Sport policy and promoting safe and inclusive environments.

Athletic Development

Enhance Skill Development and physical preparation by offering turnkey tools and resources aligned with ACA and accessible to all clubs and levels.

Increase access & exposure to SX and Super-G environments.

Coaches + Officials

Education and mentorship opportunities to develop and advance high performance coaches.

Increase recognition, valuing and belonging amongst officials & coaches within the community.

Organizational Excellence

Strengthen Alpine Ontario governance practices and align with current strategic plan.

Establishing clear roles, responsibilities and lines of communication to ensure the achievement of AOA's vision.



ALPINE ONTARIO ALPIN

ONTARIO 2024



Fundraising Party

NOV 7'24

CREEDS COFFEE BAR
450 Dupont St Toronto

Let's celebrate! Get your tickets

https://alpineontario.myshopify.com/products/ontario-ski-racing-awards-fundraiser-party?utm_source=copyToPasteBoard&utm_medium=product-links&utm_content=web

in Partnership with



Featuring

- > Ontario Ski Racing Awards
- > Special Guest Panel Discussion
in concert with Protect Our Winters
- > FUN-draising Silent Auction





NEXT MEETINGS

AOA Club Call Schedule 2024-25

- # Mth Day Time
- 1 Oct 9 3:30-4:30
- 2 Nov 13 3:30-4:30
- 3 Dec 11 3:30-4:30
- 4 Jan 8 3:30-4:30
- 5 Feb 12 3:30-4:30
- 6 Mar 5 3:30-4:30
- 7 Apr 9 3:30-4:30



QUESTIONS

For General Inquiries:

Alpine Ontario Alpin

39A Stewart Road
Collingwood, ON L9Y 4M7
Phone : (705) 444-5111
Email : memberservices@alpineontario.ca

Patrick Biggs

Executive Director

Tel (437) 245-6217
E-mail: pbiggs@alpineontario.ca
Contact for Board of Directors, leadership of AOA, strategic vision

Suki Chapman

Programs & Membership Manager

Tel (705) 444-5111 ext 133
E-mail: memberservices@alpineontario.ca
Contact for program or registration questions

Angela Hobbs

Accounting Manager

Tel (705) 444-5111 ext 125
E-mail: accounting@alpineontario.ca
Contact for budget, accounting, invoices, payments, human resources or office management

Maria Burton

Director Partnerships & Marketing

Tel (705) 539 0679
E-mail: mburton@alpineontario.ca
or communications@alpineontario.ca
Contact for Partnerships, Marketing & Communications

Interim Athletics & High Performance Programs Manager

Contact for High Performance plan and/or staff.
Oversees OST, SOD Ski Team, U19/U16 HPP
and Para-Alpine development

Competition & Programs Manager

Contact for coordination, logistics and programming for AOA programs
and competitions.

Sarah Edwards

Manager, Coach Education & Delivery

E-mail: sedwards@alpineontario.ca
Contact for inquiries related to coach education for Entry Level or
Development and Performance Level

Jacques Reid

Manager, Coach Development

Email: jski@alpineontario.ca
Phone: (705) 888-5544
Contact for coach education courses and initiatives.