



PARENT INFO SESSION U16+

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Joseph Lavigne – High Performance Director
Jacques Reid – Coach Education Manager
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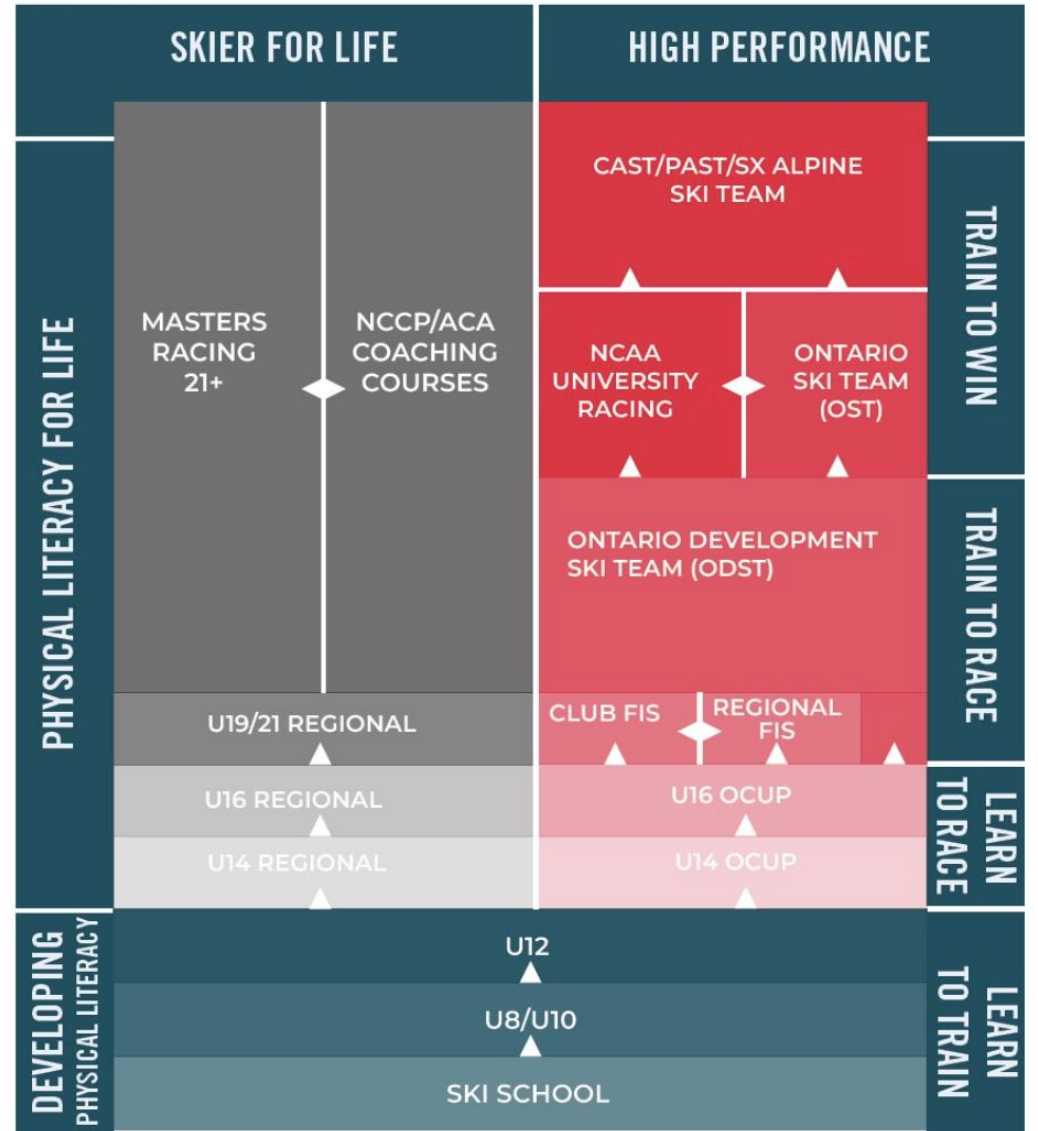


AGENDA

1. OVERALL PATHWAY
2. ACA LTAD
3. U16
4. What is FIS
5. ODST/OST/OPAST
6. CAST
7. University Racing (NCAA + CAN)
8. Skier Cross (SX)
9. Academics



ALPINE · PARA · SX PATHWAY

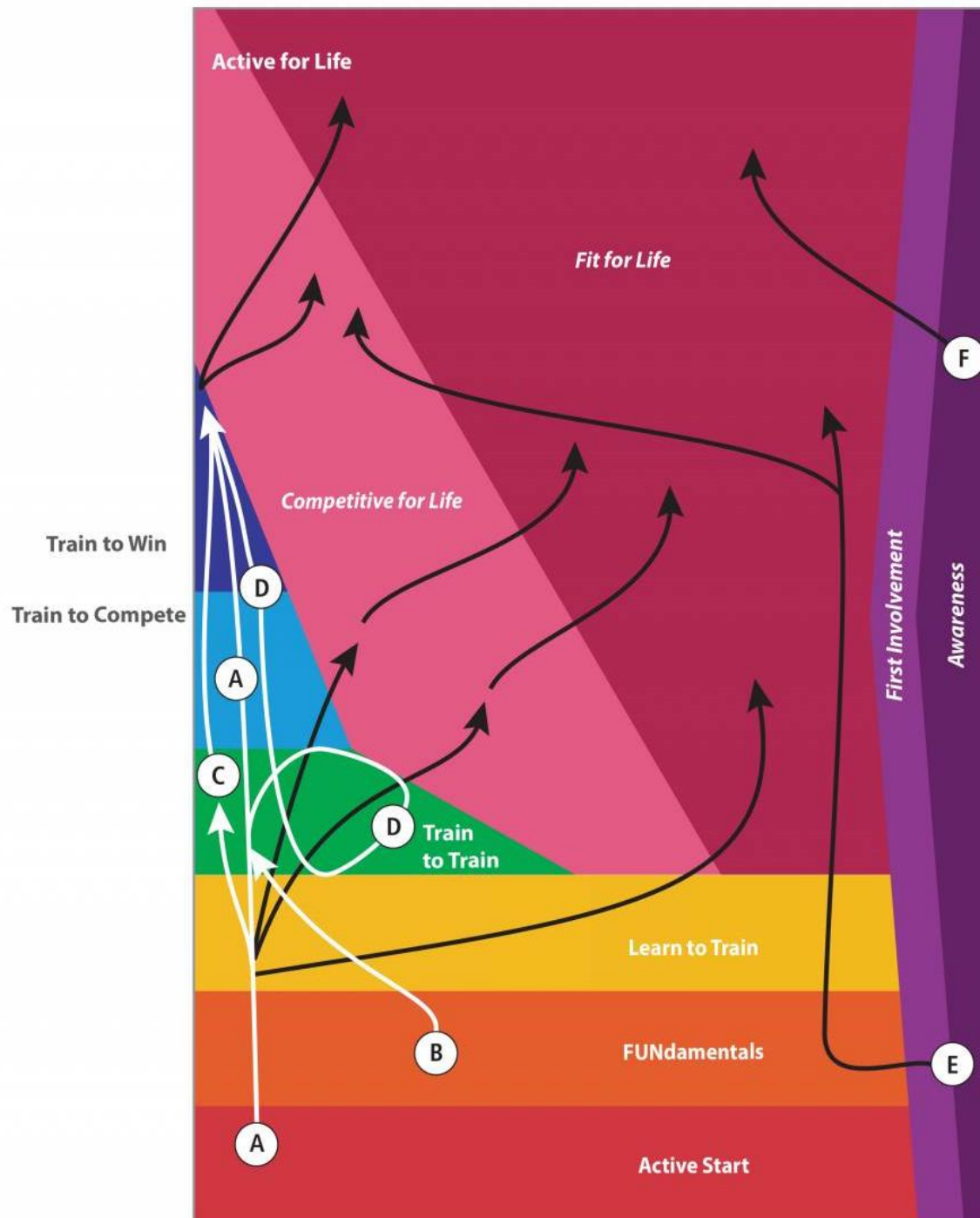


ACA LTAD for Parents

- Positive support from Parents, Clubs and coaches along the "Journey"
- Multiple Pathways in Sport

Developing Sport | Athletic Expertise

- Physical Fitness
- Physical Literacy
- Growth & Maturation
- Athletic Character





ACA Long Term Athletic Development (LTAD) Plan

“Chart your Course”

<https://ltad.alpinecanada.org/stages>

Parent Reference

<https://ltad.alpinecanada.org/page/parents>

Reference Documents

Train & Competition Volume

https://ltad.alpinecanada.org/uploads/documents/v81Training_and_Competition_Volumes_by_Stage.pdf

Train & Competition Focus

https://ltad.alpinecanada.org/uploads/documents/v6Training_and_Competition_Focus_by_Stage.pdf

AOA Parent Handbook

https://alpineontario.ca/wp-content/uploads/2023/12/2023-24Parent-Handbook_1207.pdf



U16 Realities

- LEVEL OF ENJOYMENT - FUN
- SOD CUP VS ONTARIO CUP
- Recreational vs Competitive
- GENERAL FITNESS VS STRENGTH & CONDITIONING
- EQUIPMENT SHOULD BE PRECISE
- COST OF SCUP VS OCUP
OCUP COULD INCLUDE
- 1-2 off-season camps as well as 2-3 in-season AWAY projects including Provincials, Regionals & Spring options
- BALANCING SCHOOL & SKI RACING
- NEXT STEP >>> FIS level racing is a big change but very important in developing self confidence



U16 (TRAIN TO RACE)

- Competition: Regional/Provincial/National
- 100+ Days on Snow (competitive pathway)
- Skiing days prior to competition: 30+
- Competition Days: 16 - 24
- Free ski # of focus: 40 - 50%
- Competition Event Types: SL, GS, SG
- SX: exposure to training and race simulation

U16 Athletic Development Program (ADP)

- Provincial Program to help support Ski Racer's of similar motivation, skills and commitment
- Supplementary to club U16 programs. Focused camp-based training opportunities
- Aligned with ACA Long Term Athletic Development vs. Quick short-term gains
- Coaching and Technical Leadership
- Optimized Daily Training Environments

U16 ADP Program 2025

- Qualification through OCUP (20 spots) + Application (10+ spots)
- 2025 Benchmark Competitions
 - i. OCUP Finals
 - ii. U16 Eastern Regional Championships
 - iii. Whistler Cup
- On Snow Camp Sunshine (May), Chile (August), Europe (October), RacerUp (Mid-Winter)
- Fitness boot camp (Spring)
- Summer High School Credit offered
- Conditioning Sport Science Education



WHAT IS FIS?

- International Ski Federation
- Open Category U18+ with a point system of world rankings
- Requires a FIS license purchased through AOA (varying SAIP Insurance)
- Various categories within FIS
ENL-FIS-NC-NAC/EC-WC-WSC-WOG



▼ WHAT TO EXPECT

- Range of Program Options
- Potential for Flexibility
- New People and Places
- Opportunity vs Qualification
- Out of Province Quota
- Maturity, Growth, and enjoyment of the sport
- AOA FIS Options Here:

<https://alpineontario.ca/fis-programs/>





ON. DEV. SKI TEAM (ODST) OBJECTIVES

- Graduate athletes to the Ontario Ski Team, and onward to Canadian Ski Team, and tier 1 NCAA schools
- Provide best-in-class programming and coaching at home in Ontario for the province's top male and female U18 athletes
- Align with ACA LTAD Plan, Training and Competition Volumes and Focus (e.g., days on snow, ratio of training to race, competition planning) as well as ACA Gold Medal Pathway and Ski Development Matrix
- Optional Academic support options for grade 11 and 12
- Information: <https://alpineontario.ca/ontario-development-ski-team/>

ONTARIO SKI TEAM

- Performance-based U21 team
- U18 and U24 athletes are eligible on a case-by-case basis
- Full-time, year-round program
- Primary Objective is NorAm and WJC Performance and graduating athletes to CAST
- Many athletes pursue NCAA or Canadian University pathway
- Information:
<https://alpineontario.ca/ontarioskiteam/>
- Partnered with Canadian Sport Institute



✓ CANADIAN ALPINE SKI D TEAM (CAST D)

- Entry point to National Team
- Performance-based U21-24 team
- Grouping the best U21-24 in Canada to help accelerate integration into CAST
- Primary Objective is NorAm, Europa Cup and WJC Performance and graduating athletes to CAST





OPAST

- Ontario Provincial Alpine Para Team
- Over 50% of CPAST prospects are from Ontario
- Entry Points through CADS
- CADS Contact: Gwen Binsfeld
gwen.binsfeld@gmail.com
- OPAST Head Coach: Nick Kwasniak
nick@alpineontario.ca



ATHLETIC PROGRAMING – HP PLAN



	U14	U16	U18	OST
GOAL	Skill Development and Talent ID	Podiums at benchmark events, Graduate athletes to FIS/U19HP IPP and GMP Passport, YTP Planning	Multiple athletes with top 3 national ranking in 2 disciplines/Graduate Athletes to OST	Nor am Cup and WJC Performance, Graduate athletes to CAST
LEAD	AOA HP Director + Identified Club Coaches + ALC Fitness	AOA HP Director + Identified Club Coaches + ALC Fitness	AOA HP Director + ODST Coaches + CSIO/ALC	OST Head Coach + HP Director + CSIO
PROGRAM CONTENT	<ul style="list-style-type: none"> 30% AOA projects / 70% Club programming 80+ days on snow with 12 – 20 Competitions 	<ul style="list-style-type: none"> 50% AOA HP Projects / 50% Club programming 100+ days on snow with 16-24 Competitions 	<ul style="list-style-type: none"> 100% AOA in house programming Year-Round Programming 120+ Days on snow with 24-32 Competitions 	<ul style="list-style-type: none"> 100% AOA in house + CAST projects 135+ Days on Snow with 32-44 Competitions
PREPARATION PERIOD	<ul style="list-style-type: none"> 2 camps or 24 days on snow Fitness Testing spring and fall Conditioning program with 1 summer multi-sport camp 	<ul style="list-style-type: none"> 3 camps or 36 days on snow Fitness Testing Spring/summer/fall Conditioning program with 2 summer multi-sport camps 	<ul style="list-style-type: none"> 3 camps or 45+ Days on snow Lab and Field Testing 3-4x Full conditioning and SSSMi program through CSIO Minimum 2-3 conditioning camps 	<ul style="list-style-type: none"> 3-4 camps or 55+ days on snow Lab and Filed Tests or as needed Full conditioning and SSSMi program through CSIO 3-4 on snow camps
COMPETITION PERIOD	<ul style="list-style-type: none"> Benchmark events: OCUP Series, Can am Cup, skill competitions Event and discipline specific training camps (tech, SG, SX) 	<ul style="list-style-type: none"> Benchmark events: OCUP, U16 Eastern Regional Championships, Whistler Cup Discipline specific, and Benchmark event preparation camps (tech, SG, SX) 	<ul style="list-style-type: none"> Benchmark Events: OCUP, Quebec Super Series, National Championships, International FIS Preparation ongoing throughout the season 	<ul style="list-style-type: none"> Benchmark Events: Nor Am, WJC, Senior Nationals, European FIS

✓ SKIER CROSS (SX)

Skier Cross Progression table

- https://ltad.alpinecanada.org/uploads/documents/v3_SX_Focus_Matrix_en.pdf

Alpine Canada

- Integrated pathway through Alpine Programs
- ACA Next Gen training group focused on athletes sub 50 points in Alpine disciplines.



UNIVERSITY

Canadian Universities

- U of Calgary, U of Ottawa, Lakehead, Carleton, Laval, U of Montreal, Group Academic Postsecondaire (GAP consists of McGill, Sherbrook, etc.)

NCAA

- Multiple Tiered Options (Div I, II, III)
- Scholarships and core teams are performance based
- Carnival racing team 6M & 6W per team
- Minimum 3-4 years FIS prior to qualification (ie. point target for Div I ~25-40 FIS points)





✓ ACADEMIC SUPPORT

Alpine Ski Program – OLB Collingwood

- In cooperation with the Simcoe Muskoka District School Board
- Current - Grades 11 and 12, with both online and in-class learning (expanded to Grade 9 and 10 in 2023)
- Eligibility = High Performance FIS and U16 athletes

Summer School

- 2 x summer school grade 10 courses back-to-back years
- 2 x school grade 12 courses back-to-back years
- Contact: Kevin Gosselin kgosselin@smcdsb.on.ca

National Ski Academy:

- support high-performance athletes with a rigorous education and postsecondary preparation



ACADEMIC SUCCESS STORIES

NCAA

- CU, MSU, UVM, UNH, Plymouth, Boston College, MIT

Canadian Universities

- McGill, Queens, University of Calgary

Justin Alkier



ONTARIO DEVELOPMENT SKI TEAM (ODST)





HENRY YEIGH – ODST HEAD COACH

Henry brings with him a depth of experience leading FIS programming at the Whistler Mountain Ski Club, and most recently as the assistant coach with the Canadian Alpine Ski Team Men's World Cup Tech Team. Henry is entering his 3rd year with the ODST. Having grown up racing in Ontario and started his journey as a coach at the Caledon Ski Club over 10 years ago.





ODST Objectives

- Graduate athletes to the Ontario Ski Team, Canadian Ski Team (CAST), and tier 1 NCAA schools
- Provide best-in-class programming and coaching at home in Ontario for the province's top male and female U18 athletes
- Align with ACA LTAD Plan, Training and Competition Volumes and Focus (e.g., days on snow, ratio of training-to-race, competition planning) as well as ACA Gold Medal Pathway and Ski Development Matrix
- Dovetail with ACA Excel Program at U18 level
- Develop Academic support options for grade 11 and 12 athletes





WHAT WE PROVIDE

Coaching:

- Best in Class coaching
- Minimum one (1) full-time coach supported by assistant coaches
- Coach-to-athlete ratio no greater than 1:6

Programming:

- 100-120 days on snow annually (40+ days prior to December 1st)
- 30-40 Competitions with regional FIS focus and some international experience
- Annual fitness program and mental performance program





ACADEMIC SUPPORT

- School flexibility
- On snow schedule built around school schedule
- Optional Academic support is available through co-operation with the Simcoe Muskoka District School Board





Mental Performance Support

- Focused on developing all aspects of the athlete based on Gold Medal Profile metrics (fitness, technical/tactical, mental/lifestyle, performance habits)
- SSSMi (Sport Science Sport Medicine innovation) support through the Canadian Sport Institute of Ontario, and regional partners
- Mental Performance coach Kiri Langford helps athletes perform their best, believe in themselves, and find joy in the process.





Strength and Conditioning

- Certified and experienced strength and conditioning specialized staff with extensive experience working with alpine discipline athletes.
- Access to group sessions in the summer and fall through Active Life Conditioning
- Exposure to fitness sessions with the Ontario Ski Team





Unique Capabilities of the Program

- On snow collaboration with all the Provincial Teams in the country and National Team
- Priority access to certain training environment
- Personalized year-round programming for each athlete based on individual needs and academic plans
- Accessibility to medical staff through Canadian Sport Institute of Ontario



TEAM SIZE AND QUALIFICATION

The team will be selected based on the following:

- Performance:
 - 1st year FIS (2008): Performance at U16 nationals, Provincial OCUP, Eastern Finals, and Whistler Cup
 - 2nd year FIS (2007): National age rank by FIS points
 - 3rd year FIS (2006): athletes will be considered on a case-by-case basis
- Fitness Level
- Other metrics such as attitude, commitment level, and other factors may be considered in determining the appropriateness of the ODST program for each athlete.



Prep Training Projects

Optional Spring Camp: May

- Freeski (technical development)

Summer Camp #1: Two weeks in August, Chile

- SL, GS, SG

Fall Camp #1: Two weeks, Dates and Location TBD

- SL, GS

Fall Camp #2: Three weeks in November/December, Canada

- SL, GS, SG

Fitness Testing: End of April, End of July and End of October





ODST Next Steps

- Prospective athletes will be contacted throughout the selection period by AOA coaches
- Spring Training Collingwood
- Fitness Testing at the end of April, at CSIO or ALC
- Team Selection complete no later than April 30th
- Programming begins in May





THANK YOU/ QUESTIONS?

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