



PARENT INFO SESSION U12+

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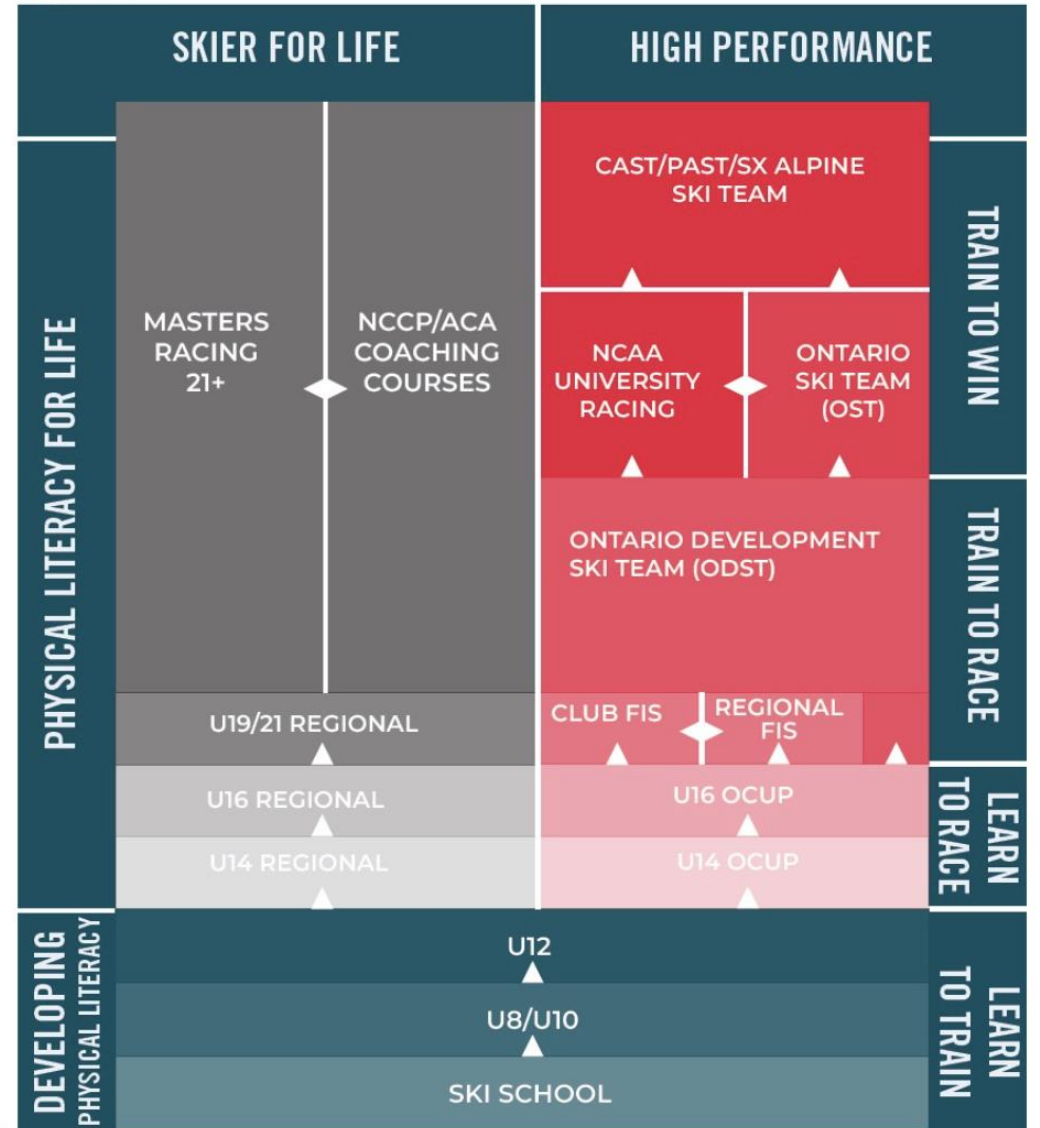
AGENDA

1. OVERALL PATHWAY
2. ACA LTAD
3. U12-U16
4. What is FIS
5. ODST/OST/OPAST
6. CAST
7. University Racing (NCAA + CAN)
8. Skier Cross (SX)
9. Conditioning
10. Academics





ALPINE · PARA · SX PATHWAY

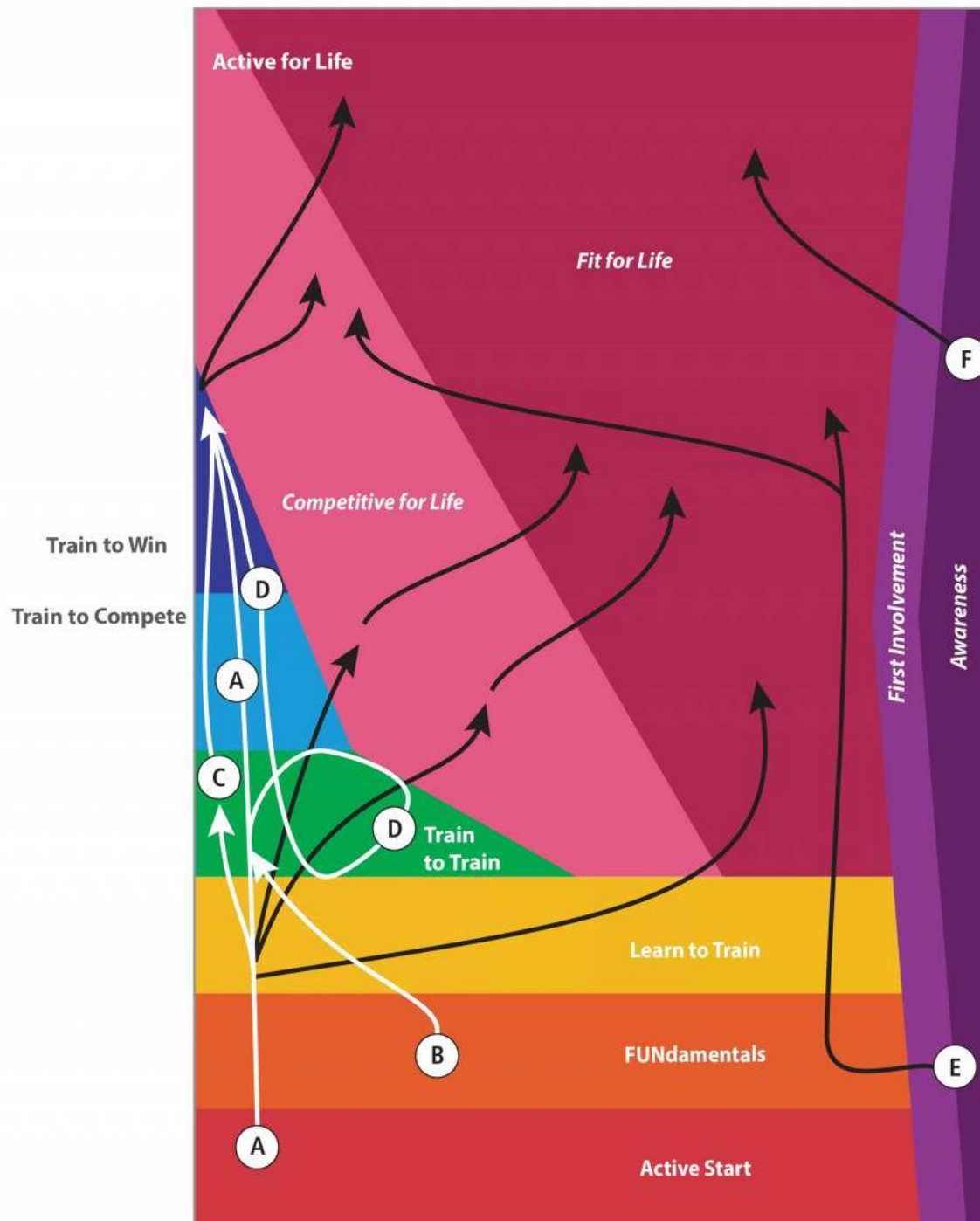


ACA LTAD for Parents

- Positive support from Parents, Clubs and coaches along the "Journey"
- Multiple Pathways in Sport
- Balanced development occurs across multiple domains: Physical, technical, tactical, psychological, and life skills

Developing Sport | Athletic Expertise

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



ACA Long Term Athletic Development (LTAD) Plan

LTAD is a training, competition, and recovery framework for athletes at all stages of life. LTAD focuses on the general framework of athlete development with special reference to growth, maturation, and physical and mental development.

Starting out in sport:

- **Multisport** - It is still too early for specialization in late specialization sports. Although many children at this age will have developed a preference for one sport or another, for full athletic development they need to engage in a broad range of activities, playing at least 2-3 different sports.
- **Practice vs. winning** - While competition is important, it is learning to compete that should be the focus – not winning. For best long-term results 70% of time in the sport should be spent in practice, with only 30% of the time spent on competition.





LTAD QUICK LINKS

“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/v6Training_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/2024/11/24_25AOAParentHandbook_V3.pdf

LTAD/U12

Everywhere else in Canada...U12 is U12 and progresses into U14 (no segregation between S-Cup/O-Cup)

- Competition: Club/Regional/Provincial
- 60+ - 80+ Days on Snow
- Skiing days prior to competition: 10 - 15
- Competition Days: 10 - 12
- Free ski # of focus: 50 - 65%
- Competition Event Types: SL, Pan SL, GS, SG, Kombi & Duals
- SX: exposure to training and race simulation





U12 REALITIES

- LEVEL OF ENJOYMENT/ FUN?
- MULTI SPORT???
- HOW MUCH FREE SKIING???
- GENERAL FITNESS & COORDINATION?
- OFF SEASON IS FOR OTHER SPORTS!!!
- FRIENDS & TEAMMATES ARE IMPORTANT
- CLUB ATMOSPHERE & SPORT CULTURE ARE VERY IMPORTANT
- ROLE MODELS?



LTAD/U14 OCUP

- Competition: Club/Regional/Provincial
- 80+ Days on Snow (competitive pathway)
- Skiing days prior to competition: 15-30
- Competition Days: 12 - 20
- Free ski # of focus: 40 - 50%
- Competition Event Types: SL, GS, SG
- SX: exposure to training and race simulation



U14 REALITIES

- LEVEL OF ENJOYMENT/ FUN?
- GENERAL FITNESS & COORDINATION?
- SOD CUP VS ONTARIO CUP (FAMILY COMMITMENT?)
- OFF SEASON OR PRE SEASON CAMP?
- FRIENDS & TEAMMATES ARE IMPORTANT
- CLUB ATMOSPHERE & SPORT CULTURE ARE VERY IMPORTANT
- ROLE MODELS?

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)





CONDITIONING

1. Fitness Program and Trainers
2. Building Capacity
3. Durability
4. Peak Height Growth





✓ 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



THANK YOU/ QUESTIONS?

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