



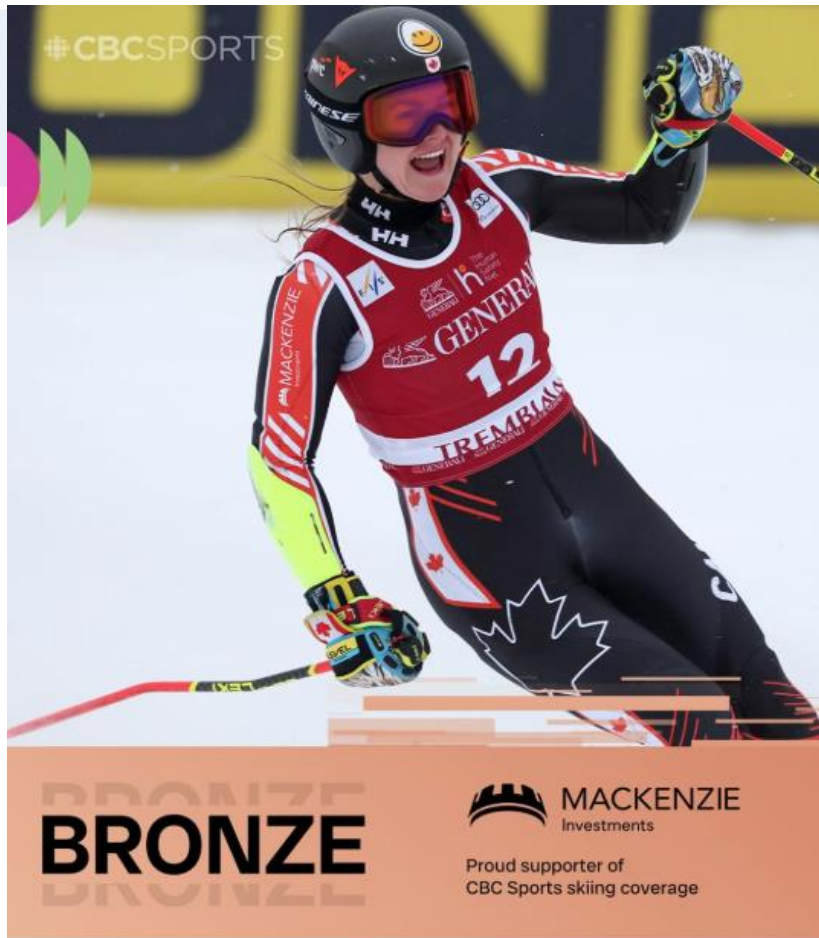
CLUB CALL

DEC 10, 2025



Presented by

MACKENZIE
Investments



VALÉRIE GRENIER



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**



ALPINE ONTARIO CONTACTS

For General Inquiries:

Alpine Ontario Alpin

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Patrick Biggs

Executive Director

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E-mail: pbiggs@alpineontario.ca

Contact for Board of Directors, leadership of AOA, strategic vision

Suki Chapman

Programs & Membership Manager

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Contact for program or registration questions

Maria Burton

Director Partnerships & Marketing

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Contact for Partnerships, Marketing & Communications

Financials

For interim, contact Patrick at:

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Joey Lavigne

Athletics & High Performance Programs Manager

E-mail: jlavigne@alpineontario.ca

Contact for High Performance plan and/or staff.

Oversees OST, ODST U19/U16 HPP and Para-Alpine development

Tori Johnston

Competitions & Programs Manager

E-mail: Tjohnston@alpineontario.ca

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.

AOA COACHING STAFF

Nick Kwasniak Para Alpine Coach – nick@alpineontario.ca

David McNeill, OST Women's Head Coach - dave@alpineontario.ca

Martin Wilson, OST Men's Head Coach - mwilson@alpineontario.ca

Henry Yeigh, ODST Head Coach - hyeigh@alpineontario.ca

Tobias Porter, ODST Asst Coach - tporter@alpineontario.ca





AGENDA

- Para Update
- HPP Update
- U14/U16 OCUP Reminders
- ACA Fitness Combine
- Coach Education Update
- Club Parent Resource
- Officials Update
- NCR & PCR Rules
- Division Updates
- Reminders & Updates
- New Business
- Next Meetings
- Questions





2026 ONTARIO PARA ALPINE SKI TEAM



Jessica McPhee*

Ellen Rowe

James Budrow

Coach
Nick Kwasniak





U14/U16 OCUP UPDATES

- Planning for a GS/SG camp for OCUP athletes is underway.

Likely to be in February. Joey Lavigne will share further details direct to coaches when available

2027 Canada Winter Games – Team Ontario

1 coach, 1 asst. coach, 1 wax tech.

- Head coaches must be Alpine Canada NCCP Performance Level Trained
 - + have completed Ski Cross Coaching and Safety (Part 1 & 2) + Ski Cross Intro to Coaching Module.
- Assistant coaches must be Alpine Canada NCCP **Development Level Certified**
 - + have completed Ski Cross Coaching and Safety (Part 1 & 2) + Ski Cross Intro to Coaching Module.
- Women in Coaching Apprentice opportunity



U14/U16 OCUP UPDATES

> [U14,U16/U18 SOD OCUP Calendar HERE](#)

>U18 OCUP racers - clubs, please ensure equipment is in compliance with PCR guidelines

>Clubs must register their OCUP athletes on the OCUP base list (alpinepoints).

U14 OCUP baselist link <https://alpineontario.ca/calendar/#6033>

U16/U18 OCUP baselist link <https://alpineontario.ca/calendar/#6034>





REMINDER! FITNESS RESULTS

U14/U16 OCUP athletes testing results to be emailed to AOA
prior to Dec 31st. Please use ACA Template

- Contact Suki for assistance:

memberservices@alpineontario.ca

Testing Protocol can be downloaded [here](#)

Forms to be Used for Recording results.



Athlete Roster [Template](#)

U16 FIS ACA Fitness Combine Results [Template](#)

U10 U12 U14 ACA Fitness Combine Results [Template](#)





ONTARIO WINTER GAMES QUOTAS

LSDA – 14

NCD - 20

NOD - 18

SOD – 128

Host: Mount St. Louis Moonstone – Glacier Ski Club

Dates: Feb 25-27

Disciplines: GS, SL, PAR

Divisions should ensure selection criteria is in place prior to first races

Deadline for athlete registration is: **JAN 20th, 2026**



Ontario
Winter
Games

NZ WEDS & THURS NIGHT TRAINING



Weekly Training Sessions

January 15 – February 19 for focused gate training
Time: 5:30 PM – 8:00 PM

THURSDAY NIGHTS CRAIGLEITH SKI CLUB January 15 – February 19

Focused gate training
Time: 5:30 PM – 8:00 PM
Location: Little John & Zipper runs only
Cost: \$40.00 + HST****\$5.00 of every registration goes to the [NZ Foundation](#)**

[REGISTER HERE](#)

- AOA-registered SOD athletes U10+
- Check-in: 5:00 PM upstairs in The Depot Lodge
- All athletes & coaches must have a valid lift ticket
- Registration closes at 12:00 PM on event day
- **Please note: Training may be cancelled due to inclement weather or unsafe hill conditions - club will not be billed.



WEDNESDAY NIGHTS GLACIER SKI CLUB - MSLM January 7 to February 25

SL training
5:30-8:00pm
Training Start & Location: 5:30pm Top of Venture
Race Fee: \$15
Lift Ticket: \$50 + HST
Registration Deadline: Mondays at 12pm
REGISTRATION PDF : [Download Here](#)

- Race Participants **must** create an account at <https://shop.mountstlouis.com/gtd/nz-training/> at any time in advance of the training date. Parents can create the account in their name and add Racers as family members or create the account in their child's name. Only those on the Racer List submitted by Glacier Ski Club will be provided the discounted ticket rate.





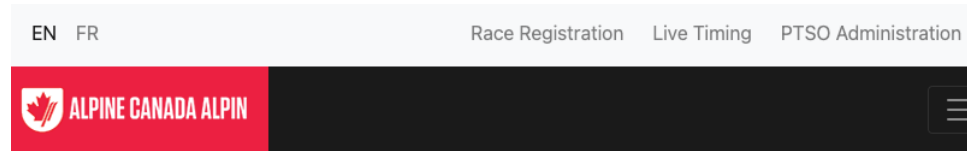
ACA REGISTRATION DEADLINE

NEW FOR 2026

- **AlpinePoints - Register Early** with AOA in order to be uploaded to alpinepoints – Alpine Canada controls the uploads so there will be *no last minute activation* on alpinepoints.

For Example: morning of the race there will be no activation of racer on alpinepoints.ca

- Crosscheck athlete **SnowReg registrations against club list on alpinepoint.ca** under Racer Profile.



Welcome to alpinepoints.ca

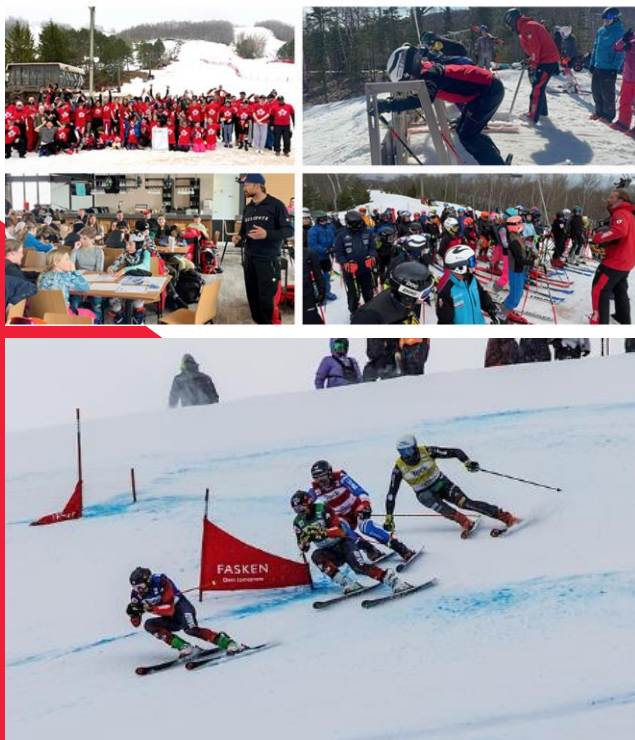
Welcome to Alpine Canada's, Alpine Points, the host site for national competitions and results.

Alpine Points is a valuable resource for race organizers, coaches, athletes and parents, with the aim to provide relevant and accurate information on registered athletes, races and results.

In the event that you find an error or have a technical difficulty with the site, please contact:

alpinepoints@alpinecanada.org

SX UPDATES



FIS World Cup - Craigleith, March 20 – 22, 2026

Craigleith host - **SX Skier development session** following the World Cup.

Details forthcoming.

Ski Cross Committee - **new educational video assets**

Current Provincial Ski Cross Schedule:

- **January 24-25, 2026** – Beaver Valley (SX Train (U10+)(SX Race (U12+)
- **January 29-30, 2026** – Blue Mtn (SX Train (U10+)(SX Race (U12+)
- **February 6-7, 2026** – Craigleith (*FIS*)(SX Train (U10+)(SX Race (U12+)
- **February 20-21, 2026** – Caledon (SX Train (U10+)(SX Race (U12+)

SX on OCUP Calendar [here](#)

National Championships

- Ski Cross – Jan 9 Nakiska • M/W 1xSX



SKILL UP 2026

Give your young athlete the extra edge this season.
Spots fill fast — don't wait!

Upcoming Sessions

CALEDON – Jan 15

Slalom FUNdamentals

CRAIGLEITH – Feb 5

Ski Cross FUNdamentals

BLUE MOUNTAIN – Feb 26

SL Tactical FUNdamentals

Register on SNOWREG - Opening Dec 15



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



COACH UP SESSIONS

Please Stay Tuned
Dates & Locations TBD



COACH EDUCATION



EL/ DL Coach Course Schedule - [HERE](#) - There are still spots in the EL courses so register soon!

Club that require **education credits for their staff training** email sedwards@alpineontario.ca to request a registration link for snowreg

Coach Verification – to be included in Scup and Ocup race notices

Coach Requirements -

Coaches must:

- have a **current coach membership** with ACA-CSC (Canada Ski Coaches) in snowreg
- be a **licensed ACA-CSC coach** in snowreg as of Jan 31, 2026
- be able to **show proof** of current ACA-CSC membership from snowreg. Coaches can **download their ACA-CSC membership card** into their apple wallet or google wallet on their phone.

Coaches may be asked by AOA or Hosting club to **verify or show accreditation** to receive lift tickets or gain access to the training/ racing environment at AOA sanctioned events.

To start - Sarah will be asking **1 group in U14 Scup to provide coaches names well in advance of the first event**, she will verify the coach has a membership with ACA and **provide a verified coaches list to the host clubs** of that series. Clubs simply need to **give number of tickets for number of verified coaches** for each club. Additional coaches (who are not on the list) **MAY be required to show proof to host club** at event when requesting tickets at the host clubs discretion or to AOA if a representative is on site.



CLUB PARENT RESOURCE UPDATE

PLEASE SHARE

<https://www.youtube.com/watch?v=pWxsmboGnUs&themeRefresh=1>



Normerica
Timber Homes

PARENT INFO VIDEO SERIES

ALL VIDEOS AVAILABLE ON ALPINE ONTARIO YOUTUBE

ATHLETE PATHWAY Learn how to find a program that supports both athletes and parents, promotes well-rounded athleticism, and ensures a fun, positive experience for your child. Enjoy the journey of ski racing together. LINK

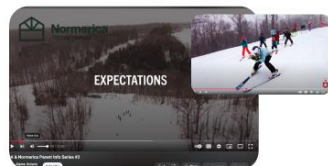
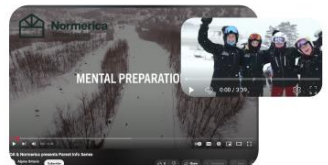
GROWTH MINDSET There are three key expectations for parents: ensuring the child's environment is both physically and emotionally safe, fostering fun through engagement and friendships in the sport, and emphasizing the importance of learning by doing as kids progress in their skills. LINK

MENTAL PREPARATION As parents, our role goes beyond just cheering from the sidelines. It's about providing the right support and guidance, especially on the drive home after a race or training day. Focus on three simple things. LINK

EXPECTATIONS As your children embark on their ski racing journey, for another year, there are numerous ways to support them along the way. Your active involvement at races can significantly boost confidence and morale, benefiting not only your child but the entire team. LINK

ATHLETE NUTRITION Sports Dietitian Alexis Williams from Blueprint Nutrition shares essential nutrition tips to fuel your alpine skiing training and performance. Learn how to balance your meals, choose the right snacks, and time your fueling for both moderate and intense training days. LINK

PARENT OFFICIALS Volunteering also offers parents a chance to be part of their child's race experience and deepen their understanding of the sport. Alpine Ontario provides flexible, online Level 1 officials training - Join the Alpine Ontario community—visit alpineontario.ca to learn more. LINK



PARENT HANDBOOK

OFFICIALS UPDATE

[AOA Events Calendar > Officials Training](#) (dark orange, filter Officials Training)
or
[AlpinePoints.ca > Officials > Take a Course](#) (Search Alpine Ontario)



Alpine Ontario	2025-12-09	Level 1 [ON] Course#50036 9 online	Alpine Level 1 & SkiCross Level 1	∞
Alpine Ontario	2025-12-15	Annual Update [ON] Course#50040 3 online	Officials Update	∞
Alpine Ontario	2026-01-08	Level 1 [ON] Course#50037 0 online	Alpine Level 1 & SkiCross Level 1	∞
Alpine Ontario	2026-01-12	Annual Update [ON] Course#50040 4 online	Officials Update	∞
Alpine Ontario	2026-01-13	Alpine Level 2 [ON] Course#50037 2 online	Alpine Level 2	∞

OFFICIALS UPDATE

Remember to have your Officials register with AOA/ACA.

Ensure volunteers/officials/crew are ALL captured on a volunteer signup sheet for each race. Include visiting volunteers from other clubs.





FIS INTERNATIONAL COMPETITION RULES (ICR)

FIS Alpine Documents <https://www.fis-ski.com/alpine-skiing/documents>

International Competition Rules (ICR) https://assets.fis-ski.com/f/252177/x/325ce17d30/icr_01-07-25.pdf

Precisions Northern Hemisphere https://assets.fis-ski.com/f/252177/x/5b08abe9f8/precisions-northern-hemisphere_04-12-2025.pdf

FIS Marketing Documents <https://www.fis-ski.com/inside-fis/general-fis-documents/marketing>

Specifications for Alpine Competition Equipment

ACA NATIONAL COMPETITION RULES (NCR)

ACA Resources for Officials <https://alpinecanada.org/lead/official/resources>

National Competition Rules <https://cdn.sanity.io/files/40cv6qsv/production/58247daed9aa51f7ce7a8a1f48d9f1e91ecc5ad6.pdf>

AOA PROVINCIAL COMPETITION RULES (PCR)

AOA PCR <https://alpineontario.ca/wp-content/uploads/2025/11/PCR-ON-v26.1.pdf>

PLEASE SHARE WITH YOUR RACE FAMILIES

Your Voice Matters – Participate in the Ski Racing Survey



ALPINE CANADA ALPIN



Dear Ontario Community,

In partnership with Alpine Canada, we are excited to share a national survey that serves to better understand the value of skiing and ski racing across Canada. The survey explores the behavior, travel patterns, and spend of skiers, ski racers, and their families at ski resorts and clubs, and will support data-driven decision-making to address challenges, inform opportunities, and strengthen collaboration across the sport.

By sharing your input, you will help to shape the future of ski racing in Canada and improve programs and partnerships in Ontario

The survey takes **15-20 minutes**, and all responses are **anonymous and confidential**.

Complete the Survey

here: https://deloittecanada.ca1.qualtrics.com/jfe/form/SV_d9UCaaE0ewqUwYK



DIVISION UPDATES

Southern Ontario Division

– Jennifer Gillard & Jason Manning

Lake Superior Division Alpine

– Dave Bradley

National Capital Division

– Laura Jones

Northern Ontario Division

– Alan Chute

ALPINE ONTARIO ALPIN

DIVISIONS AND SKI CLUBS

AOA is made up of **four divisions, 35 ski clubs** and has over **5,000 registered members** which represent approximately 30,000 extended families including parents, coaches, volunteers, officials, and corporate partners.

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
- North Bay Antoine Ski Racers Inc
- Searchmont Ski Runners
- Timmins Ski Club

SKI CLUBS – NCD

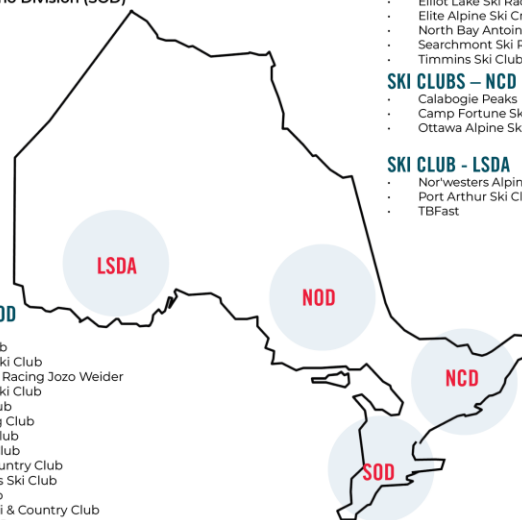
- Calabogie Peaks
- Camp Fortune Ski Club
- Ottawa Alpine Ski Sports

SKI CLUB – LSDA

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

SKI CLUBS - SOD

- Alpine Ski Club
- Batawa Ski Club
- Beaver Valley Ski Club
- Blue Mountain Racing Jozo Weider
- Brimacombe Ski Club
- Caledon Ski Club
- Catalyst Racing Club
- Chicopee Ski Club
- Craigleith Ski Club
- Devil's Glen Country Club
- Georgian Peaks Ski Club
- Glacier Ski Club
- The Heights Ski & Country Club
- Hockley Valley Resort
- 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
- Radius Ski Club
- Snow Valley Ski Club
- Toronto Ski Club
- Sir Sam's Club



A red chevron icon pointing downwards.

REMINDERS

[FIS LICENSE LINK](#) - Deadline Dec 25th

A **late fee** of \$145.00 will be applied after December 25

Club Events Sanctioning and Landing pages for your club on SnowReg. Just a reminder to update your club events sanctioning page on your SnowReg dashboard by selecting Applications then Permits. Club Activities for 25-26 season; update contacts and ensure your file upload states current race season. For your landing/listing page add your club location address, URLs for Facebook, Instagram, Twitter add if your club has not set up. To ensure **Insurance coverage**.



✓ NEW BUSINESS

Holiday Office Hours

Dec 24 close at 1pm

Dec 25 Close

Dec 26 Close

Dec 31 Close at 1pm

Jan 1 Close

- AOA online [registration](#)
- Encourage your members to avoid last minute registration. Clubs share your SnowReg link
- How to Register Tutorial [Link](#)



NEXT MEETINGS

AOA Club Call Schedule 2026

Zoom 3:30 – 4:30 p.m

#4 Jan 14 2026 3:30

#5 Feb 11 2026 3:30

#6 Mar 4 2026 3:30 (updated)

#7 Apr 8 2026 3:30



HAPPY
HOLIDAYS



PREMIER PARTNERS



PLATINUM PARTNERS

KARBON

FASKEN
Own tomorrow



PROUD PARTNERS

