



ALPINE ONTARIO

CLUB CALL

April 8, 2026

Presented by



1-811-3333

PHOTOGRAPHER



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

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Joey Lavigne

Athletics & High Performance Programs Director

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

Tori Johnston

Competitions & Programs Manager

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

Sarah Edwards

Manager, Coach Education & Delivery

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Jacques Reid

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Contact for coach education courses and initiatives.

AOA COACHING STAFF

Nick Kwasniak Para Alpine Coach – nick@alpineontario.ca

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Alex Lennox, OST Men's Head Coach – alennox@alpineontario.ca

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

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





AGENDA

- High Performance Updates
- U16 Athletic Development Program
- U14/U16 OCUP Updates
- Coach Education Update
- Officials Update
- Division Updates
- Strategic Plan Update
- Questions





HIGH PERFORMANCE PROGRAMMING UPDATES

- OST – Completing Comp Season at Western Spring Series
- ODST – Completing Comp Season in QC / NS
- 26-27 OST/ODST Candidates will be sent invitations to spring fitness testing. All athletes will be informed of their status no later than May 7th.

U16 ATHLETIC DEVELOPMENT PROGRAM



2026 PROGRAM TIMELINES



April 10-Selection for U16 ADP communicated to athletes and families

April 17 - Confirmation of participation - deposit due to Alpine Ontario

MAY 10 –17 - SPRING TECHNICAL CAMP (SUNSHINE)

May 29-June 1 - U16 Athletic Development Fitness camp*

AUGUST 8-22 - U16 Athletic Development Camp – El Colorado, Chile*

OCTOBER 10-19 - U16 Athletic Development Camp – Indoor (SL emphasis)

*All in person camps are subject to change and travel dates may vary.

U14/U16 OCUP UPDATES

CONGRATULATIONS to all our athletes
who represented Ontario at U16
Eastern regionals, U14 Can-Ams.

GOOD LUCK to the athletes at the
Whistler Cup

**- 2 U14 and 2 U16 Teams representing
Ontario**

LOOKING AHEAD TO 2026-27

Canada Winter Games less than 10 months away

- Qualification - selection criteria posted fall 2026

No ACA Eastern Regionals for 2027

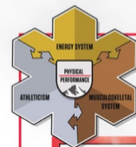
Alternative Easterns event TBD



FITNESS TESTING

Alpine Ontario Encourages all Clubs to run Spring Fitness Testing

- Serves as a baseline for athletes as they enter the offseason training phase
- Builds awareness of Fitness, and shows Gaps of where kids can improve
- Creates a touchpoint with athletes/parents to talk about fitness goals and promote multisport and fitness training programs



ACA FITNESS COMBINE

U14 FEMALE											
Aerobic Capacity	Coordination (Paced)	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	10.54	8.99	9	65.00	23	45	71	585
10.5	48.4	22.31	2.83	10.00	8.00	8	42.00	19	40	67	544
10.2	47.4	23.00	1.99	9.60	7.76	7	40.00	18	36	65	492
9.7	45.5	23.15	1.88	9.00	7.60	6	38.00	15	35	60	446
9.1	43.6	23.30	1.93	8.80	7.40	5	31.00	14	33	58	423
8.3	40.9	23.54	1.89	8.00	7.10	4	28.00	13	30	55	400
8.7	40.2	24.29	1.80	7.60	6.89	3	25.00	12	29	52	378
7.9	38.2	24.99	1.67	7.70	6.49	2	23.00	11	27	45	342
7.4	37.8	25.67	1.57	7.50	6.28	1	21.00	10	26	40	305
6.8	35.7	26.80	1.50	7.35	6.10	0	18.00	9	24	35	250
20m Beep Test (Level/Shorter)	20m Beep Test Max W/One/NoRepeat	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 (Paced)	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	2.38	11.00	9.87	14	68.00	29	45	70	601
11.11	53.4	21.48	2.30	10.00	9.30	12	58.00	19	40	67	578
11.8	51.9	22.00	2.29	9.50	8.82	10	54.00	18	36	65	484
11.1	50.4	23.15	2.10	9.30	8.60	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	1.86	8.30	7.80	4	33.00	12	28	50	339
8.7	42.1	25.31	1.80	8.00	7.53	3	31.00	11	27	45	322
8.2	40.5	25.67	1.70	7.50	7.29	2	30.00	10	26	40	289
7.4	37.8	26.80	1.65	7.35	7.00	1	26.00	9	24	35	250
20m Beep Test (Level/Shorter)	20m Beep Test Max W/One/NoRepeat	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 SEASON HIGHLIGHTS



We extend our sincere thanks to all clubs who hosted courses and supported delivery throughout the season. Their continued partnership is essential to the success and growth of coach education across the province.

Strong Season Engagement & Growth

- 200+ coaches attended sold-out Coach Conference
- 1060 licensed Ontario coaches supported

Program Participation

- **Entry Level (EL):** 290 participants (+32 YoY)
- 30 courses | 20 host clubs | 28 LFs (7 women)
- Expanded delivery: Thunder Bay & Searchmont
- **Development Level (DL):** 48 participants (+2 YoY) 3 courses
- **Performance Level (PL):** 19 participants (+2 YoY)

Coach Evaluations

- EL: 120 (Part A) | 47 (Part B)
- DL: 10 total (race + training)
- PL: 6 total (race + training)

Key Milestone

- First on-snow Learning Facilitator training in several years
- SCUP Coach Verification Results – Report will be shared at the summit
- MED is no longer integrated in EL course, offered as standalone online module, required for EL trained status

Additional Programming

- Speed Module: 28 participants
- Ski Cross Module: 10 participants



AOA // SOD Spring Summit Registration - [HERE](#)



FRI MAY 8
SNOW VALLEY RESORT
**AOA SOD
SPRING SUMMIT**



KARBON

FASKEN
Own tomorrow



WHITE RAVEN
ENERGY INC.





OFFICIALS EDUCATION

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



IN PERSON

Level 3

Apr 25 & 26 2026 *Collingwood*

<https://alpineontario.ca/calendar/?M=4&Y=2026#500460>

Host PTSO	↕	Date	↕	Info	↕	Level	Open Spots
Alpine Ontario		2026-04-25		Alpine Level 3 [ON] Course#500460 Collingwood		Alpine Level 3	∞

NEW AOA award winners will be elevated as nominees to the Alpine Canada Awards of Excellence, connecting Ontario's top contributors with national recognition.



NOMINATIONS ARE NOW OPEN!



2026 ONTARIO SKI RACING AWARDS

N O M I N A T I O N S O P E N



1. Skiis & Biikes Athlete of the Year

Alpine Male & Female; Para-Alpine and Ski Cross

2. Anthony Pacione Coach of the Year

3. Fasken Volunteer of the Year

4. Robert Shore Official of the Year

5. Karbon Event of the Year

6. Spirit of Sandy Proctor Award

7. Normerica Builder of the Year

8. Mackenzie Investments Ski Club of the Year

[Nomination Criteria Here](#)



DIVISION UPDATES

Southern Ontario Division

- Jennifer Gillard & Jason Manning

Lake Superior Division Alpine

- Dave Bradley – Erin Moir

National Capital Division

- Laura Jones - Tonya

Northern Ontario Division

- Alan Chute - Bob - Dave

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

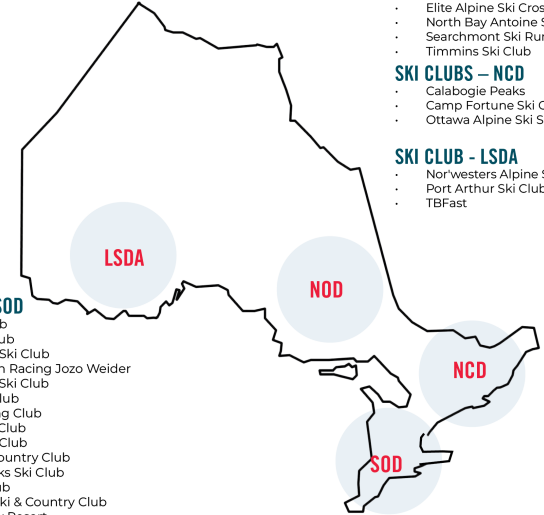
- Calabogie Peaks
- Camp Fortune Ski Club
- Ottawa Alpine Ski Sports

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
- Sir Sam's Club
- Snow Valley Ski Club
- Toronto Ski Club



ONTARIO UNITED - ALPINE ONTARIO ALPIN STRATEGIC 2023-2028



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



2025-26 STRATEGIC ACTIONS

Organizational Excellence

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

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

Athletic Development

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

Develop & communicate clear, simple pathways for Athletes who aspire for provincial and national careers

Coaches + Officials

Foster, recruit, develop, and support coaches and officials across the province.

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

Inspired Community

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

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



ACROSS ONTARIO, OUR ALPINE COMMUNITY IS UNITED BY PURPOSE AND STRENGTHENED BY PARTNERSHIP



GROWING THE SPORT



REVENUE



INVESTMENTS



EXPENSES



INVEST IN ATHLETES, DREAMS & ELEVATE EXCELLENCE



NEXT-GEN FEMALE MENTORS



BUILD A COACHING POWERHOUSE



SHARPEN OUR COMPETITIVE EDGE



FUEL A NATIONAL DREAM



Events & News ▾ Athletes ▾ Coaches & Officials ▾ Clubs ▾ Jobs

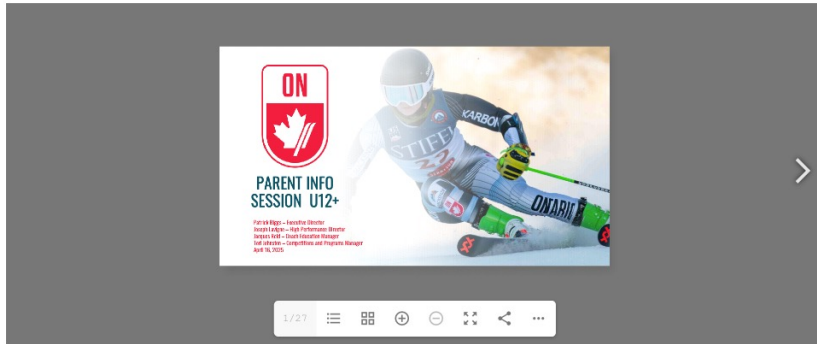
LOGIN-REGISTER

DONATE TO THE ALPINE FUND NOW!

AOA PROGRAMS & PATHWAYS

The Alpine-Para-SX Pathway is developed alongside the [Sport for Life](#) pathway and [Alpine Canada's LTSD Plan](#). Alpine Ontario Alpin, together with its four regional divisions: LSDA, NOD, NCD & SOD bring these programs to Ontario Racers...from U10 racers to the elite members of the Ontario Ski Team. Parents with questions about how or where their child fits into the pathway should be directed to your club Head Coach and/or members of the [AOA's Athletic Committee](#).

[AOA PROGRAMS & PATHWAYS INFORMATION DECK HERE](#)



For further information

[LINK TO 2025 AOA PATHWAY MEETING RECORDING](#)



Events & News ▾ Athletes ▾ Coaches & Officials ▾ Clubs ▾ Jobs

LOGIN-REGISTER

DONATE TO THE ALPINE FUND NOW!

UNIVERSITY RACING PROGRAMS OVERVIEW

Athletes entering University have the option of continuing to race in select Canadian Universities and competing in the annual University Championships in Canada.

Or attending American Universities on the NCAA circuit.

CANADIAN UNIVERSITY SKIING





SKILLS & DRILLS PROGRAM

- Skills & Drills Program launched at Skimeister, assessing **Outside Ski Turns** and **Braquage** on a 1–6 scale.
- Approximately **10% of participants reached the Consolidation level**, providing a baseline and opportunity for growth.
- The program will **expand to additional age groups next season**, with thanks to the **AOA Skills Initiative Committee**, **SOD Division**, and **host clubs** for their dedication.





Para Coach Integration Program

2 coaches were offered spots to join OPAST at Para Nationals and CADS Festival in Kimberly, BC

- Jamie Green
- Colin Kress



PARALYMPIC FOUNDATION
FONDATION PARALYMPIQUE

Thank you to **Canadian Paralympic Foundation** for funding this Interface opportunity

THANK YOU!





HAVE A GREAT OFFSEASON

AOA Club Call 26_27

Zoom 3:30 – 4:30 p.m

#1 Oct 14 2026





PREMIER PARTNERS



PLATINUM PARTNERS



PROUD PARTNERS

