



**ALPINE
ONTARIO
ALPIN**



GO TO PARENT RESOURCE PDF

AOA | SOD U12 PATHWAY

DEVELOPING SPORT | ATHLETIC EXPERTISE

- PHYSICAL FITNESS
- PHYSICAL LITERACY
- GROWTH & MATURATION
- ATHLETIC CHARACTER

U12 REALITIES

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

ACA LONG TERM ATHLETIC DEVELOPMENT (LTAD) PLAN

"CHART YOUR COURSE"

[HTTPS://LTAD.ALPIECANADA.ORG/STAGES](https://ltad.alpinecanada.org/stages)

PARENT REFERENCE

[HTTPS://LTAD.ALPIECANADA.ORG/PAGE/PARENTS](https://ltad.alpinecanada.org/page/parents)



**CHART
YOUR
COURSE**

11C: STAGES MENU / Cx: EXPLORE



AOA PARENT HANDBOOK

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MACKENZIE
Development

**2026_27
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HANDBOOK**



AOA MEMBERSHIP REGISTRATION - HOW TO VIDEO

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HOW



TO

**AOA Member
Registration**

RESOURCES

TRAIN & COMPETITION VOLUME

[HTTPS://LTAD.ALPIECANADA.ORG/UPLOADS/DOCUME](https://ltad.alpinecanada.org/uploads/documents/V81TRAINING AND COMPETITION VOLUMES BY STAGE.PDF)

[NTS/V81TRAINING AND COMPETITION VOLUMES BY STAGE.PDF](https://ltad.alpinecanada.org/uploads/documents/V81TRAINING AND COMPETITION VOLUMES BY STAGE.PDF)

TRAIN & COMPETITION FOCUS

[HTTPS://LTAD.ALPIECANADA.ORG/UPLOADS/DOCUMENTS/V6TRAINING AND](https://ltad.alpinecanada.org/uploads/documents/V6TRAINING AND COMPETITION FOCUS BY STAGE.PDF)

[COMPETITION FOCUS BY STAGE.PDF](https://ltad.alpinecanada.org/uploads/documents/V6TRAINING AND COMPETITION FOCUS BY STAGE.PDF)

Table with 10 columns: Stage, Training, Competition, and various performance metrics. The table is titled 'AOA Member Registration' and includes a disclaimer at the top: 'This table is for informational purposes only. It is not intended to be used as a performance benchmark or to compare athletes. It is intended to provide a general overview of the training and competition focus for each stage of the program.'





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GO TO PARENT RESOURCE PDF

AOA | SOD U14 PATHWAY

DEVELOPING SPORT | ATHLETIC EXPERTISE

- PHYSICAL FITNESS
- PHYSICAL LITERACY
- GROWTH & MATURATION
- ATHLETIC CHARACTER

U14 REALITIES

- LEVEL OF ENJOYMENT - FUN - FRIENDS & TEAMMATES
- GENERAL FITNESS & COORDINATION
- SOD CUP VS ONTARIO CUP
- FAMILY COMMITMENT
- EQUIPMENT (BOOTS & SKIS) SHOULD BE OPTIMIZED
- OFF SEASON & OR PRE-SEASON CAMP
- CLUB ATMOSPHERE & SPORT CULTURE VERY IMPORTANT
- MENTORS & ROLE MODELS

ACA LONG TERM ATHLETIC DEVELOPMENT (LTAD) PLAN

"CHART YOUR COURSE"

[HTTPS://LTAD.ALPIECANADA.ORG/STAGES](https://ltad.alpinecanada.org/stages)

PARENT REFERENCE

[HTTPS://LTAD.ALPIECANADA.ORG/PAGE/PARENTS](https://ltad.alpinecanada.org/page/parents)



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11C: STAGES MENU / Cx: EXPLORE



AOA PARENT HANDBOOK

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HANDBOOK**



Para Alpine & Ski Cross Racing



AOA MEMBERSHIP REGISTRATION - HOW TO VIDEO

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HOW



TO

**AOA Member
Registration**

RESOURCES

TRAIN & COMPETITION VOLUME

[HTTPS://LTAD.ALPIECANADA.ORG/UPLOADS/DOCUME](https://ltad.alpinecanada.org/uploads/documents/V81TRAINING AND COMPETITION VOLUMES BY STAGE.PDF)

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TRAIN & COMPETITION FOCUS

[HTTPS://LTAD.ALPIECANADA.ORG/UPLOADS/DOCUMENTS/V6TRAINING AND](https://ltad.alpinecanada.org/uploads/documents/V6TRAINING AND COMPETITION FOCUS BY STAGE.PDF)

[COMPETITION FOCUS BY STAGE.PDF](https://ltad.alpinecanada.org/uploads/documents/V6TRAINING AND COMPETITION FOCUS BY STAGE.PDF)

100 DAYS		PARENTS WHO ARE PARENTS SHOULD READ THE REGISTRATION VOLUME AND GUIDELINES AND UNDERSTAND WHAT THEY ARE SIGNING UP FOR. THE REGISTRATION VOLUME AND GUIDELINES SHOULD BE READ BY ALL PARENTS AND COACHES.										PARENTS WHO ARE PARENTS SHOULD READ THE REGISTRATION VOLUME AND GUIDELINES AND UNDERSTAND WHAT THEY ARE SIGNING UP FOR. THE REGISTRATION VOLUME AND GUIDELINES SHOULD BE READ BY ALL PARENTS AND COACHES.																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
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100 DAYS	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-35	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51	52-53	54-55	56-57	58-59	60-61	62-63	64-65	66-67	68-69	70-71	72-73	74-75	76-77	78-79	80-81	82-83	84-85	86-87	88-89	90-91	92-93	94-95	96-97	98-99	100-101	102-103	104-105	106-107	108-109	110-111	112-113	114-115	116-117	118-119	120-121	122-123	124-125	126-127	128-129	130-131	132-133	134-135	136-137	138-139	140-141	142-143	144-145	146-147	148-149	150-151	152-153	154-155	156-157	158-159	160-161	162-163	164-165	166-167	168-169	170-171	172-173	174-175	176-177	178-179	180-181	182-183	184-185	186-187	188-189	190-191	192-193	194-195	196-197	198-199	200-201	202-203	204-205	206-207	208-209	210-211	212-213	214-215	216-217	218-219	220-221	222-223	224-225	226-227	228-229	230-231	232-233	234-235	236-237	238-239	240-241	242-243	244-245	246-247	248-249	250-251	252-253	254-255	256-257	258-259	260-261	262-263	264-265	266-267	268-269	270-271	272-273	274-275	276-277	278-279	280-281	282-283	284-285	286-287	288-289	290-291	292-293	294-295	296-297	298-299	300-301	302-303	304-305	306-307	308-309	310-311	312-313	314-315	316-317	318-319	320-321	322-323	324-325	326-327	328-329	330-331	332-333	334-335	336-337	338-339	340-341	342-343	344-345	346-347	348-349	350-351	352-353	354-355	356-357	358-359	360-361	362-363	364-365	366-367	368-369	370-371	372-373	374-375	376-377	378-379	380-381	382-383	384-385	386-387	388-389	390-391	392-393	394-395	396-397	398-399	400-401	402-403	404-405	406-407	408-409	410-411	412-413	414-415	416-417	418-419	420-421	422-423	424-425	426-427	428-429	430-431	432-433	434-435	436-437	438-439	440-441	442-443	444-445	446-447	448-449	450-451	452-453	454-455	456-457	458-459	460-461	462-463	464-465	466-467	468-469	470-471	472-473	474-475	476-477	478-479	480-481	482-483	484-485	486-487	488-489	490-491	492-493	494-495	496-497	498-499	500-501	502-503	504-505	506-507	508-509	510-511	512-513	514-515	516-517	518-519	520-521	522-523	524-525	526-527	528-529	530-531	532-533	534-535	536-537	538-539	540-541	542-543	544-545	546-547	548-549	550-551	552-553	554-555	556-557	558-559	560-561	562-563	564-565	566-567	568-569	570-571	572-573	574-575	576-577	578-579	580-581	582-583	584-585	586-587	588-589	590-591	592-593	594-595	596-597	598-599	600-601	602-603	604-605	606-607	608-609	610-611	612-613	614-615	616-617	618-619	620-621	622-623	624-625	626-627	628-629	630-631	632-633	634-635	636-637	638-639	640-641	642-643	644-645	646-647	648-649	650-651	652-653	654-655	656-657	658-659	660-661	662-663	664-665	666-667	668-669	670-671	672-673	674-675	676-677	678-679	680-681	682-683	684-685	686-687	688-689	690-691	692-693	694-695	696-697	698-699	700-701	702-703	704-705	706-707	708-709	710-711	712-713	714-715	716-717	718-719	720-721	722-723	724-725	726-727	728-729	730-731	732-733	734-735	736-737	738-739	740-741	742-743	744-745	746-747	748-749	750-751	752-753	754-755	756-757	758-759	760-761	762-763	764-765	766-767	768-769	770-771	772-773	774-775	776-777	778-779	780-781	782-783	784-785	786-787	788-789	790-791	792-793	794-795	796-797	798-799	800-801	802-803	804-805	806-807	808-809	810-811	812-813	814-815	816-817	818-819	820-821	822-823	824-825	826-827	828-829	830-831	832-833	834-835	836-837	838-839	840-841	842-843	844-845	846-847	848-849	850-851	852-853	854-855	856-857	858-859	860-861	862-863	864-865	866-867	868-869	870-871	872-873	874-875	876-877	878-879	880-881	882-883	884-885	886-887	888-889	890-891	892-893	894-895	896-897	898-899	900-901	902-903	904-905	906-907	908-909	910-911	912-913	914-915	916-917	918-919	920-921																																								





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GO TO PARENT RESOURCE PDF

AOA | SOD U16 PATHWAY

DEVELOPING SPORT | ATHLETIC EXPERTISE

- PHYSICAL FITNESS
- PHYSICAL LITERACY
- GROWTH & MATURATION
- ATHLETIC CHARACTER

U16 REALITIES

- LEVEL OF ENJOYMENT - FUN - FRIENDS & TEAMMATES
- GENERAL FITNESS VS STRENGTH & CONDITIONING
- SOD CUP VS ONTARIO CUP - REC VS COMP - COST
- EQUIPMENT (BOOTS & SKIS) SHOULD BE PRECISE
- OCUP • 1-2 OFF-SEASON CAMPS • 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

ACA LONG TERM ATHLETIC DEVELOPMENT (LTAD) PLAN

"CHART YOUR COURSE"

[HTTPS://LTAD.ALPIECANADA.ORG/STAGES](https://ltad.alpinecanada.org/stages)

PARENT REFERENCE

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**CHART
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100 STAGES MENU / 04 EXPLORE



AOA PARENT HANDBOOK

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AOA MEMBERSHIP REGISTRATION - HOW TO VIDEO

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RESOURCES

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TRAIN & COMPETITION FOCUS

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Table with 10 columns: STAGE, TRAINING, COMPETITION, and various performance metrics. The table is titled 'STAGE' and contains detailed information about training and competition volumes by stage.

