fast and female

Alberta Alpine Legends Club

Fast and Female Camp

ALBERTA ALPINE

FRIDAY DEC. 5 & SATURDAY DEC. 6, 2014

Nakiska Mountain Resort, AB

SKIING. INSPIRATION. EMPOWERMENT. EXCELLENCE.

A two-day camp for U14 girls with world class female Ski Cross ambassadors plus parent seminars.

Youth (11-13 years old) $60 for both days (excludes lift tickets)

Register online by December 2, 2014 at www.albertaalpine.ca

Fast and Female | @FastandFemale | FastandFemale

ALPINE CANADA ALPIN | LEGENDS CLUB | NAKISKA | Nakiska | SKI CROSS

CLARINS | Buff | lululemon athletica | PrecisionNutrition

FIDELITY NORTH NZ / SZ COACHES UPDATE

COP, Calgary
Snow Valley, Edmonton

Cam Stephen
Sue Schwartz

Agenda

- Welcome and Introductions
- Update from Alberta Alpine
  - -Athletic Department Update
  - -Legends Club
  - -Fidelity Club and Coach Development
- CSCF
  - -Integration with ACA
  - -New mobile app - drills and skill development
  - -CSCF coaches courses
- Setting / Rule changes - 2014 / 2015
- Alberta Ski Team
  - -Roster
  - -What has the AST been doing in General and Specific Preparatory Periods
  - -Drills and skills development
- Question & Answer

Agenda

- Update from Alberta Alpine
  - -Athletic Department Update
  - -Legends Club
  - -Fidelity Club and Coach Development

Who's Who???

ALBERTA ALPINE
Inspiring Excellence

Planning for Success

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Alberta Alpine's establishment and continual refinement of its vision and goals is the result of community involvement and dialogue at all levels.

Clear Pathway to Excellence

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Advancement opportunities for all members need to be clearly defined, easily understood and universally available to all who aspire to personal excellence through our sport.

Engagement in our Communities

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How is Alberta Alpine connected and involved?

Communicating for Success

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Our partners will help us achieve our goals because all our relationships our built on open, two way, meaningful communication.

- I communicate Via:
  - Monthly AD Updates
  - Recent News
  - Email
  - Phone
  - Social Media
  - Face to Face

Athletics Department Direction

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In order to carry a positive action we must develop here a positive vision

-Dalai Lama

- ALBERTA ALPINE STRATEGIC PLAN
- HIGH PERFORMANCE PLAN
- LONG TERM ATHLETE DEVELOPMENT PLAN
- ATHLETICS PLANS

Athletics Department Direction

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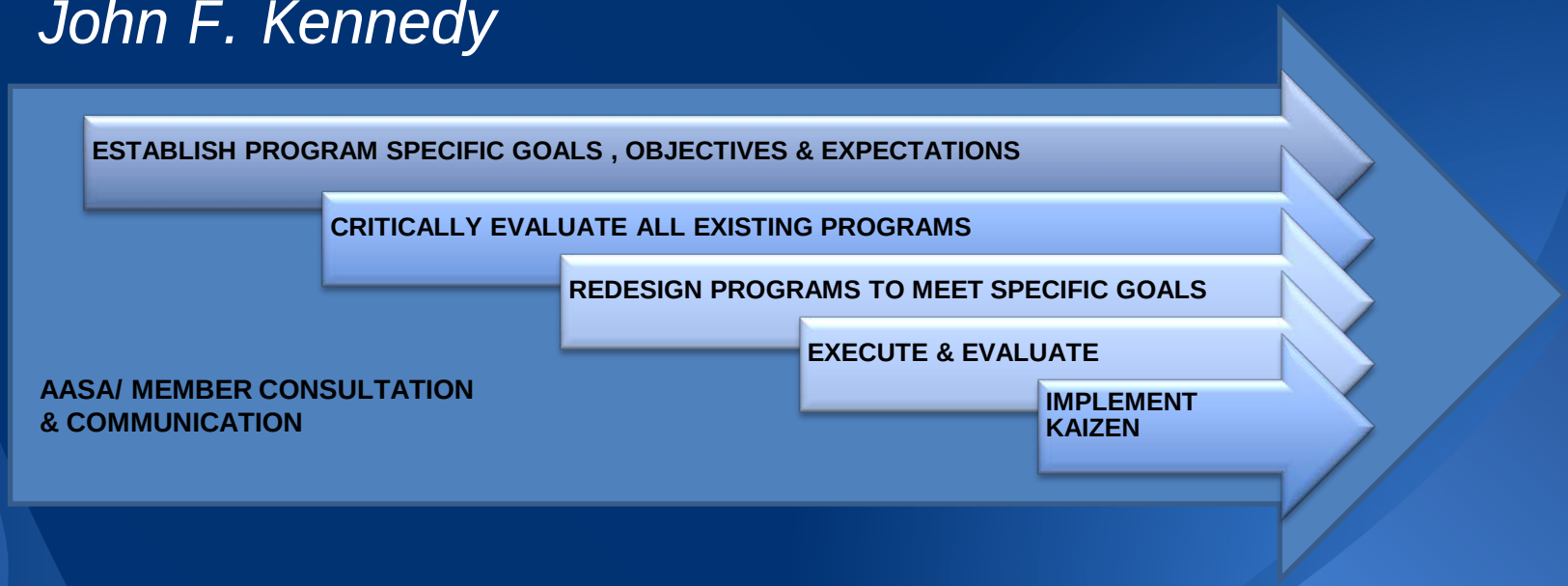
Change is the law of life. And those who look only to the past and present are certain to miss the future
John F. Kennedy



Legends Club

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GOAL

- ✓ To assist AASA member clubs in producing the best alpine ski racers in the world at club and provincial (sub-national team) team level by offering complementary cooperative training for AASA athletes.

MISSION

- ✓ Legends Club Camps look to promote and develop elite level alpine competition and training opportunities for Alberta Athletes in a coordinated, collaborative, and professional manner to ensure continuing athletic success at the highest levels of Alpine Ski Racing.

CLUB RELATIONSHIPS

- ✓ Legends club recognizes AASA's role in the management of elite level of skiing within Alberta through the Alberta Ski Team (AST), and looks to work in close partnership with AASA's member clubs who are the primary developers of the province's elite athletes.

Legends Club

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U14

- ✓ Fast & Female
- ✓ Speed Camp
- ✓ North & South Zone SL with Stutz

U16

- ✓ Speed Camp
- ✓ Whistler Cup
- ✓ LaScara Europe Project
- ✓ Provincial Team Integration
- ✓ Talent Camps
- ✓ Spring Speed Camp

FIS

- ✓ Lake Louise forerunner project
- ✓ Speed Camp
- ✓ U18 Canadian Championships
- ✓ Provincial Team Integration
- ✓ Talent Camps
- ✓ Spring Speed Camp

Fidelity Club & Coach Development

Goal

- ✓ To lead the member coaches and clubs of Alberta Alpine Ski Association towards the goal of providing world class athletics programming through the delivery of premier Coach and Club development opportunities

Mission Statement

- ✓ Provide engaging, professional, relevant, and current Coach and Club development opportunities for the membership of Alberta Alpine that ultimately leads to improved athletic programming, performance and robust member clubs.

Fidelity Club & Coach Development

Coach Development Projects

- ✓ North Zone Coaches Meeting
- ✓ South Zone Coaches Meeting
- ✓ AASA Spring Meetings
- ✓ Coach Development Lecture Series
  - 4-6 (Calgary & Edmonton)
  - Sport Professionals from Alberta Sport Community (Academics, Sport Science, other sports)
- ✓ AST Coach Integration Opportunities
  - Winter 14/15
    - Lake Louise WC (CAST/ AST)
    - NORAM Oppurtunities (CAST/ AST)
    - Mt Hood AST Camp 2015
    - Mt Hood Legends Camp 2015
    - Fall Camp 2015
    - ACA Integration Opportunity
    - Whistler Cup
    - Speed Camps

Club Development Projects

- ✓ Program Directors Town Hall Meeting
- ✓ Winter Outreach Projects
- ✓ Partnering Organizations
  - ACA
  - RESORTS
  - CLUBS
- ✓ Club Partner/ Mentorship Program
- ✓ Increasing involvement of AASA Athletics staff for
  - ROC'S
  - OFFICALS

Agenda

- CSCF
  - -Integration with ACA
  - -CSCF Pathway
  - -New mobile app - drills and skill development

CSCF Integration with ACA

Why are CSCF and ACA proposing this integration at this time?

- ✓ ACA and CSCF are committed to bringing athlete and coach development under ONE roof at ACA. Both ACA and CSCF Boards of Directors feel very strongly that this is in the best interest of coaches and athletes alike and there's no reason to delay

Does ACA have the capacity to administer a coaching education program?

- ✓ YES. In addition to CSCF resources, ACA will supplement CSCF staff with ACA domestic staff to strengthen coaching education and development.

What's in it for me, the CSCF member?

- ✓ With ACA additional support and resources, we can build on existing CSCF programming to improve content, increase adoption of pathways and certification and drive professionalism in coaching. ACA-CSCF Integration
- ✓ ACA can bring added value for coaches through new and existing corporate and partner initiatives.
- ✓ With One Voice, and One Goal, coaches at all levels can be part of ONE TEAM to create excellence at every level for their athletes.

What will happen to my existing coach certifications?

- ✓ Members will MAINTAIN all their existing coach certifications and progress within certification pathways. All coach files in the NCCP Locker database will be maintained.

Will ACA keep existing CSCF programs and pathways?

- ✓ YES, for 14/15 season there will be no changes. Moving forward, ACA, through a new ACA
- ✓ Coaching Advisory Committee, will work to continually improve and update the program.

- ❑ VOTE BY 22 NOVEMBER ONLINE ON YOUR CSCF PERS PAGE ON CSCF WEBSITE OR IN PERSON

Fidelity INVESTMENTS

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CSCF PATHWAY

- ✓ We are here to support you
- ✓ Alberta Alpine wants to see more coaches moving through the coaching development pathway
- ✓ Our athletes will only ever be a strong as our coaches

CSCF PATHWAY

ALBERTA	TRAINED	CERTIFIED	ADVANCED
EL	843	68 8.0%	2 2.9%
DL	148 17.5%	4 2.7%	0
PL	3 2.0%	0	0

What are the barriers?

What can we do to get coaches moving through the pathway?

CSCF PATHWAY- EL

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My Goal

I want to be hired to start coachig entry level children at the "Skier Essentials" development level
... or I am a ski instructor and want to pursue higher levels of CSIA instructor certification

I want to lead a group of children at the "Skier Essentials" development level
... and I want to be evaluated as a competent coach.

I want to be fully equipped to lead and develop children at the "Skier Essentials" developmant level.

My Program

Entry Level Course
Intro to Coaching at the "Skier Essentials" development level

Making Ethical Decisions On-line Evaluation

Mentoring & Practical Coaching Evaluation

Setting Environments to Develop Athletic Abilities

Using Terrain Features to Develop Skiing Skills

Setting Environments - Coaching Evaluation

My Certification Status

EL TRAINED

EL CERTIFIED

EL CERTIFIED ADVANCED

CSCF PATHWAY- DL

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My Goal

I want to work with skiers at a club who are at the "Learn to Train" and "Learn to Race" stages of development.

My Program

Development Level Course

Intro to Coaching at the "Learn to Train" and "Learn to Race" development levels

My Certification Status

DL TRAINED

I want to be a lead coach for a group of "Learn to Train" and/or "Learn to Race" level skiers ... and I want to be evaluated as a competent coach.

I want to be fully equipped to lead and manage skiers at the "Learn to Train" and/or "Learn to Race" development stages.

Physical Conditioning Basics OR Coaching at Speed Events & Safety	Physical Contioning Basics AND Coaching at Speed Events & Safety
Introducing Rules & Regulations for Coaches	Preparing Mentally for Competition
Making Ethical Decisions On-line Evaluation	Designing a Ski Racing Program
Coaching during Training Evaluation	Coaching at a Race Evaluation
DL CERTIFIED	Design a Ski Race Program Evaluation
	DL CERTIFIED ADVANCED

CSCF PATHWAY- PL

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My Goal

PL TRAINED	PL CERTIFIED	PL CERTIFIED ADVANCED
I want to work in a club or region with skiers who are at the "Train to Race" stage of athlete development.	*I want to be a lead coach for a group of "Train to Race" level skiers and you want to be evaluated as a competent coach.*	*I want to be fully equipped to lead and manage skiers at the "Train to Race" development stage.*

My Program

PL TRAINED	PL CERTIFIED	PL CERTIFIED ADVANCED
Performance Level Intro 1 Course *Analyzing Performance in SL & GS and skiing in gates - Skiing Evaluation*	**NCCP On-line Evaluations** *Managing Conflict, Ethical Decisions, Drug Free Sport*	*In Development*
Performance Level Intro 2 Course *Planning for Performance*	**Coaching Evaluations** *(at Training & Competition)*	
Leading, Managing & Coaching Concepts	**Designing a Ski Racing Program Evaluation**	
	Managing a Ski Racing Program Evaluation	

My Certification Status

PL TRAINED | **PL CERTIFIED** | **PL CERTIFIED ADVANCED**

CSCF MOBILE APP

Fidelity INVESTMENTS

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- ✓ This App will help you be a more effective coach by;
  - -Communication
  - -Emergency Action Plans
  - -Creating Practice Plans
    - ->Sharing
  - -Access to 1000’s of skills and drills

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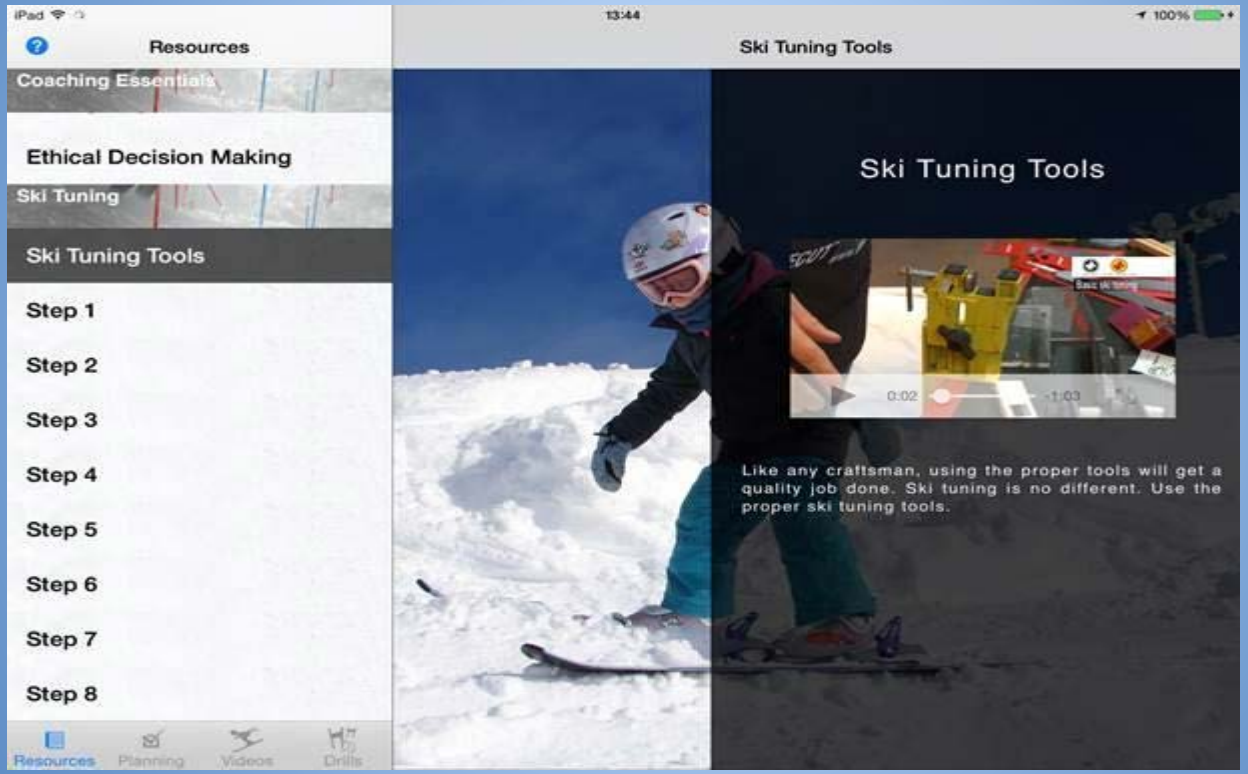

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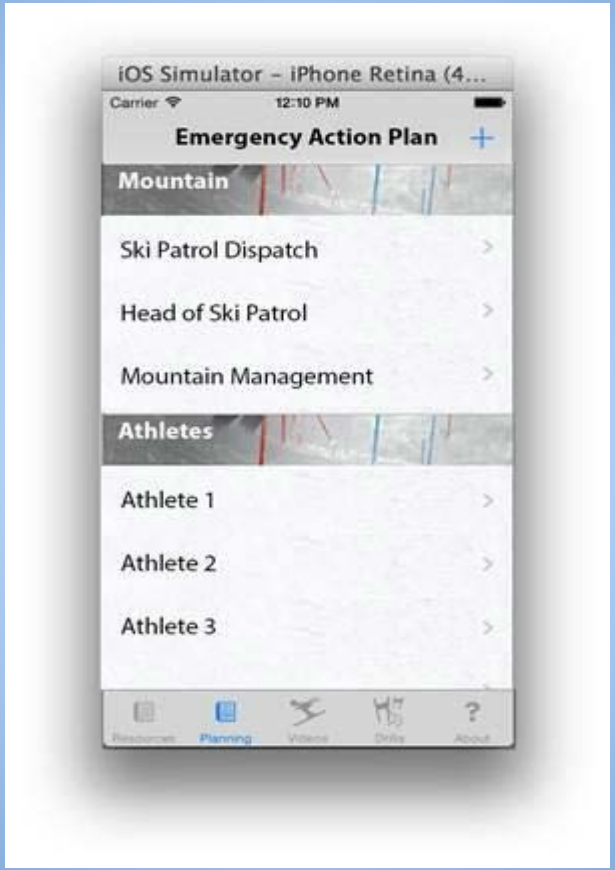

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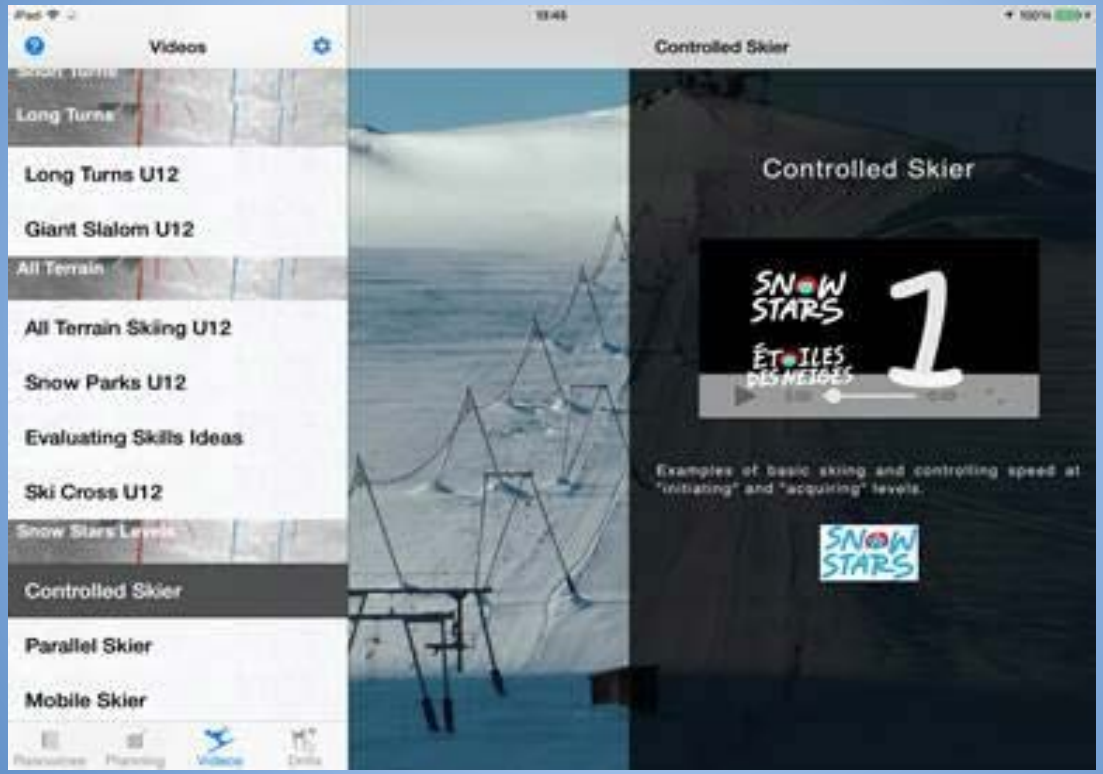

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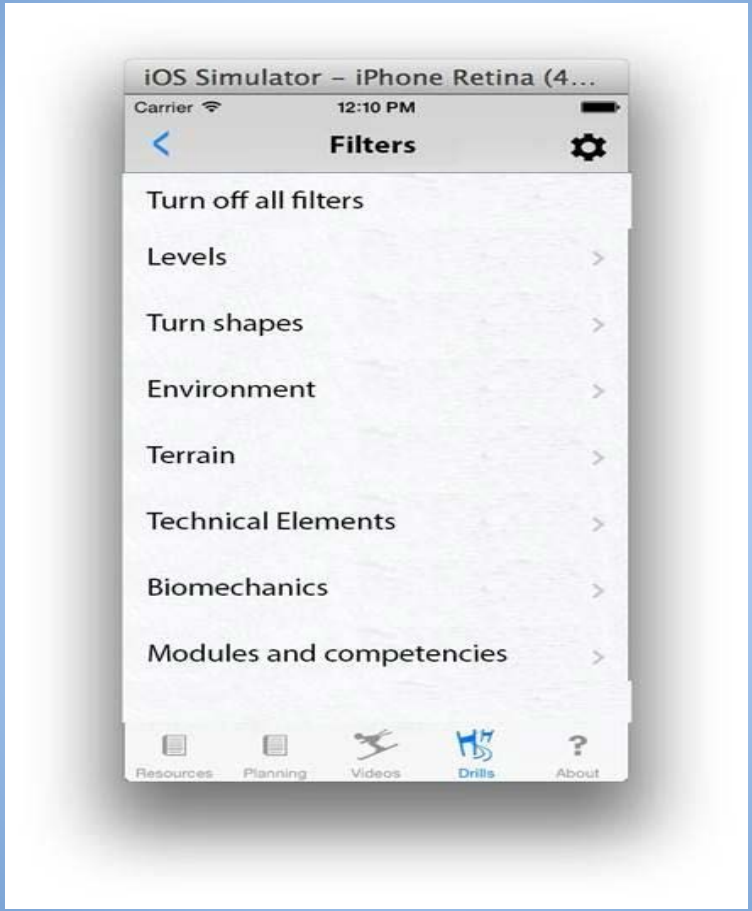

Agenda

- Setting / Rule changes - 2014 / 2015
  - Updated Setting Rules
  - Update from FIS
  - Domestic Skis

ALBERTA SETTING RULES FOR CHILDREN'S ALPINE SKI RACING – Alberta Alpine – NOVEMBER 2014

AGE	EVENTS	DUALS	KOMBI	SLALOM	GIANT SLALOM	SUPER G
U10 5-9	VERTICAL DROP	60	100-120	100 MAX	120 MAX	USE GREEN LEVEL SX TRACK TO DEVELOP SKILLS. STARTS, TUCKING, GLIDING, JUMPING AND TERRAIN MANIPULATION.
	NUMBER OF GATES	SL 20-30 GS 15-20	25-30	20-25	25 MAX Turns	
	VERTICAL DISTANCE	SL 4-6M, GS 10-14M	SL 4-6M GS 12-16M	4-6M	14-18M PANELS	
	TYPE OF GATE	STUBBIES OR PANELS	STUBBIES AND PANELS	STUBBIES	PANELS	
	TURN SHAPE	1/2 TO 3/4	1/2 TO FULL	1/2 TO 3/4	3/4 TO FULL	
	COMBINATIONS	NONE	MIN . 4 SECTIONS	MULTI GATE COMBOS	NO DELAY GATES	
	NUMBER OF RUNS	MULTI	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	
	SNOWSTARS LEVEL	2,3,4	2,3,4	2,3,4	2,3,4	
U12 10-11	VERTICAL DROP	60-80	140 MAX SL / GS	120 MAX	200 MAX	USE GREEN LEVEL SX TRACK TO DEVELOP SKILLS. STARTS, TUCKING, GLIDING, JUMPING AND TERRAIN MANIPULATION.
	NUMBER OF GATES	SL 25-35 GS 20	25 -30	20 - 27	13% TO 18% OF VERT DROP	
	VERTICAL DISTANCE	SL 5-8M GS 12-16M	SL 4-6M GS 14-18M	4-6 M	14 TO 20 M	
	TYPE OF GATE	STUBBIES OR PANELS	STUBBIES AND PANELS	STUBBIES OR JR GATES	PANELS	
	TURN SHAPE	1/2 TO 3/4	1/2 TO FULL	1/2 TO FULL	1/2 TO FULL	
	COMBINATIONS	NONE	MIN 5 SECTIONS	MULTI GATE COMBOS	1 DELAY PERMITTED	
	NUMBER OF RUNS	MULTI WITH TIMING	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	
	SNOWSTARS LEVEL	4,5,6	4,5,6,	4,5,6	4,5,6	
	SAFETY	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	
U14 12-13	VERTICAL DROP	80 - 100M MAX	140-200M (SL/GS) 250M (GS/SG)	100-160M	200-350M	250-450M
	NUMBER OF GATES	20-30	30 TURNS MIN. 10-12% (GS/SG)	32% -38% +/-3 OF VERT DROP	13-18% OF VERT DROP	8% -12% OF VERT DROP
	VERTICAL DISTANCE	SL 8-10M GS 18-20M	See ICR 608.12	7 -11 M, DELAY GATES 12-15M	16 M - 22 M RECOMMENDED BY AA	30-40M
	TYPE OF GATE	FULL GATE OR PANELS	STUBBIES, FULL AND PANELS	27MM	PANELS	PANELS
	TURN SHAPE	1/2 TO 3/4	ALL	ALL	3/4- FULL	FOR SPEED CONTROL
	COMBINATIONS	NONE	MIN 5 (SL/GS) 3-5 (SG)	2 HAIRPIN / 1 FLUSH MAX MULTI GATE COMBOS 1 DELAY	DELAYS PERMITTED RECOMMENDED BY AA	AS REQUIRED
	NUMBER OF RUNS	MULTI WITH TIMING	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES
	SNOWSTARS LEVEL	4,5,6	4,5,6,	4,5,6	4,5,6	4,5,6
	SAFETY	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE
U16 14-15	VERTICAL DROP	80 - 100M MAX	140-200M SL/GS 250 M GS/SG	100-160M	200-350M	250-450M
	NUMBER OF GATES	SL 20-30 GS 20	30 TURNS MIN 10%-12% GS/SG	32% -38% +/-3 OF VERT DROP	13% -18% OF VERT DROP	8% -12% OF VERT DROP
	VERTICAL DISTANCE	SL 8-10M GS 18-20M	ICR 608.12.3.3 MIN 30 TURNS	7-11 M, DELAY GATES 12-15M	27M MAX	35 - 50 M
	TYPE OF GATE	FULL GATE OR PANELS	STUBBIES, FULL AND PANELS	27MM FULL GATES	27MM DIAMETER	PANELS
	TURN SHAPE	1/2 TO 3/4	ALL	ALL	ALL	SPEED CONTROL
	COMBINATIONS	NONE	SL/GS 5 SECTIONS GS/SG 3-5 SECTIONS	3 HAIRPIN / 2 FLUSH MAX / 1-3 DELAYS	DELAYS PERMITTED	DELAY 15 M MIN - 25 M MAX
	NUMBER OF RUNS	MULTI WITH TIMING OR KNOCKOUT	MULTI SINGLE RUN RACES & 2 RUN RACES	TRADITIONAL FORMAT	TRADITIONAL FORMAT	MULTI SINGLE RUN RACES
	SNOWSTARS LEVEL	7	7	7	7	7
	SAFETY	HEAD,MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE

Alberta Alpine Setting Rules For Children's Ski Racing

Found on Alberta Alpine Website under coach resources

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ALBERTA ALPINE SETTING RULES FOR CHILDRENS RACING 2014 - 2015

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AGE	EVENTS	DUALS	KOMBI	SLALOM	GIANT SLALOM	SUPER G
U10 (ALL NZ/SZ NGSL races) 5-9 years old	VERTICAL DROP	60	100-120	100 MAX	120 MAX	USE GREEN LEVEL SX TRACK TO DEVELOP SKILLS. STARTS, TUCKING, GLIDING, JUMPING AND TERRAIN MANIPULATION.
	NUMBER OF GATES	SL 20-30 GS 15-20	25-30	20-25	25 MAX Turns	
	VERTICAL DISTANCE	SL 4-6M, GS 10-14M	SL 4-6M GS 12-16M	4-6M	14-18M PANELS	
	TYPE OF GATE	STUBBIES OR PANELS	STUBBIES AND PANELS	STUBBIES	PANELS	
	TURN SHAPE	1/2 TO 3/4	1/2 TO FULL	1/2 TO 3/4	3/4 TO FULL	
	COMBINATIONS	NONE	MIN . 4 SECTIONS	MULTI GATE COMBOS	NO DELAY GATES	
	NUMBER OF RUNS	MULTI	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	
	SNOWSTARS LEVEL	2,3,4	2,3,4	2,3,4	2,3,4	

ALBERTA ALPINE SETTING RULES FOR CHILDRENS RACING 2014 - 2015

ALBERTA ALPINE
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AGE	EVENTS	DUALS	KOMBI	SLALOM	GIANT SLALOM	SUPER G
U12 (U12 Provincial races only) • Red Deer • Jasper • Norquay 10-11 Years old	VERTICAL DROP	60-80	140 MAX SL / GS	120 MAX	200 MAX	USE GREEN LEVEL SX TRACK TO DEVELOP SKILLS. STARTS, TUCKING, GLIDING, JUMPING AND TERRAIN MANIPULATION.
	NUMBER OF GATES	SL 25-35 GS 20	25 -30	20 - 40	26-36	
	VERTICAL DISTANCE	SL 5-8M GS 12-16M	SL 5-9M GS 14-18M	5-9 M	14 TO 20 M	
	TYPE OF GATE	STUBBIES OR PANELS	STUBBIES AND PANELS	STUBBIES OR JR GATES	PANELS	
	TURN SHAPE	1/2 TO 3/4	1/2 TO FULL	1/2 TO FULL	1/2 TO FULL	
	COMBINATIONS	NONE	MIN 5 SECTIONS	MULTI GATE COMBOS	1 DELAY PERMITTED	
	NUMBER OF RUNS	MULTI WITH TIMING	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	
	SNOWSTARS LEVEL	4,5,6	4,5,6,	4,5,6	4,5,6	
	SAFETY	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	

ALBERTA ALPINE SETTING RULES FOR CHILDRENS RACING 2014 - 2015

ALBERTA ALPINE
Inspiring Excellence

AGE	EVENTS	DUALS	KOMBI	SLALOM	GIANT SLALOM	SUPER G
U14 12-13 Years old	VERTICAL DROP	80 - 100M MAX	140-200M (SL/GS) 250M (GS/SG)	100-160M	200-350M	250-450M
	NUMBER OF GATES	20-30	30 TURNS MIN. 10-12% (GS/SG)	32% -38% +/-3 OF VERT DROP	13-18% OF VERT DROP	8% -12% OF VERT DROP
	VERTICAL DISTANCE	SL 8-10M GS 18-20M	See ICR 608.12	7 -11 M, DELAY GATES 12-15M	16 M - 22 M **	30-40M **
	TYPE OF GATE	FULL GATE OR PANELS	STUBBIES, FULL AND PANELS	27MM	PANELS	PANELS
	TURN SHAPE	1/2 TO 3/4	ALL	ALL	3/4- FULL	FOR SPEED CONTROL
	COMBINATIONS	NONE	MIN 5 (SL/GS) 3-5 (SG)	2 HAIRPIN / 1 FLUSH MAX MULTI GATE COMBOS 1 DELAY	DELAYS PERMITTED RECOMMENDED BY AA	AS REQUIRED
	NUMBER OF RUNS	MULTI WITH TIMING	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES
	SNOWSTARS LEVEL	4,5,6	4,5,6,	4,5,6	4,5,6	4,5,6
	SAFETY	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE

** Recommended by AASA**

ALBERTA ALPINE SETTING RULES FOR CHILDRENS RACING 2014 -2015

ALBERTA ALPINE
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AGE	EVENTS	DUALS	KOMBI	SLALOM	GIANT SLALOM	SUPER G
U16 14-15 Years Old	VERTICAL DROP	80 - 100M MAX	140-200M SL/GS 250 M GS/SG	100-160M	200-350M	250-450M
	NUMBER OF GATES	SL 20-30 GS 20	30 Turns MIN SL/GS 10%-12% GS/SG	32% -38% +/-3 OF VERT DROP	13% -18% OF VERT DROP	8% -12% OF VERT DROP
	VERTICAL DISTANCE	SL 8-10M GS 18-20M	ICR 608.12.3.3 MIN 30 TURNS	7-11 M, DELAY GATES 12-15M	27M MAX	35 - 50 M **
	TYPE OF GATE	FULL GATE OR PANELS	STUBBIES, FULL AND PANELS	27MM FULL GATES	PANELS	PANELS
	TURN SHAPE	1/2 TO 3/4	ALL	ALL	ALL	SPEED CONTROL
	COMBINATIONS	NONE	SL/GS 5 SECTIONS GS/SG 3-5 SECTIONS	3 HAIRPIN / 2 FLUSH MAX / 1-3 DELAYS	DELAYS PERMITTED	DELAY 15 M MIN - 25 M MAX
	NUMBER OF RUNS	MULTI WITH TIMING OR KNOCKOUT	MULTI SINGLE RUN RACES & 2 RUN RACES	TRADITIONAL FORMAT	TRADITIONAL FORMAT	MULTI SINGLE RUN RACES
	SNOWSTARS LEVEL	7	7	7	7	7
	SAFETY	HEAD,MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE	HEAD, MOUTH AND SPINE

** Recommended by AASA**

ACA Domestic Ski Rules

ALBERTA ALPINE
Inspiring Excellence

Reference: p4. *Specifications for Competition Equipment and Marking* (1.2.1.1.-2.1.2), Edition 2014/15 (September 2014), International Ski Federation				
>=minimum		**<=maximum**	U14	U16
1.2.1.1	Ski Length			
	Ski Length measurement tolerance of +/- 1cm	SG LADIES	N/A	>=183
		SG MEN	N/A	>=183
		SL LADIES	>=130	>=130
		SL MEN	>=130	>=130
		GS LADIES	<=188	<=188
		GS MEN	<=188	<=188
1.2.1.3	Radius (Minimum)			
		SG LADIES	N/A	N/A
		SG MEN	N/A	N/A
		GS LADIES	17	17
		GS MEN	17	17
1.2.1.2.1	Profile width under BInding			
		GS	<=65	<=65
2.1.2	Max. Standing Height			
	(Ski/plates/binding)		50	50

For Whistler Cup and Lascara U16 Athletes will be required to follow FIS equipment rules

2014-2015

ALPINE RULE CHANGES

&

PRECISIONS

Canadian Snowsports Association
Dave Pym Managing Director

Types of Changes

3 Types of changes in Alpine Rules

- **Simple** – corrections in spelling, punctuation, terminology – No Alpine Committee/Council
- **Moderate** – Improvement in wording – no change in intent or meaning – Alpine Committee Review but No Council Decision needed
- **Significant** – Alpine Committee Recommendation and Council Approval

ALPINE RULES

- The current Valid Alpine ICR is July 2014
- FIS Web always has current valid ICR
- FIS Web will also have red-line version
- Very limited Precisions each fall
- Precisions confirmed - Council Nov 2014
- Note: There are now current English UNI Rules on the FIS Web

Point Fixing

- Thailand ran a special race in Slovenia, put on by a SLO ROC to try and qualify a single athlete for Sochi.
- Strong evidence of point fixing.
- Slovenia NSA conducted hearing
- 4 Slovenian Race Officials banned for 4 years by Slovenia for Point fixing
- FIS asked to review for further sanctions and convened a special Legal Tribunal to consider possible violations of FIS Betting and Anti-Corruption Rules. (C.Moore CAN Chair)
- Special Hearing took place in Zurich with witnesses
- Decision expected within 30 days.

Rule Changes since November 2013

Includes Precisions NH

Canadian Snowsports Association
Dave Pym Managing Director

NOTE

Supercombined name change to Alpine Combined
For IT Reasons most forms are still SC.
SC=Alpine Combined

Interdiction to continue

614.2.3 *Interdiction to Continue after a competitor stops*

If a competitor comes to a complete stop (e.g. after a fall), he must no longer continue through previous or further gates. This interdiction is valid in all events with a fixed start interval (DH, SG, GS). Only exception is for SL (art. 661.4.1), as long as the competitor:

- does not interfere with the run of the next ~~following~~competitor or,
- has not been passed by the next ~~a~~ competitor.

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U16-U14

Number of change direction in U16-U14 competitions

901.2.4 *The Giant Slalom has to be set as follows (number of direction changes by rounding up or down of the decimals):*

- 11 - 15% of the vertical drop in meters
- U16-U14~~Children~~: 13% - 18~~7~~% of the vertical drop
- Entry League (ENL): 13 - 15% of the vertical drop

Loss of Ski

Loss of one ski

614.2.4 ~~Competing~~ Loss of ~~with~~ one Ski

If a competitor loses a ski without having committed a gate fault or without coming to a complete stop, he may continue, as long as he
- does not interfere with the run of the next competitor or,
- has not been passed by the next competitor.
See also details in art. 615.3, 661.4.1, 804.3, 904.3.

628.8 continues to race after committing a gate fault or after a complete stop or violates the rule ~~Competing with~~Loss of one Ski (art. 614.2.2, 614.2.3, 614.2.4)

Correct Finish

Crossing the finish line

615.3 Crossing of the Finish Line and Recording of the Times
The finish line must be crossed:
- on both skis or
- on one ski or
- with both feet in case of a fall between the last gate and the finish line. In this case the time is taken when any part of the competitor's body ~~or equipment~~ stops the timekeeping system.

Notice Board

Official notice board

617.2 Announcement of Unofficial Times and Disqualifications

617.2.1 As soon as possible after completion of the race, unofficial times and disqualifications must be published on the official notice board ~~and also~~ at the finish.
The time limit for protest is counted from the moment of this announcement. (643.4, 643.5)

617.2.2 ~~The announcement of unofficial times at the finish and start, together with written and~~ Oral announcement of disqualifications~~,~~ may replace the publication on the official notice board. ~~In this case i~~
It can be decided that protests can be delivered verbally to the Referee at the ~~f~~Finish ~~immediately or, at the latest,~~ within 15 minutes after the announcement of the disqualification~~. and that~~ Pprotests submitted after this are considered null and void. The team captains must be informed beforehand of the announcement and protest procedure.

Equipment - Helmets

6.1 General Principles

The use of crash helmets is compulsory at all FIS alpine ski events.
The crash helmets shall have no spoilers nor protruding parts.
The crash helmets models shall comply with safety standards set forth below in regard to the specific disciplines.

6.2 Safety standards

The crash helmets used in the respective alpine ski disciplines shall satisfy the following safety standards:

6.2.1 GS/SG/DH

Requirements:

- Helmet model to fulfill and to be certified under both ASTM 2040 and EN 1077 (class A)
- In addition Helmet model to pass an additional specific test under EN 1077 test procedure but at higher test speed of 6.8m/s
  - Additional test to be effected through CEN laboratories. The laboratory shall issue a test protocol showing that the tested model passed the EN test requirements at the increased speed.

Helmets

Label attesting conformity with FIS specifications for racing helmets (GS/SG/DH):

Fulfilment of requirements is to be attested by a specific standardised conformity label affixed in a non removable way at the back of the helmet in a location which is and shall remain visible. The label shall in particular not be covered by the goggle strap. The conformity label is shown in the attachment (see page 43). It shall include the following text: «Racing helmet conform to FIS specifications 2013». Labels affixed by manufacturers shall comply with the specifications set forth in the attachment.

The conformity label attests that the manufacturer has obtained the required certifications (EN 1077 A and ASTM 2040) and obtained a test protocol confirming that the concerned helmet model fulfils the requirements set forth above under 6.2.1. Upon request, the certification documentation and test protocol shall be provided to the FIS.

Helmets

6.2.2 *SL*

Requirements:

- Helmet model to be certified under EN 1077 (class B) or ASTM 2040 as minimum standards
  - NB1: soft ear padding is allowed
  - NB2: crash helmets fulfilling higher safety standards can be used a fortiori in SL. This includes:
    - EN 1077 (Class A), SNELL 98 and all helmets fulfilling the GS/SG/DH specific standard described above.

Labels:

Compliance with the above requirements is attested by the corresponding certification label (e.g. CE label) and/or by the conformity label set forth above under 6.2.1 (i.e. helmets fulfilling the requirements for GS/SG/DH can be used in SL).

Label attesting conformity with FIS specifications for Alpine racing helmets (GS/SG/DH)

Minimum Width : **10 Mm**

Minimum height : **15 Mm**

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Gate Flags

Advertising Rules Alpine Ski (2014/15)

3.1.3 Finishing posts, gates, course-markers

Gate Flags

On the red and blue gate flags and course-markers, it shall be permitted to identify (name or logo) the locality and/or a sponsor. However, this identification must be printed on both sides.

Based on the advice of the Race Director different colour gate flags can be used in Downhill/Super G to enhance visibility for the athletes at positions on the course with limited visibility. On these gate flags advertising is only allowed on the back side (from the racers perspective).

CLASSIFICATIONS

2014- 2OI5

RULES OF FIS POINTS

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Special Quotas

6. Special Quotas / Quotenfragen – Sonderquoten

Datum	Ort	Nat 1	Nat 2	Disz	Kat	Sonderquote
20.-23.11.2014	Gello	NOR	NOR	GS, SL	NJR, FIS	SLO L: 20 SLO M: 20
25.-26.11.2014	Hemsedal	NOR	NOR	SG, GS	FIS	SLO L: 20 SLO M: 20
26.-27.11.2014	Rovaniemi	FIN	FIN	SL	FIS	LAT L: 8 LAT M: 10
27.-30.11.2014	Pfelders	ITA	GER	GS, SL	NJR	ITA L: 20 ITA M: 20
29.-30.11.2014	Salla	FIN	FIN	SL	FIS	LAT L: 8 LAT M: 10
01-03.12.2014	Phyä	FIN	FIN	GS, SL	FIS	LAT L: 8 LAT M: 10
06.-07.12.2014	Kühtai	AUT	GER	SL	NJR	AUT L: 20 AUT M: 20
05.10.01.2015	Chamonix – Les Houches	FRA	GBR	GS, SL	FIS	FRA L: 30 FRA M: 30
20.-23.01.2015	Maria Alm	AUT	GER	GS	FIS, NJR	AUT L: 30 AUT M: 20
21.-22.02.2015	Sigulda	LAT	LAT	SL	FIS	LTU L: 10 LTU M: 10 EST L: 10 EST M: 10 FIN L: 10 FIN M: 30
20.-22.03.2015	Suomu	LAT	FIN	SL	NC, FIS	LTU L: 10 LTU M: 10 EST L: 10 EST M: 10 FIN M: 30
22.-29.03.2015	Tignes	FRA	GBR	DH, SG, GS, SL	NC, NJC	FRA L: 30 FRA M: 30
24.-29.03.2014	Jasna	SVK	SVK	DH, SC, SG	NC	CZE 50
06.-08.04.2015	Val Thorens	FRA	BEL	SG, GS, SL	NC	FRA L: 30 FRA M: 30
16.-19.04.2014	Pyhä	FIN	FIN	GS, SL	NC, FIS	LAT L: 8 LAT M: 10

Special Quotas

Nat 1=Gastgebernation; Nat 2=Organisator

Datum	Ort	Nat 1	Nat 2	Disz	Kat	Sonderquote
6-7.12.2014	Mount Norquay	AB	CAN	SL	FIS	L/M
13-14.12.2014	Val St. Come	QC	CAN	SL	FIS	L/M
19-23.12.2014	Panoram Resort	BC	CAN	SL, GS	FIS	L/M
20-23.12.2014	Trembland	QC	CAN	GS, SL	FIS	L/M
20-23.12.2014	Mont St. Sauveur	QC	CAN	GS, SL	FIS	L/M
29-30.12.2014	Mount St. Louis	QC	CAN	SL	FIS	L/M
2.01.2014	Devil's Glen	ON	CAN	SL	FIS	L/M
3-4.02.2014	Osler Bluff Ski Club	ON	CAN	GS	FIS	L/M
19-20.1.2015	Mont Garceau	QC	CAN	GS	FIS	L/M
23-26.1.2015	Mon Saint Anne	QC	CAN	GS,SG	FIS	L/M
28-29.01.2015	Blue Mountain (Toronto Ski)	ON	CAN	SL	FIS	L/M
31-01.02.2015	Craiglelth Ski Club	ON	CAN	SL	FIS	L/M
02-03.02.2015	Georgian Peaks	ON	CAN	GS	FIS	L/M
7-12.2.2015	Kimberly Ski Resort	BC	CAN	SL, SG	FIS	L/M
13-14.02.2015	Camp Furtune	QC	CAN	SL	FIS	L/M
10-15.2.2015	Kimberly Ski Resort	BC	CAN	DH	NC	L/M
12-15.2.2015	Bromont	QC	CAN	GS,SL	FIS	L/M
21-22.02.2015	Osler Bluff Ski Club	ON	CAN	SL	FIS	L/M
7-12.3.2015	Red Mountain	BC	CAN	GS,SL	FIS	L/M
14-15.03.2015	Alpine Ski Club	ON	CAN	SL	FIS	L/M
16-17.03.2015	Georgian Peaks	ON	CAN	GS	FIS	L/M
21.03.2015	Craiglelth Ski Club	ON	CAN	GS	FIS	L/M
22.03.2015	Devil's Glen	ON	CAN	SL	FIS	L/M
31.3.2015	Stoneham	QC	CAN	GS	FIS	M
31.3.2015	Le Relais	QC	CAN	SL	FIS	L
1-2.4.2015	Stoneham	QC	CAN	GS	FIS	L/M
1-2.4.2015	Le Relais	QC	CAN	SL	FIS	L/M
3.4.2015	Le Relais	QC	CAN	SL	FIS	M
3.4.2015	Stoneham	QC	CAN	GS	FIS	L
7-8.4.2015	Grouse Mountain	BC	CAN	SL	FIS	L/M
9-12.4.2015	Whistler Mountain	BC	CAN	SL,GS,SG	FIS	L/M
24-25.4.2015	Mount Norquay	AB	CAN	SL	FIS	L/M

USA/CAN

- **Consideration of the FIS quotas for Foreigners/Berücksichtigung der FIS-Quoten für die Ausländer.*
- **Possibility to fill up to a maximum of 140 divided between CAN and USA/Auffüllmöglichkeit bis max. 140 geteilt zwischen CAN und USA.*

CONTROL OF SKIS

- **627 Not Permitted to Start**

  A competitor will not be permitted to start in any FIS International Ski competition who:

  627.2 violates the FIS rules in regard to equipment (art. 222) or commercial markings (art. 207)

- **628 Penalties**

  A penalty will be assessed by the Jury especially where the competitor:

- **628.14** has actually started in a competition and is later determined by the Jury to have been in violation of art 627 rules.

CONTROL OF SKIS

Avoid the problem – A Possible Protocol for TD

1. TD, initial contact with ROC, discuss the rule and need to control. Race Notice should note controls in place.
2. Should discuss/Agree method of control – If possible assign a person well before start to inspect and ensure skis are marked in compliance BY MANUFACTURER – no self marking.
3. Locate so as not to interfere with those starting.
4. Explain Rule and method of Control at each TC Meeting
5. Any discovery of racer who in fact started TD obligated to follow Rule, Confiscate and send to FIS.
6. Rule 226.1 – Only FIS Experts may measure

Canadian Snowsports Association
Dave Pym Managing Director

Agenda

- Alberta Ski Team
  - -Roster
  - -What has the AST been doing in General and Specific Preparatory Periods
  - -Drills and skills development

ALBERTA ALPINE
Inspiring Excellence

Alberta Ski Team Men

✓	Jeff Bell	1993	CARC
✓	Tony Naciuk	1994	CARC
✓	Rob Greig	1994	PANO
✓	Russell Ronsky	1995	BANFF
✓	Jack Lietch	1996	BANFF
✓	Ben Legree	1996	BANFF
✓	Mike Soetaert	1996	SNOW
✓	Jeff Read	1997	BANFF
✓	Huston Philp	1997	BANFF
✓	Keegan Sharp	1997	PANO

ALBERTA ALPINE
Inspiring Excellence

Alberta Ski Team Women

✓ Hannah Melinchuck	1996	RABBIT
✓ Mia Henry	1996	BANFF
✓ Georgia Willinger	1997	CARC
✓ Georgia Burgess	1997	BANFF
✓ Alex Burk	1997	LLSC
✓ Sarah Taylor	1997	LLSC
✓ Haley McKercher	1997	SUNSH
✓ Tori Hislop	1997	SUNSH

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General and Specific Preparatory Period

DRYLAND
- ✓ May- November
- ✓ 5- 9 Sessions a week
- ✓ 5 Dryland Camp August
- ✓ Testing
- ✓ May August, October

On Snow

✓ Mt Hood	June
✓ Mt Hood	August
✓ Chile	August
✓ Colorado	October
✓ Nakiska	November

Other
- ✓ ACA Camps
- ✓ Sport Psychology
- ✓ Team Meetings
- ✓ Drug in Sport/ Doping
- ✓ Nutrition

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AST VIDEO & TECH TALK

FIDELITY COACHES UPDATE

THANKS FOR COMING OUT

Remember we are here for you, don’t hesitate to come talk to us!