

ALBERTA ALPINE

Coaches Meeting

November 6, 2023



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WELCOME TO 2022 – 2023 SEASON



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AGENDA

- Welcome
- Update from President –Pat Gillespie
- On snow skills-Jenni Stielow
- Updates- Josh Bengé
- Men's team Update- Peter Rybarik
- Women's Team Update- Sean Cameron
- Coach Education
- Where to go
- Questions and conclusion



President address

Patrick Gillespie



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On Snow Skills

Jenni Stielow



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UPDATES

Summer 2022

- >Ski Cross pathway
- >Age class working groups
- >Course Setting
- >Alpine Skiing Direction
- >AASA Initiatives



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Ski Cross Pathway

Should be thought of as another
Discipline

NGSL/U12 Introduction to terrain and
elements one NGSL and U12 SX event
on calendar

U14-increased use of terrain One event
included in the PRS calendar

U16 Same as U14 used as an
enhancement discipline for speed
terrain introduction

FIS specialization occurs at the sub 50
point GS/SG level



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Age Class Working groups 2022.23



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FIS

Luke Patterson	luke@banffalpineracers.com;
Garrett Wilson	john.garrett.wilson@gmail.com;
Tom Penney	fishheadcoach@skinasa.org;
Phil Pike	hcphilp@lakelouiserace.ca;

U16

Jennifer Clarridge	hcjenc@lakelouiserace.ca;
Milan Arsovski	u16headcoach@skinasa.org;
Philip Moran	philipmoran@westcastle.org;
Loui-Pierre	u16headcoach@banffalpineracers.com
Erin Fynn	erin.fynn@gmail.com;

U14

curtis timmons	c.timmons@hotmail.com;
Scott Schroeder	scottdavidschroeder@gmail.com;
Ian Fulton	athleticdirector@skinasa.org;
Gavin Perziosi	gavin@lakelouiseskiclubs.ca;

U12

Duncan Vickers	duncan.vickers@sgsi.ca;
charlie wright	weecharlie@hotmail.com;
Todd Haywood	pd@calgaryalpine.com;
Liam Naish	hcliam@lakelouiserace.ca;

Course Setting

No Major changes from Working Groups on distances, types, ect.

****for setting at races it is strongly recommended that you are at least DL trained and you should select a mentor coach to assist you on your first ever set at a Race. If you have been assigned a set and are uncomfortable with setting please pass on it, you will be given more opportunities when you are confident and ready****

ALBERTA ALPINE SETTING RULES FOR CHILDRENS RACING 2022_2023

Age	DISCIPLINES	KOMBI	DUAL	SLALOM	GIANT SLALOM	SUPER-G
U10	NUMBER OF TURNS	25 Max	SL 25-30 GS 25 Max	Recommended 25-30 direction changes	25 MAX	
	GATE DISTANCE	Vertical Distance 7-18M	SL 7-10M GS 14-18M	7-10M	14-18M	
	TYPE OF GATE	Panelled Gate	Panelled Gate	Panelled Gate	Panelled Gates	
	TURN SHAPE	1/2 to full	1/2 - 3/4 1/2 - 3/4	1/2 to full	3/4 to full	
	COMBINATIONS	No Combos or delays, 4 sections	none	no combos or delays	No delay gates	
	NUMBER OF RUNS	multiple single run races	multiple	multiple single run races	multiple single run races	
	INSPECTION	Slip through only, no stopping	Slip through only, no stopping	Slip through only, no stopping	Slip Through only, no stopping	
SNOWSTARS	2,3,4	2,3,4	2,3,4	2,3,4	2,3,4	
U12	NUMBER OF TURNS		SL 20-30 GS 20-25	25-35	25-35	
	GATE DISTANCE		SL 6-10M GS 15-18M	Vert 6-9M, Comb 4-5.5m	15-18M MAX	
	DELAY DISTANCE		none	1 delay optional, 11-14M	Min 8m in delay, MAX 24m	
	TYPE OF GATE		Panelled Gates Gates. 25-27 MM	Stubbies, Pannels, & 60°OTS gates	Panelled Gates Gates. 25-27 MM	
	TURN SHAPE		1/2 - 3/4 1/2 - 3/4	1/2 to Full	3/4 to Full	
	COMBINATIONS		none	**No outside gates on combinations**	1-2 delays optional	
	NUMBER OF RUNS		multiple with timing	1-2 Hairpin, 1 flush (3 gates)	multi single run races	
INSPECTION		Slip through only, no stopping	Slip through only, no stopping	Traditional		
SNOWSTARS		4, 5, 6	4,5,6	4,5,6		
SAFETY		Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*	
U14	VERTICAL		80M-100M	100M-160M	200M-350M	250M-450M
	NUMBER OF TURNS		20-30	* 32%- 38% +/- 3 of vertical drop *	* 13%-18% of vertical drop *	* 8%-12% of vertical drop *
	GATE DISTANCE		SL 9-12M	Vert 7-10M, Comb 4-5.5M	18-24M,	30-40m
	DELAY DISTANCE		none	Delay 12-15M max	min 9M in delay, MAX 30M	min 15m in delay Max 45
	TYPE OF GATE		Panelled Gate	Single Pole SL 27mm gates	Panelled Gates 27mm gates	Panelled Gates 27mm gates
	TURN SHAPE		1/2 - 3/4	All Types	3/4 to full	Control Speed
	COMBINATIONS		none	2-4 Hairpin, 1-2 flush (3 gates), 1 Delay	Max 3 Delays	Delays Permitted
NUMBER OF RUNS		multiple with timing	Multi Single Run Races	Multi Single Run Races	Multi Single Run Races	
SNOWSTARS		5, 6, 7	5, 6, 7	5, 6, 7	5, 6, 7	
SAFETY		Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*	
U16	VERTICAL		80M-100M	100M -160M	200M-350M	250M-450M
	NUMBER OF TURNS		SL 20-30	32%- 38% +/- 3 of vertical drop +/- 3 Direction changes	13%-18% of vertical drop +/- 2 direction changes	8%-12% of vertical drop
	GATE DISTANCE		10-13M	Vert 6-11M, Comb 4.5-6M,	27M MAX,	35M-50M
	DELAY DISTANCE		none	Delay 12-15M max	min 10m in delay Max 35m	min 15m in delay
	TYPE OF GATE		Panelled Gate	27mm gates	Panelled Gates 27mm gates	Panelled Gates 27mm gates
	TURN SHAPE		SL 3/4 GS 1/2 - 3/4	All Types	All Types	Control Speed
	COMBINATIONS		none	3-6 Hairpin, 1-3 Flush (3-4 gates), 1-3 Delay	1-3 Delays (optional)	Delays Permitted
NUMBER OF RUNS		multiple with timing or Knockout	Traditional	Traditional	Multi Single Run Races	
SAFETY		Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*	

* Recommendation *

ALL ATHLETES U14 AND OLDER MUST HAVE FIS STICKERED HELMET FOR GS/SG/DH/SX IN ALL AASA SERIES

SL/GS KINDER KOMBI will be skied on SL skis in AASA sanctioned races

GS/SG KINDER KOMBO will be skied on GS skis in AASA Sanctioned races

NGSL Inspection is ski through only. There is no stopping on track during inspection! This applies to all events. U12 Dual AND SL no stopping slip through only

All technical event courses (SL, GS, KK, PSL) will be set to single gate standards as per ICR (First Gate, Last Gate, Delayed Gate, Vertical combos) unless otherwise stated by AASA



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https://albertaalpine.ca/wp-content/uploads/2022/11/2022_23-AASA-Course-Setting-Rules-Quick-Sheet.pdf

Where is our sport going?

Increased costs (high inflation)

- Work together to reduce costs

More sports vying for athlete's time

- Make skiing FUN!!!!

Athlete Pipeline problems

- this is beyond your control and being tackled from a PSO national level

Increased Demands for specialization from parents

- Encourage multi sport

Win at all costs at a young age mentality

- encourage a long term outlook and build out your planning based on the LTAD. We should be equipping our athletes with the skills and mentality that this is a marathon not a sprint.



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AASA Initiatives

Strength and conditioning

- encourage multi sport
- Body and movement awareness
- 2 summer dryland camp weeks

Mental performance and sport nutrition

- Will be rolled out to all in January

Provincial led camps

URGENCY to change



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Men's Team Update

Peter Rybarik

Jesse Kertesz-Knight 03' (BAR)

Caleb Brooks 04' (Lake Louise)

Gered Thompson 04' (NATC)

Nathan Sylvestre 04' (Sunshine)



Women's Team Update

Sean Cameron

Makenna Lebsack 03'

Polly Lang 04' (NATC)

Julia Buherer 03 (Team Panorama)

Zoe Gray 03' (Team Panorama)



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Coach Education

- Pierre Ruel hired by ACA as Senior Manager of Coach Education
 - pruel@alpinecanada.org
- Justine Parent hired by ACA to support coach education full – time
 - jparent@alpinecanada.org
- Courses are on the Alberta Alpine calendar
- Goal is to transition a majority of EL trained to EL certified this season & increase our DL and PL Coach numbers



Where to Go

Safesport 1-833-913-1304, alpinecanada@itpsport.ca <https://alpinecanada.org/safe-sport/safe-sport>

Alpine Canada Alpin <https://alpinecanada.org/>

LTAD resources for athletes, coaches, and parents <https://ltad.alpinecanada.org/>

Calendar & Results <https://albertaalpine.ca/calendar/> OR <https://www.fis-ski.com/DB/alpine-skiing/>

Policies and Procedures <https://albertaalpine.ca/coaches/>

Problems at a Race- Find one of the age class working group members

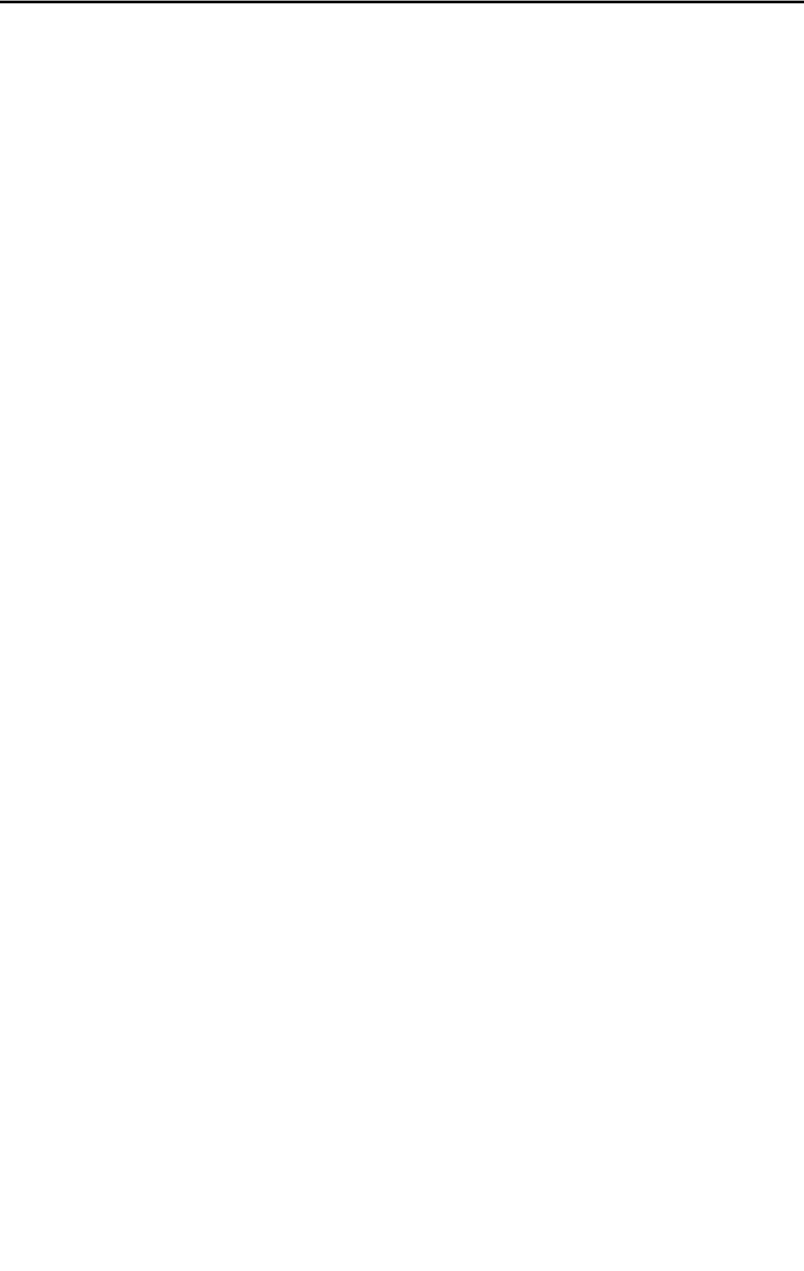
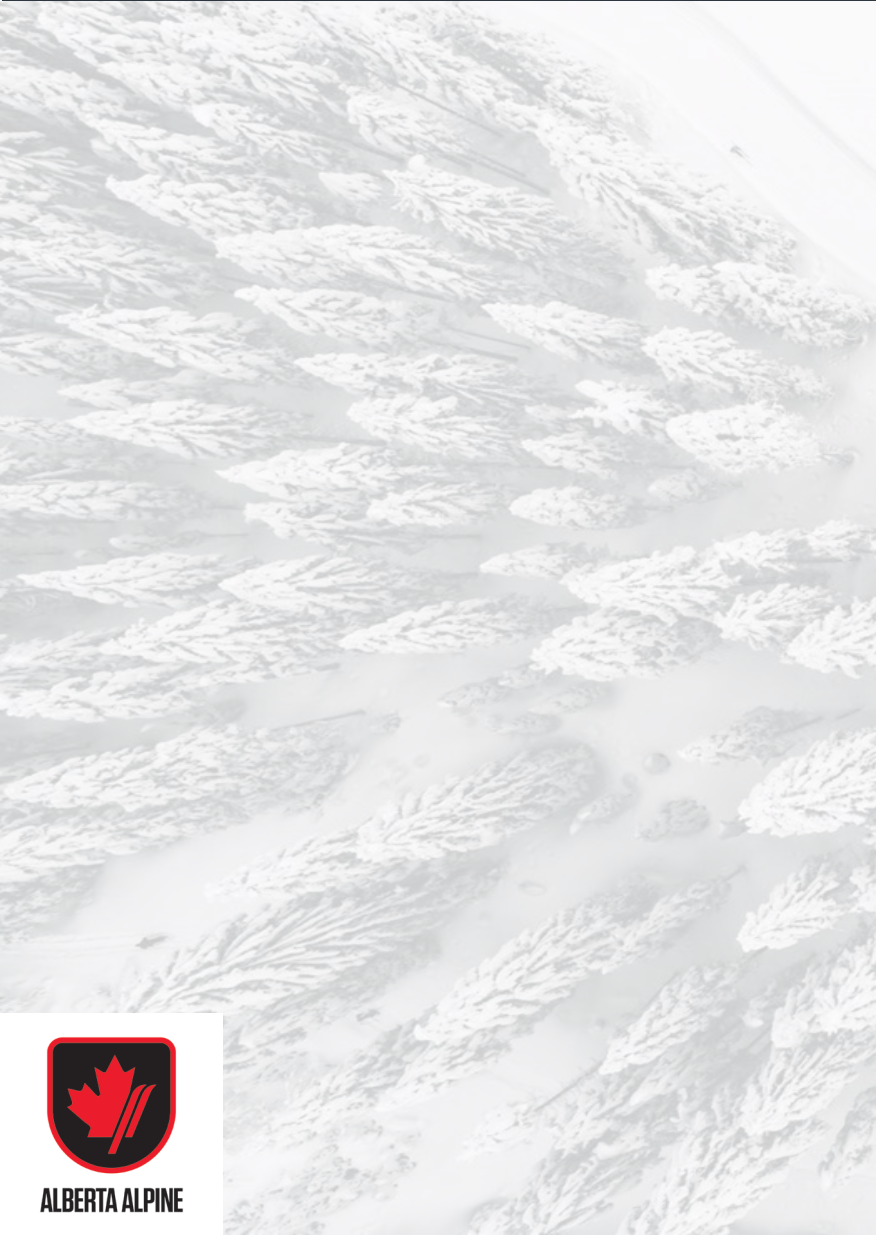
Officials Don Boyce dlboyce@telusplanet.net

Membership, Registration, SAIP or CGL, General questions Memberservices@albertaalpine.ca

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Conclusion



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QUESTIONS?



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