



Coaches Update 2024-2025

October 29, 2024



Agenda



Photo: Chris Blower

- Welcome and introductions
- Pierre Rule ACA coach Education
- Kya Fairley ACA Ski Cross
- Mark Newton Para
- ACA Project Excel
- Alberta Ski Team
- Alberta development Group
- Provincial Updates
- Age Group focuses
- ITP- Safesport



ALPINE CANADA COACHING



Pierre Rule

Senior Manager - Coach Education and Development | Gestionnaire sénior, formation des entraîneurs et développement

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COACH IN TRAINING

ENTRY LEVEL

DEVELOPMENT LEVEL

PERFORMANCE LEVEL

Gliding Start

Skier Essentials

Learn To Train And Train To Train

Train To Race And Race To Win



ALBERTA ALPINE



Kya Fairley

Ski Cross Next Gen Head Coach

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PROJECT EXCEL

2024/25 UPDATE

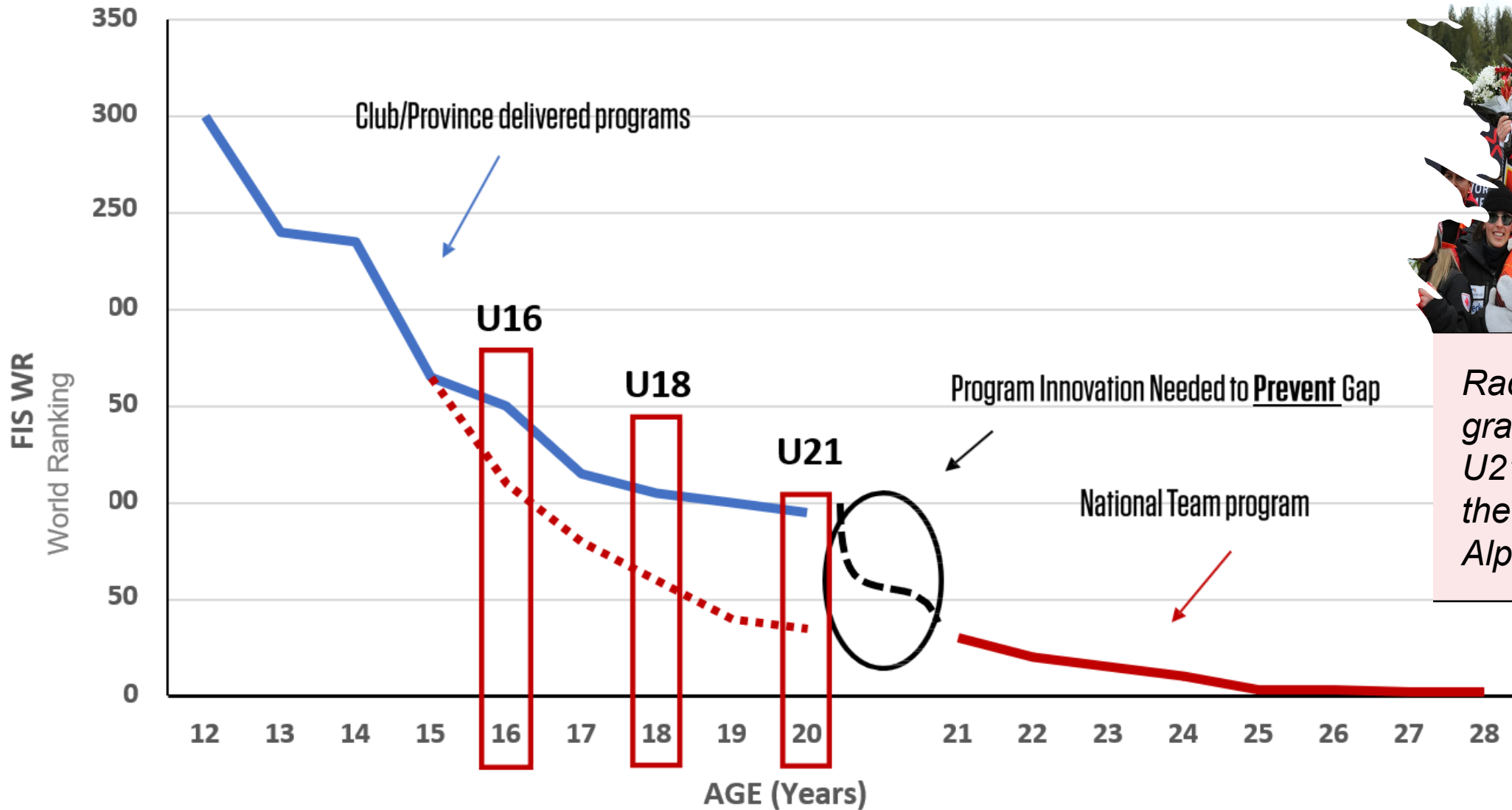
Fall 2024



FOCUS OF PROJECT EXCEL



**PROJECT
EXCEL**



Racers who are graduated through U21, but outside of the Canadian Alpine Ski Team.



1 Project Excel Working Group – Members & Focus

2 2023/24 Action Plan – What happened last season?

3 2024/25 Action Plan – What is planned this season?

4 Feedback or Questions

MEMBERS OF WORKING GROUP



**PROJECT
EXCEL**

Josh Bengé

Athletic Director,
Alberta Alpine Ski Association

Patrick Biggs

Executive Director,
Alpine Ontario

Johnny Crichton

Vice President,
British Columbia Alpine

Dave Ellis

High-Performance Director,
Ski Cross, Alpine Canada

Jean-François (JF)

Rapatel
High-Performance Director,
Alpine Canada

Pierre Ruel

Senior Manager,
Coach Education &
Development,
Alpine Canada

Jenni Stielow

Excel Performance Pathway
Manager
& Performance Data Analyst,
Alpine Canada

Jeff Thompson

Vice President,
Sport Development & Events,
Alpine Canada

Jean-François Belisle

High Performance Director
Quebec Ski Federation



FOCUS OF THE PROJECT



**PROJECT
EXCEL**

SYSTEM AREA #1

Publish benchmark standards by age group

SYSTEM AREA #4

Identify creative solutions, programs, and partnerships for athletes on podium pathway

Increase the pool of Canadian athletes who can podium at World Championships and Olympic Games

SYSTEM AREA #2

Identify competitions where athletes can develop and be tested

SYSTEM AREA #3

Implement gap-analysis with PTSOs/clubs who have athletes with podium potential

2023/24 ACTION PLAN - STATUS



1 Increase the opportunity for our top athletes to enhance their FIS ranking by running a FIS race series in spring of 2024 season that includes CAST members.

NOT COMPLETED

2 Establish a full-time CAST "D" (development) program to service our best athletes who are on the podium pathway but outside of CAST.

COMPLETED

3 Accelerate the development of our best-performing athletes who are just outside of the CAST, by providing access to WC races.

COMPLETED

4 Improve the competitive readiness of U14/U16 racers by piloting and analyzing the benefits / limitations of using randomize start order.

ON TRACK

5 Implement a national recognition program that targets our top junior athletes, and which provides access to equipment suppliers plus other benefits.

NON-PRIORITY

6 Leverage NorAm competition opportunities through increased communication and planning with NorAm, CAST and PTSO Coaches.

ON TRACK

7 Align our developmental system through improved communication of performance / fitness and skills progression data by age group to broader racing community.

NOT COMPLETED

8 Become the world's fittest ski nation by relaunching the ACA fitness combine ensuring CAST, IST, and PTSO teams are aligned around how it is applied to different athletes.

ON TRACK

**2024 / 25
ACTION
PLAN**

2024/25 ACTION PLAN



1 Increase the opportunity for our top athletes to enhance their FIS ranking by running a FIS race series in spring of 2024 season that includes CAST members.

ON-TRACK
Pano FIS races post NAC
FIS SL – NQ
Nationals

2 Increase early exposure to ski cross discipline by scheduling mixed gender events in 2024/25 season – open to all (target U14-U16).



3 Develop a national Gap-Analysis tool to strengthen high-performance athlete development.



4 Improve the competitive readiness of all U14/U16 racers through continued use of randomize start order (RSO).

ON-TRACK
RSO to be used at U16
Championships (West, East)

RANDOM START ORDER U14/U16

What it is

A new approach that challenges the traditional seeding model, where athletes are ranked based on accumulated points.

The existing model favors early developers and top performers by allowing them to start on much better course conditions which provides an advantage over other athletes.

RSO aims to replicate the race environments athletes will encounter as they transition into FIS-level competition by flipping the start list to ensure all athletes experience a variety of start positions & race conditions.

How it will work

The 2025 ACA U16 Regional Championships (East, West) will use RSO.

In race events that have both U14s and U16s, RSO should be used (regardless of rating) and will have sets that fit in both U14 and U16 setting parameters.

Province to determine how to structure their provincial events leading into the ACA U16 Regional Championships.



KEY BENEFITS OF RANDOM START ORDER (RSO)



**PROJECT
EXCEL**

Accelerates Development

- Provides athletes with faster, more efficient technical, tactical, and mental skills development.
- Variable course conditions sharpen athletes' abilities as they prepare for challenges of moving up to FIS.

Promotes Fairness

- Neutralizes the inherent advantages provided to early starters.
- RSO ensures everyone experiences different course conditions.



Fosters Diverse Connections

- Mixing athletes of various abilities at start and finish facilitates diverse and expansive relationships.
- These relationships extend to parents which increases the camaraderie of entire ski community.

Broadens Athletic Development

- Challenges athletes to overcome challenges of starting from the back.
- Helps to build adaptability and resilience athletes will need for future competition.

2024/25 ACTION PLAN - CONTINUED



**PROJECT
EXCEL**

5 Establish a high-performance coach development pathway.



6 Leverage NorAm competition opportunities through increased communication and planning with NorAm, CAST and PTSO Coaches.

ON-TRACK
Athlete selection & participation occurring

7 Align our developmental system through improved communication of performance / fitness and skills progression data by age group to broader racing community.

ON-TRACK
Updated performance graphs developed & circulated

8 Become the world's fittest ski nation through the national implementation of benchmark standards contained in ACA's Fitness Combine.

ON-TRACK
Integrating fitness combine results into all HP programming; new posters circulated

MEN

Gered Thompson- NATC

Caleb Brooks- LLSC

Aidan Kometz- NATC

Luc Decelles- NATC

Coach-Peter Rybarik

Women

Zoe Gray- PANO

Polly Lang- NATC

Katie Smith- LLSC

Jamie Heisz- NATC

Kiera Mclaughlin- CARC

Kyleigh McConnell- LLSC

Deavyn Parchewsky-NATC

Coach-Kyle Buchanan

-Amanda Smith



Alberta Ski Team

Women

Oliver Jackson- PANO
Thomas Cais- LLSC
Cole Merrett- PANO
David Zivot- BAR
Griffin Shepherd- PANO
Jake Kertesz-Knight- BAR
Nicholas Berthiaume- BAR
Gavin Johnson- PANO
Graeme Cliff- PANO
William Puloski- PANO
Dalton Blower- NATC
Olivier Brooks- LLSC
Eric Taylor- BAR

Women

Kiersten Wilde- BAR
Shae Obrien- BAR
Madison Sherriff- LLSC
Amy Attalla- PANO



Alberta Development Group

Provincial Updates

- Brand New National Competition Rulebook
 - Updates to Provincial Competition Rulebook
 - Coaches, officials, and volunteers are required to wear a ski specific helmet while they are clicked into their skis or snowboard inside the race venue during all Alberta Alpine sanctioned races
 - Only accredited coaches that are members of Alberta Alpine Ski Association or their respective PSO and approved volunteers of the ROC are permitted to enter the race venue
 - Face protection has been updated to only all for chin bars at U16 and younger.
- Alberta Project 2030 adjustments to align with project Excel
 - Emphasis on development at U14 and U16 ages



FIS

-Win at FIS Level

U14

-Perfect The Technical Foundations

- Ankle Flexion
- balance on the Outside Ski
- Pressure in the fall line

NGSL

- Learning through Play

U16

-Tactical Focus & Technical refinement

- line choice
- how to approach terrain
- skiing through adversity

U12

-Deliberate Practice

- Balance in motion
- Carving a ski
- Stable upper body



Age Group Focuses



Age Class reps

U16

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Jennifer Clarridge jennifer@lakelouiseskiclubs.ca
Louis-Pierre Helie lphelieski@yahoo.ca
Hannah Penkala U16HeadCoach@skinasa.org

U14

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Scott Schroeder scottdavidschroeder@gmail.com
Duncan Vickers duncan.vickers.ski@gmail.com
Britt Ferguson U14headcoach@snowvalleyracing.ca

U12

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Emily Clarke Emily@lakelouiseskiclubs.ca
Mara Bishop mara@lakelouiseskiclubs.ca
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Zoe Brooker ngmanager@skinasa.org
Tate Carpenter tatercarp@gmail.com
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North Zone Regional Series

North Zone Alpine Chairs Group-
Mansell.chad@gmail.com

ITP- Safesport

