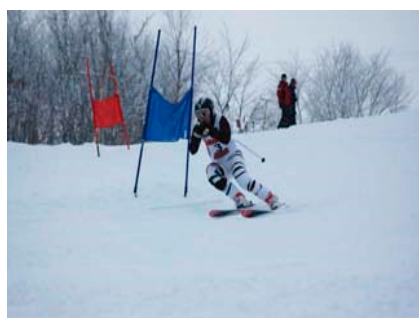




Wentworth Ski Racing Club

K1, K2, J1 & J2 Team
Program Guide
2009 - 2010



K1 to J2 TEAM PROGRAM GUIDE

TO ALL WSRC K1, K2, J1 & J2 PARENTS & RACERS:

You will find enclosed a complete package for the up coming 2009-2010 Race Season that includes:

- Important dates
- Instructions
- Information on the WSRC Race Program
- Various attachments: Calendars &, Schedules

CONTACTS

Your Directors and Parent Rep volunteers for programs this year is as follows:

Brian Carter	K1 Parent Rep.	bc@ns.sympatico.ca
Dawn Scissons	K2 to J2 Parent Rep	jim.scissons@ns.sympatico.ca
Julie Ann Wilton	Club Administrator	nightingale@accesswave.ca

The preferred method of communication will be by email so it is important to advise us of all the emails addresses you would like us to use.

PARENT MEETING: Nov 3,2009

There will be a Parent meeting on **Tuesday Nov 3rd at Stadacona at 6:15pm**. One of our coaches Gregor Byrne will be there to answer any questions about the program or the proposed schedule for the season. We encourage all parents who have racers in the program, have new racers moving up or are looking for information to attend.

The K1 to J2 program aims to be an inclusive group that encourages skiers from ages 11-19 to excel in pursuit of their personal goals and potential. Competition is being introduced for some at this level and an important aspect of challenging skiers at upper level. However, for those who choose not to travel coaching will be available each weekend at Ski Wentworth throughout the program period. Team members, deciding not to compete need not pay the Race Travel Fee and will not be included in any team race entry, however at any time throughout the season they change their mind, they may do so by posting the race travel fee (in its entirety) and from that point on will be considered active competitors.

For those who do indicate they wish to travel and compete, we ask parents to be responsible for ensuring that all payments are made on time, as individual follow up should not be expected. We will assume that if you have not contacted us for preseason camps then your skier is not attending and if you have not notified us 7 days prior to a scheduled race then we will register your racer and deduct the fee from their race account. We are anticipating a good size team and a very busy season so your co-operation is greatly appreciated.

We hope this package will make everything that is required of you easy to get your racer ready for the upcoming season.

WSRC 2009-2010 IMPORTANT DATES

DATES

EVENTS

September, 2009	Dryland commences at CFB Stadacona every Tuesday 6:15pm. \$5 fee each night
NOW!	Registration and program fee due in full to WSRC. Remember to complete ACA forms for ALL members, parents included. Code of Conduct for all racers. Register online at www.wentworthracing.com or fax to Julie Ann Wilton at 835-8799 or mail to 1251 Shore Drive Bedford Ns B4A 2E7
December 15,2009	Last instalment due under 3 equal payment plan.
November 3,2009	Parent Meeting Stadacona 6:15 pm
November 21-29 2009	Mont Ste Anne Pre Season Camp for information contact Gregor Byrne at back40@ns.aliantzinc.ca
November 15,2009	50% down payment due for Le Massif Camp
December 1,2009	Balance due for LeMassif Camp amount (to be advised). Post dated cheques required for both the deposit and balance. Cheques payable to Senior Race Team and mail to: <i>Julie Ann Wilton 1251 Shore Drive, Bedford NS B4A 2E7</i>
December 17 – 23, 2009	LeMassif training camp, Quebec.
December dates -TBA	Pre Xmas Training Camp at Wentworth - details TBA
December 28 –30,2009	Wentworth Xmas Training Camp included in registration for 2-day program registrants.
January. 2, 2010	Regular program commences. Race Travel Fees due cheque payable to Senior Race Team & mailed to: <i>Julie Ann Wilton 1251 Shore Drive, Bedford NS B4A 2E7</i>
January 8, 2010	Friday Night training starts at Wentworth (6-9pm).



OVERVIEW OF K1 TO J2 RACE PROGRAM 2009-2010

COACHING STAFF

This year the WSRC board has secured the services of Dave Bugden, Mike Clarke and Gregor Byrne as the overall Program Directors of the Wentworth Ski Racing Club. The Program Directors have committed to the development of a comprehensive training and racing plan, which will be based on Alpine Canada (ACA) and the Canadian Ski Coaches Federation (CSCF) Standards. This plan will include goals (team & individual) and objectives for each group (K1, K2, J1 & J2).

The Program Directors will be responsible for the technical direction, delivery, monitoring, reporting, and ongoing administration of the Program with the help of lead coaches at each level. In addition they will be providing coaching services to the club.

This new “Team” approach will provide the opportunity for all the athletes from K1 and up to be exposed to a variety of styles offered by the coaching staff and their different skill sets. Over the course of the winter various groups will be training and racing together – this will foster a strong team dynamic and a great environment for the athletes to develop.

DRYLAND TRAINING

All athletes are encouraged to attend the fall dryland training beginning Tuesday evenings Sept 22, 2009 at 6:15pm at CFB Stadacona. There is a weekly fee of \$5.00 per week per athlete for use of the Stadacona gym payable by each athlete as they arrive for dryland. Coaches will advise cancellation 5pm the day before.

We hold this segment of our program in very high regard and it is designed to build core and leg strength as well as work on balance, speed and agility. The stronger the athlete the safer they are then the more fun they will have. It is both team building, getting the athletes acquainted with each other and sport specific to meet the requirements of the sport. Dryland training is intended for all athletes no matter what their fitness level so please encourage your athlete to attend as early as possible. There will be an intro to weight training, aerobics and station training focused on individual ability. This may be the first time for this type of conditioning for some of the athletes and this is taken into consideration with each athlete working to achieve their own individual athletic goals. All athletes will receive the benefit of fitness testing sessions that will establish a baseline whereby coaches and athletes can then measure their progress. Skiers should arrive at these sessions with appropriate cross training/ runner athletic foot wear, water bottle and change of clothes.

We realize that many athletes are involved in competitive school sports up to around the end of November which is good for cross training. We hope the dryland sessions will serve to accommodate as many athletes as possible.

The WSRC Program fee includes all dryland training so please submit your application and fee prior to your racer participating in dryland activities or on or before Oct 31, 2009. The salaries for the coaches for dryland training are paid from the program registration fees. The stipulations for insurance

coverage with ASNS are such that all athletes participating in dryland are required to submit the program fee and the ACA form prior to participating.

EQUIPMENT & WAXING

You will find information on our website site at www.wentworthracing.com

PRE-SEASON CAMPS

Pre-season camps are optional however we encourage everyone to attend. Athletes' get early on snow training with positive results and the trips are great team builders. We invite new skiers and parents to the program to speak with parents and athletes who have attended this camp in the past to hear first hand their experiences.

Mont Ste Anne - Nov 21 to 29

This camp is conducted by Gregor Byrne and is a 9-day on snow per season camp. For further details please contact Gregor Byrne at back40@ns.aliantzinc.ca

LeMassif- Dec 17 to 23

We have partnered with the Martock ski club for this pre-season camp. The athletes, coaches and chaperones will travel by bus up and back to Quebec. We reserve chalets near the hill and we are required to reserve the bus early, which is why we require the non-refundable deposit for each attending skier. The overall cost is determined by the number athletes attending (TBA). As in past years chaperones and food will be required and as the date gets closer we will be looking for your assistance. Contact Julie Ann Wilton at nightingale@accesswave.ca for further information.

Wentworth Pre Christmas Camp Dates TBA details will follow.

Wentworth Christmas Camp Dec 28 to 30 - Included in Program Fee

A three-day camp will be held at Wentworth (snow dependent)

Wentworth March Break Camp dates TBA – Included in Program Fee

A three-day camp will be held at Wentworth during the March Break (snow dependent)

RACE TRAVEL FEE

Race Team members who wish to participate in scheduled competitions are required to pay a race travel fee. Due to the complexities of coordinating the team's travel arrangements and registration during the winter, the fee is payable in full at the beginning of the season. Funds are used to pay specific expenses on behalf of each racer and include: race entry fee, lift tickets, and travel expenses for coaches. Payment for lodging, meals, equipment and other miscellaneous items are the responsibility of each racer.. An accounting of this fee will be provided to each family at the end of the season, if for whatever reason a racer does not exhaust this fund, then any surplus will be returned, however if additional or extraordinary expenses are incurred on a racers behalf, the family will be responsible for any outstanding balance. Race Travel Fee only applies to the Team's core schedule of competitions. Optional races /camps are user pay and separate from the above travel race fee. Race fees do not provide funds for use at camps or other activities.

ALPINE CANADA COMP CARDS/FIS CARDS

Comp Cards are mandatory and must be held by every racer in order to compete in sanctioned racers and to be insured. This fee is included in program fee for everyone's convenience. For those racers holding a FIS card the ACA fee is included in your FIS fee.

FIS RACING

FIS racing enables J1 and J2 racers who have had strong results in Atlantic Canada to make 6-8 FIS starts. This will require additional training and the objective for each athlete will be to improve their FIS point status. Additional travel and training expense will be on a user pay basis.

CODE OF CONDUCT

Code of Conduct form is mandatory to be signed by each racer and witnessed by a parent.

TRAINING

Weekend training will commence on Friday nights and will run from 6pm to 9pm. There is no penalty for being late just catch up with the group and join in.

Saturday Mornings 8:30 am start for K1's and 8 am for K2's & J's. This means the athlete needs to be in the Port Greville room ready to start at the above time with a dryland warm up and briefing by the coaches on the days plan. On snow 9:00am for K1's and 8:30 for K2's & J's. Some mornings may be earlier depending on permission from the hill to start the lift early. Skiing will finish around 2:30 pm with up to 1&1/2 hrs of activities including video analysis.

Sunday Mornings will be the same with the athletes skiing until 3pm then dismissed for the day to head home.

RACE SCHEDULE

Alpine Ski Nova Scotia sets our competition calendar that often goes through a number of drafts prior to the start of the season. The most recent schedule is attached however we will forward any changes to the race schedule by email.

WSRC will be hosting the Rolland Brunner Cup and the dates have been scheduled for Feb20-21st. This will require a tremendous effort on everyone's part to prepare for this 2 day race so please mark your calendar early and all parents are expected to make every effort to throw your support behind this race as we are going to need everyone's help.

AWAY RACES

If you've paid your Race Travel Fee, your racer will automatically be registered for all races with the fee deducted from their race account unless we are advised otherwise within 7 days prior to the race. Parents are responsible for getting racers to and from races. To avoid each parent asking the coaches the schedule for race day, in general this information will be posted on the hotel door of the lead coach each evening outlining the day's schedule. Coaches want to devote 100% of their time to racers on race day both at the hill and on snow.

A TYPICAL RACE DAY

- Up at 6am for wake up run and stretch then breakfast
- At the hill coaches will prepare racers physically and mentally for the race
- Course inspection with coaches
- Race and mini de-briefs by coaches
- De-brief and review of video at the hotel
- Tune skis
- Dinner 6pm to 8pm
- Lights out 10pm
-

NATIONALS COMPETITIONS

The following competitions are available to racers who qualify:

Rising Star Camp K2 - Val St Come - Dec 12-14

Can Am K1 – Sugarloaf - April 2-4th

Amqui Classic - dates tba - (unofficial K1 Championship)

Whistler Cup -6 K1's and 6 K2's - BC April 9-11

QUESTIONS, CONCERNS OR COMPLAINTS

Please address **all** or any questions, concerns or complaints for K1 to Brian Carter Program Director or for J1 and J2 to Dawn Scissons Program Director. This will serve to keep them informed of all situations and give them the opportunity to appropriately deal with your concerns. While we encourage parents to acquaint themselves with the coaches, engaging coaches during training hours with any of the above tends to be time consuming and keeps coaches away from the days training schedule. Our mission is to allow the coaches the benefit of coaching the team 100% of the time, both on and off, the snow during the scheduled training time.

CONTACTING COACHES

Coaches are available to discuss any questions or concerns relating to your skiers development, progress or performance. Please approach the coaches **after** the regular daily training session, **after** the race day is complete or email them anytime.

PERMISSION LETTERS FOR SCHOOLS

You will find enclosed a form letter signed by our club President Royce Williston that will support your racer when advising their school and teachers of their attendance for training camps, away races etc.

UNIFORMS

Details to follow.

EMAIL ADDRESSES

As in the past all correspondence will be via email so if you have a change, deletion or addition please advise Julie Ann Wilton at nightingale@accesswave.ca Send as many email addresses as you like, both parents home & work as well as your racers address.

TEXT MESSAGING

The coaches would like to develop a text messaging distribution list of athletes and parents. This means of communication will be extremely effective during weekends and races to advise updates and plan changes. Watch for requests for cell phone numbers at a later date.

CONTACT INFORMATION

K1 Parent Rep

Brian Carter

90 Perrin Drive
Fall River NS

Home: (902) 861-1314
Weekends: (902) 478-2611

K2, J1 & J2 Parent Rep

Dawn Scissons

64 Forrest Hill Dr Rd
Truro NS B2N 6J9

Home: (902) 895-7470
Weekends: (902) 548-2156

Club Administrator

Julie Ann Wilton

1251 Shore Dr
Bedford NS 4A2E7

Home: (902) 835- 1515
Weekends: (902) 548-2203
Fax: (902) 835-8799



PO Box 34034
Scotia Square
HALIFAX NS

To Whom It May Concern:

Athletes of the Wentworth Ski Race Team will be attending out of town pre-season camps, speed training camps and races throughout the winter season.

These training camps/races are necessary for our Race Team athletes to prepare for numerous competitions that will take place around the Atlantic Provinces and at other out of province venues throughout the winter.

In order to attend away races, the athletes will require time away from school. All our athletes are required and are responsible for obtaining and completing schoolwork and assignments during these time frames.

Kind Regards,


Royce Williston
President
Wentworth Ski Racing Club

WENTWORTH SKI RACING CLUB CODE OF CONDUCT

As a club, the Wentworth Ski Racing Club is striving to develop not only successful ski racers, but also fine young people. Sportsmanship is treating others, as you yourself would like to be treated. In making the club a great way for young athletes to interact, train and make friends, we have developed this code of conduct to help both parents and athletes understand what is expected at our club.

Teamwork and cooperation are absolutely essential for success. Group spirit, unselfishness, a concern for others, and self-sacrifice are all necessary to build a happy and strong program. Young racers must realize that they are responsible for their actions while training, racing, traveling and participating in all team activities.

RULES

- **No use of alcohol, tobacco, or illegal drugs while participating with the team**
- **No profane or abusive language**
- **Honesty – tell the truth at all times**
- **Have respect and consideration for your fellow athletes, coaches and his/her belongings. Fighting and/or bullying will not be accepted**
- **Every WSRC racer has the right to learn and the right to feel accepted as part of the team. Interfering with this process will not be tolerated.**

ATHLETE RESPONSIBILITIES

Each participating member of the WSRC commits to the following:

- **Represent himself/herself and the sport of Alpine Skiing in a respectful and polite manner at all times. This includes all team activities, training on and off the mountain and at all races.**
- **Be courteous to and respect the decisions of the coaching staff, race officials, the skiing public, and all ski area employees and volunteers.**
- **Know the rules and be aware that the violations of the rules and policies will result in disciplinary action imposed by the WSRC officials.**
- **Be organized and take responsibility for him/herself; that is, show up on time, having equipment tuned, dressed warmly, etc.**
- **Be courteous and helpful to teammates and support them at home and away.**

DISCIPLINARY GUIDELINES

Consider the following as infractions:

1. **DRINKING – When with the club and within the club program schedule, the tolerance for drinking alcohol is ZERO. If an athlete is of legal age, the choices they make on their own time are their own as long as they do not disrupt the rest of the group at any time.**

2. **SMOKING** – When with the club and within the club program schedule, the tolerance for smoking tobacco or any other product is **ZERO**.
3. **CHEWING** – When with the club and within the club program schedule, the tolerance for chewing tobacco or any other questionable products is **ZERO**.
4. **CURFEW** – When with the club and within the club program schedule, fair and agreed-upon curfew will be set.
5. **SWEARING AND GENERAL CONDUCT** – When with the club and within the club program schedule, general athlete conduct should be “first class” showing others adequate respect. Common Sense should be the guide. Fair warning will be given if the parameters of “common sense” are pushed too much.

Consequences for Infractions:

1st offense: Written warning to parents describing nature and type of infraction.

2nd offense: One-week suspension from all team activities

3rd offense: Two-week suspension from all team activities

4th offense: Indefinite suspension from team and team privileges

I have read and understand the terms and policies of the Wentworth Ski Racing Club and agree to abide by these policies knowing full well and understanding the content and nature of the rules as set out in the Code of Conduct.

Racer: _____ **Parent:** _____

Date: _____ **Date:** _____

