



# Race Manual

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# CHICOPEE RACE MANUAL

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We will explain the philosophies and selection procedures in this handbook as well as outline objectives of each program.

*Chicopee Racing, home of Kelly Vanderbeek*



*Canadian National Ski Team, Olympian*

Chicopee Ski and Summer Resort offers entry level and league ski racing programs to all ages. We have development racing programs for kids who have never raced and league programs for those looking for inter-club competition. We also have a house league program for adults.

League programs are those that are designed for inter-club competition and skill development. These would include the Nancy Greene League, Swiss Chalet and Miele programs.

House league programs such as Nancy Greene Development and Adult Racing are intra-club programs to develop racing skills and an introduction to competition.

Selection to the league teams are done in two ways. They are age and/or ability. In some leagues where the emphasis is on participation such as Nancy Green League and the Development League we will use age as the prime tool in assembling the teams. In this age group, size is as big a factor as skill. Keeping in mind that the goal for this group is fundamentals and an introduction to racing we feel that keeping the kids with their peers is an advantage to them and the coaches that train them. In the case of siblings that participate in the same program we would endeavor to put them on the same team for convenience.

Racers in the K1, K2 and Junior leagues will be put on teams based on ability. The leagues at this level race in the Barrie area or the 401 corridor. It is the coaches' job to identify the racers that are ready for the next challenge in their development.

Club League racing is the first rung on the ladder of ski racing. Chicopee's coaching staff is devoted to developing kids to their full potential and assisting them in the pursuit of their own goals.

Competitive programs are those where the athletes race as an individual. Participation in these programs is based on ability, quota spots and availability. In our case we only run one competitive program at Chicopee, the K1 Individual Race series which is directed at 11 and 12 year old racers. Competitive K1 racing is driven by quota spots. Quota spots are awarded to clubs based on the number of participants they have registered with Alpine Ontario within a given age category.

Racing at this level is segregated into boy's events and girls events.

Selection for the quota is done by the coaching staff based on the racers ability and previous results. All events are held in the Collingwood area on advanced terrain and longer courses than regular league races.

Children that would like to race at this level must also participate in preseason camps on snow as well as be involved in a supervised dry land training program. These requirements come from AOA as well as Chicopee.

In the event that there are more racers interested than we have spots available, we will give them starts based on a bumping protocol where the slowest racer from the previous race will be bumped in favor of the new entrant. This is a coaching decision however; the new entrant must be qualified in their eyes.

If you feel your 13-16 year old child would be better challenged by individual competition I recommend looking to the Collingwood area at the private clubs, the National Ski Academy or HADT (Huron Alpine Development Team). More information is available from the Head Coach.



# 1

## Nancy Greene Development Team

### FUNDAMENTALS

Introduction to ski racing for ages 6-12. These kids have never raced before.

The program follows the Husky Snow Stars skill development model where the skier will be required to meet a variety of objectives to attain a ranking of one through seven.

The racers will be separated according to age.

To participate in this program, the child must be able to get on the lift unassisted and be a strong skier. This is not a "learn to ski program"; the ski school has programs suited to that purpose. A lift pass for the appropriate practise time is required.

If you wish your child to be placed on a team with a friend, please indicate this on your application when you register.

Entry level racing stresses FUNdamentals

The kids will be introduced to terrain changes such as bumps and obstacle courses, as well as some gate training.

Racing exposure will be a simulated program Race, Time trials and the club championship.

### PROGRAM STRUCTURE

<b>FREE SKI</b>	<b>SKILLS&amp;EXER</b>	<b>GATE ELEMENTS</b>
40%	40%	20%



# 2 Nancy Greene Competitive League

## FUNDAMENTALS

This is a team based race league that is for entry level racers ages 8 -10. This age requirement for competitive racing is set in place by Alpine Ontario.

These skiers exhibit strong skills in skiing, can use the lifts unassisted and have experience with varied terrain. They will be introduced to GS and Slalom type courses on intermediate terrain.

The coaching emphasis will be on ski improvement and line interpretation. The racers will be exposed to race event situations that will prepare them mentally for future competition. AOA waiver and a full Chicopee membership are required.

Team assignments will be based on age. Although skill levels will vary, we feel that skiing with peers of similar size and age will benefit all. Efforts will be made to include siblings on the same teams to accommodate travel.

The youngest racers compete close to Chicopee, ie Boler Mtn and Cobble hills.

The experienced racers may travel to Barrie area clubs and along the 401 corridor.

Post season events are held during March Break at Devils Glen and the Sporting Life Invitational which is held at an escarpment club.

Alpine Ontario skills camps are held mid-week throughout the season in various disciplines.

All post season and supplementary races require a coach. Extra fees will apply according to the event.

NGL skiers are eligible to attend Friday off site training days at Blue Mountain. There is an additional fee for coaching and lifts on these training days.

## PROGRAM STRUCTURE

**FREE SKI**  
20%

**SKILLS&EXER**  
40%

**GATE ELEMENTS**  
40%



## 3

## K1 Swiss Chalet League

**FUNDAMENTALS**

Most of the participants in this league are graduates of the NGL programs.

These skiers will be exposed to faster, longer race courses as well as the different disciplines of ski racing. There will be Giant Slalom courses, Stubby Slalom courses and full gate Slalom courses.

In addition they will be skiing terrain KOMBI courses to develop skills.

AOA waiver forms must be filled out in addition to registration forms. A full Chicopee membership is required

Race scoring is done by team but individuals are also recognized for top placings.

Racers are allowed to use event specific skis and speed suits as well as appropriate protection for gate contact.

Team selection is done by ability. This is arrived at primarily by coaching assessment, previous results and experience. The teams race in different leagues with the more difficult terrain being assigned to the more advanced team.

It is recommended that racers in this league participate in a dry land fitness program and also attend a pre-season on snow training camp.

Christmas camps are available at Chicopee during the school holiday break. There will also be a fall ski camp in December.

There will be four league races and a semi-final race event for all teams. A final race will then be held for the winners of the semi final competitions.

Post season events are: Provincials- by invitation only, March Break invitational events in the Collingwood area, AOA camps in all disciplines, however entry into races following camps is by invitation/quota spot only.

All supplementary training or racing camps are assessed additional fees for coaching and lifts. Entry fees will also be paid by participant for additional events.

Participants must be represented by a Chicopee coach or one assigned by the Head Coach at all events.

**PROGRAM STRUCTURE**

<b>FREE SKI</b>	<b>SKILLS&amp;EXER</b>	<b>GATE ELEMENTS</b>
Superv/Unsuperv	Superv/Unsuperv	Superv/Unsuperv
<b>20%/15%</b>	<b>15%/15%</b>	<b>20%/15%</b>

# 4

## K1 Swiss Chalet Individual

### TRAIN TO TRAIN

Skiers in this program must also be registered and participate in the K1 League.

In addition to the league races there will be five more races. There will be one Panel Slalom, one Stubby Slalom, one Giant Slalom, one Speed event and a Terrain Competition.

This series is a competitive program for individuals. There are stricter requirements or expectations made of the participants.

#### ALPINE ONTARIO GUIDELINES SAY:

It is strongly recommended that any athlete participating in the individual race series will be required to meet the following criteria:

- register in an AOA approved dry land program starting in September of each year
- participate in the AOA dry land testing spring and fall
- have at least 7 days training on snow by January 1
- have at least 3 days on snow a week in season

### K1 INDIVIDUAL RACE QUOTA

Entry into the races will be based on a club quota system. Which athletes fill the quota will be managed by the head coach.

**COACHES WILL DETERMINE IF ATHLETES ARE READY TO COMPETE AT THIS LEVEL.**



There will be additional fees applied to this program. Race entry is \$25 per athlete payable to the host club. Coaching wages and expenses will also be applied.

All racers must be accompanied by a coach.

Racing at this level is gender specific. Races are generally held at different venues.

This season we will recommend that racers training for these events purchase a Blue Mountain 5 x 7 pass.

# 5 K2 Swiss Chalet League

## TRAIN TO TRAIN

Racers in this age group will show the biggest improvement and change in development.

The athletes will race slalom and giant slalom in league races, and have the opportunity to participate in Super G races at open events in the Collingwood area.

AOA waiver forms must be filled out on line in addition to registration forms. A full Chicopee membership is required.

Teams are selected according to ability and race in locations that will be appropriate to their skill level.

Events are team based competitions where points are awarded for placing as well as participation. Top finishes are also recognized and awarded.

Four league races are scheduled as well as two invitational All Star events. K2 all star invitations are determined by club quota spots. All Star quotas are for the club not each team.

There is also a semi-final event that will determine the teams that will be invited to the final.

Mars K2 provincials are an invitational event that invites the winners of the All

Star races.

Gooch Super G is an open event for K2 and Meile League racers that involves one day of high speed training and one day of competition. There must be a coach accompanying the racers. Coaches from Chicopee as well as coaches from other teams have the right to pull racers from the event who are not skilled enough to handle the speed.

Appropriate speed skis, suits and helmets are mandatory.

There will also be opportunity to participate in March Break invitational races.

## PROGRAM STRUCTURE

FREE SKI	DRILLS&EXER	COURSES
Superv/Unsuperv	Free ski/Training	Train/Race
<b>20%/15%</b>	<b>15%/15%</b>	<b>20%/15%</b>

# 6

## Miele Junior Race League

### TRAIN TO COMPETE

This is a recreational, team based, race league for 15-19 year olds.

They will be placed on teams according to age and ability. An effort will be made to keep racers together in peer groups, as social interaction is as much fun as racing with this group.

AOA waiver forms must be filled out on line in addition to registration forms. A full Chicopee membership is required.

The Miele League consists of four races and a semi-final. The events are slalom and giant slalom with an optional Super G race available at Toronto ski club in the form of the Gooch Cup.

All additional races must be represented by a Chicopee coach and additional fees will apply.

There is also a Miele All Star event that is by invitation only, based on club quota spots. Quota is awarded to club, not each team.

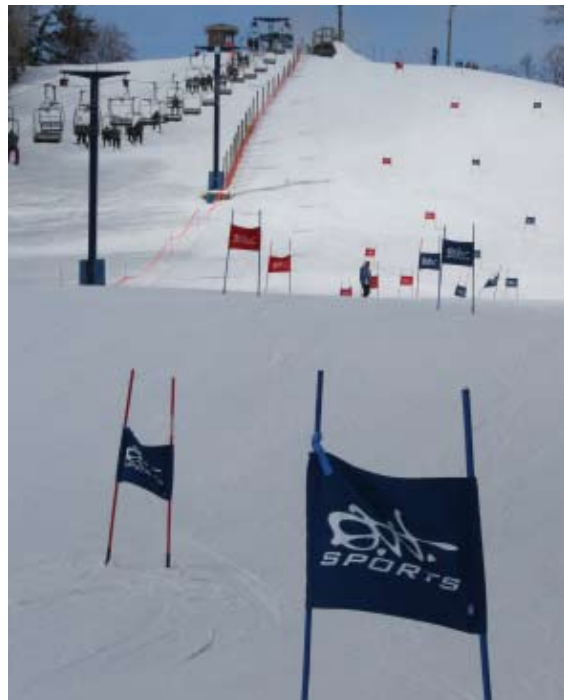
League races have points awarded to teams based on finish and participation. Individuals are recognized for top three placing.

Participants in this league may be in-

terested in coach training or mentoring opportunities that will help them work toward level 1 course for CSIA or CSCF.

### PROGRAM STRUCTURE

FREE SKI	DRILLS&EXER	COURSES
Superv/Unsuperv	Free ski/Training	Train/Race
<b>15%/15%</b>	<b>15%/15%</b>	<b>20%/20%</b>



# 7 Adult Race League

This is a recreational race house league with an emphasis on social activities.

Teams are selected by team captains in a lottery fashion at a social.

Objective is ski improvement and an introduction to racing.

Teams are awarded points based on finish and participation of team members.

Teams are of mixed gender, age and ability.

Races are held Thursday nights and training is held on Monday evening. Chicopee membership or lift pass is required for practice and racing.

There are two theme nights, Valentine and Shamrock Cup. In addition there is the opportunity to take part in a fund raiser known as the M&M cup which involves inter club competition.

## PROGRAM STRUCTURE

**FREE SKI**  
**30%**

**DRILLS&EXER**  
**40%**

**COURSES**  
**30%**



## 8

## Adult Masters League -- Invitation Only!

This is a competitive league generally made up of former racers. Most events take place on challenging hills in the Colingwood area.

Previous experience and a solid fitness base are recommended to avoid injury for week-end warriors.



AOA waiver forms must be filled out on line in addition to registration forms.

Races will be slalom and giant slalom for league events. There is the opportunity to race speed events outside of league competition.

Team selection is based on ability and age. Competitions require representation of different ages and gender on participating teams.

Racers are required to be members of the

clubs they represent. A membership or express pass is required.

In addition to the league events there are open races for individuals.

### PROGRAM STRUCTURE

**FREE SKI**  
**30%**

**DRILLS&EXER**  
**30%**

**COURSES**  
**40%**



# 9 Dryland Training

Dry land training is made available to all participants of Chicopee's race program at no additional charge beginning the second Saturday in September..

The purpose of the program is to establish a fitness base and provide information for your own work outs.

Entry level athletes will find dry land an introduction to fitness and training. Hopefully these kids are active in their day to day activities and school programs. We



will provide them with mild cardiovascular activities such as hiking, jogging and soccer.

They will also be introduced to stretching routines and activities designed to measure agility, flexibility and strength. These activities will mirror the activities they will

be asked to perform at the fitness testing.

Kinder athletes are encouraged to monitor and measure their fitness through the duration of the program. We hope that they are also involved on other strenuous activities or sports during the rest of the year so that they are continually building their cardio and muscular systems.

Competitive programs for this age group require athletes to keep a log or journal of training that can be provided to coaches or league officials.

Cardio activities will be designed to increase aerobic capacity. Agility drills will be designed to measure and increase co-ordination and strength drills will be designed to increase muscular power and resistance.

Junior athletes will follow similar program to kinder participants with more age and size appropriate activity.

Adults may choose the program that best suits their needs.

# 10 Managers Duties

The manager is the contact and main communication between Chicopee racing administration and the team. Other than the coach, the manager is the representative for the team. Interface between parents, racers, coaches and club members at large.

## The manager is responsible for:

- Pick up and distribution of tickets, bibs and scoring. Managers must return race results to Chicopee no later than the Tuesday following the race when absent.
- Be the contact point for team members for such things as attendance, transportation, directions etc...
- Help organize parents and volunteers when hosting a race at Chicopee.

## GENERAL DUTIES

- (1) familiarize yourself with league racing rules ([www.alpineontario.ca](http://www.alpineontario.ca))
- (2) familiarize yourself with the race schedule and ensure that each racer is also informed of schedule revisions
- (3) ensure that each parent completes the on-line AOSD waiver prior to competition
- (4) ensure team members know time of race start, type of race
- (5) ensure each racer has a bib number

and lift ticket, host club should supply 19 lift tickets and bibs

(6) tabulate race results with opposing teams managers

(7) give a copy of race results to team



and race office before Tuesday AM for posting on the website

### **HOME RACES**

(1) the race administrator along with the team manager will make sure that the following positions are covered:

- (a) P/A announcer
- (b) starter
- (c) recorder
- (d) outside results board
- (e) gate keepers
- (f) bib collection

(2) co-ordinate location and time of meeting place with the visiting managers for scoring

(3) meet visiting clubs in cafeteria with race packages, 19 lift tickets, bibs, food vouchers

(4) return completed race scoring to race office, it should contain; original signed score forms, recorders original time sheets, jury roster, safety delegate form

### **AWAY RACES**

(1) Obtain and distribute electronic race notice to racers; directions, start time and meeting area.

(2) Arrange a meeting place to distribute bibs and tickets

(3) If in your opinion and the coaches opinion the race course in any way presents a safety hazard make your objections known to the chief of race before signing off on the inspection



**CHICOPEE RUNS A LEVEL 1 OFFICIALS COURSE EACH FALL. THIS IS A RECOMMENDED TRAINING SESSION FOR TEAM MANAGERS**

# 11 Equipment Selection

This information is to assist you in the selection of appropriate equipment for yourself or your child.

The improper sizing or model of gear can impede the progress or development of a racer. Coaches will be looking for demonstrated ability or perhaps a sensation or feeling that may be impossible to attain if the racers equipment is not suited to their size and ability.

## **BOOTS**

Boots are the most important piece of equipment you will purchase.

The boot must be sized to the athlete for the season they will be using it.

A boot that is too large will allow the child's foot to slide and roll within the shell effectively canceling the energy transfer and response from the skis performance.

A competent boot fitter will remove the liner from the boot and fit the ski boot shell to the child's foot. The boot may feel snug initially but the foam insulation will compress over a relatively short time.

If the child experiences pressure points from the shell cold feet and pain will result. There are two solutions to this problem. The first is to try on another brand

of boot. Each manufacturer builds their own lasts, and the sales person should know what shape foot a particular brand generally fits. The second solution is shell manipulation. Boot fitters can stretch boots to accommodate bone spurs and other minor foot anomalies.

The modifications should be done to the shell. Liner modifications are only temporary. Glued on bits move with heat and activity. Cut out sections create cold spots and destroy the liners structure and warranty.

Foot beds are an asset to any boot and can often be transferred from one to another.

Keep in mind that they must be replaced with foot growth.

Another thing to remember is that ski shop personnel are not trained in, or competent in providing you with corrective foot beds or orthotics. The product they provide you with stabilizes the foot in the boot.

If you or your child requires a corrective foot or stance product see a Podiatrist, licensed Chiropractor, or Physiotherapist.

There are professionals locally that offer these services to skiers.

The next consideration after fit is flexibility.

Your child should be in a junior boot until they reach approximately 140 pounds. Junior boots are built of lighter plastic that will flex properly for young racers.

The boot you choose should also be free hinged. This means that the boot should actually flex or move at the hinge point.

The child should not have to bend or compress the shell in an effort to flex it.

If your child's foot has grown out of the junior sizing range and they are below the 140 pound bench mark special attention will have to be paid to the natural flex of the boot. A softer flex is preferred.

### **BUY YOUR BOOTS AT A PRO SHOP**

Very few racers will buy their boots off the shelf and ski away happily ever after. The snug fit of a race boot usually takes an extra visit or two back to the shop for adjustment. Pro shops offer a fit guaranty and expertise in fitting that you will not find at a swap or chain store.



Please support the shops that support us at Chicopee.

- McMaster Sports
- O.W.Sports
- Select Sports
- Ski and Cycle Hut
- Paramount

### **SKI SELECTION**

Initially any ski you are presently using will be fine for development or Entry level race programs. When it comes time to replace them however you should look to a race specific ski.

In the Nancy Greene programs only one ski is permitted for events, regardless of the discipline.

The ski that you are purchasing should be of GS side cut or a ski that is marketed as a skier cross ski. These skis are designed for medium to large radius turns.

One of the skills we are trying to develop in the early stages of racer development is steering. We want the racer to be able to adjust turn shape by turning the feet. This skill also requires that the athlete move fore and aft as well as vertically to accomplish the task.

Modern slalom skis have such a radical side cut that they can change direction by just laying them over on their side. This is often referred to as raiing.

It is not a good technique for youngsters to acquire as they become dependant on the ski shape and not their own skill.

If they have trouble adjusting to different turning radius. It will result in skidding and braking actions to accommodate the course set.

When your child moves into the K1 program and they are allowed to have event specific skis simply use the older GS ski for slalom and purchase a new GS ski for the speed events.

The slalom ski generally comes up to the chin area and GS skis are measured from the eyes to the top of the head.



Be aware that entry level skis are often sold with the graphics of race models. These skis are only suitable for the lightest of skiers. They often are built with foam core and do not have the torsion strength required for a race course. They are very thin in appearance from tip to tail.

Junior race skis will get thicker through the binding area, similar in construction to adult skis. They are engineered to be easier flexing and often are targeted at lighter weight ranges for young racers.

Manufacturers supply the shops with charts that recommend the proper model for age and weight category of the racer.

## HELMETS

Helmets are required for all race programs and competitions.

Race helmets must be one piece construction that covers the ears. They will be certified by ski standards for head protection.

The helmet must fit the head snugly with a chin strap that allows two fingers spacing between strap and throat.

It must not swivel or rock on the wearers head.

The racer cannot wear a toque or hat under the helmet to accommodate spacing. Thin helmet liners or thin balaclavas are permitted if proper fit is still achieved.

Snowboard type helmets with soft ear pieces or removable sections are not allowed for ski racing.

Only ski specific helmets are permitted.

## SKI POLES

Ski poles are required for all competition in Nancy Green league and older.

Pole length will influence ski stance.

Proper length is usually achieved by holding pole upside down beneath the basket while the handle rests on the ground. The

elbow should form a 90% bend.

Some compensation should be made for stand height when lifter plates, binding and boot soles are added.

Specialty poles for speed events and slalom may be used in Kinder leagues and older.

## SPEED SUITS

Speed suits are not allowed in Nancy Greene League races.

Generic speed suits are suitable for K1 league racing and older. Plumbed (air permeability testing) suits are required for FIS competition.

# 12 Resources

## **ALPINE ONTARIO SOUTH (AOS)**

[www.alpineontario.ca](http://www.alpineontario.ca)

website has schedules, rules, fitness info, resources, ski news

## **ALPINE CANADA (NATIONAL TEAM WEBSITE)**

[www.canski.org](http://www.canski.org)

website has program info, resources, ski news, CAST members, racer bios like Kelly Vanderbeek

## **CANADIAN SKI COACHES FEDERATION (CSCF)**

[www.snowpro.com](http://www.snowpro.com)

website for coaches federation and ski instructors alliance has training info and rules

## **CHICOPEE RACE OFFICE**

[www.skichicopee.com](http://www.skichicopee.com)  
[racing@skichicopee.com](mailto:racing@skichicopee.com)

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CARV stands for the Chicopee Alpine Racing Volounteers.

CARV was formed to enhance the experience of the racing families based out of Chicopee Ski and Summer Resort. Its main purpose is to inform you about ski racing and make your social experience more enjoyable.

CARV is active in fundraising initiatives that support race programs at Chicopee.

Visit their website at: [CARV.ca](http://CARV.ca)