



~Information~

MISSION STATEMENT

The Whitewater Ski Team is a non-profit organization whose objective is to develop ski racers' skills and promote the fun in skiing through competition.

THE PROGRAMS

The Whitewater Ski Team's programs are designed to be of the highest quality and adaptable to suit the needs of the athletes. Programs are organized into categories based primarily on age classifications, as well as individual preferences.

K1/K2 (11-14 years of age)

The objective of our K1/K2 program is to give young racers an opportunity to develop their racing skills and progress according to their ability. Emphasis is placed on mileage, both in and out of gates, combined with strong coaching so that these young racers develop a strong technical foundation from which to progress to higher levels. The K1 program is designed for ages 11-12 and K2 is aimed at athletes aged 13-14.

Dryland training starts in October and the regular training/race season starts as soon as snow conditions permit. On-hill training sessions run Saturday and Sundays, 9:30 – 12:00 and 1:00 – 3:00, plus optional mid-week training of Dryland and/or one mid-week night session at Salmo. Training sessions are weather dependent until early April. Races are held roughly every 3rd weekend throughout the Kootenays. The team will also be offering ski camps at Christmas and Spring Break. These camps will be three additional days of training during the two school breaks and will cost \$100.00 per racer per camp.

J1/J2 (15-19 years of age)

J racers compete in the K race series, with some optional J specific. J racers also train with the Head Coach.

Alcan Nancy Greene (6-11 yrs)

The Whitewater Ski Team is pleased to announce it will be operating the Alcan Nancy Greene Ski League.

The Alcan Nancy Greene Ski League is the "FUNDamental" stage in ski racing for children between 6-11 years of age. During this time they will be introduced to basic skiing techniques and skills, develop the ABC's (agility, balance, coordination, strength / speed) in varied snow conditions, terrain and gates, and most importantly, have fun on skis! The program is divided between E1 and E2 depending on age and ability. The E1 is aimed at racers between 6-8 years while E2 is for 9-11 year olds.

Racers will travel to events at our neighbouring ski hills – there are roughly 4 races throughout the winter season. Nancy Greene E1 operates Saturdays from 12:30 – 3:30 pm and the E2's from 10:00 to 3:30 pm.

By utilizing the Snow Stars Program, we hope to offer programs that will spark a desire to continue in the great sport of alpine skiing.

Snow Stars for Nancy Greene Racers

Husky Snow Stars is Alpine Canada's skill development program for young skiers. This seven-step program outlines the key skills required for children to progress from the beginner to athletic skier and eventually to learn the basic

tactical skills needed for a ski racer. Lots of skiing plus task-related games and exercises will develop the skiing skills to allow strong future progression.

COACHES

The Whitewater Ski Team is pleased to announce that Allister Smithson will be the Head Coach for this coming season. Allister has been racing with the ski team for the past seven years and coaching the Nancy Greene Ski Team. This is a great opportunity for Allister to bring all his positive experiences with the ski team to his role as the coach. Allister is very excited and will be starting dryland this fall and moving onto the snow with the team in December.

The Ski Team is looking to recruit Nancy Greene Coaches for the season. If you are an advanced to expert skier and have a desire to coach some keen skiers please contact us as soon as possible.

REGISTRATION FEES

The Whitewater Ski Team has been able to provide a quality alpine ski racing program at an affordable cost in large part due to our fundraising efforts which include: bingo, ski races, raffles and an annual ski swap.

Parents with children in any of our programs are required to volunteer throughout the season...we can't do it without you!

Registration forms are available at the Whitewater Ski Resort office on Victoria Street or our website, and must be returned, along with payment by cheque, to any member of the executive committee.

Registration fees do not cover lift passes, equipment, race travel or race registration fees. A copy of the athlete's birth certificate is mandatory when registering for the first time.

Please see attached ski team registration for this season's rates.

DISCIPLINARY GUIDELINES

One of the purposes of the Whitewater Ski Team is to provide a positive race oriented environment for its athletes. Accordingly, the Whitewater Ski Team has adopted a Code of Conduct, which is intended to ensure a high standard of ethical and moral behaviour. All athletes must agree to abide by the Code of Conduct.

EXECUTIVE COMMITTEE

The Executive Committee consists of:

President – Mike Adams 354-4944

mikeshelley20@shaw.ca

Treasurer – Sylvie Masse 354-1147

smasse@telus.net

If you wish to sit on the executive please contact us. The Ski Team AGM is in early October.