



# NORWESTERS

ALPINE CLUB

## 2019/2020 PROGRAM GUIDE

Youth Ski Racing Programs  
Thunder Bay, ON



LOCH  
LOMOND  
ski area





# **NORWESTERS**

## ALPINE CLUB

### INTRODUCTION

Welcome to the Norwesters Alpine Club! We are an alpine ski racing club based at Loch Lomond Ski Area in Thunder Bay, Ontario. We are a not-for-profit community driven organization supporting the development of life-long skiers. We are a member club of Alpine Ontario Alpin (AOA) and Alpine Canada Alpin (ACA).

Our programs are guided by and designed around the ACA Long Term Athlete Development model. Please check out the brand new ACA LTAD 3.0 website <https://ltad.alpinecanada.org> for further information.

Our coaching staff are certified under ACA – Canadian Ski Coaches and the Canadian Ski Instructors Alliance (CSIA). We have also embraced the Responsible Coaching Movement with our entire staff trained under the Respect in Sport initiative. We are strong supporters of coach education, offering pre-season professional development sessions and support for individual certification development.

At the heart of the club are our young athletes and everything we do is designed to support them.

**Athlete Centered, Coach Led, Parent & Volunteer Supported**



## NAC COACHES

### Benn Porter, Head Coach

Benn is an ACA-CSC Development Level Coach and is currently working on his Performance Level training. Originally from England, Benn chases the snow year-round and after 5 years working in New Zealand he is now spending summers at Mount Buller in Australia.

### Tobias Porter, Head Coach

Tobias is an ACA-CSC Entry Level Coach and CSIA Level 1 Instructor. Tobias will be working towards his Development Level Certification and CSIA Level 2 Certification this coming season. Coach “Biz” is also originally from England. Biz also chases the snow year-round spending the summer at Mount Hotham in Australia.

Amy Cooper, Lead Coach U12 / U10 / U8

Jenna Marinigh, Lead Coach U12 / U10 / U8

Kelsey Forestell, Lead Coach U12 / U10 / U8

Haley Koopman, Assistant Coach

Remy Anderson, Assistant Coach

Karl Waffler, Assistant Coach





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# Little Rippers Program Summary

## LITTLE RIPPERS PROGRAM SUMMARY (Ages 3, 4, 5, 6)

This program is designed for little racers that may not be able to ride the lift on their own yet, but are interested in racing and are already strong independent skiers. This program is designed as a pre-entry point to our core racing program and is only for advanced and independent little rippers, it is not a replacement for proper instruction and lessons offered through the ski school. At Loch Lomond - children should be able to confidently ski the Snoopy, the Sunbowl and the Chicken.

Please note: Parents will be expected to accompany the group and ride the lift with their athletes during these sessions.

This program runs on Sunday afternoons from 1:00 - 3:00 p.m. only for 8 weeks starting in January.

Program Cost:

BASE PROGRAM: Sunday Afternoons

COST: \$300.00

Lead Coach: TBD

Assistant Coaches: TBD

# of Weeks: 8

First Day on Snow: Sunday, Jan 12, 2020

Target Athlete to Coach Ratio: 6:1 maximum (note - parents or another able skier must accompany each Little Ripper)

Training Focus:

- 75% of the training volume should be focused on free skiing throughout the season.
- Fun courses with turn radii equal to the child's ski radius.
- Brushes, stubbies, limited introduction to junior gates

For any program questions, please e-mail: [nacracing2010@gmail.com](mailto:nacracing2010@gmail.com)





# U8 Program Summary

## U8 PROGRAM SUMMARY (Ages 6 & 7)

The U8 Program is focused on the Gliding Start & Skier Essentials phases of the LTAD. Introducing the elements of gliding, tucking, moving over terrain and jumping skills to young athletes. At this stage, children should focus on discovering winter sports in a playful environment where they can develop fundamental movement skills while playing on skis. Structured and unstructured environments are used to encourage the development of a broad range of technical skiing skills.

### Program Cost:

BASE PROGRAM: Saturdays OR Sundays

COST: \$600.00

BASE+ PROGRAM: Saturdays AND Sundays

COST: \$850.00

\*\*Additional training at this stage is not necessarily suitable for all children and may require approval of the Program Director and Senior Coaching Staff to participate.

Coaches: Amy Cooper, Remy Anderson, Jenna Marinigh, Haley Koopman, Kelsey Forestell  
(Final roles to be determined.)

# of Weeks: 14

Dryland training Included. Oct/Nov 2019

First Day on Snow: Saturday December 14, 2019

Target Training to Competition Ratio:

12:1 (4 to 6 race starts)

Target Athlete to Coach Ratio:

6:1 maximum

### Training Focus:

- 75% of the training volume should be focused on free skiing throughout the season.
- Fun courses with turn radii equal to the child's ski radius.
- Brushes, stubbies, limited introduction to junior gates
- Athletes are encouraged to be skiing 2-3 times per week, with an overall target of 45 days on snow.

### Races Included in Program:

- NAC Invitational
- Fun Day
- Club Championships

For any program questions, please e-mail: [nacracing2010@gmail.com](mailto:nacracing2010@gmail.com)



# U10 / U12 Program Summary

## U10 / U12 PROGRAM SUMMARY

(U10: Ages 8 & 9, U12: Ages 10 & 11)

The U10 / U12 Program is focused on the Skier Essentials and Learn to Train phases of the LTAD. It continues to build on the elements of gliding, tucking, moving over terrain and jumping skills with a focus on linking terrain features and turn shapes together. Structured and unstructured environments are used to encourage the development of a broad range of technical skiing skills.

### Program Cost:

BASE PROGRAM: Saturdays OR Sundays  
+ Thursday OR Friday Twilight

COST: \$750.00

BASE+ PROGRAM: Saturdays AND Sundays  
+ Thursday OR Friday Twilight

COST: \$1050.00

Lead Coach: Tobias Porter

Coaches: Amy Cooper, Remy Anderson, Jenna Marinigh, Haley Koopman, Kelsey Forestell  
(Final roles to be determined.)

# of Weeks: 14

Dryland training Included. Oct/Nov 2019

First Day on Snow: Saturday December 14, 2019

Target Training to Competition Ratio:

U10 - 9:1, 8 - 10 race starts

U12 - 7:1, 10 - 12 race starts

Target Athlete to Coach Ratio:

6 - 8:1

### Training Focus:

- 50 - 65% of the training volume should be focused on free skiing throughout the season.
- Fun courses with turn radii equal to the child's ski radius.
- Brushes, stubbies, junior gates, introduction to Slalom
- Athletes are encouraged to be skiing a minimum of 3 times per week, with an overall target of 60+ days on snow for U10, and 80+ days on snow for U12.

### Races Included in Program:

- NAC Invitational
- Fun Day
- Club Championships

For any program questions, please e-mail: [nacracing2010@gmail.com](mailto:nacracing2010@gmail.com)





# U10 / U12 Enhanced Program

This program is catered to participants that have progressed into the Learn to Train stage development leading to understanding basic rules, tactics and strategy and refinement of ski racing specific skills. The primary focus in the learn to train stage is to develop solid technical skill execution in all situations and environments at varying speeds. Ski racers begin to understand the use of dynamic, athletic turns in the different training environments to gain or maintain speed. In this stage, skiers are becoming ski racers and working on consolidation of their foundational movement and technical skiing skills in structured and unstructured environments. Create intrinsic motivation to become better ski racers through skill competitions. The focus on this stage is not on individual results, it is on providing a wide variety of experiences that fit the individual athletes challenge zone to enhance athlete confidence and skiing skill acquisition.

This program includes unlimited access to all training sessions offered by NAC and can include training opportunities up to 5x per week.

Every athlete at this stage has different needs and the ability to handle training volume will vary greatly. Each athlete will have an Individual Athletic Plan prepared for the season which will identify their specific training requirements to support the competitions they wish to attend. Participation in this program is also influenced by the recommendations of the coaching staff to ensure athletes are adequately prepared for the program.

The program is designed to support additional racing opportunities including racing in the USA and culminating the season at the U10 / U12 Honda Cup in Sault Ste. Marie.

This program will introduce athletes to additional training resources such as video analysis and wireless timing on a more frequent basis with occasional opportunities to train with the U14 / U16 athletes.





## U10 / U12 Enhanced Program

BASE PROGRAM: Saturdays AND Sundays  
+ Thursday AND Friday Twilight

COST: \$1250.00

Lead Coach: Tobias Porter

# of Weeks: 14+

Dryland training Included. Oct/Nov 2019

First Day on Snow: Saturday December 14, 2019

Target Training to Competition Ratio: U10 - 9:1, 8 - 10 race starts  
U12 - 7:1, 10 - 12 race starts

Target Athlete to Coach Ratio: 6 - 8:1

### Training Focus:

- 50 – 65% of the training volume should be focused on free skiing throughout the season.
- Fun courses with turn radii equal to the child's ski radius.
- Brushes, stubbies, junior gates, introduction to Slalom
- Athletes are encouraged to be skiing a minimum of 3 times per week, with an overall target of 60+ days on snow for U10, and 80+ days on snow for U12.

### Races Included in Program:

- NAC Invitational
- Lydia Kutra GS / Mount Baldy SL
- NJRS or USSA races
- Fun Day
- Club Championships
- Honda Cup at Searchmont in Sault Ste Marie

Participation in off-season dryland training and other multi-sport activities is strongly encouraged.

**\*\*The program does not include travel expenses or entry fees for away races.**

For any program questions, please e-mail: [nacracing2010@gmail.com](mailto:nacracing2010@gmail.com)



# U14 Program Summary

This program is designed to support athletes at the Learn To Train and Train to Train stages of development. The train to train stage is the gateway for several opportunities including the transfer of learned skills, entry into the Podium Pathway or transition into the Ski for Life stage. Ski racers in the Train to Train stage are focused on transferring fundamental technique and basic tactical skills into the competitive environment. Ski racers are introduced to a variety of critical race elements from start to finish including movement over terrain and gliding. Ski racers begin formalized speed and ski cross training progressions to develop their skill sets in these areas.

While ski racers start competing more seriously, the primary focus during competition is on applying what they've learned in training and not on winning at all costs.

This program includes unlimited access to all training sessions offered by NAC and can include training opportunities up to 5x per week.

**THIS IS A PERFORMANCE BASED PROGRAM!** Each athlete will have an Individual Athletic Plan prepared for the season which will identify their specific training requirements to support the competitions they wish to attend.

The program is designed to support additional racing opportunities including racing in the USA and culminating the season by participating at the U14 Ontario Cup Provincial Championships.

Participation in off-season dryland training and other multi-sport activities is strongly encouraged.





## U14 PROGRAM SUMMARY

(U14: Ages 12 & 13)

Program Cost:

BASE PROGRAM: Saturdays AND Sundays  
+ Thursday AND Friday Twilight

COST: \$1250.00

Custom programs are available for this category based on each athletes individual needs and commitment level.

Please email [nacracings2010@gmail.com](mailto:nacracings2010@gmail.com) for your custom program pricing.

Approx \$25/session (Weekend days are 2 sessions per day. Twilight is 1 session.)

Lead Coach: Benn Porter

Assistant Coach: TBD

# of Weeks: 14+

Dryland training Included. Oct/Nov 2019

First Day on Snow: Saturday December 14, 2019

This program will expose athletes to additional training resources such as video analysis and wireless timing on an extensive basis

Participation in off-season dryland training activities is mandatory to be enrolled in this program.

Participation in the December Fall Training Camp is also recommended.

Target Training to Competition Ratio: U14 - 6:1, 12 - 20 race starts

Target Athlete to Coach Ratio: 6 - 8:1

Training Focus:

- 40 – 50% of the training volume should be focused on free skiing throughout the season.
- Training environments specific to SL, GS & SG

Races Included in Program:

- NAC Invitational
- Lydia Kutra GS / Mount Baldy SL
- NJRS or USSA races
- Fun Day
- Club Championships
- Mealey Classic at Searchmont in Sault Ste Marie

For any program questions, please e-mail: [nacracings2010@gmail.com](mailto:nacracings2010@gmail.com)



# U16 / U19 / U21 / FIS Program

For 2019/2020, all U16 / U19 / U21 / FIS programs will be custom designed to fit each athletes needs. This program will serve as a replacement to the traditional LSDA TG. Athletes will be required to apply to this high performance race program. Please contact NAC to setup a program and inquire about pricing.

NAC Contact email: [nacracing2010@gmail.com](mailto:nacracing2010@gmail.com)











**Join our NAC Family for 2019/2020**



**Register Online at:**  
**[www.nacracing.ca](http://www.nacracing.ca)**





