NORWESTERS
ALPINE CLUB

2020/2021
PROGRAM GUIDE
Youth Ski Racing Programs
Thunder Bay, ON

ON

LOCH LOMOND ski area

LSDA

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

For any program questions, please e-mail: nacracing2010@gmail.com

COVID-19 NOTICE:

Due to COVID-19, all NAC athletes, coaches, parents and spectators are expected to follow the social distancing and recommended protocols as detailed in the "Alpine Ontario 2020 Return to Sport Framework". This document will be provided to all families and is available at www.alpineontario.ca

Final safety protocols will be determined in the fall of 2020.

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.

Coaches:
Jenna Marinigh
Remy Anderson
Karl Waffler
Lexi Hurdon
Francis McGregor

Register at www.nacracing.ca
Registrations Open September 1st, 2020

Quick Reference By Age

	3yrs	4yrs	5yrs	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs	18yrs
NAC Little Rippers	x	x	x	x												
NAC U8 Program				x	x											
NAC U10 Program						x	x									
NAC U12 Program								x	x							
NAC U14 Program										x	x					
NAC U16 Program												x	x			
NAC U19/U21 Program														x	x	x

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: $350.00

Lead Coach: TBD
Assistant Coaches: TBD

# of Weeks: 8
First Day on Snow: Sunday, Jan 10, 2021

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

Little rippers are welcome at all eligible races based on coaches recommendation.
For any program questions, please e-mail: nacracing2010@gmail.com

U8 Program Summary

Lead Coaches: Jenna Marinigh
Assistant Coaches: Lexi Hurdon

# of Weeks: 14
First Day on Snow: Saturday December 12, 2020
Last Day on Snow: Sunday March 14, 2021

BASE PROGRAM: Saturdays OR Sundays COST: $650.00
OPTION 1: With a 2nd weekend day COST: $900.00
OPTION 2: With a twilight session COST: $800.00

**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.

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.

Coaching at Races Included in Program:

- NAC Invitational (only race with race entry included in program price)
- Fun Day/Spirit Camp
- Pro-Race
- Club Championships

Program Description:
The U8 Program is focused on the gliding start & skier essentials phases of the LTAD. Introducing the elements of gliding, tucking, jumping and moving over terrain skills. Athletes start off on a lower gradient of terrain at the beginning of the season and progress to more challenging terrain.

Eligible U8 Athletes for 2020 – 2021 (Birth Year 2014, 2013)
(Ages 6 & 7)

U10 / U12 Program Summary

Lead Coach: Remy Anderson
Assistant Coaches: Francis McGregor

# of Weeks: 14
First Day on Snow: Saturday December 12, 2020

BASE PROGRAM: Saturdays OR Sundays COST: $800.00
+ Thursday OR Friday Twilight

OPTION 1: With a 2nd Weekend day COST: $1250.00
OPTION 2: With a 2nd Twilight Session COST: $1050.00

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.

Coaching at Races Included in Program:

- NAC Invitational (only race with race entry included in program price)
- Lydia Kutra GS / Mount Baldy SL
- Fun Day/Spirit Camp
- Pro-Race
- Club Championships
- NJRS Races (covid restrictions)

Program Description:
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, jumping and moving over terrain skills with a focus on linking terrain features and turn shapes together. Athletes start off on a lower gradient of terrain at the beginning of the season and progress to more challenging terrain.

Eligible U10 Athletes for 2020 – 2021 (Birth Year 2012, 2011)
(Ages 8 & 9)

Eligible U12 Athletes for 2020 – 2021 (Birth Year 2010, 2009)
(Ages 10 & 11)

U10 / U12 Enhanced Program

This program includes unlimited access to all training sessions offered by NAC and can include training opportunities up to 5x per week. There are no additional costs for Christmas, March Break or PD Day camps as well.

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.

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.

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

Participation in the December Fall Camp is highly recommended.

Lead Coach: Tobias Porter

# of Weeks: 14
First Day on Snow: Saturday December 12, 2020

U10 / U12 Enhanced Program (cont'd)

BASE PROGRAM: Saturdays AND Sundays + ALL Twilights COST: $1500.00

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.

Coaching at Races Included in Program:

- NAC Invitational (only race with race entry included in program price)
- Lydia Kutra GS / Mount Baldy SL
- NJRS or USSA races (covid restrictions)
- Fun Day/Spirit Camp
- Pro-Race
- Club Championships
- AOA Provincial Race, TBC

Program Description:
The U10 / U12 Enhanced Program is focused on the Learn to Train phase of the LTAD with an emphasis on preparing young athletes for the Train to Train focus at U14 and increased levels of competition. It continues to build on the elements of gliding, tucking, jumping and moving over terrain skills with a focus on linking terrain features and turn shapes together. Athletes start off on a lower gradient of terrain at the beginning of the season and progress to more challenging terrain.

Eligible U10 Athletes for 2020 – 2021 (Birth Year 2012, 2011)
(Ages 8 & 9)

Eligible U12 Athletes for 2020 – 2021 (Birth Year 2010, 2009)
(Ages 10 & 11)

Registrations for this program on our website nacracing.ca
Registrations Open Sept 1st, 2020

U14 Program Summary

This program includes unlimited access to all training sessions offered by NAC and can include training opportunities up to 5x per week. There are no additional costs for Christmas, March Break or PD Day camps as well.

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.

Athletes will work closely with the LSDA TG Team with training sessions, to optimize training lanes and opportunity.

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.

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 as well as the December Fall Camp.

Participation in the AOA Fall Fitness Testing required to be able to compete in the AOA Provincial Championships.

U14 PROGRAM SUMMARY (cont'd)

Lead Coach: Tobias Porter
Assistant Coach: TBD

# of Weeks: 14
First Day on Snow: Saturday December 12, 2020

BASE PROGRAM: Saturdays AND Sundays COST: $1500.00
+ ALL Twilights

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 & SX

Races Included in Program:
- NAC Invitational (only race with race entry included in program price)
- Lydia Kutra GS / Mount Baldy SL
- USSA Races (covid restrictions)
- Pro-Race
- Club Championships
- Mealey Clasic at Searchmont in Sault Ste Marie (covid restrictions)
- AOA Provincial Championships (covid restrictions)

Program Description:
The U14 Program is focused on the Train to Train phases of the LTAD. It continues to build on the elements of gliding, tucking, jumping and moving over terrain skills with a focus on linking terrain features and turn shapes together. Super G and Ski X are also formally introduced into competition at this stage

Eligible U14 Athletes for 2019 – 2020 (Birth Year 2008, 2007)
(Ages 12 & 13)

U16 / U19 / U21 / FIS Program

The LSDA Training Group is a collaboration between LSDA member clubs where beginning at the age of 14, developing club skiers have access to higher level coaching and more racing and training opportunities... The LSDA TG is the main skill development path for Thunder Bay junior skiers... The LSDA Training group is the vital next step preparing skiers for greater ski racing enjoyment whether it be as a competent coach, a strong Senior Circuit racer, an LU/Con College Ski Team member, racing Ontario Cup and FIS competitions or working toward qualifying for the Ontario Ski Team. Naturally LSDA Training Group is focussed on bringing out the best in individual skiers based on their goals and aspirations... but it is also a fun group of teenage kids who work, compete and play together as a tight knit team. The Thunder Bay ski community works together to support the TG in order to help keep cost down. Annual program fees are less expensive than anywhere else in the country. This important part of athlete and coach development will optimally include 2 years of U16 and another 2 years of U19. During the 4-year program window, athlete knowledge of the sport of Alpine Skiing is brought to a level where graduates who become coaches have skills, experience, sport literacy and role modelling to pass on to young Thunder Bay skiers.

Lead Coach: Benn Porter
Assistant Coach: TBD
# of Weeks: 20
# of available on-snow sessions including competition blocks: 100+
# of Dryland Sessions: 35
Dryland Fitness & Conditioning: October 2020 to March 2021
Fall Camp: November & December 2020, TBC
Christmas Camp: December 21, to January 1st, 2021
First Day on Snow on Thunder Bay: Saturday December 12, 2020

BASE PROGRAM: Weekends + 1 Twilight	COST: $1600.00
FULL TIME PROGRAM: Weekends + 3 Twilights + Dryland	COST: $2500.00
DRYLAND PROGRAM: Add Dryland Program to BASE	COST: $150.00

Target Training to Competition Ratio: U16 - 6:1, 16 - 24 race starts U19/FIS – 5:1, 16 - 24 race starts
Target Athlete to Coach Ratio: 6 - 8:1

U16 / U19 / U21 LSDA Training Group (cont'd)

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 finishing the season by participating at the U16 Ontario Cup Provincial Championships or higher. This program will expose athletes to additional training resources such as video analysis and wireless timing on an extensive basis. Fitness training one to two days a week is also included as part of the athletes training program.

Participation in Pre-season dryland training is mandatory to be enrolled in this program as well as December Fall Camp.
Participation in the AOA Fall Fitness Testing required to be able to compete in the AOA Provincial Championships.

Training Focus:
- 30 – 40% of the training volume should be focused on free skiing throughout the season.
- 20% Environment/ drill courses designed to help specific skills.
- 20% Full gates race simulation courses with timing gear, etc.
- Training environments specific to SL, GS, SG & SX
- 10% -20% Racing.

Race Support Included in Program:
- NAC Invitational (only race with race entry included in program price)
- Lydia Kutra GS / Mount Baldy SL
- USSA Races (covid restrictions)
- Mealey Classic at Searchmont in Sault Ste Marie (covid restrictions)
- Provincial Championships (covid restrictions)
- USSA Central Mid Am FIS Series (including Lutsen Spring Series) (covid restrictions)
- Mid-Winters/Ocup Races
- Pro-Race
- Club Championships
- Thunder Bay FIS Series

Weekly Programing:
- Tuesday's – Dryland at LU Hanger, 5pm to 6:30pm.
- Wednesday's Twilight – TBC, 4:30pm to 6:30pm.
- Thursday Twilight – Loch Lomond, 4:30pm to 6:30pm.
- Friday Ski X Twilight – Loch Lomond, 4:30pm to 6:30pm.
- Saturday's and Sunday's – Loch Lomond or Mt Baldy, 9:30am to 3:00pm.

This Program Does NOT Include:
- AOA Memberships & Dues,
- USSA Memberships & Dues, (covid restrictions)
- Entry Fees to Races,
- Travel Expenses, i.e. Accommodation's & Transport at races,
- Coaches Travel Expenses at races,

Team Uniform:
Our team uniforms have been continuously updated over the last few years. However, we now have settled with a great on snow training jacket and dryland t-shirt. This 2021 season we will also be bringing in new training vest or soft shells for warm days or to be warn at awards.

Eligible U16 Athletes for 2020 – 2021 (Birth Year 2006, 2005) (Ages 14 & 15)
Eligible U19/FIS Athletes for 2020 – 2021 (Birth Year 2004 & Older) (Ages 16+)

Since the LSDA TG is a highly subsidized community supported program:
- LSDA TG regular local training occurs at both Loch Lomond and Mount Baldy depending upon hill availability.
- Athletes sign an Athlete Agreement.
- Parent sign a Parent Agreement.
- Parent and Athlete volunteer work is required for fundraising and supporting training and race events.

Join our NAC Family for 2020/2021

Register Online at:
www.nacracing.ca

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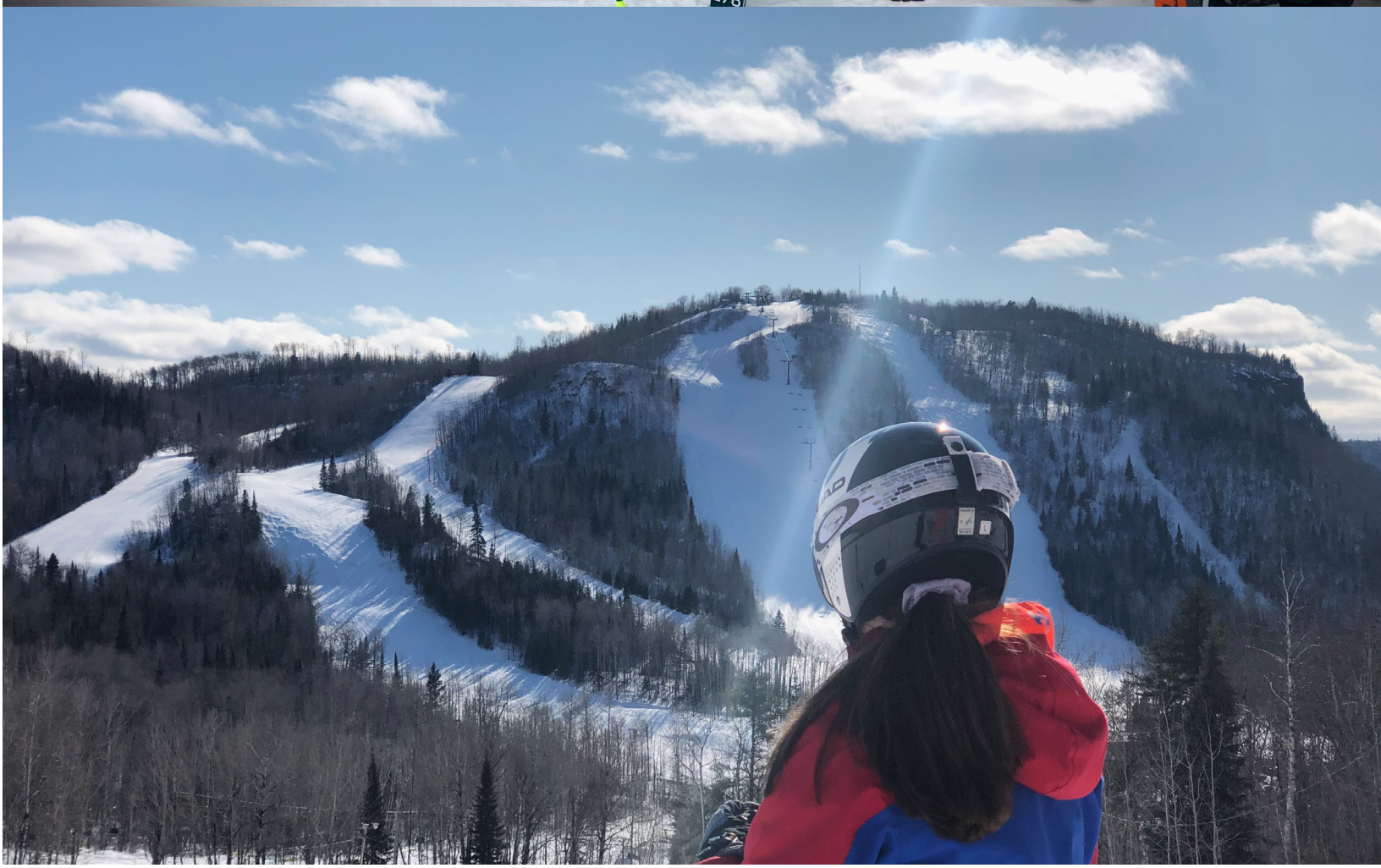

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