

Edelweiss Racing Team

U-Level Program Information Session

February/March 2017



Edelweiss Ski Racing Team

- Nancy Greene Program
 - Typically one day per week (Saturday or Sunday).
 - Recreational approach to training.
 - Four Sunday OSZ races with team results.
- Competitive Program – U10, U12, U14, U16, U18
 - Minimum two days per week (Saturday and Sunday).
 - Optional weekday training.
 - Focus on perfecting ski technique and improving performance.
 - Five or more OSZ races.
 - Individual race results.

Optional Pre-Season Training

- Dryland:
 - Training (Lac des Fees and Edelweiss) – 9 Saturdays from 9-11AM, September to November.
 - Fitness Testing (Carleton University) – one Saturday morning during dryland period. **Mandatory for U12.**
 - Possibly another fun dryland activity, (e.g. Defi Fidelity Investments Challenge, or the Army Run challenge).
- On snow:
 - Big mountain trip in December (e.g. Whiteface, Jay Peak, Killington, Sunday River).
 - Mont Saint Sauveur pre-season training before Edelweiss opens.

In-Season Regular Training

- Schedule for **2017** season:
 - (U) First weekend of training is Sat Dec 17 and Sun Dec 18.
 - Second weekend – no training (Dec 24/Dec 25).
 - (NG/U) Christmas camp Dec 27-30 (included in program cost).
 - Third weekend – no training (Dec 31/Jan 1).
 - (NG/U) Training every weekend from Sat Jan 7 to Sun Mar 19.
 - (U) Regular training day is from 9-11:30AM and 12:30-3PM.

In-Season Optional Training

- Gate training from first week of January to mid-March
 - Tuesdays 6-9PM
 - Fridays 9AM-3PM
 - U12+
 - Available in packages of 4 sessions (Tuesday night = ½ session).
- Speed Camp (Super-G)
 - U14 and U16 only, hosted at either Mont Sainte Marie or Calabogie

Equipment

Equipment	U ₁₀	U ₁₂	U ₁₄ -U ₁₆
FIS-certified racing helmet	Mandatory	Mandatory	Mandatory
GS skis	Optional	Recommended	Recommended
Slalom skis	Recommended	Recommended	Recommended
GS poles + slalom poles	Optional	Recommended	Recommended
Edelweiss team jacket	Optional	Optional	Optional
Mouth guard	Optional	Optional	Recommended
Skin suit	Not allowed	Not allowed	Mandatory
Chin guard	Optional	Recommended	Recommended
Pole guard	Optional	Recommended	Recommended
Shin guard	Optional	Recommended	Recommended
Back brace	Optional	Optional	Mandatory

Go to <http://teamedelweissequipe.com/equipment/> for more details.

Race Disciplines

Slalom (SL)	(Usually) stubbies for U10, full gates for U12+
Paneled Slalom (PSL)	SL set with GS-style paneled gates, racers use SL skis
Giant Slalom (GS)	Similar to NG races, but wider set
Kinder Kombi (KK/KOM)	Combination of GS and SL gates, racers use SL skis
*Super Giant Slalom (Super-G)	Speed event, Super-G skis recommended
*Super Combined (SC)	One Super-G run and one SL run in same race

* U14 and U16 racers only, hosted only at MSM or Calabogie as part of Speed Camp.

OSZ Race Locations

- Edelweiss
- Mont Cascades
- Vorlage
- Camp Fortune
- Mont Sainte Marie
- Calabogie

Times, Points, and Standings

- Most races results are available in real time at <http://www.live-timing.com/>.
- For U10-12, points are awarded by individual run ranking.
- For U14+, points are also awarded based on full race ranking.
- Points are tabulated for OSZ Series Awards (U10+), SQA Regroupement qualification (U12), and SQA Provincials qualification (U14+).

Athlete Evaluations

- Evaluations conducted based on Snow Stars program:
 - CSCF standardized evaluation program.
 - Seven levels, with Gold/Silver/Bronze assessment for each requirement of a level.
 - <http://www.snowstars.ca> – check out the material for parents.
- Evaluations will be reviewed with the athletes twice per season.

3 steps for a successful registration Nancy Greene with races and U levels

1) Register with Edelweiss ski school programs

- www.skiedelweiss.com

2) Purchase season ski pass

- www.skiedelweiss.com

3) Register with Edelweiss race team for race fees

- Check for race fees (programs) and dates (calendar)

Early Bird Registration

- Applies to race program registration.
- Before April ~15 – best discount available.
- Before mid-October (usually Thanksgiving weekend) – ~10% discount to regular rate.

Readiness for the U Program

- Determined primarily by the athlete's love of skiing and their willingness/ability to commit to the demands.
- Ability to handle the challenges of individual results.
 - Proper goal setting with help of coaches and parents is important.
- Family lifestyle is a consideration.
 - Most weekends from Dec 1 to Mar 31 are committed to skiing.
- Skill is secondary, although being a good parallel free skier (Level 2S/2G) is an ideal minimum starting point.
 - Coaches are trained to adapt to skier ability and maximize skier development.

QUESTIONS?