



**ORIENTATION MANUAL and  
HANDBOOK  
JANUARY 2009**

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## **CHAPTER 1 INTRODUCTION to ALPINE SKI NOVA SCOTIA**

Alpine Ski Nova Scotia ( ASNS ) is the Provincial Sport Organisation ( PSO) for alpine programs in Nova Scotia. As the official governing body, ASNS is recognized by Alpine Canada Alpin ( ACA) [www.canski.org](http://www.canski.org) and SportNS [www.sportnovascotia.ca](http://www.sportnovascotia.ca)

### **Come Ski With Us !!!!**

- Great family sport providing like long pleasure and fitness benefits
- ATHLETE CENTERED, COACH DRIVEN,PARENT SUPPORTED
- Active Clubs and ethical coaches with a strong belief in team building
- Programs for 6-60+
- Dryland training
- Age appropriate , skill based from Nancy Greene/Snowstars to Masters
- Atlantic Cup Series
- Canada Games Team development
- Competitions within Atlantic Canada, Quebec, Ontario and Western Canada
- Training & mentoring of coaches
- Development of officials
- Opportunity to attend summer training camps in Europe and Western Rockies
- Tobacco Free Sport

### **1. MISSION**

Alpine Ski Nova Scotia promotes, encourages and supports its members in the lifelong development and achievement of their recreational and competitive goals through snowsports

### **2. VALUES**

- WE BELIEVE sport should be athlete focused and fun
- WE BELIEVE sport should be drug free and safe
- WE BELIEVE athletes should pursue excellence in their sport and in their lives
- WE BELIEVE in the right of all people to participate in sport, no matter their ability /disability level
- WE BELIEVE in professionalism, trust , and respect
- WE BELIEVE in the sport of skiing as a means to promote health and well being for life
- WE BELIEVE ASNS should contribute to athlete development by promoting ethics, sportsmanship, honesty, integrity, and the value of hard work
- WE BELIEVE ASNS should provide age appropriate programs for athletes- inclusionary and group oriented for the individual at the entry level , through to the elite level. Elite level athletes should be assisted in finding the program that maximizes their potential and opportunities
- WE BELIEVE in fair process and fair treatment as described in the ASNS Fair Play Policy
- WE BELIEVE that ASNS staff, athletes, parents, coaches and volunteers should be responsible for their actions and decisions
- WE BELIEVE ASNS can better reach its goals through teamwork and partnerships with provincial organizations, sponsors, educational institutions, businesses, governments, on-profit agencies, and parallel organizations such as snowboarding and other sliding sports
- WE BELIEVE our goals and objectives should be realistic, measurable and evaluated
- WE BELIEVE in loyalty to our organization, athletes, coaches, sponsors, partners , province, and National organization Alpine Canada Alpin

### **3. PROGRAMS & SERVICES**

Alpine Ski NS offers the following services to its members:

- Orientation Manual /Handbook
- Website
- Liaison with Club Presidents
- Support to Club executives and their athletes, officials & coaches.
- Officials and coaches development and /in- servicing
- Liability Insurance to all members; Directors & Officers insurance to Board members and Club executives
- Registration of all members with Alpine Canada
- Sanctioning of races, camps, events
- Co-ordination of out of province FIS racing
- Co-ordination of National K1 ,K2, and J1 Championships and Whistler Cup participation with Canada District –East
- Co-ordination of Atlantic Cup series
- Opportunities for Sponsorship
- Liaison with Alpine Canada Alpin; represents Canada District-East at all GM meetings and conference calls
- Co-ordination of Pontiac GMC raffle for Canada District-East
- Liaison with SPORTNS and NS Dept of Health Promotion & Protection
- Preparation of all funding grant applications
- Awards Program i.e. Sport NS IKON Awards ; ASNS year end awards
- Athlete Integration Model (AIM2WIN )
- Entry Level Programs/Nancy Greene Program/SNOWSTARS Testing System
- Orientation Manual/Handbook
- Promotional items
- Canada Games Team Development

### **4. ASNS STAFF**

The Executive Director, Lorraine Burch , manages the day-to-day activities on a part- time basis

Alpine Ski Nova Scotia contracts out the following as necessary :

1. Canada Games coach
2. Canada Games manager
3. Entry Level Course Conductors
4. Coaches for National events and Whistler Cup

### **5. BOARD of DIRECTORS**

ASNS shall be governed by a board of directors that is comprised of the Executive, committee directors, club representatives, and Members at Large.

The Board of Directors shall be comprised of the following positions:

1. President
2. Past President (has voting privileges)

3. Vice-President
4. Treasurer
5. Director – Entry Level Programs – (5-10)
6. Director – K1 ( 11-12)
7. Director – K2 ( 13-14)
8. Director- J1,J2 ( 15-16; 17-19)
9. Director – FIS/International
10. Director – Technical Development – (Officials)
11. Director – Fund Raising
12. Director – Marketing and Public Relations
13. Director – Member Club Representatives ( one per Club; total 3)
14. Director – At Large (up to three)
15. Executive Director – (Non voting)

Alpine Ski Nova Scotia website has the full by-laws that include job descriptions for Board positions . Go to [www.alpineskinovascotia.ca](http://www.alpineskinovascotia.ca) and look under “ Foundation Documents”

## 6. FUNDING SOURCES

Alpine Ski Nova Scotia is a non-profit sport organization partly funded by the Nova Scotia Department of Health Promotion & Protection, sponsorships, and membership fees . Current sponsors are:

- Pontiac/GMC Canada
- Grocery Foundation of Atlantic Canada
- Club Ski 30

The following information is provided to assist athletes and families

1. Government Funding programs for athletes & coaches through Sport Nova Scotia and the NS Department of Health Promotion & Protection, go to [www.sportnovascotia.ca](http://www.sportnovascotia.ca)
2. **Canadian Ski Coaches Federation Bursary**
  - Applied for annually by each any athlete.
  - There are eligibility criteria. This is on the CSCF web site.
  - Application forms can be found at [www.snowpro.com](http://www.snowpro.com) and click the CSCF site
3. **Ski Canada Magazine Awards**
  - Awarded annually to the top male and females in kinder and junior age category based upon their overall results in the NS Cup.
  - \$250 each.
  - Awarded each spring at the ASNS Annual General Meeting
4. **Club Bursaries**

Most athletes that are supported are usually spending large amounts of money and have higher expenses than anticipated. Examples of support:

  - Cash donations toward National Championships
  - Cash donations toward special camps

Speak to the club President for more information

5. **Alpine Ski Nova Scotia Bursaries**

ASNS tries to provide a bursary to athletes attending National Championships

**7. ALPINE CANADA ALPIN ORGANIZATION ; CANADIAN SNOWSPORTS ASSOC.**

Alpine Ski Nova Scotia is a provincial sport organization (PSO) that falls under the national sport organization ( NSO ) of Alpine Canada Alpin (ACA)

Alpine Canada Alpin is the governing body for ski racing in Canada. Founded in 1920 and accounting for close to 200,000 supporting members, ACA represents coaches, officials, supporters and athletes, including the elite racers of the Canadian Alpine Ski Team and the Canadian Para-Alpine Ski Team. Relentlessly pursuing excellence, ACA seeks to put Canadian athletes on the top step of the podium through the commitment of financial, technical and human resources. ACA is also dedicated to promoting participation within Canada’s four million recreational skiers.

The CANADIAN SNOWSPORTS ASSOCIATION ( CSA ) [www.canadaskiandsnowboard.net](http://www.canadaskiandsnowboard.net) is a federation of its nine ski and snowboard member disciplines. As a member of CSA , ACA receives liability insurance , Directors’ & Officers Insurance, is represented on the world governing body for skiing and snowboarding - the Fédération Internationale de Ski (FIS) [www.fis-ski.com](http://www.fis-ski.com) as well as many other benefits

Alpine Canada Alpin is managed and operated by a body elected by the PSO`s

For all current information about ACA go to [www.canski.org](http://www.canski.org) :

- Under PROGRAMS :
  1. General Information
  2. Development
  3. AIM2WIN Long Term Athlete Development ( LTAD) Model
  4. Competition Rules
  5. Race System

Canada consists of 11 Alpine Provincial Sport Organizations (PSO`s). They are as follows:

BC	Ontario	New Brunswick	Saskatchewan
Alberta	Nova Scotia	Manitoba	Yukon
NFLD/Labrador	Quebec	Prince Edward Island	

A General Managers (GM) Team consists of BC, Alberta, Ontario, Quebec and Canada District. CANADA DISTRICT includes...( Sask; Man; NB; NS; Nfld; PEI ;Yukon ) Canada District is currently being represented at the GM meetings by the Executive Director of Alpine Ski Nova Scotia

**CANADA DISTRICT-EAST**

In May 2008 Alpine Canada requested that Canada District subdivide into two Districts

- Canada District-East ( NB, NS, PEI and NL/L ). The Executive Director of Alpine Ski Nova Scotia to be the spokesperson
- Canada District-West ( Sask, Man & Yukon ). The Head Coach of Manitoba Alpine to be the spokesperson

Alpine Canada will assign all quota for Rising Star Camps, National Championships and the Whistler Cup to each of the two Districts. This is a change from the past practice of assigning quota to each province. Each District is responsible for athlete & coach selection and for coordinating all team travel, accommodations etc

## 8. POINTS

### NATIONAL POINTS and FIS POINTS

The “points” described here are used to establish rankings for racers for race start lists. These are the points that appear on “point’s lists”. National points are calculated in the same way as FIS points. They are different from “Series Points” (i.e. the World Cup Points system), which are the points used to determine the winners of the Individual and/or Team provincial winners

- A “race penalty” is calculated for each race. The penalty is calculated by using the national points of the five lowest point holders among the top ten finishers.
- The winner of the race is given zero (0.00) “race points”. Each racer then has “race points” calculated according to the number of seconds he/she is behind the winner’s time. The following formula is then used to determine “National” or “FIS” points for that particular race:
  - **“Race penalty” + “Race Points” = racer’s “Points”**
- The average of a racer’s two best “Points” in each of the four disciplines then becomes the points that appear on the “points list”. This becomes the basis for the racer’s ranking among other racers.
- This procedure allows the scoring of races on different slopes and on different days, each with different level of competition, to be based on a common scale.
- “Points lists” provide the data by which race organizations and race juries “seed” or establish the start order for subsequent events.
- The current national point list (or FIS points list depending on the level of the race), is used for seeding.
- The National Point list is available on ACA website [www.acapoints.ca](http://www.acapoints.ca)
- FIS points are available at [www.fiski.com](http://www.fiski.com)

### “POINTS TO PONDER”

#### National Points

Nothing is more confusing to newcomers to ski racing than "POINTS"...

In part this is due to the fact that the simple expression "points" can refer to RACERS CURRENT POINTS VALUE in each discipline (slalom, giant slalom, super G, SC, KOMBI and downhill) as shown on the NATIONAL POINTS LIST or FIS LIST or we could be referring to RACE POINTS or to PENALTY POINTS. POINTS will be used here to refer to the points a racer has in each

discipline and we will lead the reader through the names of points, their use and the various expressions using or referring to points.

Without a thorough understanding of POINTS, race entry forms cannot be completed, the start lists produced and race results cannot be made. Expressions like "chasing points", "point fixing", "no result", "and giving away points" and "good or bad penalty" cannot be understood. It is important that ski officials understand points. That is why POINTS figure, prominently in Level II and higher officials courses.

What follows is a basic primer on POINTS. It is intended for both those who need to know (coaches and race officials) as well as for those who want to know (parents and new racers).

### **Points: Who Needs Them?**

Most sports have devised methods of turning athlete's performance into numbers. The numbers tell us the times taken to walk, run or swim specified distances, heights cleared and distances the javelin; shot-put or discus has been thrown. The golfer's handicap and the ball player's batting average are also examples of evaluation of performance and can be compared on a one to one basis. Points in skiing numerically compare the ability of one racer to another by converting the times taken to complete the race: to a numerical value then adjusting that value to reflect the quality of the race.

### **Meet John & Judy Mogull**

Our discussion begins with the twins John and Judy MOGULL .John and Judy are leaving the Nancy Greene Ski League and entering the K1 program.

All competitors must have a **Competitors Card**; therefore the first step in becoming a K1 racer is to apply for this card. It is required for insurance purposes, for tracking of every competitor on the NATIONAL POINTS LIST and for entry into any sanctioned race. Once the application has been processed, John and Judy's names will appear on the **National Points List** but, as new racers, they will have no points values shown against their more. The term "625er" is commonly used to refer to racers such as John and Judy. It doesn't mean that they have 625 points but that their point value is either higher than the maximum value of 624.99 for the National Points List or that, as is the case here, they have no earned points at all.

For the rest of their career, John and Judy will be trying to REDUCE or LOWER the number of points they have in each discipline in which they participate. What follows is how they do it!

### **Entering a Race**

John and Judy `s coach enters them along with the other K1s in their first race, a slalom. The race entry is usually faxed or emailed to the Race Secretary for the event at least a week in advance of the race. John and Judy are eligible CARDED racers (i.e. have a registered competitors card) and appear on the National Points list. The Race Secretary puts all the entries into a computer and prints both boys and girls list of competitors in order of points - low points through 624.99 than all those with no points value. Remember the **lower** the point's value, the **better** the racer. Since this is their first race, John and Judy are in the last group of those with no points 625ers.

### **The Coaches (Team Captains) Meeting**

The Coaches or Team Captains meeting is held the evening before the race. The Race Organizing Committee (ROC) for the event also attends this meeting and the Technical Delegate (TD) appointed to the race.

Many matters are dealt with at this meeting but, because this is about Points, focus is on the draw.

**The Draw** is the procedure used to create the start lists for the first run of the boys and girls races. It begins with a careful review of the race entry prepared by the Race Secretary to confirm that all names and points are correct. Errors, if any, are corrected and any last minute changes are made. John and Judy, as expected, appear in alphabetical order among the 625ers at the end of their respective lists - at the **Back of the Pack!**

Computer now normally does the actual draw, once done by hand. The computer takes the 15 lowest point holders (the **First Seed**) and assigns them randomly to the first 15 start positions. The remaining racers, except for the 625ers, are assigned start positions 16 and up according to their points - lowest point holders to the highest point holders. The computer then does another random draw for all 625ers and assigns them to the remaining start positions.

Coaches and officials then check both start lists and if everyone is satisfied, the **Start Lists** are approved and each racer is given a Bib number, which corresponds with their start position on the Start List.

### **The Race**

Since this is a slalom (SL), the race consists of two runs with the winner having the lowest combined times. Each run is on a different course. In most races, all racers ski the same course with the girls racing first. Racers start in the order they appear on the first run Start List approved at the Draw.

The time each racer takes to complete the first run is recorded to the nearest 100th of a second. These times are normally posted on the scoreboard so that racers and coaches have that information. John and Judy complete their first run successfully.

After the first run has been completed, there is a break during which the racers warm up and eat lunch, the course for the second run is set and the Race Secretary produces the second run start list or bib order. This is again normally done on the computer.

Remember that the start order for the first run was based on the points of all entries with random assignment of numbers for the lowest 15 point holders and for 625ers at the end of the pack. However, the start order for the second run is based on the Times from the first run. Racers appear on the Start List for the Second Run in order of their finish result from the first run - lowest time to highest time - except for the first fifteen who are listed in reverse order of finish on the first. Thus the boy and girl with the fastest time on the first run start in the 15th position on the second run and the boy and girl finishing 15th on the first run are the first to start the second run. The remaining racers are sorted according to their time in the first run - lowest through highest - and start in that order.

Judy was the 25th fastest girl in the first run and therefore starts 25th in the second run. John was 63rd and starts in that position for the second run.

### **Closing the Loop**

That is how Points are calculated and how racers try to reduce their National Points in each discipline in which they race.

### **Conclusion**

Race Points Rank Competitors in a Particular event. National points rank competitors across Canada for each discipline, for all age groups, for males and females.

That's it.... all you need to know (for now) about Points. Reviewing a race result package with your coach or official is a good idea.

John and Judy will be surprised and pleased when you ask about their points or whether a race had a good (low) penalty.

Now you can help introduce new racers and ski club members to the wonderful world of **Points!**



## WORLD CUP POINTS SYSTEM

POSITION	POINTS
1	100
2	80
3	60
4	50
5	45
6	40
7	36
8	32
9	29
10	26
11	24
12	22
13	20
14	18
15	16
16	15
17	14
18	13
19	12
20	11
21	10
22	9
23	8
24	7
25	6
26	5
27	4
28	3
29	2
30	1



## 9. **INSURANCE**

Due to the nature of our sport and increasing insurance costs, it is imperative the entire ski racing community work together to ensure proper risk management practices are carried out in all aspects of our sport; training, racing, travel, dryland, events etc...

The Canadian Snow Sports Association has revised the 2006 version of the Ski club risk management manual to include more detailed information and ensure best practices are keeping up with the demands of our sport. It is mandatory for the upcoming 08-09 season that each Club and/or Division President/Manager/Supervisor read and distribute this document to all its coaches and parents. We will require sign off from each club/division that this has been done by filling in the form below and submitting to ACA. Submission of this form is required prior to September 15th 2008 to ensure your club is sanctioned and proper liability coverage can be put into effect.

All information available at :

[https://www.canski.org/webconcepteur/web/alpine/en/service.prt?svcid=ALPINE\\_FORM\\_SECRS1&iddoc=116818](https://www.canski.org/webconcepteur/web/alpine/en/service.prt?svcid=ALPINE_FORM_SECRS1&iddoc=116818)

### **Insurance – Comprehensive General Liability**

Each club will be required to have comprehensive general liability. The amount varies from year to year. The percentage a Club pays is based on their total numbers of carded athletes. Alpine Ski NS will invoice Clubs once the information is received from ACA. This usually occurs by November

### **Insurance – Directors and Officers**

Each club will be required to have Directors and Officers liability. The amount varies from year to year. The percentage a Club pays is based on their total numbers of carded athletes. Alpine Ski NS will invoice Clubs once the information is received from ACA. This usually occurs by November

## 10. **FOUNDATION DOCUMENTS** available at [www.alpinens@sportnovascotia.ca](mailto:www.alpinens@sportnovascotia.ca)

1. Constitution & By-Laws
2. Code of Conduct with Appeals Policy
  - Infraction Process & Reporting
3. Conflict of Interest Policy
4. Discrimination & Harassment Policy
5. Athlete Selection Policies
6. Coach Selection Policies
7. Risk Management Manual
  - Accident Report Form
8. Strategic Plan
9. Critical Focus 2009
10. Fair Play Code

## 11 OTHER ORGANIZATIONS

1 CADS-NS ( Canadian Association for Disabled Skiing –NS ) became a part of Alpine Ski Nova Scotia in the year 2000.

Becoming a member of CADS – NS will allow you to access the following incentives:

- Complimentary ski passes at the ski hills in Nova Scotia for the disabled members. General/support members are not eligible for the complimentary ski pass
- Access to CADS – NS adaptive equipment at the ski hills in Nova Scotia (a reminder to phone ahead to see what equipment is available).
- CADS National membership insurance
- Newsletters from CADS National
- If you are skiing outside of NS—call ahead to the Ski School at the hill you will be visiting to see what is offered to CADS members , and what equipment is available

We recommend and encourage all skiers to take lessons. Please contact the ski hills for details.

The cost for rental of any regular ski equipment, as well as the cost of any instruction needed is the responsibility of the individual skier. For more information go to

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

The Canadian Association for Disabled Skiing is a volunteer based organization having as it's main objective, assisting individuals with a disability to lead richer and fuller lives through active participation in recreational and competitive snow skiing and snowboarding.

It is a national organization with 1130 disabled members and 1900 able-bodied volunteers from all regions of Canada, committed to the idea that "**SKIING IS FUN FOR EVERYONE**".

The CADS organization has touched thousands of individuals, both on and off the slopes in its over 30 year history.

CADS also supports the Convention on the Rights of the Child (CRC) which states that parties recognize that a mentally or physically disabled child should enjoy a full and decent life, in conditions which ensure dignity, promote self-reliance and facilitate the child's active participation in the community.

For more information about the National scene go to [www.disabledskiing.ca](http://www.disabledskiing.ca)

2. **FSNS Freestyle Ski Nova Scotia Committee** became a part of Alpine Ski Nova Scotia in 2005. The initial purpose was to allow for a team to compete in the 2007 Canada Games and to begin grassroots development of the sport. From very humble beginnings, the sport of Freestyle Skiing has grown and prospered due to the diligence of very dedicated volunteers. In 2007-2008 FSNS saw membership grow by 147% !! For the past two years FSNS has sent competitors to the Junior Nationals, hosted special clinics (even girls only), held fundraisers, trained local officials and coaches and is in the process of training a team for the 2011 Canada Games. For up to date information go to [www.freestylenovascotia.ca](http://www.freestylenovascotia.ca)

**HISTORY:** Organized freestyle skiing in Canada took shape when a group headed by John Johnston founded the Canadian Freestyle Skiers Association (CFSA) in 1974. Shortly thereafter the Canadian Ski Association adopted Freestyle as one of its member disciplines.

In 1979, the International Ski Federation (FIS) officially accepted Freestyle as a member of the international ski community, and the first FIS sanctioned World Cup Freestyle Events took place. In February 1986 the first ever FIS Freestyle World Championships were held in Tignes, France. They were held for the second time in 1989 and have been held every two years since. In 2001 Canada hosted the World Championships at Whistler, BC. The next World Championships are scheduled for Inawashiro, Japan in March 2009.

Freestyle made its Olympic debut as a demonstration sport in Calgary in 1988. With the acceptance of Moguls as an official medal sport in 1992, and with the subsequent acceptance of Aerials in 1994, Freestyle has gained even more widespread attention and undergone phenomenal growth in Canada and internationally.

In 1995, Canada established its own national governing body, the Canadian Freestyle Ski Association. There are now well over 50 Freestyle Ski Clubs across the country.

For up to date information about the sport go to [www.freestyleski.ca](http://www.freestyleski.ca)

## **CHAPTER 2**

**ALPINE SKI NOVA SCOTIA RACE CALENDAR**  
See Alpine Ski Nova Scotia website  
[www.alpineskinovascotia.ca](http://www.alpineskinovascotia.ca)

## CHAPTER 3

## MEMBERSHIP INFORMATION

### 1. OVERVIEW of NANCY GREENE/ SNOWSTARS PROGRAM

The Nancy Greene Ski League had its start in the Southern Ontario Division of Alpine Canada Alpin in January 1968. The original NGSL involved a league race format and included 19 teams. Inspired by the exceptional performance of Nancy Greene at the 1968 Olympics, the original Ski League races sparked enthusiasm and effort beyond all expectations among the young children.

Since 1968, the NGSL has developed into one of the most successful activities in Canadian alpine skiing. .

- **Philosophy**

The philosophy of the Nancy Greene Ski League is to encourage participation, interaction, and the development of technical skiing skills in an exciting and motivating atmosphere without the pressures of intense competition. In this manner, we hope to offer programs that will spark a desire to continue in the great sport of alpine skiing.

- **The objectives of the Nancy Greene Ski League are based on the following ideas:**

- FUN orientation
- SAFETY consciousness
- SKILL development
- FAIR PLAY emphasis
- 

In the Nancy Greene Ski League, the emphasis is on skill development and to encourage a love of skiing. Intense competitive pressures are avoided.

### MEMBERSHIP

- Any member club of Alpine Ski Nova Scotia is eligible to register a NGSL program.
- The Snow Stars Program is a critical parallel testing tool for use within the NGSL.
- Each club shall designate a NGSL Club Chairperson/Co-ordinator who is responsible to the Alpine Ski NS Director - Entry Level.
- The NGSL Club Chairperson shall be responsible for:
  - Registration of all club NGSL participants;
  - The program within the jurisdiction of the club;
  - Each club to submit stats to the Director- Entry Level.
- Racers must not hold a national competitor's card
- Clubs should ensure that every child wishing to join the program could do so.

## ADMINISTRATION

- The membership fee must be paid to ASNS for each registered racer. Racers must be registered and their registration fully paid by the club prior to participating in any training or competitions
- Clubs shall ensure that each racer has completed a Club application form and ACA waiver duly signed by a parent or guardian, a section of which shall absolve all clubs, PSO or ACA officials from any liability for damages to persons or property resulting from any activity in which the applicant may be involved.
- Coaches hired to work with NGSL participants should be certified and registered as a CSCF level I. A background in ski racing is an asset. All coaches should be encouraged to attain higher certification levels. Quality coaches lead to quality racers.

## SAFETY

- NGSL participants must wear appropriate helmets (i.e. helmets that are sold for the purpose of skiing) at all times while skiing.
- Care must always be taken in choosing terrain and in setting courses to ensure that training and racing is as safe as possible given the level of skills.
- It is the responsibility of the clubs and their coaches to ensure (as a minimum) that all racers understand the Skier's Responsibility Code.

## PROVINCIAL CHAMPIONSHIPS

- Each season a Nancy Greene Ski League Championships will be held. All member clubs of Alpine Ski NS shall be invited., as well as other Atlantic Provinces
- The race location should alternate between Clubs
- The host club NGSL Chairperson should issue a race notice at least one month prior to the race.
- The host club shall be responsible for the organization of the race. The host NGSL Chairperson shall designate a race committee.
- A jury consisting of the following will be formed:
  - one jury member from each hill
  - host hill juror should be the Chief of Race
  - the Referee should be from a visiting hill
  - in case of disagreement TD has a veto right
  - Division Level 1 TD
- All team points are scored from the better of two runs for each racer. The race courses must remain the same for both runs.
- Racers will be responsible for buying a (discounted) lift ticket. Complimentary passes should be provided to coaches and officials from visiting clubs.

- Boys and girls do not race separately and their start number is randomly assigned either by computer or hand generated.

## **SNOW STARS**

Snow Stars is Alpine Canada Alpin's (ACA) skill development program for young skiers. This seven-step program out-lines 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. The goal of the Snow Stars program is to encourage the development of skiers and ski racers of all ability levels in a fun and rewarding environment. The program provides the necessary information to ensure that skiing skills are developed and refined in proper sequence, according to the "FUNDamentals" and "Train To Train" phases in ACA's Alpine Integrated Model (AIM2WIN).

Check ACA website for up-to-date information about Nancy Greene/SNOWSTARS program. It will be referred to as 'Entry Level'

## **2. OVERVIEW OF CARDED COMPETITOR PROGRAM K1, K2, J1, J2 , SR**

The National and FIS programs require competitor cards. Actual cards are no longer issued; instead Alpine Canada Alpin ,or FIS, assigns Competitor Numbers. The competitor number is unique to each athlete and remains with that individual for the duration of their racing career in that program. When an athlete moves from a National card to a FIS card the athlete goes from a five digit number to a six digit number.

In order to compete in any sanctioned event, a competitor must be a member of their local NS Club, Alpine Ski Nova Scotia and have a valid competitor number for the current competitive season programs. Competitors without a valid competitor number may not race in Alpine Canada sanctioned events. Alpine Canada sanctioned events include all races that appear on national or provincial race calendars.

The competitor numbering and registration system has been designed to accomplish two objectives:

- Provide a national registration system for competitors.
- Provide a record of all participants for insurance purposes.

December 31 is the cut-off date that determines placement in age divisions

- K1 11& 12 year olds
- K2 13-14 year olds
- J1 15-16 year olds
- J2 17-19 year olds
- SR 19+

Each Provincial Sport Organization must submit all races on their respective calendars to Alpine Canada Alpin to gain sanctioning approval .

- All racers who participate must hold a valid competitor number that must appear on the results either in the space before the name or in the space before the Club/PSO..
- All provincial race results are uploaded to Alpine Canada Alpin using the " Measures: database system .
- Race Results appear on the National Points database [www.acapoints.ca](http://www.acapoints.ca)

**THERE ARE NO REFUNDS FOR THE NATIONAL OR FIS CARD ONCE IT IS PURCHASED. PURCHASING A FIS CARD AUTOMATICALLY PURCHASES A NATIONAL CARD.**

## **3. OVERVIEW of MASTERS PROGRAM**

The Canadian Masters Alpine Program offers a recreational opportunity to female and male racers from the ages of 18 to 85+ to develop and maintain a healthy lifestyle in friendly competition with

fellow racers across Canada. Whether you are former competitor, a new racer or an intermediate skier, our program will definitely enhance your skiing abilities as well as providing you with an enjoyable social life.

Some Clubs run Masters programs . Masters can purchase either a recreational card ( allowing them to race in non-points events) or a competitor card ( for points )

Contact your Club President for more details and see the ACA website for more details . Click on “ Programs”, then “Masters “

#### **4. REGISTRATION**

Alpine Ski NS encompasses the entire province of Nova Scotia . A member club collects the ACA membership forms from its members and submits its annual fees to Alpine Ski NS. Membership in Alpine Ski NS includes the following fee categories:

General Member	This includes parents, officials, coaches ,volunteers and executives as well as Board & Committee members who are not members of an Alpine club
Competitor	Any athlete who is a properly qualified member of a member club and who has paid the applicable competitor fees from Entry Level ( i.e. Nancy Greene ) up to Masters
Club	Any Alpine club in NS. Fees payable for liability insurance, club sanctioning, Technical Delegate and Directors& Officers insurance

All general members and competitors must complete an Alpine Canada Alpin membership form And give that from to their Club registrar

Once a Club has a members form on file , that member is insured , even if the members data has not been added to the National database .

However, a competitor may not compete until his/her data has been added to the National database

All general members and competitors must complete an Alpine Canada Alpin membership form



## CHAPTER 5

## MEDIA AND SPONSORS

Sponsors, awards and media are vital in the promotion of alpine ski racing in Nova Scotia it is the wish of Alpine Ski Nova Scotia to secure additional sponsors for our programs. If you can supply any sponsorship contacts, please get in touch with the Alpine Ski NS office at 425-5450 ext 349

To continue to improve the relationship between skiing and our corporate partners, we need your support. You can help by doing the following things:

- ✓ Buy from companies who support skiing.
- ✓ On behalf of your family, write one letter per year to all sponsors listed below, thanking them for their support and letting them know that it makes a difference. Please send a copy of all letters to the Alpine Ski Nova Scotia office.

### MEDIA LIAISON TO-DO-LIST

<b>PRE-RACE (at least two weeks prior to event)</b>	<b>YES</b>	<b>NO</b>
Telephone the sport reporters in your community to introduce the event. A list of media contacts is available from the Alpine Ski NS office.		
Follow up with the media to ensure the press release was received. Give them any additional information needed. Confirm the number of lift tickets needed.		
Arrange for lift tickets for any media attending.		
Advise the race office as to how many lift tickets the media require.		
Follow-up phone calls to media 1-2 days before race to remind them and inform as to where and when they can pick up their lift tickets.		
<b>RACE DAY</b>	<b>YES</b>	<b>NO</b>
Assign a volunteer to meet with media and ski with them if required.		
Ensure photographer is present at events and awards.		
Ensure photos of each day's event are available to the media.		
<b>POST-RACE</b>	<b>YES</b>	<b>NO</b>
Photos sent to the media as soon as possible.		
Collect all articles and send a copy to the Alpine Ski NS office.		
Thank the media for their coverage.		

## CHAPTER 6

## ATLANTIC CUP SERIES

This is a race series for K1, K2, J1 and J2 racers registered with one of the Canada District-East provinces

### 1. OBJECTIVES

- To develop skiing and racing skills leading to a higher level of performance in ski racing.
- To increase the competition level for all age groups
- To allow racers the opportunity to achieve success and recognition within their own ability group.
- To develop a competitive racing atmosphere.
- To develop racers to a national and international level of performance.
- To advance the psychological, physiological, tactical and technical aspects of ski racing for all athletes .

### 2. GUIDELINES

- Canada District-East PSO Presidents Committee in consultation with CD-East Coaches Technical Committee set an alpine calendar that best meets the needs of the athletes at all age levels . Club consultations are part of the process to determine available weekends . This process begins as soon as the competition season ends
- Alpine Ski Nova Scotia sanctions competitions held within Nova Scotia; other Canada District-East provinces do the same for their races
- National registration of all athletes is required
- Competitions may include Slalom, Giant Slalom, Dual Slalom , Super Combined, SG ( NB and NL/L) and Kombi
- Gates and courses should conform to the standards of the ICR.
- AIM2WIN LTAD sets all standards for athlete preparation
- It is recommended to TD's and ROC's that, K1 and K2 DSQs and DNFs will be permitted a second run, following completion of the race by qualified racers. They will run in reverse order of their bib number. The results of this run will not be officially published, nor will they count toward any NS Cup points or placing.
- A maximum 4 forerunners are permitted and cannot consist of DNF racers. Forerunners must be members of a Club and ACA

### 3 ATLANTIC CUP SERIES AWARDS

- Overall Team and individual awards will be presented during the last race weekend of the season
- For criteria and calculations go to [www.alpineskinovascotia.ca](http://www.alpineskinovascotia.ca)

## CHAPTER 7

## EVENTS

### ALPINE CANADA RISING STAR CAMPS

- Information available from Alpine Canada every fall

- Quota is assigned to Canada District East
- See ASNS website for selection criteria

#### **COUPE TASHÉREAU**

- K2 event organized by Ski Quebec
- For 2009-10 Canada District-East will decide selection criteria as quota has now been assigned to CD-East

#### **CANADIAN NATIONAL K1 EASTERN CHAMPIONSHIPS**

- New for 2009
- Quota assigned to Canada District-East
- Criteria available at [www.alpinens@sportnovascotia.ca](mailto:www.alpinens@sportnovascotia.ca)

#### **CANADIAN NATIONAL K2 CHAMPIONSHIPS**

- Quota assigned to Canada District –East
- Criteria available at [www.alpinens@sportnovascotia.ca](mailto:www.alpinens@sportnovascotia.ca)

#### **CANADIAN NATIONAL J1 CHAMPIONSHIPS**

- Quota assigned to Canada District –East
- Criteria available at [www.alpinens@sportnovascotia.ca](mailto:www.alpinens@sportnovascotia.ca)

#### **WHISTLER CUP**

- Quota assigned to Canada District –East
- Criteria available at [www.alpinens@sportnovascotia.ca](mailto:www.alpinens@sportnovascotia.ca)

#### **REGIONAL AND PROVINCIAL FIS RACES**

- A FIS race is an event sanctioned by the International Ski Federation, requiring a FIS license (15 years of age minimum) for which a Technical Delegate from another country or province is appointed.
- Quotas are determined by the host province and negotiated with the sport governing body on an event basis.
- The International Ski Competition Rules (ICR) governs all FIS events.

#### **CANADA WINTER GAMES**

- Nova Scotia, like all other provinces, gets to send a contingent of 10 athletes, one Manager and one level III Coach to the Canada Games. The Canada Games Council covers most expenses. The Manager and Coach need to be one of each sex.
- Athletes' eligibility is published in advance (Canada Games takes place every four years).
- Selection guidelines are agreed upon and distributed in the year leading up to the Games.
- See [www.alpineskinovascotia.ca](http://www.alpineskinovascotia.ca) for up to date information

### **CHAPTER 8**

### **OFFICIALS PROGRAM**

1. OVERVIEW : The Alpine Ski NS Officials program is a program involving Officials and Technical Delegates. It covers Officials from the novice Level I to the experienced Level III Officials and Technical Delegates. The program stresses the integration of practical with theory at all levels. It seeks to provide the means by which Officials can build a broader and more knowledgeable base of experience and maintain that level of experience. It is vital that Officials are able to provide race

organization and officiating skills that will match the competitors' performance levels and program goals. Competitors have the right to expect that Officials have this level of expertise so that results reflect the athletes' ability and skill without being compromised by the incompetence of race Officials or "luck".

The National Points races hosted by Alpine Ski Nova Scotia and the clubs follow the spirit of the FIS races.

#### **OBJECTIVES:**

The objectives of the Program are:

- To standardize the methods and techniques of organizing and officiating at ski races across NS.
- To ensure that ski competitions are fair, safe and consistent with prescribed standards.
- To ensure uniformity with respect to rule interpretations.
- To ensure that required numbers of qualified Officials are available at all races in NS.
- To offer opportunities to anyone, anywhere to become a ski Official.
- To offer opportunities, through established programs, for Officials to progress from club Officials to Provincial Officials and beyond
- To establish criteria for Officials certification which reflects the current standards in racing?
- To offer recognition to Officials for their achievements.

Following is a brief description of the different levels:

#### ***Level I:***

Level 1 is the entry-level certification for officials. It is intended to introduce volunteers and parents of racers to the hierarchy of competitive racing and the components of a ski race. Emphasis is placed on the role of the gate judges.

#### ***Level II:***

Level II is for those who want to qualify for several Chief and Jury positions. The emphasis is on the race organization, the duties and powers of the competition jury; the rules for timing and results, the protocol of sanctions and protests; and an introduction to race course preparation and safety.

#### ***Level III:***

Level III is intended for those who desire intensive training in all race functions, who demonstrate a commitment to advancing race quality and for those who expect to be Chief especially higher-level competitions. The Emphasis is on event staging and preparation, the jury, timing, results and safety intended for those who desire intensive training in all race functions, who demonstrate a commitment to advancing race quality

**Level IV** .....for this Level of training it is necessary to go out of Atlantic Canada

#### ***Technical Delegate -***

It is imperative that a Technical Delegate be designated for each race sanctioned by Alpine Ski NS. The Technical Delegate (TD) is the person who has advisory control over pre-race and post-race operation and, together with the other members of the Jury, has complete control over the competitive operation of the race. He/she has the final decision in all matters of racer protection and has the authority to cancel, postpone or annul the race if necessary. In all cases the TD is the representative of the governing body by whom he/she is appointed.

#### ***National Technical Delegate:***

Obtained through experience and demonstrated superior ability. The NS Director –Technical must recommend them to the National Officials Committee.

Go to [www.canski.org](http://www.canski.org) for all the following information & more :

**OFFICIALS PROGRAM :**

- Officials Course Material
- Officials Code of Conduct
- Certification Criteria

**RACE ORGANIZING COMMITTEE ( ROC) SUPPORT:**

- Race Organization
- Race Forms
- Gate Judge Material
- Race Quality
- Timing Equipment
- Course Equipment
- Race Jury
- Officials needed at a Race
- FAQ`s

## **CHAPTER 14 COACHES INFORMATION**

**OVERVIEW** The Canadian Ski Coaches Federation ( CSCF ) , with its partners , educates coaches to lead and develop excellence in ski racing . As a partner, Alpine Ski Nova Scotia administers all Entry Level coach course in Nova Scotia .

The CSCF website has all current info about

- Certification Pathway
- Professional Development
- Licensing
- Course registration & schedules
- 5 pages of resource material , such as :
  - Code of Conduct for coaches
  - FIS ICR Precisions
  - Eprep information for courses
  - Learning guides & journals
  - etc etc etc