

Parkland Racers Ski Club

2022 - 2023

Program Guide

8-3-2022



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Welcome

Welcome back past and new members to Parkland Racers Ski Club (PRSC). Parkland Racers Ski Club (PRSC) has delivered quality ski racing programs at Rabbit Hill Ski Resort for many years. Our programs are delivered by professional coaches certified by the Canadian Ski Coach Federation (CSCF).

As a club we believe developing a passion for skiing in young racers is the most valuable part of their development, not only as ski racers but as all-around lifelong skiers.

PRSC strongly believes in focusing on fun, keeping racers enthusiastic throughout the season while training and racing both on and off the snow with friends and family. PRSC prides itself on being a small tight-knit ski racing club, providing small coach to athlete ratios.

We encourage all parents to get involved in ski racing by volunteering. Our experienced volunteers are always happy to help mentor those new to ski racing. Volunteering is a great opportunity to meet new people, get closer to the action during races and have fun.

Thank you for choosing PRSC.

Nick Salmon
President
Parkland Racers Ski Club

General Information

Parkland Racers Ski Club provides a range of programs for individuals aged 4 to 21 years of age. Programs are generally organized into Nancy Greene Ski League (NGSL) which consists of athletes aged 4 to 11, and our Regional Program for athletes aged 12 to 18. Provincial programs are provided for athletes 12 to 18, where adequate athlete registration and commitment allows.

Athletes aged 4 -12 years (U6, U8, U10, U12)

The Nancy Greene Ski League, which is a national program, inaugurated shortly after Nancy Greene Raine's Gold Medal win at the 1968 Grenoble Olympic Winter Games. Since then, the program has been successful in introducing thousands of children to alpine skiing. Many of Canada's top international skiers received their early training in NGSL programs.

The NGSL introduces children to competition. These events are held at the club and zone level and provide young skiers with the opportunity to test the skills they have learned in a fun and friendly environment. The emphasis in competition is placed on individual progress, camaraderie, and fair play.

Athletes will have the opportunity to participate in optional mountain training camps, and a variety of local races in the Edmonton area, a fun weekend race in Cold Lake and the Jasper Junior Olympics weekend, held in late February at Marmot Basin Ski Resort.

All races and mountain camps are optional. However, we strongly encourage all athletes to participate in a minimum of one mountain camp and one race in their first season, as this is where we see huge growth and development at all levels. Camps and races must be registered and paid for through TeamSnap with our “Pay as you Go” options. These events have costs above and beyond the initial registration fees (please refer to Camp and Race Fees in this guide for more details).

U14 Alpine Ski Programs

The U14 program continues to focus on fun, individual skier development and provides a variety of options for athletes aged 12-13 as of December 31st.

Athletes will have the opportunity to participate in mountain training camps and races. The program offers a performance path for those athletes interested in pursuing ski racing at regional level in the Edmonton, Red Deer, and Jasper area. U14 athletes will work with their coach to identify the appropriate training and race schedule. In accordance with Alpine Canada Long-Term Athlete Development, U14 athletes can participate in up to 12 races over the course of the season. Races available will depend on the program i.e., Regional or Provincial.

All races and mountain camps are optional. However, we strongly encourage all athletes to participate in a minimum of one mountain camp and one race in their first season, as this is where we see huge growth, development at all levels. Camps and races must be registered and paid for through TeamSnap with our “Pay as you Go” options. These events have costs above and beyond the initial registration fees (please refer to Camp and Race Fees in this guide for more details).

U16 and U18 Alpine Ski Program

The U16 and U18 program provides a variety of options for athletes aged 14 years and older as of December 31st. Athletes will have the opportunity to participate in mountain training camps. The program offers a performance path for those athletes interested in pursuing ski racing at regional level in the Edmonton, Red Deer, and Jasper area. U16 and U18 athletes will work with their coach to identify the appropriate training and race schedule.

All races and mountain camps are optional. Races or camps must be registered and paid for through TeamSnap with our “Pay as you Go” options. These events have costs above and beyond the initial registration fees (please refer to Camp and Race Fees in this guide for more details).

Ski Resort Lift Tickets / Passes – not included with program fees

Please remember all athletes must have a valid lift pass every time they are on snow, whether training at Rabbit Hill, racing at another club, or at a mountain camp. Lift passes are available for purchase from the resorts themselves.

www.rabbithill.com offers discounted lift passes, these go on Sale September 1, 2022, and are considerably discounted up to September 30, 2022. Each family



should evaluate which pass(s) will work best for them for the season. We recommend purchasing a season's pass at Rabbit Hill.

If planning for multiple Mountain Camps at Jasper, Marmot's passes can be purchased at www.skimarmot.com the Marmot Escape Card offers discounted lift tickets for family members 13 years and over.

Grade 2 Fun Pass visit <https://skircr.com/product/grade-2-fun-pass-5/> allows unlimited access to all RCR resorts.

Grade 4 / 5 pass visit www.snowpass.ca offering access to multiple ski areas.

Club Communication – TEAMSNAPE

Communication to parents is through the TeamSnap App. Once registered with PRSC, you will receive an invitation to join Team Snap. Please download the app to your phone and ensure all contact information is updated, and notification settings are adjusted to your comfort level. The Team Snap chat functions are often used during club related events by coaches who need to send updates to parents or in an emergency.

U6 NANCY GREENE PROGRAM (BORN 2017-2018)

U6 program is for athletes ages 4 - 5 by December 31st. Training starts approximately mid November and goes until late March.

The program is aligned with the Gliding Start phase of the Long-Term Athlete Development Model from Alpine Canada. The program introduces children to basic ski techniques and skills, basic safety rules, and teamwork. Through play and movement, children develop their competencies in fundamental movement skills and learn how to link movement patterns together. The focus of this stage is to have fun while participating and the development of fundamental movement skills to increase confidence.

PROGRAM TIMES (MID NOVEMBER- LATE MARCH – (pending snow conditions))

- 3hr program (approximately 39 Hours on snow) - Sunday 9:30 am - 12:30 pm
- 5hr program (approximately 77 Hours on snow) - Friday from 6:30 pm - 8:30 pm and Sunday 9:30 am – 12:30 pm
- 7hr program (approximately 105 Hours on snow) - Tuesday and Friday from 6:30 pm -8:30 pm AND Sunday 9:30 am-12:30 pm

FEE BREAKDOWN

Alberta Alpine Family Membership fee of \$82.40 is ***not*** included in the fees below, this is a one time annual fee that covers parent/guardian for insurance coverage at all Alberta Alpine events.

U6 Program Fees						
	PRSC Membership	Alberta Alpine Competitor Card	North Zone Equipment	Coaching Fees	Photos & Coach Appreciation Gift	TOTAL
3 hr. Program Fees	\$30	\$139.05	\$25	\$500	\$45	\$739.05
5 hr. Program Fees	\$30	\$139.05	\$25	\$700	\$45	\$939.05
7 hr. Program Fees	\$30	\$175.10	\$25	\$850	\$45	\$1,089.05

U8 NANCY GREENE PROGRAM (BORN 2015-2016)

This program is for athletes ages 6 - 7 by December 31st. The program is aligned with the Skier Essentials (ages 6 - 9) phase of the Long-Term Athlete Development Model from Alpine Canada. Skiers will continue to develop fundamental movement and skiing skills in fun, structured and unstructured environments. Focusing on developing technical skiing skills and building confidence.

PROGRAM TIMES (MID NOVEMBER- LATE MARCH – (pending snow conditions))

- 3hr program (approximately 39 Hours on snow) - Sunday 9:30 am - 12:30 pm
- 5hr program (approximately 77 Hours on snow) - Tuesday or Friday from 6:30 pm - 8:30 pm and Sunday 9:30 am – 12:30 pm
- 7hr program (approximately 105 Hours on snow) - Tuesday and Friday from 6:30 pm -8:30 pm AND Sunday 9:30 am-12:30 pm

FEE BREAKDOWN

Alberta Alpine Family Membership fee of \$82.40 is **not** included in the fees below, this is a one time annual fee that covers parent/guardian for insurance coverage at all Alberta Alpine events.

U8 Program Fees						
	PRSC Membership	Alberta Alpine Competitor Card	North Zone Equipment	Coaching Fees	Photos & Coach Appreciation Gift	TOTAL
3 hr. Program Fees	\$30	\$139.05	\$25	\$500	\$45	\$739.05
5 hr. Program Fees	\$30	\$139.05	\$25	\$700	\$45	\$939.05
7 hr. Program Fees	\$30	\$175.10	\$25	\$850	\$45	\$1,089.05

U10 NANCY GREENE PROGRAM (BORN 2014-2013)

This program is for athletes ages 8 - 9 by December 31st. The program is aligned with the Skier Essentials (ages 6 - 9) and Learn to Train (8-12) phases of the Long-Term Athlete Development Model from Alpine Canada. In the Skier Essentials stage, athletes will continue to develop fundamental movement and skiing skills in fun, structured and unstructured environments. Racers will focus on developing technical skiing skills in a variety of training and competition environments building confidence.

PROGRAM TIMES (MID NOVEMBER- LATE MARCH - pending snow conditions)

- 5hr program (approximately 77 Hours on snow) - Tuesday or Friday from 6:30 pm - 8:30 pm and Sunday 9:30 am – 12:30 pm
- 7hr program (approximately 105 Hours on snow) - Tuesday and Friday from 6:30 pm -8:30 pm AND Sunday 9:30 am - 12:30 pm

FEE BREAKDOWN

Alberta Alpine Family Membership fee of \$82.40 is ***not*** included in the fees below, this is a one time annual fee that covers parent/guardian for insurance coverage at all Alberta Alpine events.

U10 Program Fees						
	PRSC Membership	Alberta Alpine Competitor Card	North Zone Equipment	Coaching Fees	Photos & Coach Appreciation Gift	TOTAL
5 hr. Program Fees	\$30	\$175.10	\$25	\$700	\$45	\$975.10
7 hr. Program Fees	\$30	\$175.10	\$25	\$850	\$45	\$1,121.50

U12 NANCY GREENE PROGRAM (Born 2011 to 2012)

This program is for athletes ages 10 -11 by December 31st. The program is aligned with the Learn to Train (8-12) phases of the Long-Term Athlete Development Model from Alpine Canada. The Skier Essentials stage, skiers continue to develop fundamental movement and skiing skills in fun, structured and unstructured environments. Skiers in this phase are focused on developing technical skiing skills

in a variety of training and competition environments. In the Learn to Train phase, skiers acquire a wide range of fundamental movement skills and technical ski skills while having fun participating in a variety of ski racing events.

PROGRAM TIMES (MID NOVEMBER- LATE MARCH – (pending snow conditions)

- 5hr program (approximately 77 Hours on snow) - Tuesday or Friday from 6:30 pm - 8:30 pm and Sunday 9:30 am – 12:30 pm
- 7hr program (approximately 105 Hours on snow) - Tuesday and Friday from 6:30 pm - 8:30 pm AND Sunday 9:30 am-12:30 pm

FEE BREAKDOWN

Alberta Alpine Family Membership fee of \$82.40 is ***not*** included in the fees below, this is a one time annual fee that covers parent/guardian for insurance coverage at all Alberta Alpine events.

U12 Program Fees						
	PRSC Membership	Alberta Alpine Competitor Card	North Zone Equipment	Coaching Fees	Photos & Coach Appreciation Gift	TOTAL
5 hr. Program Fees	\$30	\$175.10	\$25	\$700	\$45	\$975.10
7 hr. Program Fees	\$30	\$175.10	\$25	\$850	\$45	\$1,121.50

U14 ALPINE SKI PROGRAM (Born 2010-2009)

The U14 program provides a variety of options for athletes aged 12-13 as of December 31st. The program is aligned with the Train to Train phase of the Long-Term Athlete Development Model from Alpine Canada. In the Train to Train phase, the focus for the athletes is on transferring fundamental techniques and basic tactical skills into the competitive environment. At this stage, athletes begin formalized speed and begin to compete more seriously. However, the primary focus during competition is to apply what has been learned at training and have fun while building confidence.

PROGRAM TIMES (MID NOVEMBER- LATE MARCH - pending snow conditions)

- 5hr program (approximately 77 Hours on snow) - Tuesday or Friday from 6:30 pm - 8:30 pm and Sunday 9:30 am – 12:30 pm
- 7hr program (approximately 105 Hours on snow) - Tuesday and Friday from 6:30 pm -8:30 pm AND Sunday 9:30 am-12:30 pm

FEE BREAKDOWN

Alberta Alpine Family Membership fee of \$82.40 is ***not*** included in the fees below, this is a one time annual fee that covers parent/guardian for insurance coverage at all Alberta Alpine events.

U14 Program Fees						
	PRSC Membership	Alberta Alpine Competitor Card	North Zone Equipment	Coaching Fees	Photos & Coach Appreciation Gift	TOTAL
5 hr. Program Fees	\$30	\$175.10	\$25	\$700	\$45	\$975.10
7 hr. Program Fees	\$30	\$175.10	\$25	\$850	\$45	\$1,121.50

U16-U18 ALPINE SKI PROGRAMS (Born 2008) – will be run as a blended program with the U14's

The U16 and U18 program provides a variety of options for athletes aged 14 years and older as of December 31st. The program offers a performance path for those athletes interested in pursuing the highest levels of ski racing in the province/western Canada, and programs for athletes interested in training and racing in the Edmonton area. These athletes will work with their coach to identify the appropriate training and race schedule.

PROGRAM TIMES (MID NOVEMBER- LATE MARCH - pending snow conditions)

- 5hr program (approximately 67 Hours on snow) - Tuesday or Friday from 6:30 pm - 8:30 pm and Sunday 9:30 am – 12:30 pm
- 7hr program (approximately 105 Hours on snow) - Tuesday and Friday from 6:30 pm - 8:30 pm AND Sunday 9:30 am - 12:30 pm

FEE BREAKDOWN

Alberta Alpine Family Membership fee of \$82.40 is ***not*** included in the fees below, this is a one time annual fee that covers parent/guardian for insurance coverage at all Alberta Alpine events.

U16, U18 Program Fees						
	PRSC Membership	Alberta Alpine Competitor Card	North Zone Equipment	Coaching Fees	Photos & Coach Appreciation Gift	TOTAL
5 hr. Program Fees	\$30	\$175.10	\$25	\$700	\$45	\$975.10
7 hr. Program Fees	\$30	\$175.10	\$25	\$850	\$45	\$1,121.50



DRYLAND PROGRAM (SEPT-OCT) (ALL AGE GROUPS)

Our dryland training program we welcome both children and parents/guardians to participate. Dryland sessions are held on Sundays at various locations in the river valley in Edmonton and surrounding areas typically from September to November, weather dependent. Activities planned include river valley walks, trail jogging and stairs to promote physical activity to be a fun part of your child's healthy athletic development. Dryland is also an opportunity for the athletes and families to bond with each other and some of their coaches before starting training on snow.

PROGRAM TIMES

Sundays 9:30 am – 11:00 am approximately 1.5 hours – location(s) to be determined. Times and location will be communicated via the TeamSnap App.

MOUNTAIN CAMPS

Mountain Camps are a great way for your athlete to experience the mountains, extra time on snow and ski more challenging terrain than can be provided at Rabbit Hill Ski Resort. You can expect your racer to ski from the first run of the day to the last. Emphasis is on safety and fun. PRSC typically aims to provide approximately one (1) mountain training camp weekend per month. Camp dates will be communicated through the TeamSnap App as soon as the race schedule has been finalized by Alberta Alpine. **Note that training is not available at Rabbit Hill on mountain training camp weekends as alternative coaching is not available.**

Camp days provide great opportunities for both race/lane training, and technical free skiing, to continue developing skills. Free skiing promotes confidence and skills while in an unstructured setting, learning by playing. During mountain camps we see huge development and of course lots of smiles!

PAY AS YOU PARTICIPATE CAMPS

Camp fees are not included in regular season program fees, all camps are optional. This standardized fee system allows parents to sign up for camps knowing in advance how much it will cost. Our goal is to encourage athletes to join in this excellent opportunity for training outside Rabbit Hill.

All camp fees are required to be paid prior to attending. Parents can commit and pay for a camp through the TeamSnap App up to two weeks prior to the date of the camp. After the cut-off date no further payments or new sign ups will be accepted. Only athletes who have signed up and paid for the camp in advance will be able to attend. Refunds through TeamSnap will be available up to the cut off date two weeks in advance of the event.

STANDARDIZED FEE STRUCTURE

Please find the Standardized Fee Structure below per athlete, camp fees do not include lift passes or accommodation, these are additional, lift passes can be purchased at the hill or in advance. Please refer to the Parent Handbook for a list of accommodations the club has preferred pricing / blocked bookings.

Camp Fees 2022/23			
Age Group	1 Day	2 Day	3 Day
ALL	\$85	\$170	\$255

RACES

Race days at the Nancy Greene level are meant to be fun, athletes learn more about the sport of ski racing in an enjoyable and playful environment that promotes self-discovery. You can expect your athlete to have a full day on snow learning about the busy race day schedule. Please refer to the Parent Guide for more details on what to expect on race day.

NEW RACERS

Anyone new to the club or athletes without previous ski racing experience will be eligible for all races. We recommend that athletes attend a mountain camp to ensure they are comfortable with the more challenging terrain and larger lifts, especially for the Jasper Junior Olympics weekend.

PAY AS YOU PARTICIPATE RACES

Racers will be required to pay for their fees for races prior to attending. Races will be posted to Team Snap calendars once our race schedules have been finalized by Alberta Alpine. Racers can commit and pay for a race through TeamSnap up to two weeks prior to the date of the race. After the cut-off date no further payments or new sign ups will be accepted. Only racers who have signed up and paid for the race in advance will be able to attend. Refunds through TeamSnap will be available up to the cut off date two weeks in advance of the event.

VOLUNTEER COMMITMENT

Ski racing is a season-long commitment for both athletes and their families. While it is not always possible that your athlete attends every training day race or camp, we are a non-profit, volunteer-run organization and as such require a level of volunteerism to ensure a successful season. The funds raised are used to offset coaching, travel and accommodation costs associated with mountain camps and races for coaching staff, making the sport more affordable for all.

We encourage all parents to participate in the Level 1 Officials course, to be held in November/December, dates and times will be communicated as soon as they are confirmed. Level 1 Officials allows you to fulfill volunteer requirements during races. We ask all parents of athletes participating in races to sign up for one volunteer shift or role at each race. Please note that there are many positions to be filled, and many do not require skis i.e., Race Coordinator, BBQ Boss, Chief Fun Maker, etc. More information will be communicated as the season progresses.

FUNDRAISING

Our fundraising efforts include a combination of volunteering for bottle drives, bingos, and a casino (casinos are held once every two years). Grant applications and racer/family driven fundraising initiatives support the best programs for our children.

BOTTLE DRIVES

For the upcoming season, each family is required to sign up for two bottle drive positions per athlete to a maximum of four (4) bottle drives per family. Fundraising deposit cheques, undated and made payable to PRSC must be presented on or before your athlete's first day on snow in the amount of \$250.00 per athlete. In the event the minimum Bottle Drive Volunteer commitment has not been fulfilled by end of the year, the deposit cheque may be cashed.

Bottle drives provide an opportunity for the children to work together and build friendships during the early ski season. Dates and signup sheets to be communicated via TeamSnap.

Alternatively, you can opt out of your bottle drive commitments by providing a donation of \$250 per athlete. If you choose this option, you will not be contacted

to work any bottle drives. All bottle drive donations must be paid at time of registration.

BINGOS

For the upcoming season, each family must sign up for one bingo position per athlete to a maximum of two (2) bingos per family.

Fundraising deposit cheques, undated and made payable to PRSC must be presented on or before your athlete's first day on snow in the amount of \$250.00 per bingo. In the event the minimum Bingo Volunteer commitment has not been fulfilled by the end of the year, the deposit cheque may be cashed. Alternatively, you can opt out of your bingo commitment by providing a donation of \$250 for each bingo obligation per athlete. If you choose this option, you will not be contacted to work any bingos. All bingo donations must be paid at time of registration.

CASINOS

Casinos are scheduled every two years. PRSC has a casino scheduled for January, February or March of 2023, date/location to be confirmed by the AGLC and will be communicated through TeamSnap.

For the upcoming season, each family must sign up for one casino position per athlete to a maximum of two (2) casino positions per family.

Fundraising deposit cheques, undated and made payable to PRSC must be presented on or before your athlete's first day on snow in the amount of \$500.00 per casino position. In the event the minimum Casino Volunteer commitment has not been fulfilled by end of the year; the deposit cheque may be cashed.

Alternatively, you can opt out of your casino commitment by providing a donation of \$500 for each casino obligation. If you choose this option, you will not be contacted to work at the casino. All casino donations must be paid at time of registration.

ONLINE 50/50 DRAW

- WHAT IT IS - A 50-50 raffle fundraising simply involves the sale of raffle tickets with the proceeds being split evenly between the winner and our organization. It is one of the simplest and easiest fundraisers you can do.

- RETURN ON INVESTMENT In a 50-50 raffle fundraising, our group gets to keep exactly 50% of all the money raised.
- WHY IT WORKS EASY to sign up online. People are always happy with a chance to win a cash prize.

REGISTRATION PROCESS

All family and athlete registrations must be filled out online. The link to our online registration forms can be found on our website www.parklandracers.ca

It is **mandatory** that all parents and racers register to be covered for insurance purposes. You must also sign the electronic waiver for your entire family and review some of the club policies as part of the registration process. No registrations will be processed if waivers are not signed. Racers will not be allowed to participate in the program if they are not registered with Alberta Alpine, however we have incorporated the Alberta Alpine registration into our athlete registration forms.

Payment through Zone 4 can be made by MasterCard or Visa Card (extra service fees will apply) and a receipt will be provided by the website. Please be advised that Zone 4 has a maximum transaction amount of \$3,000. You also have the option to pay by e-transfer, or cheque. Please register online in advance of September 30th and send all payments and fundraising commitment cheques to the club. **All payments for the 2022/2023 season including program fees and bottle drive, bingo, casino donations (if applicable) are due by November 1, 2022.**

PAYMENT OPTIONS

1. Through registration in Zone 4 by credit card
2. Two Monthly Payments payable by cheque or e-transfer
 - October 1, 2022, ½ Program Fee
 - November 1, 2022, ½ Program Fee
3. Payment in full directly to the club by cheque or e-transfer

E-transfers to be emailed to treasurer@parklandracers.ca

HOW TO REGISTER

- Go to: www.parklandracers.ca
- Click on the Registration link, which will take you to Zone 4. In Zone 4 there are two levels of registration. Cart Level & Individual Level

Cart Level:

- Includes family membership charges (Alberta Alpine & PRSC memberships)
- Club policy, releases, and waivers
- Bingo commitment reviews
- Casino commitment reviews
- Bottle drive commitment reviews

Individual Level:

- ALL family members must register here – Parents and athletes. Parents with officials training, please don't forget to enter your officials' level

Due to the legal and liability involved with ski racing, the registration is a lengthy one. Parents must register themselves as well as their athletes when registering each season.