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# About NBSRC

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North Bay Ski Racing (NBSRC) has a long history of providing excellent coaching and racing opportunities to the youth of North Bay and area.

## NBSRC Vision

To be recognized as the development pathway for young athletes in alpine ski racing and as the leading competitive ski club in Northern Ontario.

## NBSRC Core Values

1. Develop a passion for skiing.
2. Development of athletes, coaches, and officials.
3. Competition balanced with sportsmanship and fair play.
4. Develop teamwork, leadership, and self-esteem.
5. Promote a healthy lifestyle.
6. Create a fun, safe, social environment for family and friends.

## NBSRC Board Members 2022/2023

President - Alan Chute  
Treasurer - Wade Wasylciw

Directors:  
Christine Wasylciw  
Michael Chute  
Stephane Gauthier  
Steve Johnson  
Debbie Niebergall

## NBSRC Coaches 2022/2023

Jenna De Genova – Head Coach  
Michael Whitney  
Alyson Bobbie  
Julie Jonescu

Jacqueline Lalanne (volunteer)  
Sebastien Binczak (volunteer)  
Michael Chute (volunteer)  
Kim McElroy (volunteer)

## Important Dates 2022/2023

Dryland Training	September – December
Ski Exchange	November 19, 2022
Fitness Testing	November 21 (U10 & under) November 23 (U12 & over)
Parent Information night	November 29, 2022
Learn to Tune night(s)	TBD
Tremblant Pre-Season Camp	December 12 – December 15, 2022
Christmas Training Camp	December 27, 28, 29, 2022 – January 2, 3, 4, 2023 January 6, 2023: North Bay Ski Team only
First Training Day of Season	January 7, 2023: All athletes train at Laurentian Ski Hill
Laurentian Classic (U6/U8/U10/U12)	February 3, 2023: Training Day February 4 & 5, 2023: Race
Home Hardware Classic (U14/U16/U18)	February 24, 2023: Training Day February 25 & 26, 2023: Race
March Break Training Camp	March 10-15, 2023
Last Day of Training	April 2, 2023 (as per hill conditions)
Annual General Meeting	Within 30 days of April 30th (financial year end)
Application for the Board	Anytime! or 14 days prior to the AGM by emailing <a href="mailto:northbayskiracingclub@hotmail.com">northbayskiracingclub@hotmail.com</a>
Amendments to the NBSRC Constitution	At least 21 days prior to the AGM by emailing <a href="mailto:northbayskiracingclub@hotmail.com">northbayskiracingclub@hotmail.com</a>
Year End Banquet & Awards	TBD

Out of Town Races (Optional)			
Date	Age	Race	Location
January 16-19	U14, U16, U18 Age 12-17 as of Dec 31	Speed Camp	Searchmont, Sault Ste Marie
January 20-23	U14, U16, U18 Age 12-17 as of Dec 31	Mealey Classic (NOD OCUP)	Searchmont, Sault Ste Marie
February 6-11	U16 Age 14-15 as of Dec 31	U16 OCUP Midwinters	Collingwood
March 3-5	U8, U10, U12 Age 6-11 as of Dec 31	Joe Sarich Classic	Elliot Lake
March 8-11	U14 Age 12-13 as of Dec 31	U14 OCUP Finals	Thunder Bay
March 17-19	U8, U10, U12 Age 6-11 as of Dec 31	Muskoka Ski Rodeo	Hidden Valley, Huntsville
March 24-26	U14, U16, U18 Age 12-17 as of Dec 31	Slalom Derby SL	Timmins
March 31 - April 2	U6, U8, U10, U12 Age 5-11 as of Dec 31	Honda Cup	Searchmont, Sault Ste Mare

## Communication

Email: [northbayskiracingclub@hotmail.com](mailto:northbayskiracingclub@hotmail.com)

This is the primary email address for communication to and from the club. It is monitored by multiple board members and is used to send mass communication emails to the membership.



Our club uses the app 'TeamSnap' to communicate training and race details to the athletes' parents. Once an athlete is registered, our club will send out an invitation to the email provided to join. Once you have joined TeamSnap you will have access to the training schedule and upcoming events. It is also used for members to send messages to the rest of the team, for ride sharing, for selling old equipment, or for general team communication and a group text format.

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# Welcome - Getting Started

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What program do I put my child in?

## **Nancy Greene Program (U8/U10/U12)**

The Nancy Greene program is aimed at providing athletes aged 6 to 11 the 'FUNdamentals' of skiing. Athletes aged 5,6,7 as of December 31st of the current season are 'U8', athletes aged 8-9 as of December 31st are 'U10', and athletes 10-11 as of December 31st are 'U12'.

Nancy Green racers can choose between skiing full time (both Saturday and Sunday) or half-time (Saturday **or** Sunday). This program is offered at Laurentian Ski Hill on Saturdays **only** and at Antoine Ski hill both Saturday and Sunday.

## **Ski for Life Program (U12/U14/U16)**

The Ski for Life Program is aimed at providing athletes aged 10 to 15 the 'FUNdamentals' of skiing. Athletes aged 10-15 as of December 31<sup>st</sup> of the current season are eligible to register for this program.

Ski for Life Athletes train at Laurentian Ski Hill one day a week (Saturday). Training also occurs on Wednesday and Thursday evenings at Laurentian Ski Hill.

## **North Bay Ski Team (U14/U16)**

The North Bay Ski Team is aimed at providing athletes aged 12 to 15 with maximum time-on-snow and high-performance coaches with the goal to progress our athletes into a more competitive race pathway. Athletes aged 12-15 as of December 31st of the current season are eligible for the U14/U16 program.

U10/U12 skiers may be invited to join the North Bay Ski Team by the head coach on an individual basis.

The North Bay Ski Team trains at Antoine Ski Hill two days a week, Saturday and Sunday, and at Laurentian Ski Hill Wednesday and Thursday Evenings.

North Bay Ski Racing Club 2022-23 Programs							
Program		Location	Times	Program Fee	Race Entrance Fee	NOD Fee	Total
Nancy Greene - Half Program	U8 Half	Laurentian Ski Hill	Saturday full day	\$350.00	\$95.00	\$60.00	\$505.00
	U10 Half			\$440.00	\$95.00	\$60.00	\$595.00
	U12 Half			\$440.00	\$95.00	\$60.00	\$595.00
Nancy Greene – Full Program	U8 Full	Antoine Mountain	Saturday full day	\$500.00	\$95.00	\$60.00	\$655.00
	U10 Full		Sunday full day	\$650.00	\$95.00	\$60.00	\$805.00
	U12 Full			\$650.00	\$95.00	\$60.00	\$805.00
Ski for Life	U12/U14 SFL	Laurentian Ski Hill	Wednesday evening	\$800.00	\$55.00	\$60.00	\$915.00
		Laurentian Ski Hill	Thursday evening				
		Laurentian Ski Hill	Saturday full day				
North Bay Ski Team Jr. (By invitation)	U10/U12 HP	Laurentian Ski Hill	Wednesday evening	\$850.00	\$95.00	\$60.00	\$1,005.00
		Laurentian Ski Hill	Thursday evening				
		Antoine Mountain	Saturday full day				
		Antoine Mountain	Sunday full day				
North Bay Ski Team	U14/U16 HP	Laurentian Ski Hill	Wednesday evening	\$1,150.00	\$55.00	\$60.00	\$1,265.00
		Laurentian Ski Hill	Thursday evening				
		Antoine Mountain	Saturday full day				
		Antoine Mountain	Sunday full day				

## Registration

All athletes must register with the NBSRC and must also register with AOA through the online registration system. All waivers must be completed before participation in any training, camps, or events.

## Additional Costs

Addition program cost can include:

- Season Passes
- Race Fees
- Travel and accommodation costs for out-of-town races
- Equipment
- Ski tuning equipment
- Cost of extra training camps

## Equipment

Proper ski racing equipment is an important element in both an athlete's safety and performance. Below is a guideline for equipment, parents are always encouraged to discuss equipment needs with their child's coach.

### Cold weather needs

- Base layers for cold weather (shirt, pants, ski socks), should be specific for skiing and shouldn't contain any cotton.
- Good quality gloves, face coverings. Should have a spare set in case they get wet.
- Hand/Foot warmers, small and easy for kids to put in their pockets.
- Warm jackets/ski pants. All athletes either need to own a club jacket or wear a bib to be easily identifiable.

### Nancy Green U6/U8/U10

- Helmet with hard ear covers (to be always worn).
- Goggles that fit comfortably into the helmet.
- Only one set of skis is necessary.
- Ski poles are required.
- Mouth Guards and back protectors are permitted.
- Speed suites are not permitted.

### U12

- Helmet with hard ear covers (to be always worn).
- Goggles that fit comfortably into the helmet.
- Speed suits are permitted and recommended.
- Recommended to have 1-2 pairs of skis (should be race specific), discuss with your coach.
- Mouth guards and back protectors are recommended.
- Side zipped ski pants and/or shorts that can easily be removed before the race begins.

## U14/U16

- FIS approved helmet with hard ear covers. Look for the FIS sticker on any helmet purchased.
- Goggles that fit comfortably into the helmet.
- Speed suits are permitted and recommended.
- Athletes should have separate slalom and GS specific skis.
- Many athletes have separate slalom and GS poles.
- Slalom shin guards and slalom pole guards are permitted, discuss with your coach before using.
- Face guard for slalom helmet, many athletes have a separate GS and slalom helmet for convenience.
- Mouth guards and back protectors are highly recommended.
- Side zipped ski pants and/or shorts that can easily be removed before the race begins.



### Equipment Tips:

- Never buy a used helmet
- Can be helpful to buy a racing boot bag or backpack to keep all equipment organized and to promote athlete's independence in managing all their own equipment.
- Boots should fit snugly and should be fitted by a reputable ski shop. Athletes 10 years and older should have a 4-buckle boot if sizing allows.
- The charts below are a guideline for ski sizing, it is always recommended to discuss equipment purchases with the athlete's coach before purchasing.

Suggested Ski Size by Weight U10, U12, U14								
Age	Skis	60-75lbs	75-85lbs	85-90lbs	90-100lbs	100-110lbs	110-130lbs	130+ lbs
U10	Slalom	120+						
	GS	125+						
U12	Slalom	120-130cm	130-135cm	135-140cm		140-145cm		
	GS	130-140cm	140-145cm	145-150cm		155-165cm		
U14	Slalom	135-140cm			140-145cm		145-150 cm	150-155cm
	GS	145-150cm			155-165cm		165-175cm	175-178cm



Suggested Ski Size by Weight U16, U18										
Age	Skis	80-100lbs	100-120lbs	120-130lbs	130-140lbs	140-150lbs	150-160lbs	160-170lbs	170-190lbs	190+ lbs
U16 Women	Slalom	145-150cm		150-155 cm		155cm				
	GS	158-165cm	165-172cm	175-180cm		175-180cm				
U16 Men	Slalom		145-150cm	150-155cm		160-165cm		160-165cm		
	GS		165-172cm	172-177cm		183-188cm		183-188cm		
U18 Women	Slalom		155cm		155cm			155cm		
	GS		178-183cm		178-183cm			188-192cm		
U18 Men	Slalom				160-165cm		165cm			165cm
	GS				183-188cm		188-191cm			191+cm

## Ski Tuning

Properly waxed and sharpened skis are essential to alpine skiing and ski racing. Skis can be taken to local ski shops to be tuned but we encourage parents and athletes to learn how to tune skis themselves as older athletes will require their skis tuned weekly. NBSRC arranges learn-to-tune nights for new parents or email the NBSRC board, and we will help you find an experienced parent to assist you. There are also many online resources and videos to teach parents/guardians on how to tune equipment.

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# Training

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## Dryland Training

Dryland training occurs in the fall, September to December, and is designed to help condition our athletes to improve their skiing endurance, strength, and technical abilities. All information about dryland training is sent out in late August or early September and we encourage athletes of all ages to participate.

## Camps

### Mont Tremblant Pre-Season Camp

Optional preseason trip and training camp to prepare athletes for a competitive ski season. It includes a very demanding full-day skiing schedule plus evening activities. Training sessions are taught by Coach Jenna (Head Coach). All levels/ages are welcome to join but younger children or beginner level races may be taught by parent volunteers.

Parents/Guardians are responsible for the cost of accommodations, travel, lift tickets and coaching fees. Interested families should speak with the NBSRC board, as group accommodations and lift tickets may be available.

Dates: Monday December 12, to Thursday December 15, 2022.

### Christmas and March Break Training Camp

This optional full day training camp is offered at Laurentian or Antoine. Days will run like a typical weekend training day and a club coach will be present. All ages and abilities are encouraged to join. There is an extra fee associated with these camps.

## Laurentian: Nancy Green and Ski for Life

### Typical Training Day

9 am	<p>Meet up</p> <p>Athletes meet at the 'big tree' in front of the lift at the top of the hill, geared up and ready to go. Ensure appropriately warm clothing.</p> <p>If arriving late, athletes should send a note on Team Snap and wait at the big tree - DO NOT TAKE A RUN.</p>
9am-12pm	<p>1-2 Warm-up Runs</p> <p>Training - Gates</p> <p>On Saturday, we will typically set-up various training courses using gates, stubbies in various configurations.</p> <p>Note - All athletes must be able to get onto the lift and get off the lift on their own. Athletes are requested not to ride the lift alone, and preferably in groups of 3 or 4 to help with raising or lowering the safety bar. If your child needs assistance parents must either ride with their kids or make arrangements for someone to ride with them.</p>
12-1pm	<p>Lunch</p> <p>Parents are required to meet their children for lunch, if they require assistance/supervision.</p>
1pm-3pm	<p>Training</p> <p>Athletes will work on various drills that focus on improving various aspects of ski racing. The end of the day will focus on structured free skiing, including bumps and jumps, running the ski-cross course, and runs focusing on different speeds and turn radii. The goal being to maximize the number of runs and while making it fun for the athlete.</p>
3pm	<p>Pick-up</p> <p>Parents must meet their athletes and coaches at the 'big tree' promptly at 3pm. At the beginning of the season, Coaches will discuss a "pick-up" plan for your child. Ensure that you complete this with your child's coach and inform them of any changes.</p>

## Laurentian Wednesday/Thursday Evening Training

### Typical Training Day

6pm	<p>Meet up</p> <p>Athletes meet at the 'big tree' in front of the lift at the top of the hill, geared up and ready to go. Ensure appropriately warm clothing.</p> <p>If arriving late, athletes should send a note on Team Snap and wait at the big tree - DO NOT TAKE A RUN.</p>
6-9pm	<p>1-2 Warm-up Runs</p> <p>Training - Gates</p> <p>On Wednesdays, we will typically set-up various training courses using gates, stubbies in various configurations.</p> <p>On Thursdays, athletes will work on various drills that focus on improving various aspects of ski racing. The end of the evening will focus on structured free skiing, including bumps and jumps, running the ski-cross course, and runs focusing on different speeds and turn radii. The goal being to maximize the number of runs and while making it fun for the athlete.</p>
9pm	<p>Pick-up</p> <p>At the beginning of the season, Coaches will discuss a "pick-up" plan for your child. Ensure that you complete this with your child's coach and inform them of any changes.</p>

## Typical Training Day

9 am	<p>Meet up</p> <p>Athletes meet at the race shack, geared up and ready to go. Ensure appropriately warm clothing.</p> <p>If arriving late, athletes should send a note on Team Snap and wait at the bottom of the hill - DO NOT TAKE A RUN.</p>
9am-12pm	<p>1-2 Warm-up Runs</p> <p>Training - Gates</p> <p>We will typically set-up various training courses using gates, stubbies in various configurations.</p> <p>Note - All athletes must be able to get onto the lift and get off the lift on their own. Athletes are requested not to ride the lift alone, and preferably in groups of 3 or 4 to help with raising or lowering the safety bar. If your child needs assistance parents must either ride with their kids or make arrangements for someone to ride with them.</p>
12-1pm	<p>Lunch</p> <p>Parents are required to meet their children for lunch, if they require assistance/supervision.</p>
1-3pm	<p>Training</p> <p>Athletes will work on various drills that focus on improving various aspects of ski racing. The end of the day will focus on structured free skiing, including bumps and jumps, tree skiing and runs focusing on different speeds and turn radii. The goal being to maximize the number of runs and while making it fun for the athlete.</p>
3pm	<p>Pick-up</p> <p>Parents must meet their athletes and coaches at the race shack promptly at 3pm. At the beginning of the season, Coaches will discuss a “pick-up” plan for your child. Ensure that you complete this with your child’s coach and inform them of any changes.</p>

## Antoine: North Bay Ski Team

### Typical Training Day

8.30am	Athletes arrive at Antoine Ski Hill and independently do their dynamic warm up before gearing up.
9am	Meet up Athletes meet at the race shack, geared up and ready to go. Ensure appropriately warm clothing.
9am-12pm	1-2 Warm-up Runs Training - Gates We will typically set-up various training courses using gates, stubbies in various configurations.
12-1pm	Lunch Parents are required to meet their children for lunch time if they require assistance/supervision.
1-3pm	Training Athletes will work on various drills that focus on improving various aspects of ski racing. The end of the day will focus on structured free skiing, including bumps and jumps, tree skiing and runs focusing on different speeds and turn radii. The goal being to maximize the number of runs and while making it fun for the athlete.
3pm	Pick-up At the beginning of the season, Coaches will discuss a “pick-up” plan for your child. Ensure that you complete this with your child’s coach and inform them of any changes.

### Supervision

Athlete safety and supervision is a priority to our coaches and ski club, but our coaches are unable to be everywhere at once. We encourage parents to talk to your athletes and remind them to stay with the team during training sessions and to let the coaches know if you have to separate from the group (bathroom/warmup break etc.).

End of day can be a chaotic time for coaches as athletes tend to scatter. To help ensure the safety of all athletes, coaches will be discussing a “pick-up” plan with each parent/guardian and athlete.

Pick-up options include

- Parents meet at the designated pick-up location promptly at the end of training and coaches ensure the athlete is given into their care.
- Athletes are allowed to leave and await parents in the parking lot for pick-up.
- Athletes are allowed to continue free skiing unsupervised.

Parents are responsible for informing coaches if there are any changes to the “pick-up” plan.

### Cold Weather

Our club strives to give each athlete as many training days as possible. We follow the lead of Laurentian Ski Hill and Antoine Ski Hill in our decisions. Simply, if the Ski Hills are open, we are training! In the instance that we disagree with the Ski Hill’s decision to open, and decide to cancel or delay training due to weather, coaches will communicate that decision via TeamSnap. Coaches will also provide additional warm up breaks as per their judgment.

Things to Remember

- **Dress warm!** Please ensure you and your athletes are dressed appropriately for the conditions. Consider packing an extra neck warmer and a pair of socks to change into on break. Hand and toe warmers are easy to fit in pockets and should be used when needed.
- **Take breaks!** Coaches will provide extra warm ups depending on the weather conditions and age of the athletes. You should talk with your young athlete about how to communicate with their coach, if they are too cold and need a break. U6 and U8 parents should be available in cold weather to supervise your athlete if they require extra warm up breaks.
- **It's up to you!** You are not obligated to attend training. If you do not feel it is safe for you or your athlete, you do not need to attend.

# Races



## Typical Race Day

<b>Morning Meet Up</b>	Athletes will meet with their coaches at the beginning of the race day at a designated meeting place and time. Coaches will have attended an earlier Team Captain's meeting and will pass on any critical information at this time. Athletes will also be given their race bibs and lift tickets for the day.
<b>Course Inspection</b>	Athletes will be told when to meet up with their coaches to do course inspection. This is a critical part of the race, and all athletes need to attend to review the terrain and gates with their coaches. A course inspection occurs prior to both race runs. Parents/guardians may need to be available to help younger athletes on the chairlift and to get them to the top of the course. No parents are allowed on the racecourse at any time.
<b>Race Time</b>	A typical race day includes two runs, one in the morning and one in the afternoon. The course is usually reset in between runs. All athletes should be at the top of the racing corral at the designated time that their coaches have told them or as they hear an announcement. Coaches are unable to leave the top of the course to find missing athletes, it is the athletes/parents/guardian's responsibility to be on time for their race run. Parents of young racers should ensure that their children are dressed warm and have had a bathroom break prior, as delays can occur and the wait at the top of the hill can be longer than expected.
<b>Observing the race</b>	Parents/guardians/friends/relatives are encouraged to watch the race and encourage athletes. Please watch your athlete outside of the fencing and try not to be disruptive to the coaches (they are very busy!).



<b>Lunch/Breaks</b>	Lunch or snack breaks should be taken whenever the athlete has a chance. Following the first race, athletes should be sure to eat lunch and be aware of when they need to be back on the hill for the course inspection prior to the second run. In some cases, the host club will provide lunch for the athletes.
<b>Awards</b>	Awards are given out at the end of the day. The types of awards are dependent on the host club.
<b>Parent Liaison</b>	At each race, a parent is designated to assist the coaches by being the communication bridge between the coaches and the parents. This parent is in radio contact with the coaches and is available to help answer questions and assists in keeping athletes organized. For in house races, this parent will be the Main Chalet Monitor. For out of town races this person will be identified on team snap.

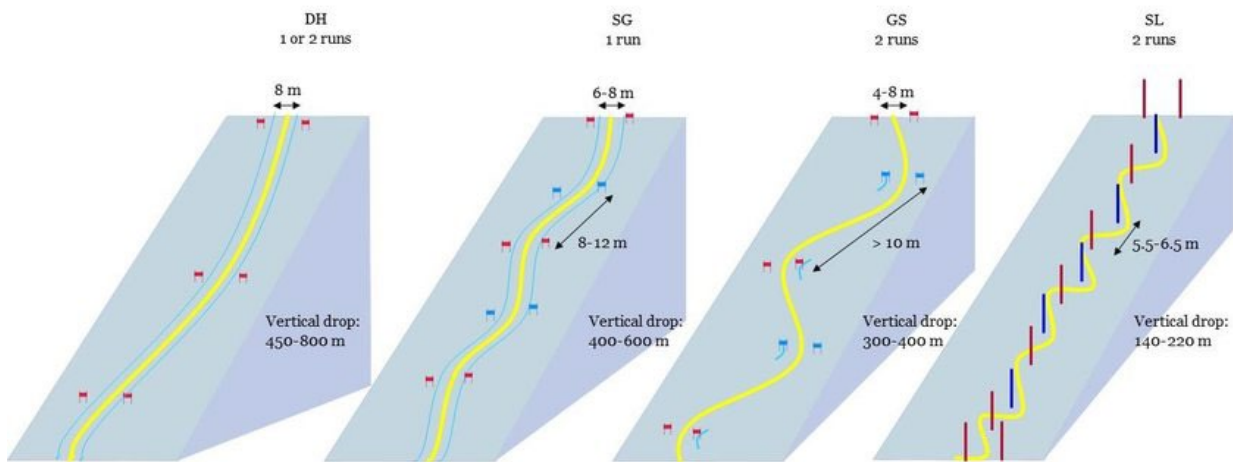
## Race Disciplines

**Downhill (DH):** Fastest speed event. Our athletes do not participate in any downhill events.

**Super Giant Slalom (SG):** A speed event. Closely resembles the Giant Slalom but is much faster.

**Giant Slalom (GS):** A technical event but is much faster than the Slalom. Combines a variety of long, medium, and short turns.

**Slalom (SL):** The most technical discipline in alpine skiing. Gates are placed very close together and the turns are very fast and require quick changes of direction.



## Out of Town Races

NBSRC is invited to attend several out-of-town races. These are an excellent opportunity to get race experience, see different ski hills in Northern Ontario, bond as a team, and meet new friends.

How do I attend an out-of-town race?

- Race schedule should be announced at the parent information evening. At this time NBSRC may have the official race schedule or we have a strong idea of when races will occur based on traditional dates.
- If you have an interest in a specific race, try to arrange a hotel room immediately as these can be difficult to get. NBSRC tries to book a block of hotel rooms, and you can ask if this has been done.
- Closer to the race, an emailed race notice will be sent out to the entire club. Respond to this email with your interest and pay the race fees!

If a large number of our athletes attend out of town races, coaching at local hills may be suspended for the weekend or only available at either Laurentian or Antoine due to coach availability.

## Hosting Races

Every year NBSRC host two races.

The Laurentian Classic is a U6/U8/U10/U12 slalom and GS race held annually at the Laurentian Ski Hill.

The Home Hardware Classic is a U14/U16/U18 GS race held annually at Antoine Ski Hill.

These races are an excellent experience for all athletes and function as a fundraiser for our club. As all coaches and parents are needed to volunteer for the races, training days at both hills will be suspended. For these races to be successful we are dependent on parent volunteers. Parents are **expected** to volunteer on race days and there are many ways to help, both on and off hill!

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## Volunteering



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Volunteering is essential to the functioning of our club. We are a not-for-profit, parent run organization and volunteers are necessary to keep our club costs as low as possible and ensure a smooth operation.

Volunteering is also an excellent way for parents to socialize and join the community of NBSRC! There are multiple different ways to contribute, both on snow and off the snow, by joining committees, helping at races, sitting on the NBSRC board or just offering to do one of the many tasks that are required to run a successful club.

## Joining a Committee

Committee and Description	Volunteer Opportunities	
<b>Alpine Committee</b>  Support coaches and ensure they have everything they need to provide the best training experience for our athletes.	<b>Join the Committee</b>	Chairs: Mike Chute and Jenna De Genova. Committees meet approximately once a month, and it is ideal if there are 5-6 parent volunteers.  In general, the committee will: <ul style="list-style-type: none"> <li>• Meet with the coaches</li> <li>• Execute coaching contracts</li> <li>• Prepare Coaching Schedule including out-of-town races</li> <li>• Coordinate coach timesheets. This should be a board member function.</li> <li>• Collaborate with coaches to support the development of training plans and execute our snow stars program</li> <li>• Look at improvements to equipment and tools for coaches</li> <li>• Prepare communication for registration</li> <li>• Update Registration Form</li> <li>• Keep a record of athletes attending races</li> <li>• Coordinating with ski hills re: day-to-day operations</li> </ul>
<b>Race Committee</b>  Focuses on running our two races during the season which are a key source of club funding.	<b>Join the Committee</b>	Chairs: Alan Chute and Christie Wasylciw. Committees meet approximately once per month; more meetings may be required closer to race day.  In general, the race committee will: <ul style="list-style-type: none"> <li>• Prepare Race Notices</li> <li>• Prepare communications to the NOD ski clubs inviting them to the races</li> <li>• Meet with ski hills to determine costs and other race weekend details</li> <li>• Prepare promotional material               <ul style="list-style-type: none"> <li>○ Swag / Hoodies</li> <li>○ Event Sponsor Banner</li> <li>○ Social Media Posts</li> <li>○ Radio and Bay Today Features</li> </ul> </li> <li>• Collect the list of racers</li> <li>• Collect funds race fees from out-of-town clubs</li> <li>• Keep a record of funds and expenses for each event</li> <li>• Recruit volunteers for race days</li> <li>• Organize and make suggestions for new race material</li> <li>• Plan and execute the races</li> <li>• Recruit and retain certified race officials</li> </ul>

<b>Fundraising Committee</b>  Focuses on raising funds for our club operating costs through various fundraisers, donation drives, and funding applications.	<b>Join the Committee</b>	Chairs: Steve Johnson and Mike Chute. Committees meet approximately once a month, and it is ideal if there are 5-6 parent volunteers.
	In general, the fundraising committee will: <ul style="list-style-type: none"> <li>• Organize the Ski Exchange – our main fundraiser</li> <li>• Organize other fundraisers including collecting funds</li> <li>• Send requests for donations</li> <li>• Write and send thank-you letters to donors</li> <li>• Collect logos and coordinate the purchase of a sponsor banner, add logos to our jackets</li> <li>• Coordinate funding applications</li> <li>• Prepare Communications and Social Media posts</li> </ul>	
<b>Equipment Committee</b>  Ensures that we have the right equipment to execute a high-quality alpine ski program.	<b>Join the Committee</b>	Chairs: Stephan Gauthier and Alan Chute. Committees meet approximately once a month, and it is ideal if there are 5-6 parent volunteers.
	In general, the equipment committee will: <ul style="list-style-type: none"> <li>• Take inventory of current equipment</li> <li>• Prepare a plan and budget for new equipment in 2022/2023</li> <li>• Prepare a long-term plan to replace equipment</li> <li>• Support Antoine with the homologation of a FIS race run through NOD</li> <li>• Maintain and/or extend timing wiring at Antoine</li> <li>• Maintain race sheds, storage sheds, timing huts</li> <li>• Purchase, Receive and coordinate new equipment</li> <li>• Maintain a record of purchased equipment</li> </ul>	
<b>Special Events Committee</b>  Focus on club communication, parent education and social event planning.	<b>Join the Committee</b>	Chairs: Christie Wasylciw and Debbie Niebergall. meet approximately once a month, and it is ideal if there are 5-6 parent volunteers.
	In general, the special events committee will: <ul style="list-style-type: none"> <li>• Communicate details of out-of-town races, coordinate race registration and payment</li> <li>• Plan open house and parent information night</li> <li>• Plan our two in-house races</li> <li>• Organize ski tuning nights</li> <li>• Plan year end banquet</li> <li>• Share information about AOA events/initiatives including race official workshops, Ontario Development Ski Team, Keeping Girls in Sport</li> <li>• Update and manage Team Snap</li> <li>• Update and manage parent handbook and policy and procedures</li> </ul>	

## Volunteering at Races

Hosting races requires our largest need for volunteers. We encourage parents to volunteer at both races, even if your child is not racing. This helps NBSRC to function as a club and supports each other to create the best possible experience for all the kids.

Prior to volunteering, parents are required to register with AOA as a 'volunteer' to ensure insurance coverage, this is free and only takes 5 minutes. It is also helpful for volunteers to have certification from Level 1 Official and/or Level 2 Official courses through Alpine Canada. These courses are also an excellent way for parents to gain insight into the racing program.

All of our coaches and board members participate in Safe Sport Training. This is a program developed by the Coaching Association of Canada and will help anyone involved in sport identify and prevent situations of maltreatment. We also encourage parents, especially those that volunteer in roles with direct contact with athletes, to complete the training. It is an online course, takes 1-1.5hrs, and is free. <https://safesport.coach.ca/>

Some examples of ways to volunteer at races are:

<b>ADMINISTRATION</b>	
<b>Race Chairperson</b> (Off Hill)	Oversees all aspects of the race, usually a board member.
<b>Race Secretary</b> (Off Hill)	Takes care of all paperwork required to run a race including race notices, meeting minutes, entries, start lists, bibs, and results
<b>EVENT QUALITY</b>	
<b>Main Chalet Monitor</b> (Off Hill)	"Chalet Mom/Dad" Stays in Chalet and is a resource for parents to know the schedule, ensures any kids are back on the hill when they need to be, keeps the area clean and tidy.
<b>Media Relations</b> (Off Hill)	Communicates with any media re: race promotion. Updates twitter, facebook, teamsnap etc. as necessary.
<b>Announcer</b> (Off Hill)	Is on the mic and announces athlete names and times.
<b>Food Coordinator</b> (Off Hill)	Organizes lunches for all club and visiting athletes (if providing lunch with race costs). Coordinates food for volunteers.
<b>Ticket</b> (Off Hill)	Ensures tickets get handed out for visiting racers, their coaches, and all volunteers.

<b>COURSE</b>	
<b>Chief of Race</b> (On Hill – Level 2/3 official)	Responsible for all safety and technical aspects of the race.
<b>Chief of Course</b> (On Hill – Level 2 official)	Supervises course maintenance, including course setting, course marking, dismantling the course and course clean up. Supervises and educates the course crew on their roles.
<b>Course Crew</b> (On Hill)	Works under the direction of the chief of course. Strong skiing is required as they must be comfortable on skis to sideslip the course and/or carry rakes, drills, shovels etc.
<b>Chief of Gates</b> (On Hill – Level 2 official)	Responsible for assigning gates, organizing and instructing the gate judges, and collecting their reports at the end of each race.
<b>Gate Judges</b> (On Hill – Level 1 official)	Also known as Gate Keepers, these volunteers stand at the side of the course. They watch the passage of each athlete through their assigned gates and ensure the passage is correct. Some gate positions can be operated by non-skiers who can walk to their positions. Excellent position for beginner volunteers.
<b>TIMING</b>	
<b>Chief of Timing</b> (Off Hill)	Sets up and manages the electrical timing system and the finish times. Supervises and educates all timing volunteers.
<b>Timing Assistant</b> (Off Hill)	Assists the chief of timing
<b>Starter</b> (On Hill)	Communicates via radio with the bottom of the hill and gives a start signal to each racer.
<b>Assistant Starter</b> (On Hill)	Organizes the racers in the top corral according to start list and bib numbers.
<b>Start Hand Timer</b> (On Hill)	Stands in the start corral at the top of hill and pushes a button on a timing device for the start of each racer
<b>Finish Hand Timer</b> (On Hill)	Stands in the finish corral and pushes a button on a timing device for the finish of each racer.
<b>Finish Referee</b> (Off Hill, level 2 official)	Stands in the finish area and makes sure that all racers cross the finish line in accordance with the rules.
<b>Bib Pick Up</b> (Non skiing, On Hill)	Stands at the bottom corral during the last race and collects the bibs from each racer. Compares numbers with distributed bibs and ensures every bib is collected. Excellent job for beginner volunteers

If you are unsure what job would be best for you, we can help guide all volunteers to something that they are best suited for. All volunteers that are required to ski will receive a lift ticket on race days.

## Annual Ski & Snowboard Exchange

This is our largest fundraiser of the year and is essential to keep registration fees at a reasonable level. We require that all parents volunteer, for a session, at this event. The event occurs on a Saturday from 9am until 2pm. Volunteers are needed for the Friday evening 4-9 to facilitate drop off and organize equipment and on Saturday from 8am-6pm.

This is also a great opportunity for parents to meet each other and for athletes to come and help their club!



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# Codes of Conduct



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## Parent Code of Conduct

I will support and fully commit to my child(ren)'s training & racing plan as designed by the coaching staff. I will attend all necessary meetings (or review documentation from such) to understand the program and support my child(ren).

I will review the Athlete Code of Conduct with my child(ren) to develop understanding and provide on-going support. I, too, will abide by these principles and rules to model positive behaviour.

I will not intentionally interfere, contradict, or criticize coaches during training or racing. I understand that I may watch my child(ren) training from a respectable distance but following them too closely or interrupting can be disruptive to their learning.

I will communicate any questions or concerns with the NBASR Board. If I am upset, I will wait 24 hours before approaching a board member to discuss the issue. All board members can be contacted at the same time by emailing [nbsrcboard@gmail.com](mailto:nbsrcboard@gmail.com)

I will monitor my own expectations of my child(ren)'s performance and progress, realizing that athletes who feel they cannot meet the expectations of a parent quickly lose motivation.

I will encourage and support all club athletes, coaches, parents, and volunteers to develop a fun & positive learning environment for all.

I will complete all necessary administration and payments of my family's club membership and sport participation as necessary (i.e. waivers, registration).

I will participate in Race Official training and the running of races to the best of my ability.

I will assist with Club fundraising and events and support Club sponsors to the best of my ability.

I will consider participation on Club committees and/or the Board of Directors to help spread the workload and ensure the continued success of the Club for years to come.

### Code of Conduct Violations

The Board will advise the parent when there is a problem and state specifically the nature of the problem and which Code of Conduct rule(s) has been violated. Infractions may result in withdrawal of club privileges or expulsion from the Club with refunds at the discretion of the Board.

## Athlete Code of Conduct

In order that all athletes understand their responsibilities as a member of AOA, athletes and parents are required to read, discuss, and sign this athlete agreement.

### General

Alpine Ontario Alpin (AOA) undertakes to use all reasonable resources to assist AOA Athletes in meeting their goals and objectives. It is also our intention that all athletes be treated fairly and with courtesy and respect at all times.

Athletes should realize that professional behavior and a commitment to excellence will assist the athlete in meeting their goals and reflect positively both on the individual and on AOA as a whole. As representatives of your club, and the Province of Ontario (and/or Canada) we must not only strive to attain individual goals in ski racing, but also conduct ourselves in a way that reflects positively on our province, our ski association, and our clubs.

### The athlete agrees to the following:

- To observe the Skiers Responsibility Code and Ski Area Rules for all event venues.
- To respect rules as set out by AOA, Divisions, Clubs, Coaches, and Team Captains.
- Helmets and appropriate protective gear must be worn for training and racing at all times.
- To treat all coaches, other athletes, club and resort officials, hotel and restaurant staff, and all other individuals at events with courtesy and respect.
- To maintain a standard of tidiness and decorum at event venues, clubs, hotel rooms and any other facility where AOA sanctioned events are taking place.
- Use of tobacco or alcohol WILL NOT BE TOLERATED at any AOA sanctioned events by participants under legal age.
- Use of any illegal substances WILL NOT BE TOLERATED.
- Harassment in any form WILL NOT BE TOLERATED.
- Illegal activity of any kind WILL NOT BE TOLERATED.
- To discuss grievances or problems of any nature, with the coaching staff in a timely manner.
- To respect all competition rules and the principles of Fair Play and Sportsmanship.
- To pay all fees in a timely manner.

It is also understood that failure to observe the rules will result in disciplinary action. Any action where an athlete breaks the zero tolerance rules may result in suspension from current or future AOA programs or events

## Coaches Code of Conduct

As a coach employed by the NBASR:

I will treat all individuals with dignity:

- Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, nationality, national origin, religion, religious belief, political belief, economic status, race, ancestry, place of origin, color, ethnic origin, citizenship, creed, sex, sexual orientation, gender, gender identity, gender expression, age, marital status, family status or disability.
- Consistently demonstrating the spirit of sportsmanship, sports leadership and ethical conduct including:
  - Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees and members.
  - Acting to prevent or correct practices that are unjustly discriminatory.
  - Consistently treating individuals fairly and reasonably.
  - Show concern, empathy and caution towards others that may be sick or injured.

I will do my job ethically and act with integrity and professionalism by:

- Being ethical, considerate, fair, courteous and honest in all dealings with people and organizations
- Accepting responsibility for my actions

I will operate within the rules and spirit of the sport including:

- Following the provincial and national guidelines, that govern the Canadian Ski Coaches Federation.
- Behaving in a sportsperson-like manner at all times – observing the principles of honest, fair play, hard work and adherence to the rules of competition.
- Behave in a fashion that brings credit to themselves, their team, fellow coaches, the Club and the sport of alpine ski racing.

I will refrain from any form of abuse, harassment or discrimination towards others.

- Harassment: comment or conduct, directed towards an individual or group of individuals, which is insulting, intimidating, humiliating, malicious, degrading or offensive.
- Abuse: A misuse of power which uses the bonds of intimacy, trust and dependency to make the victim vulnerable.
- Discrimination: is an action or a decision that treats a person or a group negatively for reasons such as their race, age or disability.

I will refrain from any romantic relationship including sexual activity with any athlete, both during the period the athlete is being coached and for a period afterwards where there exists an imbalance of power and I understand, such activities are strictly prohibited and will be the subject of zero tolerance.

I will refrain from consuming alcohol, tobacco or marijuana products while participating in NBASR programs or events.

- I will take reasonable steps to manage the responsible consumption of such substances in adult-oriented social situations associated with NBASR events.
- Be discreet with tobacco products and consume them away from athletes.

I will strive to be an effective coach to the athletes.

- Taking any opportunities to increase my knowledge, training or skill.
- Coach in a logical sequence and to use all the tools available to myself in quest to achieve training and competition success.

I will communicate

- with athletes on all aspects of the team activities & their individual development.
- with parents on all appropriate aspects of the team & individual athlete programs.
- with fellow coaches and club administration as needed on all aspects of the program.

I will be knowledgeable of all NBASR policy and procedures and abide by them.

# Special Thanks!



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# Resources

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## General Information

**North Bay Antoine Ski Racers** – <http://northbayskiracingclub.com>

**Alpine Canada** – <http://alpinecanada.org>

**Alpine Ontario AOA** – <http://www.alpineontario.ca>

**Alpine Ontario Registration** (register your athlete and adult volunteers) - [AOA Clubs AOA Club Directory \(snowreg.com\)](#)

## Equipment and Tuning

**Sporting Life** - [www.sportinglife.ca](http://www.sportinglife.ca)