

## Welcome to the Vernon Ski Club

The Vernon Ski Club was first established in 1935 and has grown to be one of the largest alpine clubs in the B.C. interior. Many graduates have gone on to the Provincial and National ski teams. Others have gone on to a professional careers bringing with them some of the life skills they developed while part of the club.

## Club Cabin

We are very fortunate to have a club cabin that can be used by our team and parents. We invite you to use the hooks and shelves provided to store your backpacks and gear. The upstairs is for parents and coaches and includes a refrigerator and microwave. On the main floor the team has access to storage areas, lunch tables and two washrooms. Downstairs has some limited storage for ski gear on days when athletes may bring up multiple sets of skis for different training sessions. There is also a couple wax benches but you need to bring your own tuning tools!

We encourage all racers and their families to contribute to the upkeep of this fantastic facility. To maintain a safe and clean environment, please ensure that all garbage is picked up and put it in the waste or recycling bins. As we are not for profit and rely heavily on our volunteers. It's all our responsibility to keep "our" club cabin clean.

## Training days

### Key tips and reminders:

- Arrive early.
- Gear up in the club cabin- it is your facility to use.
- Full gear on and ready to ski before 10am.
- Bring a lunch and snacks.
- Consider a hot drink in a thermos.
- We have microwaves to warm up food.
- Pack an extra top and hot pockets for cold days.
- Get your coaches cell phone # and let them know if you will be away or late.

### Typical Day:

9:30/45- Arrive at the club cabin.

9:55- Meet group at National Altitude Training Centre (NATC)

10:00- Groups head out to ski

12:00- Lunch (approx.)

12:45- Ski

3:00- Back at the club cabin

Parents are welcome to join as “tail gunners” and do some turns with their kids. Coaches will make the decision on breaks throughout the day dependent on conditions and temperature. With lunch around noon back at the club house. We are skiers and ski in all conditions. If the temperature gets below -25 degrees Celsius the training day will be postponed to a makeup day later in the season.

### Coaching staff

Our coaches are trained and licensed by Alpine Canada (ACA). Although our coaches have varying levels of experience, all are highly dedicated to the racers, the club and the sport. Historically a good amount of our coaches are retired ski racers now going to university at UBCO and coaching with the VSA on the weekends. All our coaches are subject to an annual background check.

### Goals for the year

At the Vernon Ski Club we run athlete centered sessions and programs. We use the Alpine Canada Snowstars Program with a very high focus on the volume of skiing (number of laps, turns,). We call it “ Time on Task” and it’s important for the athletes to be learning the whole hill while developing technical skills and sound fundamentals for ski racing. As important as the skiing is having fun and making friends!

### Events of the year

Over the year there will be opportunities at Silver Star and out of town for your kids to participate in ski events. At Silver Star some of the events the Race Cubs have participated in the past are the Skills Challenge, Kal-Tire Round Up and the Hot Dog Mogul Comp. Out of town the Nancy Greene Ski League (NGSL) festival at Sun Peaks in the later part of March has been a really fun event. Your Race Cub Representative and coach will be communicating over the year of things to come.

### Race Cubs Representative

VSC coaches are paid to focus on the athletes, their free ski, training and race environments. This occurs on snow, during dryland sessions or even while traveling with their older athletes to and from events. Parent Rep’s are important support roles for the coaches in maintaining this focus. They are also to be available as resources to other parents, particularly newer parents who are navigating their way in the VSC and alpine ski racing in general. Parent Rep’s are conduits for feedback and are important resources for the program Director and the Board as they continuously look for improvement opportunities.

With this as context, primary roles and responsibilities of the Parent Rep are as follows. At least one-year experience with the VSC is helpful. But not absolutely necessary. Friendly enthusiasm and a desire to be involved is.

1. Most importantly, will be the conduit for communications; a neutral liaison between parents, Coaches, the Program Director and Board, as appropriate. This includes but is not necessarily limited to:
  - Ensure parent questions are answered in a timely manner, by the right person.
  - Gather and relay feedback and opportunities from other parents for program improvement.
  - Assist with the timely resolution of concerns or even disputes (listen, understand, document and liaise with the appropriate individuals).
  - Promote the annual VSC Program/ Coaches survey to parents.
  - Assist with the ad hoc, on snow communications between the Program Director (also the U14 lead coach) and Entry Level coaches, if necessary.
2. More experienced Parent Rep's should be mentors for the other parents that are either new to the VSC, or given program, by exemplifying the Code of Conduct and being an informal resource for "Tips and Tricks" (e.g. being prepared for training, races, camps, gear, clothing, who's who, etc.).
3. Assist the Lead Coach of given race program with organizing travel/ accommodations/ parent chaperones for races and camps; coordinate and liaise with other parents.
4. For Race Cubs in particular, be a welcoming presence in the in the VSC Cabin, especially at the start and end of the day. The "Club Cabin" is a busy place a lot of the time and, despite best efforts, can be intimidating for newer families. Be available to chat, show folks around the cabin and introduce them to others. Promote the Club Cabin to newer parents as "this is your cabin too- come on in".

### Code of Conduct

The Vernon Ski Club puts a high value on the members of the club to contribute to a positive training and competition environment for all. There is very little tolerance for unsportsmanlike conduct. Coaches will inform parents of concerns in person or by phone. If inappropriate behaviors continue to interfere with training and team morale, the racer may be asked to leave the club.

If parents have any concerns with the program, they are encouraged to speak to their coach. If parents have any concerns about their child's coach, the parent should speak to the Race Cub rep, then the Head Coach, then the Club President. If the concern is a safety concern of any sort, the parent should go directly to the Head Coach.

## **Vernon Ski Club is Allergy-Aware**

The Vernon Ski Club (VSC) is sensitive to the needs of all members, including those with medical conditions including allergies. However, we cannot ensure that all products brought into our lunch rooms or to activities are free of potential allergens (e.g., peanuts). While we make efforts to keep athletes from being exposed to allergens, we cannot guarantee it will never occur and we cannot assume responsibility for providing a completely allergen-free environment. Our policy is to be Allergy Aware.

### **Being Allergy Aware means we are:**

**Aware** that allergies can cause serious complications and can kill.

**Aware** that some of our athletes have life-threatening allergies.

**Aware** of the signs and of anaphylaxis, and what to do if we see it.

In the 2018-2019 ski season, a number of athletes in the VSC have severe and life-threatening allergies to products, particularly peanuts and sesame seeds.

## **Volunteering**

Volunteers play a crucial role in the success of the club. Approximately 40 to 50 volunteers are needed for each race day. For this reason, we encourage at least one parent per family to take the Level 1 officials course. This course teaches the basics of what is involved in organizing and running a race. The club usually offers a course sometime in January. You must have your level 1 officials' course to be inside the course fence and these spots offer the best views of your young racer! Make sure to get involved. You'll be helping the racers and making new friends along the way!

## **Fundraising/Corporate Sponsorship**

Like other non-profit groups, the Vernon Ski Club relies on fundraising activities throughout the year that can help provide the highest level of programming possible. Approximately 50% of our funds to run the club come from grant, corporate sponsors, fundraising, running events and races. Over the year the club will reach out to the parents to help with fundraising. Our biggest event is the Ski Swap held the first weekend after Thanksgiving. The first swap held by the VSC was in 1968 and with over 50 years of experience it has become a tradition of the North Okanagan. Other fundraising activities have included our annual Warren Miller night and raffles.

See you on the slopes!