



# VERNON SKI CLUB

*Excellence in Skiing and in Life*

## Welcome to the 2021-22 season!

**Ski season is here and it is time to get out on the slopes. We are very excited to see the return to a (mostly) regular season and to have returning and new members joining us this year. We look forward to seeing everyone in the coming weeks!**

**~ Your VSC Board**

In this issue find some of the logistical information your family needs to get going.

- Great news: The club cabin is back in business. See page 2 for more details on how we will manage the cabin this year.
- We have some work to do to collect vaccine status from club members U14+, parents and volunteers - details about this process are on page 3.
- Daily Health Checks remain an important part of protecting our teams. See page 2 for more information.

**New member welcome** - Please join us for a meet & greet and to learn more about VSC. **Sunday December 12th at 2pm** in the NATC Auditorium (National Altitude Training Centre - directly behind the club cabin).



## Dates to Note

- **Dec 2** Warren Miller Movie Fundraiser
- **Dec 3** SilverStar alpine opens & Light Up
- **Dec 3** U12+ programming begins
- **Dec 11** U10 Race Tiger programming begins
- **Dec 20** U8 Race Cubs Accelerated start up
- **Jan 9** U8 Race Cubs Half Day start up
- **Jan 25-28** Over the Hill Downhill Training
- **Jan 29-30** Over the Hill Downhill Race
- **Feb 4-6** VSC Speed Camp (U12+)
- **Feb 24-27** BC Winter Games (U14)

# Let's Ski !

## Club Cabin

The VSC Club Cabin is located directly in front of parking lot C2. This is a great spot to park in the morning to get your kids to programming.

We are moving to a more fulsome use of the cabin again this year, with **mandatory mask use** and occupancy limits in place for each floor.

**Gearing Up:** In the morning athletes are welcome to get ready in the club cabin. We will stagger team entry times to allow for occupancy limits to be observed. Your coach will provide information on start times.

**Fuel breaks:** Athletes will take their fuel breaks in the cabin, at times set by the coaches. The microwaves and kettle will be available for use.

**End of day:** Athletes are asked to change, grab their gear and head outside as quickly as possible so we can move teams through the cabin.

**Gear storage:** Day storage of extra athlete skis and bags is available in the cabin this year.

**Wax room:** The basement wax area is open to members to use. Please plan to use that space outside of team break times and clean up afterwards.

**Parent lounge:** OPEN! Feel free to boot up, take a break and enjoy the company of other club members on the 3rd floor of the cabin. This is a parent space and athletes are encouraged to use the lower floors.

**Cloud 9 Tent:** The tent is in place again this year for U14+ athlete breaks. Those athletes are welcome to get ready in the cabin each morning.



## Daily Health Check

Please complete a daily health check with your athlete each day they are participating in VSC activities. **It is very important that athletes who are unwell do not attend club activities.** If your athlete is unwell please let their coach know they will not be attending that day.

If an athlete becomes ill during the day their caregiver will be notified to pick them up right away.

Thank you for your help keeping our teams healthy this season!

## Parent Reps

**U8 / Race Cubs**

**- Shaun & Lena Crowe-Swords**

**U10 / Race Tigers & Cheetahs**

**- Alistair Brown**

**U12 - Chris Gill & Kristen Coke**

**U14 - Bruce & Corine Shaw**

**U16 - Karyn Kadonaga**

**U18 - Nicole Williams**

*Parent reps are available to answer questions, assist with team communication, event planning & travel.*

## Vaccine Card Check

Thank you for your patience as we worked out this process!

**U14+ athlete** vaccine cards will be collected by coaches. Coaches will need to have them recorded for registration for events.

**Parents/club volunteers** can email a copy of their QR code to brooke.mclardy (at) outlook.com Your vaccine status will be noted and the email deleted.

If you do not want to email, you can bring your vaccine card and ID to the club cabin on Dec 4/5th or 11/12th at program start time to have it checked by a board member. Entry to the club cabin will not be permitted until this is done.

Thank you for your cooperation on this; we are looking forward to a safe & healthy season for all members.

## Sponsor Spotlight

Race Week at Olympia Cycle & Ski was a huge success. Not only did VSC members get great deals on gear, Olympia donated 5% of ALL SALES to our club.

They had a great week and raised **\$3000** for VSC. Thank you to the amazing folks at Olympia!



Interested in becoming a VSC sponsor? Contact Murray: murraymsmith (at) kpmg.ca



## Thank you!

Thank you to the 200+ volunteers of the 2021 Ski Swap. From set up to tear down it was your hard work that made this year's swap a success!

A special thank you to **James Phair, Swap Lead**. James put in countless hours to coordinate this complex event, ensuring every detail was looked after. Thank you James!

## Check out the VSC Website

There is a lot of information on our site and we are adding more all the time.

You will find:

- Ski Program details
- Team calendars

Under the 'Documents' tab:

- Past issues of the VSC newsletter
- VSC policies
- Snow Academy information (for athletes grade 8+)
- Equipment recommendations
- And more...


# Athlete & Parent Code of Conduct

VSC has an outstanding group of athletes, parents, coaches and volunteer members. We are very fortunate to ski on a mountain that is staffed by supportive staff members who cheer on our club. Each season we see our teams working together to increase skills, support each other's development, and form strong bonds of friendship. We have parents and other members who volunteer countless hours to ensure we have a positive environment for our athletes, a safe and technical race centre, and that our club can host top-notch events for our region.

The pride we feel about this club and the motivation to keep it a positive environment for all our members led us to refresh our *Athlete & Parent Code of Conduct*. Parent reps will be sending a copy to you to review with your athlete(s). Once signed off, please return it to your parent rep.

As always, if you have any questions, please reach out. Contact information is at the bottom of this page.

**VSC ATHLETE & PARENT CODE OF CONDUCT**



Name of Athlete: \_\_\_\_\_

As an athlete participating in Vernon Ski Club activities:


- I will demonstrate good sportsmanship at all times.
  - I will display respect for my teammates and do my best to be a true team player.
  - I will not interfere with, bully, steal from or take advantage of another person / teammate.
  - I will not use foul, inappropriate or abusive language or behavior.
  - I will acknowledge all good performances – those of my teammates and of my opponents.
- I will be courteous and display respect for my coaches and come to activities prepared to listen and learn from them. I will exercise self-control and remember that coaches, officials and parents are there to help me. I will accept their decisions and show them respect.
- I will participate in the activities of VSC to the best of my abilities. I will remember that having fun, improving skills, making friends, and doing my best are just as important as winning.
- I will be on time for training and race events and inform my coach in advance of any absence. If I am late it will be my responsibility to catch up with my team.
- I will obey the Skier's Responsibility Code at all times and act in a safe manner when participating in activities.
- I will represent VSC positively while participating in training, competitions and other activities. I will wear my team uniform while training and competing.
- I will respect all VSC equipment provided for my use. I will assist with tear down during training and at local and away race events.
- I will respect the integrity and judgement of race officials.
- I will respect all club facilities and clean up after myself. I will help keep the VSC cabin/tent clean by throwing away my garbage and tidying up at the end of the day.
- I will behave appropriately while traveling in the VSC van ensuring that the driver is not distracted by disruptive and unruly behavior. I will always wear a seatbelt.
- I am responsible for my own gear and will take care of it. I will respect my teammates' gear and not interfere with it.
- I will not use drugs or alcohol.

I will accept responsibility for my actions. I understand that if I fail to follow the above code of conduct I may be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by a coach.
- Written warning.
- Removal from training/competition area.
- Temporary suspension from club activities.
- Long term suspension.

Please provide a signed copy (original or scanned) of this document to the parent rep for your team.

**VSC ATHLETE & PARENT CODE OF CONDUCT**



Code of Conduct – Parents

As a parent member of the Vernon Ski Club:

- I will be courteous, cooperative and respectful in my dealings with the Program Director, coaches, race officials, Board Members, volunteers, athletes, other club members and ski hill staff.
- I will place the emotional and physical well-being of athletes ahead of any personal desire to win, realizing that athletes who feel they cannot meet their parents' expectations lose motivation.
- I will provide support, care and encouragement for my child and all athletes participating in training, race events and other VSC activities.
- I will guide my child(ren) to help them understand the importance of the VSC Athletes Code of Conduct.
- I will support coaches and officials in providing a positive and rewarding sports environment for athletes and refrain from making critical comments.
- I will support the Board of Directors, Program Director and coaches in their efforts at managing club activities and race events.
- I will discourage the use of foul or abusive language and/or behavior and the use of illegal drugs.
- I will fulfill my volunteer commitment with VSC to the best of my ability including participating in local and away race events.
- I will provide my child(ren) with any club uniforms and ski equipment required by their programs.

As the parent of the above athlete I have read the above code of conduct with my child and ensure they understand it. I agree that if my child does not adhere to the code of conduct that disciplinary action will take place.

I have read and agree to uphold the Parents Code of Conduct.

Name of Parent \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

*Note*

- The Vernon Ski Club Board of Directors is responsible for administering disciplinary actions for any Code of Conduct violations, in consultation with the Program Director and coaches.
- There will be no refund of program fees for time missed resulting from any kind of disciplinary action.

## Contact Info

### Board President

laurencarmama (at) gmail.com

### Head Coach

rodgerpoole (at) gmail.com

### Volunteer Coordinator

ssvscvoluntee (at) gmail.com

www.vernonskiclub.ca

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Ideas for our next newsletter? Email brooke.mclardy (at) outlook.com