

# VERNON SKI CLUB

*Excellence in Skiing and in Life*



## Message from VSC's President - Lauren Carr

Hello fellow Vernon Ski Club Members! I hope this letter finds you all well amidst the crazy environments our world and province are currently in. These challenging times are sure to bring our community closer and make our club members even stronger.

Thank you for allowing me to introduce myself. My name is Lauren Carr and I am your new Vernon Ski Club President. As your President, I will keep communication open and honest and be an active member of our board. I am honoured to take on this role as the club means so much to my family and myself. We hope to keep the momentum going as we strive for a better, stronger club every year. My father is also a past president of the board and I am thrilled to officially be the first female President. Along with the day-to-day teamwork that takes place, I hope to spearhead some further actions towards having "wellness/mental health" incorporated programming as well as a mentorship program for volunteerism, race officials and parent involvement within the club. This club wouldn't exist without our volunteers and we need to nurture this from the beginnings of the program all the way through.

Please don't be shy to write me a note, stop me on the hill or drop me a text/phone call. I have an open door when it comes to our VSC family and I can't wait to see and meet some more keen families! This is such an amazing sport we are involved in with lifelong benefits and friends to be had!

I'd like to finish off by saying a HUGE thank you to our volunteer board of directors, our outgoing board members and our second-to-none coaching staff who are truly a dream team amongst other clubs. I will be around all season and a part of every event I can be involved in. Those of us who have done a lot of volunteering for various events look forward to teaching and mentoring those who are newer to the club. There are NO stupid questions and there are always jobs to do both on and off the snow. My children, along with many of the friends they have made in ski club, have always been a part of the Fast and Fit program or Academy in the Fall. I will see many of you there and we'll celebrate the upcoming season and get to know the newer members.

Until then, stay safe, healthy and happy,

**Lauren Carr, VSC President**

**Laurencarmama(at)gmail.com cell: 250-215-1417**

# VSC Board of Directors

**Confirmed at the AGM on July 6, 2021**

Lauren Carr - President  
 Murray Smith - Past President / Sponsorship & Fundraising  
 Roger Green - Vice President  
 Robin Cardew - Treasurer  
 Michael Sinclair - Secretary  
 Marty Steele - Alpine Director  
 Michael Milne - Asset Management  
 Brooke McLardy - Communications  
 Brandon Moore - Marketing

**Thank you to all our volunteer Board members for your tireless efforts to provide a strong club for our athletes and families.**

## Officials Training

New to ski racing or looking to learn more about race day? VSC will be hosting level I & II officials courses this winter, dates TBA. This is a great way to learn more about the on-snow aspects and get yourself ready for race season!



## Fast & Fit 2021

Fast & Fit is a club-run fitness program for athletes going into U10 or U12. Focus is on developing the 'team' culture early and developing the fundamentals of athleticism. The program aligns with the Learn to Train phase of long term athletic development.

Primary objectives:

- Have fun, play games, connect with team mates and coaches.
- Increase awareness of how the body works and how to train.
- Develop physical literacy - agility, balance, coordination, basic speed, basic strength - through games and fun drills.
- Develop flexibility
- Develop fundamental skills of throwing, kicking, running, hopping, balancing etc.
- Trampoline training to improve body awareness and awareness in the air and improve how athletes fall and how they make contact with the ground.

**Watch for sign up in late summer!**

## DATES TO NOTE

- **August** Fast & Fit registration for Fall
- **Sept 1** 2021-22 Season registration
- **Nov 5-6** VSC's Annual Ski Swap
- **Dec 3** Warren Miller Movie Fundraiser
- **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)

## Parent Reps

Parent Reps have an important volunteer role in our club. Parent reps assist families that are new to the club, send out information on upcoming events, help arrange off-snow travel details and act as a communication conduit between coaches and families.

This year we need parent reps at all levels. We will be hosting an information session for reps before the season. This is a great off-snow way to volunteer!

If you are interested in becoming a parent rep for your child's group, please email Brooke at [brooke.mclardy \(at\) outlook.com](mailto:brooke.mclardy@outlook.com) or text/call (250) 540-7528.

## Sponsor Spotlight



VSC could not operate without the sponsorship and support of SilverStar Mountain Resort including training space, events and fundraising initiatives. Our club is fortunate to train and play on such a spectacular mountain with amazing lifties, ski patrol and groomers. Thank you SilverStar!

Interested in becoming a VSC sponsor? Contact Murray: [murraymsmith \(at\) kpmg.ca](mailto:murraymsmith@kpmg.ca)



Photo by Kipras Štreimikis on Unsplash

## Ski Swap 2021

**November 5-6 at Vernon Rec Centre**

We are excited to return to hosting our annual ski swap in 2021 - this is a huge fundraiser for us and also a fantastic way to gear up for the season!

We will be filling some key volunteer roles very soon so please stay tuned.

## Contact Info

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

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**Board President**

[laurencarmama \(at\) gmail.com](mailto:laurencarmama@gmail.com)

**Program Director**

[rodgerpoole \(at\) gmail.com](mailto:rodgerpoole@gmail.com)