



VERNON SKI CLUB

Excellence in Skiing and in Life

LET THE SEASON BEGIN!

Are you ready? Your coaches and Board are! We are so grateful to SilverStar Mountain Resort for getting us out on snow EARLY this year - amazing!

We want to warmly welcome all our new members; we have athletes joining us at every team and know that those of you who have been around for awhile will share your knowledge and love for the sport to welcome athletes and parents 'to the club'.

We have a lot of information to share as we kick off the season so tuck in and read on!

We look forward to seeing each and every one of you on the hill!

~VSC Board

Missed your Team Meeting?

We ask that you please watch the recording with your athlete so everyone is prepared to have a successful season.

U8 Race Cubs: https://youtu.be/xMRghhk-y_Y

U10 Race Tigers: Technical issue! Please watch the U12 recording.

U12: <https://youtu.be/hjU3mrTE7mk>

U14: <https://youtu.be/eZzl8oXkSj4>

U16: <https://youtu.be/cRISPLbsZNO>

FIS: <https://youtu.be/irJFux0VP5I>

DATES TO NOTE

- **Nov 18** SilverStar alpine opens!
- **Dec 1** Warren Miller Movie Fundraiser
- **Dec 2** SilverStar Light Up
- **Jan 27-29** VSC Speed Camp (U12+)
- **Jan 31 - Feb 5** Over the Hill Downhill Training & Race
- **March 19** VSC Round Up
- **March 23 - 26** BC Winter Games
- **April 6-9** TECK Open (16+) on Gypsy Queen

Updates & Reminders

Some VSC updates and reminders for the new season:

- **Cellphones:** as per our updated Code of Conduct, cellphones are not permitted at training. We want everyone to be present with their team and not distracted by devices. If you need your phone for skiing home after club, leave it in your bag during training hours. Coaches can reach out to parents during the day if necessary.
- **Bullying:** bullying will not be tolerated. If you see someone being bullied or are experiencing it yourself, tell your coach or parent right away so we can address it. Find more information about the harmful effects of bullying and appropriate responses [here](#).
- **Be prepared:** we play on a mountain top and conditions can change quickly. Make sure you are prepared for the day with extra gloves, socks & buffs. Pack healthy food and leave treats alone until last break to avoid 'sugar crash'. And don't forget your pocket snack!
- **Be on time:** we are racers, we don't wait around! Communicate with your coach if you are running late and they will advise where to meet up with the team.
- **Allergy Aware:** we are an "allergy aware" club. We have athletes and coaches with severe nut allergies so please minimize these items in lunches/snacks.
- **Club Cabin:** it is yours to use! Athletes can store their daypack and footwear on the main floor in the cubbies and there is a parent lounge on the top for adults to do the same. Please remember 100+ people use the cabin each weekend day, so store things neatly and pack out what you pack in.
- **Cabin Cleaning:** each family is required to sign up for 1-2 cleaning shift per season. Please sign up [here](#).
- **Uniform Policy:** Find this new policy on our [website](#).

SafeSport

VSC is following Canada Alpine on ensuring that our club is following SafeSport guidelines. We will be communicating more in the coming days about steps anyone who will be tailgunning, chaperoning or otherwise be one-on-one with athletes will need to take. It will be a simple process that will ensure that our VSC athletes are physically and emotionally safe while under the care of our club.



Thank you to our 2022-23 Sponsors!



BC Winter Games

One of the casualties of COVID was the 2021 BC Winter Games, planned for Vernon in February 2021 and postponed to 2022. The purpose of the BC Games is "To provide an opportunity for the development of athletes, coaches, and officials in preparation for higher levels of competition in a multi-sport event which promotes interest and participation in sport and sporting activities, individual achievement and community development."



VSC is very pleased to be hosting the alpine ski events of the Games March 23rd - 26th at SilverStar Mountain Resort. Our 2008/09 born athletes will have an opportunity to qualify to compete in the games at a qualifying event at Apex in January. Our club will be here to support those athletes and the Games as a whole through volunteering. Anyone wishing to volunteer for the Games must register with the BC Games Society at <https://bcgames.net/gvern2022wn/DesktopDefault.aspx> We need several more volunteers to reach our commitment and to run a great event. **Please register today!**

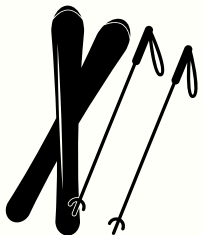
Ski Swap 2022 Recap

Thanks to our dedicated Swap Leads and army of volunteers, this was our most successful Swap ever! We raised close to \$40,000 for the club. Wow! This positively impacts our fees so thanks to everyone for working hard to keep fees as low as possible. Well done!



Warren Miller's Daymaker

Do you have your tickets yet? Screening is Thursday December 1st at the Vernon Towne Cinema. Tickets are on sale now at Olympia Cycle & Ski for \$15 (cash only). This is a great event to kick off our season - hope to see you there!



Are You Following Us?

For club activities, general alpine ski news and some fun, follow us on:
Instagram and **Facebook**

For the Club Buy & Sell:

Click [here](#) and request to become a member.

Follow!



Your Teams



Emily Morel - U8 Coach

Ally Thompson - U8 Parent Rep



Mike Kozlowski - U8 Lead Coach



Mike Miller - U8 Coach

U8 Race Cubs

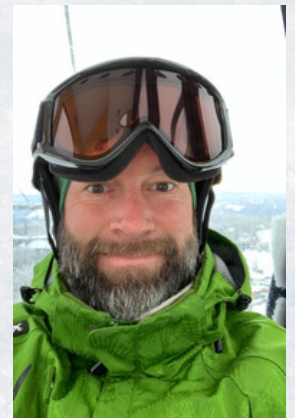


Petra Wilde - U10 Coach



Adam White - U10 Lead Coach

U10 Race Tigers



Jared Hetherington
U10 Coach



Alistair Brown - U10 Parent Rep



Your Teams



Louisa Cotton - U12 Lead Coach



Mike Sinclair - U12 Coach



Matt Kreutz - U12 Coach

U12



Cori Drew
U12 Parent Rep



Tronni Earnshaw - U12 Parent Reps



Garret Van Soest - U12 Coach

Your Teams

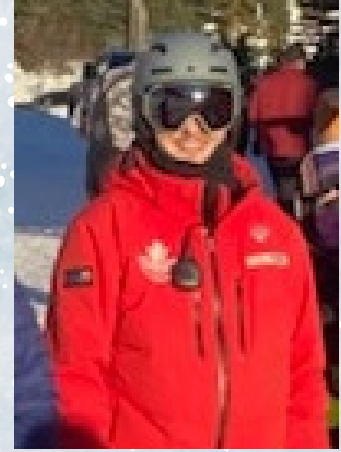


Rodger Poole - U14 Lead
Coach & VSC Program
Director

U14



Corine & Bruce Shaw
U14 Parent Reps



Austin Schimmel - U14 Coach



John Newton - U16/FIS Lead
Coach

U16 & FIS



Gavin Donald- U16/FIS Coach



Karyn Kadonaga
U16 Parent Rep



Nicole Williams
FIS Parent Rep





Robin Cardew
Treasurer



Lauren Carr
President



Marty Steele
Alpine Director



Roger Green
Vice President



Mike Sinclair - Secretary



Mike Milne
Asset Director



Brooke McLardy
Communications



Alison Uesson
Entry Level Coordinator

Ski Tuning



New to race ski tuning or want to build your skills? Check out [Swix School](#) on YouTube for videos on everything from set-up to repair to maintenance. There is a lot of tuning expertise in the club so ask around if you need some guidance.

In our new [Member Handbook](#) there is a comprehensive list of tuning gear to have in your kit - check it out!

TeamSnap

New to TeamSnap? Take a look at the [Tip Sheet](#) on our website for some basics. Don't forget to check the calendar and update athlete availability in the app before each training session.

Racers Ready!

That is all for now! See you out on the hill!



Another face to be familiar with: Allison Goff, VSC's Volunteer Coordinator. Allison is a mom of 4 with 3 athletes in the club. She can be found organizing VSC's SilverStar Light Up display, coordinating vollies for race events and cheering on our athletes on the course!

Contact Info

Board President

laurencarmama (at) gmail.com

Head Coach

rodgerpoole (at) gmail.com

Volunteer Coordinator

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www.vernonskiclub.ca

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