



MANSFIELD SKI CLUB
MULMUR ONTARIO



RACING HANDBOOK

Prepared by
© Ken Ellis, Head Coach
CSCF Level IV Program Director

Acknowledgments

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Jamie Gilmore

Mansfield Ski Club Race Handbook

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The Story of Mansfield Racing – The Early Years

In 1968 racing began at Mansfield as an in-house activity started by the enthusiasm of John Sauhammel and Frank Acs. John and Frank began the program in order to create fun for the kids who were skiing at the Club. It quickly became popular and more and more kids and their families got involved.

When the program started there were no poles or gate panels. Saplings were cut from the woods and used to set courses, and racers were started by a flag signal to the bottom and timed on stop watches.

In 1970 Ski School Director, Frank “Sully” Sullivan appointed John Longstreet as the first Head Coach of the program. John’s early coaching staff included John Sauhammel, Frank Acs, Bob Livsey and Willy Henkenhof.

Starting with the 1970/71 season the Mansfield Ski Club and the Credit Valley Ski Club created a joint venture for ski instruction and race coaching. CVSC was a travelling club based in Mississauga and served skiers from Etobicoke, Burlington, Oakville and Brampton areas. Every weekend CVSC members would arrive at Mansfield for instruction, race training and competitions.

Early on, Bob Hancock convinced General Manager John Low, one of the “Silver Seven”, to give the racing program \$5.00 from membership fees for each racer who joined the Club. These fees paired with the “auction” were the start of fundraising for the racing program. The first auctions consisted of items from the lost and found and simple food items like apples and baked goods.

The MSC Racing Program soon became a major factor in attracting skiing families from the west end of Toronto and western suburbs to Mansfield.

A strong community feeling of ownership was developed through parent participation in race organizing, administration and building the on hill race facilities. During the 1970’s and early 1980’s the program served 40-60 racers annually. Mansfield racers took part in the C Plus/Mountain Dew and Hershey Leagues as well as in the Southern Ontario Division (SOD) individual performance programs.

In 1983 the current Mansfield Ski Club was formed with a membership base from the old MSC and a small group from the CVSC. The Club and its race programs grew during the late 1980's to almost 100 racers annually. The Club's philosophy for the racing program at that time was focused on participation, teamwork and fun. It was during that period that the Club's relationship with Hershey Canada was forged. For 20 years Mansfield hosted the annual Hershey All Stars Day which for most clubs in Southern Ontario, was the premier event of the season.

Although Hershey no longer sponsors this teen league Mansfield is still involved and remains to this day an active participant in the SOD U18 age group racing.

In 1990/91 John Longstreet resigned as Head Coach to take over the Board Portfolio as Director of Race Programs. Around this time Frank Sullivan took over as General Manager of Mansfield, Glen Gowland became the Ski School Director and Peter Acs became the new Head Coach.

Currently the Race Programs are under the direction of Head Coach, Ken Ellis who has been at Mansfield since the fall of 2005.



Purpose of the Handbook

This Handbook has been prepared for the parents, participants, coaches, volunteers and club administrators who make up the MSC Racing Program.

The purpose of this Handbook is to provide a comprehensive and consolidated source of information on MSC's Racing Programs in order to enhance communication within the Racing Program and ensure consistency. Please use the Table of Contents as your quick guide to locating information.

2018 is the 10th year for the Handbook; this year we will publish a full copy of the Handbook on line on the Mansfield website in the Racing Information section under "Resources". This is a smart phone friendly version – you can have it with you at all times.

Program Overview

The Mansfield Racing Program operates within the Southern Ontario Division (SOD) of Alpine Ontario and the Canadian Ski Association and competes against other clubs within the SOD and Ontario. We participate in the SOD Series and O Cup Series of competitions, and while alpine ski racing is an individual sport, we foster a strong team training environment in support of our young athletes. As well we have a vibrant house league/at home racing program for our youngest participants and a large adult race program. The program begins on-snow training starting with a mid-December camp at Jay Peak, Vermont for U12's and up and Christmas Camp for all ages during the Christmas Break, continuing on with weekend training and racing early January through mid-March. The season wraps up in March with the Club Races followed by March Break Camps and the various Spring Championship/Invitational races at various locations in the SOD for the U10 to U18 age groups. The Mansfield racing program is designed for young racers from 4 to 19, as well as adults.

MSC Race Committee – Mandate

The key objective of MSC is to provide quality resources (human and physical) so that the Club can provide a superior racing program.

The Race Committee is chaired by the Race Director. Currently Grant Cooper is the Race Director. The Race Committee has 6 – 8 club members whom are either selected by the Race Director or have volunteered to sit on the Committee.

The sitting Club members represent the various age groups and race programs. In addition to the Chair and sitting Members the committee includes the Alpine Services Manager (Gord Manuel), Head Coach (Ken Ellis) and the Race Administrator (Kate Rutters).

The Race Committee meets 3-4 times a season to review and advise the Race Program staff on the policies and practices of the Race Department.

MSC Racing Program - WHY?

The purpose of the racing program at MSC is to provide programs that:

- Promote sport as FUNdamental to the growth & development of children & teens
- Create learning environments and opportunities which respect children and teens as individuals all of whom develop at their own rates
- Foster friendship and community – racing gives us opportunities to engage with, appreciate and respect all members of Mansfield and the larger community of sport.

MSC Racing Program Goals

To build the MSC racing program into one which exceeds its membership's expectations for safety, fun and skill development all the while creating positive and challenging play and learning environments.

MSC racing programs will be comprehensive - all facets of skill development will be matched with programming - physical, technical, psychological, ancillary and competition skills – and we will make extended race training and competition opportunities available to those young athletes who wish to pursue alpine ski and snowboard racing beyond the club level programs.

MSC racing programs will measure our success by growth, enjoyment and achievement at all levels from the Training Squads (4-5 years of age) thru to U19 age groups and our Adult Race Programs.

MSC athletes will win race series, invitational and championship events and selections not for the sake of winning but as a result of the excellence of our programs.

MSC racing programs will increase membership subscriptions to the Club because parents will want their children to participate in our programs.

MSC racing programs will support and supply extensive staff training and development ...the staff will strive to become coaches willing and capable of creating and delivering the best club program in Ontario for athletes and their families.

Developmental Coaching Philosophy

Responsibility - Challenge - Patience - Individuality

The foundation of professional coaching is for the coach to accept responsibility for the well being of the athlete(s) who have put their trust in them.

The coach must challenge the athlete in the person while at the same time being patient with the person in the athlete.

In an individual sport, such as Alpine Skiing/Snowboarding the challenge for personal excellence is an integral element.

For the developing child/youth (athlete) success should be measured by change not Results...not all change is progress but there is no progress without change.

Although each child/youth (athlete) will develop individually and uniquely, each must be fit to be a good skier/boarder and each must be a technically good skier/boarder to become a competitive racer ... what is in the way is the way.

There are few unrealistic goals but there are unrealistic time lines ... each athlete in their own time ... in their own way... to their own end.

Competition is a cooperative effort toward excellence ... each athlete has a responsibility to raise the level of their performance/play to the highest level possible... in this way they honour themselves, the sport and their fellow competitors.

Competition, as a challenge for personal excellence, is not about winning for the sake of winning, but rather, competition helps us realize who we are and who we are capable of becoming measured by the effort we put in and the joy we get out of the challenge/play of sport.

Race Calendar 2018/2019 – Events

Dec 7-14, 2018	Jay Peak Camp
Dec 15, 2018	Opening Day
Dec 15 & 16, 2018	Coaching Staff on snow training
Dec 27 – 31, 2018	Christmas Camp
Dec 30, 2018	Meet/Ski w Larisia Yurkiu WC DH Medalist
Dec 28, 2018	Homecoming
Dec 27, 2018	U8/U10/U12/NFS Parent Meetings 10:30 Race Centre
Dec 29, 2018	U14/U16/U19 Parent Meetings 10:30 Race Centre
Dec 31, 2018	Christmas Camp Time Trials
Jan 1-5, 2019	CSCF DL Course
Jan 2-4, 2019	New Year's Race Camp
Jan 4, 2019	U12 Invitational Panel Slalom Race – Mansfield Cup
Jan 5, 2019	SOD Race Programs Begin
Jan 6, 2019	SOD U14 O' Cup Slalom Race – Girls & Boys
Jan 9-11, 2019	High Schools Training Days
Jan 16, 2019	CISAA GS Race
Jan 18, 2019	U10/U12 GS Camp
Jan 19, 2019	U10 Interclub Race w Caledon
Jan 25, 2019	MSC Ladies Day
Feb 2, 2019	Training Squad Carnival
Feb 1, 2019	MSC Men's Day
Feb 8, 2019	U10/U12 Slalom Camp & Corporate Day
Feb 9/10, 2019	SOD Race Fest
Feb 10, 2019	U10 Slalom Race @ Caledon
Feb 15, 2019	U10 Invitational GS Race – Longstreet Cup
Feb 16, 2019	Ontario SB GS
Feb 18, 2019	Family Day Super G
Feb 22, 2019	U12 GS Race – Mansfield Cup
Mar 2 & 3, 2019	Club Races Weekend
Mar 22-24, 2019	CSCF Entry Level Coaches Course
Mar 23, 2019	Race Banquet

Race Staff Directory

Alpine Services Manager

Gord Manuel

gord@mansfieldskiclub.com

Club: 705-435-3838 Ext 230

Head Coach

Ken Ellis

kenellis@mansfieldskiclub.com

Club: 705-435-3838 Ext 234

Cell: 705-321-9852

Race/Events Manager

Colin Munro

Race Administrator

Kate Rutters

race@mansfieldskiclub.com

Club: 705-435-3838 Ext 239

Snowboard Coordinator

Gord Manuel

Lead Coaches

TS

U8

U10

U12 SOD

U14 SOD

U16 SOD

U19 SOD

U14/U16 O Cup

Sarah Edwards

Mark Godin

Kate Checkeris

Joe Swallow

Paul Lynch

Isa Van Buynder



Gord Manuel – Alpine Services Manager

Racing Staff Structure 2018

Head Coach (1)

Responsible for (1) the design, implementation and evaluation of programs, (2) recruiting, training and supervision of staff, (3) communication with parents/members, (4) MSC's alpine race representative to SOD, AOA and ACA, (5) in conjunction with the MSC Race Committee to assist in the hosting of MSC, SOD and AOA events, (6) to prepare annual end of season report and update to the Race Handbook, (7) control and maintenance of equipment.

Race Administrator (1)

Responsible for race administration including start lists for away and hosted events, bib assignments and distribution, tabulation and publication of results, official communication with SOD/AOA with regard to MSC hosted events and MSC teams participation at other venues, communication with MSC ROC's, volunteers & parents concerning MSC hosted events; i.e., SOD Races, Club Races, MSC hosted Invitational Races/Camps, invoicing all race participants (clubs, schools and individuals).

Responsible for distribution & collection of staff applications and documentations, uniform assignments and photo ID badges for staff.

Race/Events Manager (1)

Responsible for assisting the Head Coach with the implementation of programs including supervision of the race crew, course setting and maintenance for training and races, control and maintenance of equipment, and assisting team coaches.

Team Coaches (45+)

Each team will be assigned full season coaches. Team coaches will be responsible to implement the technical and tactical development models presented by the Head Coach and to facilitate the participation of their team members in each of the selected SOD and MSC scheduled races in which they are eligible to participate.

The athlete to coach ratio for MSC/SOD Teams and the Need for Speed program will be set at 7:1, with the exception of Training Squads where the ratio will be 3:1.

Manager of Managers

The MSC Manager of Managers is a volunteer who facilitates the recruitment and training of our SOD Age Group Team Managers.

Team Managers are recruited from among the parents of children on each of the SOD Age Group Teams generally during the Christmas Camp

Parent Volunteers

From its beginnings in 1968, the Mansfield Racing Program has counted on the enthusiasm and strength of parent volunteers for its success.

It is not possible for the racing programs to exist, and indeed flourish like they do, without the continued and enthusiastic support of parent volunteers. It is the incredible array of talent and expertise that parent volunteers bring to the hill each and every day that creates for us one of the most vibrant and largest racing programs in the province of Ontario.

Volunteers help us manage the teams, host races and special events, and do fundraising to support our many provincially and nationally recognized, talented, young boarders and skiers.

Whether it is on the hill doing gate keeping or course maintenance, doing score keeping and recording, or behind the scenes organizing and advising, there is a place for every parent on every team.

If you are interested in becoming involved in your child's sport, please step forward and introduce yourself to our Manager of Managers or Head Coach and rest assured your interest will be most welcomed and utilized to the benefit of your child's team and the entire racing program.

Role & Responsibilities of Team Managers

This is a summary of the main responsibilities; other items/issues may well arise during the season which require the Team Manager's attention:

- To offer administrative support to team families
- Create & distribute a parent contact list
- Have a parents' meeting during the first weekend of programs to discuss parent responsibilities to their child and team; i.e., get to races on time, assist on hill when your team is hosting, become acquainted with the Racing Rules and the contents of the MSC Racing Handbook
- Coordinate travel for away races – car pools – directions & maps
- Confirm schedules and contact information as well as any rules & procedures that need to be observed at other clubs and communicate same to team families
- Coordinate parent volunteers to contribute to your team's hosted race i.e.; gate keeping, scoreboard, collection of bibs, awards presentations, etc.
- Attend a meeting, hosted by the Manager of Managers, at the beginning of the season to learn what to do, and throughout the season connect with the Manager of Managers, Race Administrator or Head Coach to resolve any issues

Southern Ontario Division (SOD) Racing Structure

SOD coordinates the races for the 34 participating clubs in southern Ontario. The age categories for SOD race series and events are:

Under 10 years of age – 8 to 9 as of Dec 31, 2018

Under 12 years of age – 10 & 11 as of Dec 31, 2018

Under 14 years of age - 12 & 13 as of Dec 31, 2018

Under 16 years of age – 14 & 15 as of Dec 31, 2018

Under 19 years of age – 16 - 18 as of Dec 31, 2018

Young racers (U10 & U12) who are still developing fundamental skills all compete at the same level of competition.

Southern Ontario Division (SOD) and Ontario (O) Cup Series'

To ensure that participants are competing at the proper level, against racers of comparable ability, in their age group and gender Division Racing is introduced at U14 and continues through U16.

U12 to U19 SOD Cup Series is the SOD Inter-club Race Series consisting of weekend races throughout January and February with Invitational races in March.

U14 to U16 O Cup Series is the competitive stream and leads to Provincial and National Championships for those athletes who qualify.

Each participant takes part in a designated number of home and/or away races. Please consult the individual age group Race Calendars for specific scheduling and locations.

SOD & O Cup Series' Race Scoring & Awards

All SOD & O Cup Series races from U10 thru U19 are scored on the basis of individual results, two run combined times.

MSC Team Structure

While alpine ski racing is an individual sport, MSC fosters a strong team training environment in support of all of our individual racers. Each team is usually assigned two coaches. Please read the Role & Responsibility of the Coach on page 2 of the Coaches' Handbook.

Each team at Mansfield has a volunteer manager(s). They are parents of one or more of the team members. The managers of the team facilitate and coordinate the flow of information regarding race schedules, race locations (including driving pools, etc.) and the hosting of their team's home race(s) and special events.

The group of volunteer Team Managers is coordinated and trained by the volunteer Manager of Managers.

MSC Racing Programs 2018

FUNDamentals Children's Programs Ages 4 - 13

Training Squads	Age 4-5	18+ Days on snow
U8 Home Teams	Age 6-7	23+ Days on snow
U10 Home Teams	Age 8-9	23+ Days on snow
U12 Travelling Teams	Age 10-11	23+ Days on snow
U12 Extended	Age 10-11	34+ Days on snow
Need for Speed	Age 7-13	9+ Days on snow

U14 & U16 Development Programs Ages 12 - 17

U14 SOD Series	23+ Days on snow
U14 O Cup	48+ Days on snow
U16 SOD Series	23+ Days on snow
U16 O Cup	48+ Days on snow

U18 Program Ages 16 to 18

U19/FIS 23+ Days on snow

All U19 athletes when the registered with AOA will receive a Provincial FIS Competitors' License which will enable them to participate in SOD, O Cup and regional FIS level competitions.

Age Group Teams

U8 to U12 SOD Series teams are “age based” teams

Once a child is register in an Age Category they will be placed on the specific team which corresponds to their YOB. For example, if a child is 10 years of age (as of December 31) they would automatically be placed in the U12 Program on the 1st year team (10 year olds), if they are 12 years of age they would be automatically placed in the U14 Program on the 1st year team.

If there is a child whom the coaches/parents believes should be moved up a year within their Age Group Category because they meet the criteria to do so, the child would be invited/permitted to do so, but would not be required to do so. This could happen at any point during the season.

At no time would a child be moved down within their Age Group Team/Category.

Racing-Up Policy

When a young skier demonstrates themselves (according to criteria explained below) to be exceptional within their age, the coaches of that age group, in consultation with the Head Coach, may determine that it is in the development interest of the young skier to move them up to the next age – to move up one year. For example, an 8 year old could move within U10 to the 9 year old team but could not move into U12, but a 9 year old could move into U12 on to the 10 year old team.

To be considered exceptional a young skier will:

demonstrate current technical abilities well in advance of their age peers and on par with those skiers in the age above into which the young skier would move – see Age Group Benchmarks Summary – attached.

- (1) have race times (from the current year’s Christmas Camp Time Trails/Series Races well in advance of their age peers and on par with those skiers in the age above, and
- (2) be mature enough to fit in with the skiers on the older age Team/Category.

During the Christmas Camp the coaching staff will have the opportunity to observe and assess each skier, and if during this process a skier is identified as being exceptional within their age, and it is the coaches' consensus that the young skier would develop better and would be able to fit into the age above, then that recommendation could be made to the parents by the Head Coach. There would be no requirement for the young racer to move up but rather they would have the opportunity to do so. Likewise parents can make a similar request to the Head Coach to have their child considered for moving up.

Racing Up in the U8, U10 and U12 age groups is a club decision. Racing Up into the U14, U16 and U18 age groups is generally not possible as athletes in these age groups are Nationally Carded through ACA.

MSC Injured Athlete – Coach Response Protocol

All skiers/athletes assume the risk of accidental injury. Even an athlete being trained by the most responsible and experienced coach can suffer an injury.

When someone is injured, the MSC coaching staff will immediately implement the following protocol:

- The first coach(es) on hand will quickly evaluate the surroundings and determine if there is further risk of injury because of the location of the accident, if so take action to secure the injured person and the immediate surrounding area;
- Attend to the injured person(s) - do not move an injured individual, but keep him/her warm;
- If the accident requires it, a coach on hand will call (using cell phone or radio) the Ski Patrol or Lesson Desk to inform them of the accident and the need for immediate assistance from the Ski Patrol. If this is not possible then...
- Instruct two capable and responsible team members to go to the bottom of the closest lift and report the IMMEDIATE NEED FOR SKI PATROL. If this is not possible, flag down a passer-by and ask him/her to do the same; instruct these team members and or passer by to be very careful, to not rush or take risks but to go directly to seek help;
- Ensure who ever is contacting the ski patrol to inform the Ski Patrol whether the injury is minor, serious or life threatening and precisely where the accident is located on the hill. Note the name of the run, lift tower, etc.;
- Stay with the injured athlete until the ski patrol has arrived, has assessed the situation, and assumes care of the injured athlete;
- If the procedure takes a significant amount of time from the session, the team will be instructed to assemble at the pre determined meeting area; i.e., Race Center or Chili Shack;
- One coach shall remain with the injured athlete until such time as the ski patrol has assumed full responsibility for the injured athlete. If they have not already done so, the other coaches will attend to the rest of the team;
- As soon as the injured athlete has been attended to and is secure, the coaching staff shall contact the injured athlete's parents/guardians.

Hill Space Use – Policy & Practice – Weekend & Holiday Use

The Hill Space Use Policy has been developed to ensure that we provide balance and the appropriate terrain for all members of the Club. With a large and expanding Race Program, and the hosting of many races and events there is always going to be a demand for training and racing space coupled with strong demand for free skiing. Our goal is to ensure that we can all share the great terrain and facilities of the Club.

General principle – no more than two hills will be closed for training and/or racing at the same time. While two hills may be “closed” for training and/or racing other hills may be used for training but not closed to the membership; i.e., training down skiers left on Javelin and or right on Breenger while the rest of the hill is open to the membership.

When a race is being run on either Devil’s Staircase or Sully’s only one additional hill will be closed for training (with the exception of the left lower section of Breenger) while the race is in progress and the hill is closed. Other hills may be used for training but remain open for members to ski as well.

On weekends and/or holidays, we will not close two hills for racing at the same time unless it is a major club event such as Club Carnival Races, FIS Races or Invitational SOD or O Cup Spring Series.

Mouse Trap or Auction may also be closed for training but not at the same time that Sully’s is closed for training.

Sully’s and Big Tree may also be closed for training but not while Devil’s Staircase is closed for training or racing.

Javelin, skiers left, is often used for training but never to be completely closed to the membership.

Hector’s Hollow is designated as a skill development playground for our youngest skiers. It is open to all members and programs.

GDHL Racing will take place on alternate Sunday afternoons on Devil’s Staircase or Sully’s commencing January 14th, 2018.

Hill space use (training and racing) will be posted weekly on the Club’s website and daily on the Hill Space Board that is located inside the hill side chalet doors and at Member Services.

Hector's Hollow is designated as a skill development playground for our youngest skiers. It is open to all members and programs.

GDHL Racing will take place on alternate Sunday afternoons on Devil's Staircase or Sully's commencing January 10th, 2016.

Hill space use (training and racing) will be posted weekly on the Club's website and daily on the Hill Space Board that is located inside the hill side chalet doors and at Member Services.

Helmet Camera & Selfie Stick Policy

Athletes and coaches are not allowed to train or race with a helmet mounted camera. This is a safety issue - in the event of a fall a protruding camera mount can itself be the cause of injury.

Likewise athletes and coaches are not permitted to train or race while using a "selfie stick".

Cell Phone Use Policy

At no time during training and/or competitions should athletes have on their person a cell phone, or other head phone device. Such devices are distracting to the task at hand and consequently can be hazardous. No one would accept the notion that an athlete could have a cell phone or head phone device on their person if they were playing hockey, soccer, tennis, etc. Likewise it is not reasonable to have such a device on one's person while training or competing in alpine ski racing.

Coaches, for use in emergency situations, are encouraged to carry a cell phone on their person while engaged with athletes but they must not have them turned on unless they are required to use it in response to an urgent or emergency situation directly related to their coaching duties or team.

Parents' Guide to Race Day at Home and Away

If you have a child in one of the SOD or O Cup Series races then you will be going to away races during the course of the season; many of these events will take place at other clubs in Ontario. Generally a team only hosts one race at its home club during the season. All U12 racing occurs on Saturdays and/or Sundays. O Cup races, particularly speed events, may be scheduled mid-week.

At the beginning of the season, once placed on a team, SOD Cup athletes are able to find their team's schedule of races on the AOA website. The Team Manager, who is a volunteer parent from your team will also supply each parent with a race schedule. O Cup Schedule of races, both local and provincial, are posted to the AOA website by October 1st.

When you are racing away (or at home) your Team Manager will advise you at least one week in advance what time you need to arrive at the hosting club and what the schedule for the day will be. In addition, your Manager will supply you with driving directions and any details pertaining to parking and where to meet the team at the hosting facility. While each hosting club sets its schedule for the day, generally you have to be there no later than 8:30 am and ready to ski before 9:00 am. Sometimes this means that you have to be on the road very early in the morning or travel the night before.

The entire team will inspect the course they are going to race under the supervision of their coaches. This usually occurs 30 – 45 min before the start of the race.

SOD Series races are usually organized so that the second run will happen as soon as possible after the first run. There is generally never more than 30-60 min between runs. The coaches will be in charge of their team on the hill and will ensure that their racers know the routines. As a parent, generally you will have no responsibilities at an away race – so be a cheering fan.

If there are no problems with the running of the race (poor weather or timing malfunctions) an SOD Series race is usually over within 3 hours. O Cup races will take longer – often not ending until mid-afternoon.

Immediately upon the conclusion of the race, the Race Jury (a three member panel entrusted with the supervision of the event) will consider any disqualifications and then scrutinize the scored results. This process generally will take 30+ minutes.

After which time the awards ceremony will take place. You will be informed by your Team Manager when and where the Awards will take place.

Once the race is over, if there is time and opportunity, the coaches will free ski with the kids until it is time for either the medal presentations or departure. This can be a very good opportunity for kids to experience new terrain.

When your team is hosting a race, as parents, you will be required to assist in the running of the race. You will be asked to take on one of the many support roles; i.e., bib distributing and collection, timing, start organization, scoreboard, gate keeping, etc. Your Team Manager will be responsible for soliciting your help and delegating responsibility for the various roles that need to be filled. No single responsibility is very onerous and this gives you a chance to really contribute to your child's team.

Equipment Recommendations

There are only a few "rules" when it comes to finding the right equipment, and Rule One is hand me downs rarely work well since they were intended for someone else, and unless the person receiving the hand me down is identical to the original user, then a compromise is being made.

Helmets

Helmets are mandatory for all members of the Mansfield Race Programs.

Training Squad participants may wear a children's ski helmet that is specifically designed for alpine skiing. At this age group we often see helmets that have soft covering over the ears. While these are not recommended they are permitted for Training Squad participants.

At all times during training and racing, all NFS and U10 through U18 participants **must wear a crash helmet specifically designed and labeled for alpine skiing** – it must have a smooth surface with no spoilers, protrusions or attachments (including camera mounts) other than a slalom

face guard attached to the front of the helmet as per the helmet manufacturer's instructions and which is only used during slalom training and racing. With the exception of helmets manufactured specifically for U14 to U18 slalom events, which may have soft ear covering, all ski crash helmets must have a hard shell over the ears.

Slalom specific helmets (soft eared with face guards) are only permitted for slalom gate training and racing – they are not permitted for free skiing with the team or for GS or Speed training and racing.

To be effective a helmet must be a perfect fit. A helmet should fit snugly and have no pressure points.

It should not droop down over the eyes, and at the back it should not extend below the bottom of the skull where it meets the neck (the occipital bone).

The helmet must allow for goggles to fit inside the face frame, and it must have a functional chin-strap.

Boots

The most important item of equipment is the boots. They have to be a correct fit and style for the user. For racing kids, boots need to be snug when they put them on, and when the buckles are done up the boot must tighten up slightly – not so tight that the feet go numb but tight enough that their shins do not rotate in the cuff of the boot and that their heel stays on the sole of the boot when they flex (bend) forward. The toes should not cram up against the front of the boot at any time. Leave room at the toes and ensure the ankle is secure in the boot. **Do not get boots which are too stiff.** This is the most common fault that young racers make when they purchase new boots. The boot may flex a little in the store, but outside when the temperature is well below zero, if the boot is too stiff it will prevent the child from making the correct move forward which will result in sitting back while skiing. This is poor technique and can also contribute to knee and ankle injuries. The boot is the child's connection to the ski and the snow; if the fit is not right then it will be difficult for the child to progress.

Poles

For younger kids one set of poles is all that is necessary and a Slalom (straight shaft) pole is preferable as it is most versatile. Proper pole length is very important. If the pole is too long the child has to swing it excessively and pop up in order to make a correct pole plant, and if it is too short then they have to lean too far forward to plant the pole. Both of these situations contribute to poor technique and slow progress. The proper length is to have the child stand straight, in a pair of street shoes, and measure from the ground to half way between their navel and their sternum. This is the correct length for poles. Children should not have slalom blocking guards on their poles until they are strong enough skiers to cross block. These guards tend to encourage young skiers to reach across their body in order to hit the pole which causes excessive rotation and actually makes it harder to learn how to cross block. Junior poles are relatively inexpensive and need to be changed frequently as the child grows.

Once the kids have GS and Slalom skis, then they also need GS and Slalom poles. Use the method above to determine length for the slalom pole and add 5+ cm for a GS pole.

Skis – See Selection Chart below

For U10 and U12 racers one pair of skis is preferable. Generally a GS or Sport Race ski is the most versatile choice. The length of the ski depends entirely upon the height, weight and current ski ability of the child. Do not get skis that they will grow into, long skis are harder to turn and a child will make slow progress if the skis are too long. The side cut of the skis also greatly determines the ease of turning. Skis with a narrow waist (center) and a wide tip and tail will turn and carve more easily.

As kids approach the U14, U16 and U18/20 age groups many of them need to have GS and Slalom skis. The difference is in length and side-cut. Slalom skis will be between 130 and 165 cm while GS skis will be between 150 and 185cm depending upon height and weight. Junior race skis should serve your child well until they are at least 14 years of age.

Ski Selection Chart U10 to U19

Turning Radius indicates the minimum TR > suggested lengths greater than or equal to

Age/Gender	U10	U12	U14	U16 Wom	U16 Men	U19 Wom	U19 Men	FIS Wom	FIS Men
Weight LBS	> 60	60-75	60-90	80-100	100-120	100-130	130-150	100-150	130-170
Slalom Ski cm	120+	120-130	135-140	145-150	145-150	155	155-165	155	155-165
GS Ski cm	125+	130-140	145-150	158-165	165-172	178-183	183-188	183-188	190-195
Weight		75-85 lbs	90-110 lbs	100-120 lbs	120-140 lbs	130-160 lbs	170-180 lbs	150+	170-180
Slalom Ski cm		130-135	140-145	145-150	150-155	155	155-165	155	165
GS Ski cm		140-145	155-165	165-172	172-177	178-183	188-191	183-188	190-195
Weight		85-100 lbs	110-130 lbs	120-140 lbs	140-160 lbs	160+ lbs	180-190 lbs	160+	180-190
Slalom Ski cm		135-140	145-150	150-155	155-160	155	165	155	165
GS Ski cm		145-150	165-175	175-180	178-183	183-188	188-191	183-188	190-195
Weight		100+ lbs	130+ lbs	140+ lbs	160+ lbs		190+ lbs		190+
Slalom Ski cm		140-145	150-155	155	160-165		165		165
GS Ski cm		155-165	175-178	175-180	183-188		191+		190-195
Turning Radius			GS TR ≥17M	GS TR ≥21M	GS TR ≥23M	GS TR ≥25M	GS TR ≥30M	GS TR 30M	GS TR 30

Equipment - Summary by Age Groups

U10 Equipment

- All participants must wear an FIS approved helmet at all times – see notes above.
- Participants are not permitted to wear speed suits – not necessary at this age.
- Only one pair of skis required – see Ski Selection Chart above.
- A Racer's Boot Bag that can store boots and helmet – very helpful for any away event. There are knapsack styles available which keeps hands free for carrying skis and poles.

U12 Equipment

- All participants must wear an FIS approved helmet at all times – see notes above.
- Participants are permitted to wear speed suits
- Only one pair of skis required – see Ski Selection Chart above.
- A Racer's Boot Bag that can store boots and helmet – very helpful for any away event. There are knapsack styles available which keeps hands free for carrying skis and poles.
- Side zipped ski pants or shorts that can easily be removed just before the racer starts.

U14 Equipment

- All athletes must wear an FIS approved helmet at all times – see notes above.
- Athletes are permitted to wear speed suits.
- At U14 many athletes have both slalom and GS specific skis – this is a recommended
- See the ski selection charts above.
- Many athletes as well have separate GS and Slalom poles.
- Athletes need slalom shin guards and slalom pole guards for slalom training and racing and it is highly recommended that they have a face guard on their slalom helmet and a mouth guard which they wear to protect their teeth.
- Slalom face guards may not be worn on helmets for GS or SG training or racing.
- Slalom Pole guards may not be worn on helmets for GS or SG training or racing.
- Boot bag/knapsack and side zipped warm up pants/shorts.
- You may find it more convenient to have two helmets (Slalom and GS) to avoid having to install or remove the slalom face guard depending upon the training and/or racing schedule – very often both events are trained/raced on the same weekend.
- For Super G training and racing athletes must use Super G specific skis – see the ski selection charts above – many athletes do not purchase Super

G skis but rather rent or borrow them for the few days that they require them – please consult the Head Coach for details

- For Super G training and racing athletes must wear back protection specifically designed for alpine speed events.

U16 & U19 Equipment

- All athletes must wear an FIS approved helmet at all times – see notes above.
- Athletes are permitted to wear speed suits.
- At U16/U19 athletes need to have both slalom and GS specific skis – See the ski selection charts above.
- Many athletes must have separate GS and Slalom poles.
- Athletes need slalom shin guards and slalom pole guards for slalom training and racing and it is highly recommended that they have a face guard on their slalom helmet and a mouth guard which they wear to protect their teeth.
- Slalom face guards may not be worn on helmets for GS or SG training or racing.
- Slalom Pole guards may not be worn on helmets for GS or SG training or racing.
- Boot bag/knapsack and side zipped warm up pants/shorts.
- You may find it more convenient to have two helmets (Slalom and GS) to avoid having to install or remove the slalom face guard depending upon the training and/or racing schedule – very often both events are trained/raced on the same weekend.
- For Super G training and racing athletes must use Super G specific skis – see the ski selection charts above – many athletes do not purchase Super G skis but rather rent or borrow them for the few days that they require them – please consult the Head Coach for details.
- For Super G training and racing athletes must wear back protection specifically designed for alpine speed events.

Equipment - General Summary

While there are no rules, here are the rules:

No hand me downs

No long skis for U8 & U10 racers

No stiff boots

No long poles

No pole guards for U8, U10 and U12

No free ride helmets

Frequently Asked Questions

Do we have to attend all the races, even the ones that are far away?

Yes! Every team member is expected to attend all of the races on their team's schedule. This is part of the responsibility of membership in SOD.

How do we know where to go once we arrive at the race?

Your Team Manager will supply you with full details for the season, including race schedules, maps, and particulars about the clubs you will be visiting.

Can the coach drive my child to the race?

No. MSC coaches are not permitted to transport athletes for any purpose. Should the need so arise for a coach to transport an athlete, specific written permission must be given by MSC's General Manager prior to the event.

Why aren't my kids doing more gate training?

Generally speaking young racers should only spend 25% of the season training time in gates including practice and racing. It is very difficult to learn basic skiing skills when skiing gates. Young skiers will progress much more quickly when they spend time perfecting their skiing skills. As they get older (14+ years of age) they will gradually spend more time doing gate training and race simulations up to but not in excess of 50% over the entire season.

Why do coaches stand around so much, shouldn't they be skiing with the kids more?

Taking a position at the top, side or bottom of the training run enables the coach to speak individually to each racer as they arrive or leave the training hill. The emphasis is on the racer's skiing and the feedback that the coach is able to provide based on their direction and observation of the racer's performance. Young athletes learn much more by "doing" than they do by the more passive forms of listening and viewing.

What can I do as a parent to help my child's team?

You can volunteer to be a Team Manager, volunteer to help host your child's at home races, take the time to get to know your child's coaches and speak to them about what they are doing. Come to all your child's races and special events and perhaps help to organize one.

Do the kids have to wear their helmet all the time?

Yes. We require all race participants, including coaches, to wear a helmet whenever they are free skiing, gate training, or racing.

Does my child need pole guards and shin guards?

Young racers should not have pole guards or shin guards until such time as they are ready to "cross block" slalom gates. This rarely happens before U14. If they have this equipment before they are technically ready it will cause them to reach across their body to hit the poles and this results in them developing poor technique. Consult the coaching staff before you get this equipment for your child.

Do my kids need two pairs of skis?

It is not until U14 that young racers start to train and compete in specifically different events - Slalom & Giant Slalom. At U14 and older it is difficult and could be at times dangerous for young racers to be training or racing on the wrong size and shape of skis. Slalom skis are shorter and turn much quicker than GS skis which are intended for larger and faster turns.

MSC Codes of Conduct

Parents should:

- Look out for their child's interests as they enter, participate in, and exit from the program
- Monitor their own expectations of their child's performance and progress, realizing that athletes who feel they cannot meet their parents' expectations, quickly lose motivation
- Communicate with coaches and administrators as needed/requested on aspects of the program pertaining to their child and the program in general
- Behave in a sportsperson-like manner at all times – observing the principles of honest, fair play, and adherence to the rules of competition

U10 & Need For Speed racers should:

- Behave in a fashion that brings credit to themselves, team-mates, coaches, the Club and the sport of alpine ski racing/snowboarding
- Behave in a sportsperson-like manner at all times – observing the principles of honest, fair play, commitment and adherence to the rules of competition
- Show respect to team-mates, competitors, coaches, volunteers and officials
- Participate and commit to the training and racing plans as designed and presented by the coaching staff – respect the decisions of their coaches
- Speak to their coaches regarding all aspects of their teams' program and in particular when they are unclear as to what they are expected to do
- Learn to maintain their equipment in a safe and prepared manner so as to get the best use of it for training and competitions – including skis, boards, boots, poles, helmets, guards, etc.
- Show respect for the property of others at Mansfield and when visiting other ski clubs or facilities
- Free ski/board under control and at a speed and distance so as not to scare or endanger other skiers
- Obey all posted signs and all verbal or written instructions received from the ski patrol, coaches, race officials and club staff as pertain to skier/boarder/racer conduct
- Refrain from the use of profanity, abusive language, disruptive behaviour, bullying, smoking, the use of illegal or banned drug products, and/or the consumption of alcohol

U12, U14, U16 & U19 Athlete Agreement

The following conditions make up the Mansfield Ski Club Athlete Agreement, and have been presented & explained to each athlete in the Program.

With this agreement, MSC is defining the code of character behaviour that is generally expected of MSC athletes, and especially while participating under the MSC banner whether at home or away.

As a member of the MSC Race Program I agree to:

- Behave in a fashion that brings credit to myself, team-mates, coaches, the Club and the sport of alpine ski racing/snowboarding
- Behave in a sportsperson-like manner at all times – observing the principles of honest, fair play, commitment and adherence to the rules of competition
- Show respect to team mates, competitors, coaches, volunteers and officials
- Participate and commit to the training and racing plans as designed and presented by the coaching staff – respect the decisions of my coaches
- Speak to my coaches regarding all aspects of my teams' program and in particular when I am unclear as to what I am expected to do
- Maintain my equipment in a safe and prepared manner so as to get the best use of it for training and competitions – including skis, boards, boots, poles, helmets, guards, etc.
- Show respect for the property of others at Mansfield and when visiting other ski clubs or facilities
- Free ski/board under control and at a speed and distance so as not to scare or endanger other skiers
- Obey all posted signs and all verbal or written instructions received from the ski patrol, coaches, race officials and club staff as pertain to skier/boarder/racer conduct
- Refrain from the use of profanity, abusive language, disruptive behaviour, bullying
- Have no association with illegal or banned drug products
- Refrain from smoking and/or the consumption of alcohol while participating in MSC activities, or representing MSC, and abide by all related regulations

I _____ have read, understood and agree to abide by
Athlete's Name

the Athlete Agreement as written above, and I agree that to do so is a requirement of my participation in the Mansfield Race Program in 2018.

Athlete's Signature

Date

Coach's Signature

Date

MSC Racing Program Harassment Policy & Guidelines Coaches, Volunteers & Parents

Objective

To foster a sport and work environment that is free of harassment. There will be zero tolerance to harassment; it is simply not acceptable and will not go unresponded to.

Definition

Harassment means improper behaviour engaged in by an employee (Coach, Supervisor, etc), athlete, parent or volunteer that is offensive to any person or group which the offending person(s) know or ought to know would be unwelcome and unwanted.

Harassment includes word, acts or gestures of a malicious, hateful, abusive or irritating nature, or the like. Harassment also includes what is commonly referred to as bullying and vexatious words, acts and gestures against a person or group.

Harassment may also occur by the abuse of authority and trust.

Harassment may be either unintentional or intentional: it can be a single incident or a series of incidents.

Prevention & Intervention

Harassment will be discouraged in the sport and work environment by example, by taking the issue seriously, and by intervening if it does occur. Coaches, volunteers & parents must foster and model proper behaviour, discourage inappropriate behaviour and take action against harassment.

Codes of Conduct

Mansfield Coaches – See Page 2 in the Coach’s Handbook

Canadian Ski Coaches Federation - Coach Code of Conduct Policy

Preamble

The coach/athlete relationship is a privileged one. Coaches play a pivotal role in the personal and athletic development of their athletes. An understanding of the inherent power that coaches can exert over athletes is an extremely important notion. Coaches must recognize that they are role models through which the values and goals of the sport, and the sport organizations they represent, are channeled. The CSCF Coach Code of Conduct represents minimum standards of professional conduct for membership in the CSCF.

Coach Code of Conduct

Sexual Activity -The CSCF member acknowledges the significant power imbalance inherent in a coach/athlete relationship. Accordingly, every CSCF member shall avoid sexual activity with an athlete he/she is professionally coaching, both during the period of time the athlete is being coached by the CSCF member and for that period of time afterwards where there exists an imbalance of power with respect to the CSCF member which could reasonably jeopardize the athlete’s effective decision making.

Sexual Harassment - The CSCF member shall refrain from all forms of sexual harassment. For the purposes of this Coach Code of Conduct sexual harassment includes either or both of the following: (a) the use of power or authority in an attempt to coerce another person to engage in or tolerate sexual activity. Such uses of power include explicit or implicit threats of reprisals for non-compliance or promises of reward for compliance

(b) engaging in deliberate or repeated unsolicited sexually oriented comments, anecdotes, gestures, or touching, that: (i) are offensive and unwelcome, (ii) create an offensive, hostile or intimidating environment, and can be reasonably expected to be harmful to the recipient and or team-mates.

Doping - In their role as coach, the CSCF member shall be aware of and comply with the Canadian Policy on Doping in Sport and the associated regulations in effect from time to time. The CSCF member shall not commit a “Doping Related Infraction” or condone the use by others of any of the listed “banned substances”

or engage in any of the listed “banned practices” as these terms are defined in the Canadian Policy on Doping in Sport. The CSCF member shall actively encourage his/her athletes to engage in drug free sport and shall support their efforts to compete drug free.

Rules of the Sport - CSCF members shall at all times conduct themselves with complete honesty and integrity with respect to the rules, regulations and policies of the sport.

Conflict of Interest - The CSCF member must always place the best interests of the athletes he/she is coaching ahead of personal interests.



National & Provincial Sport Organizations

Alpine Canada

www.canski.org Visit the Alpine Canada website for complete overview of the Alpine Canada's programs and the Canadian Alpine Ski Teams.

Alpine Canada Alpin (ACA) is the governing body for ski racing in Canada. Founded in 1920 and accounting for close to 200,000 supporting members, ACA represents coaches, officials, supporters and athletes, including the elite racers of the Canadian Alpine Ski Team and the Canadian Disabled Alpine Ski Team. Relentlessly pursuing excellence, ACA seeks to put Canadian athletes on the top step of the podium through the commitment of financial, technical and human resources. ACA is also dedicated to promoting participation within Canada's four million recreational skiers.

Alpine Ontario

www.alpineontario.ca Visit the Alpine Ontario website for a complete overview of Alpine Ontario's programs, including those of the SOD - Southern Ontario Division and the Ontario Alpine Ski Teams

As the recognized Provincial Sport Organization (PSO) and promoter of competitive alpine ski racing in Ontario, AOA represents four divisions, 43 member clubs and over 30,000 active athletes, coaches and officials (volunteers). AOA coordinates several successful programs across the province and continues to foster the development of "state of the art" ski-racing programs from the grass roots level to the elite level.

Snowboard Ontario

www.ontariosnowboarders.ca Visit the website for a complete overview of their programs.

Mission

To govern the sport of competitive snowboarding in Ontario through the development of snowboard athletes, coaches, officials and volunteers from the grassroots level to the elite level of competition.

What We Do

- Develop and implement snowboarding programs for grassroots through to elite Olympic hopefuls
- Advocate for Ontario 's riders on several official boards, and in snow sports organizations
- Host snowboarding competitions across Ontario
- Ontario Provincial Snowboarding Championships
- Ontario Masters Alpine Snowboarding Championships
- AOS Snowboarding expansion into Northern and Eastern Ontario