



PERFORMANCE RACE PROGRAM



MANSFIELD SKI CLUB
RACING

PROGRAM OBJECTIVES

- Deliver high quality performance programming that will help our committed athletes achieve their goals.
- Develop strong technical skiing skills.
- Support our kids well being , personal growth and development through ski racing.



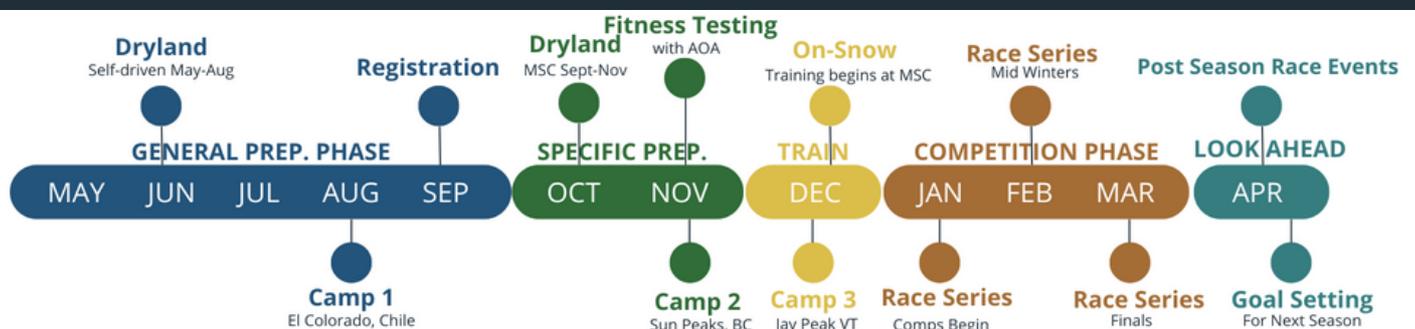
- Create environments that respect and include each of our kids as individuals.
- Foster friendships and a love of skiing.



PROGRAM DELIVERY



- Optional summer training camp in El Colorado Chile.
- Weekly group dryland training Sept. to Nov.
- Recommended Sun Peaks, BC training camp Nov./Dec. or Jay Peak, VT family camp.
- Training Fri. to Sun. with occasional Thurs.
- Competitions primarily in Ontario with additional out-of-region events determined by lead coach.



U12 Extended Ken Ellis

World Cup & Olympic Ski Coach
(2005 - 2006 & 2010)

CSCF Level IV Coach - Program
Director (2004)

High Performance Coach -
National Coaching Institute (2003)

National Coaching
Institute/National Coaching
Certification Program Level 4
Master Coach

Ken has coached the U12
Extended program the last several
years and was the Mansfield Head
Coach for many years before that



"My goal for the U12 Extended program is to have racers start to develop as performance athletes:

- To become excited and engaged in the challenges and opportunities that come with performance sport
- To show responsibility for their development as a supportive and respectful team member.
- To become an athletic and adaptive skier
- To be able to recognize and select different race lines in GS and SL."



U14 OCUP Ken Priest

DL (II) Level Ski Coach.
Ken grew up ski racing at Mansfield as well as competitive snowboard racing. Ken went on to coach alpine snowboarding for many years before coming back to the ski coaching arena. Ken has been running the U14 OCup program at Mansfield for several years.

In the U14 program we will challenge athletes to take independent ownership of their training and development. We will encourage athletes to push out of their comfort zone with a focus on dedication and effort. This age will be focused on transferring technique into competition. Physical fitness becomes a priority in U14 as does the introduction of mental skills.

COACHES

U16 OCUP

Dan Mainguy

Level III Ski instructor

DL (II) Level ski coach

Dan grew up ski racing at Mansfield and has decades of coaching experience at the SOD and OCup divisions.

Dan was also a competitor and coach of the Canadian Armed Forces National Triathlon team for a number of years before taking on the role of Technical Representative for Canada. He is also a 3-time Ironman competitor himself as well as a cyclist in the Sears National Kids Cancer Ride across Canada in 2015.

Dan's focus remains dedicated to unlocking the potential in every athlete; ensuring fun is a fun-damental in training and racing; and creating a lifelong passion and love of skiing.



"My objective with all athletes is to help them unlock their own potential. As I was often told by my coach, ski racing is an individual sport. Once out of the start gate, the outcome depends on the athlete and no one else. My goal is to ensure the athlete understands their own potential and how to make maximize that from the start gate to the finish line. Athletes must be ready to work hard and make sacrifices. Good results become great results with focus and commitment."

ATHLETE EXPECTATIONS



- Good sportsmanship in winning and losing
- Commitment to working hard
- Be a supportive teammate to your peers
- Focus on the process and your goals instead of results and points
- Be a mentor to younger racers
- Represent Mansfield to the best of your ability while traveling to other locations
- Respect your fellow athletes, coaches and race volunteers
- Respect yourself as an individual and developing athlete



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