



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.



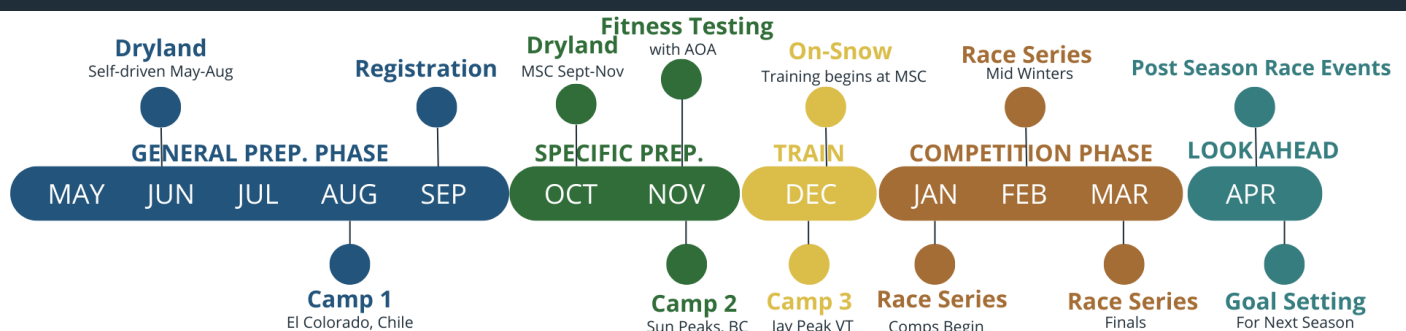
- Create environments that respect and include each of our kids as individuals.
- Foster friendships and a love of skiing.



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 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 and is excited to meet some new athletes in the U12 program this year.

In the U12 Extended program, we will support the enthusiastic characteristic of this group. We will introduce competition foundations and the dedication required for success. This age will be focused on developing technique as a basis for athletic skiing. Ownership and responsibility for personal progress will also be fostered in the U12 Extended program.

U14 OCup

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 is moving up to U14
OCup this season.



At U14 young teens are going through one of the most important growth and maturation phases in their lives. As well as becoming a Versatile Skier by developing the technical and tactical aspects of skiing and racing, it is our goal for U14's to become more engaged in the Physical, Cognitive and Affective aspects of their development, and for them to begin the journey toward independence and responsibility for their development and progress. This is the age at which many begin to strongly identify as "athletes".

COACHES

U14 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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