

Mansfield Race Program Handbook

MSC Racing Pathways

Mansfield Ski Club offers 3 Ski Racing Pathways. Those pathways are:

1. The **Need For Speed Program** – Ages 7-13yrs – Approximately 9 day program (1 day per weekend), non-travel, non-holiday, introductory race program.
2. **Core Racing Programs** – Ages 4-18yrs – Approximately 23 day (2 day per weekend + holiday training) programs. About 4 regional (Southern Ontario Division – SOD Cup) travel events for ages 10 and up with optional additional coaching and event opportunities.
3. **Performance Racing Programs** – Ages 10-15 years – Approximately 45-60+ day programs. About 10+ regional events which are qualifications for provincial (ages 12 and above - OCup) championship events.

Participants can stay within any of these 3 pathways year to year, or they can switch between at any point based on changing commitment and ability levels.

Racers from any pathway are welcome to attend age-appropriate off-season, travel training camps (August & December). These camps are strongly recommended for Performance pathway racers.

Winter Race Programs

Mansfield Racing Programs run through the winter season as follows:

Need For Speed – Approximately 9 day program. Either Saturdays OR Sundays weekly from the first weekend in January through the first weekend in March.

Need For Speed racers will participate in 2 at-home races through the program as well as the Club Championships event the first weekend in March.

Core – U8, U10, U12SOD, U14 SOD, U16/U19SOD. Approximately 23 day program. Five days in December over the school holidays (typically Dec.27th-Dec.31st). Continuing weekly on Saturdays & Sundays from the first weekend in January through the first weekend in March. Training Squad (4 & 5 years old) runs weekends only, from January to March with Sundays being a half day (morning) only.

U12SOD, U14 SOD & U16/U19SOD racers will participate in approximately 4 regional race competitions in a variety of ski race disciplines including a finals event.

U10 racers will participate in 2 club interclub exchange events as well as 2 home race events.

U8 racers will participate in 2 home race events.

Further additional, (optional) “Invitational” race events are typically available for all age groups at various points through the winter.

All ages will participate in the MSC Club Championships events the first weekend in March.

Performance – U12 Extended, U14 OCup, U16 OCup & FIS. Approximately 45-60+ day programs. Approximately 10 days in December over the school holidays. Continuing weekly on Fridays, Saturdays &

Sundays) from the first weekend in January through the first weekend in March. Approximately 6 days over the March break. Additional, optional and/or qualified competitions continue through to the end of March/early April.

Performance racers will participate in approximately 10+ regional race events which serve as qualifications for further provincial and national events.

Race Training Camps

Mansfield offers a few different off-season race training camps based on demand. Typically, one in August (Chile) and one in late November/early December (either in the Canadian western mountains or, in the eastern mountains – QC, or VT). Camps are approximately one week in length and have a varying minimum age requirement. Ages 12 and above can typically travel unattended, while under 12 must be accompanied by a parent or guardian. MSC Camps are optional for all members and strongly encouraged for Performance pathway racers. Camp pricing is based on a user pay structure and are designed to cover all associated expenses including coaching. Prices typically do not include transportation to and from the camp. A lower rate is offered to parents which does not include coaching or coach expenses.

Off-season camps are the most valuable way to substantially bolster race training. They offer high concentration training in advance of competitions. Athletes start the competition season with a much stronger foundation which they continue to build upon through the winter.

Race Equipment Needs

Hard-ear helmets are mandatory for all Mansfield race participants (with the exception of Training Squad as the very smallest sizes are harder to find). This is a safety requirement for skiing around race gates.

2020/21 AOA Equipment Reference Sheet													
U8-U10	Slalom											Recommended: 1 Pair - Wood Core Kombi	
	Giant Slalom												
	Kombi												
	Dual												
U12	Slalom											Recommended: 1 - 2 Pairs	
	Giant Slalom												
	Kombi												
	Dual												
U14	Slalom											Recommended: 1 Pair - SL, 1 Pair - GS	
	Giant Slalom												
	Super-G												
	Dual												
U16	Slalom											Recommended: 2 Pairs - SL, 1 Pair - GS, 1 Pair SG	
	Giant Slalom												
	Super-G												
	Dual												

Legend				
	Permitted	Recommended	Mandatory	Not Permitted

There are only a few “rules” when it comes to finding the right equipment and rule number one, is that hand-me-downs rarely work well since they were intended for someone else. Unless the person receiving the hand-me-down is identical to the original user, then a compromise is being made.

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 the ankle) 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.

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 U8 through U19 participants **must wear a hard-ear helmet specifically designed for alpine skiing**. Helmets 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 U19 slalom events, which may have soft ear covering, all ski 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.

U14 to U19 athletes are recommended to wear a mouth guard to protect their teeth.

Skis – See Selection Chart below

For U8 to 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 enter the U12 Extended, U14, U16 programs, they should 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 \geq 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 \geq 17M	GS TR \geq 21M	GS TR \geq 23M	GS TR \geq 25M	GS TR \geq 30M	GS TR 30M	GS TR 30

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/clear gates. 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/clear gates. 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.

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 (except U12 extended)
- No soft-ear helmets

Equipment – Summary by Age Groups

U10 Equipment

- All participants must wear a hard-ear alpine ski racing helmet.
- 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 a hard-ear alpine ski racing helmet.
- 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.

In U12, racers will be introduced to blocking a slalom pole full gate. This requires pole guards to protect the hands and a separate set of poles to mount the guards onto as well as shin guards and face guard or bar to attach to their helmet. The coach will indicate when the time is right for your racer (most frequently in second year of U12) to begin learning this technique.

U14 Equipment

- All participants must wear a hard-ear alpine ski racing helmet – see notes above.
- Athletes are permitted to wear speed suits.
- At U14 most 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 during 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 your lead coach for details
 - For Super G training and racing athletes **must wear back protection** specifically designed

for alpine speed events.

U16 & U19 Equipment

- All participants must wear a hard-ear alpine ski racing helmet – 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.
- 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 during 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 your lead coach for details.
 - For Super G training and racing athletes **must wear back protection** specifically designed for alpine speed events.

Athlete Agreement

By enrolling in an MSC Race Program, an athlete agrees to the following:

- Behave in a fashion that brings credit to themselves, team-mates, coaches, the Club and the sport of alpine ski racing.
- 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.
- Speak to coaches regarding all aspects of the 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.
- Show respect for the property of others at Mansfield and when visiting other ski clubs or facilities.
- Free ski 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/racer conduct.
- Refrain from the use of profanity, abusive language, bullying, disruptive or non-inclusive behaviour.
- 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.

Late Arrival

Each race program will be assigned a meeting location at the beginning of the season. The group will meet in the same location each day but will not wait more than a few minutes to collect participants. After the group departs, it is up to the parent to help their child connect with the team out on the hill. If

you have missed your meeting time and the group has left, you can check with the Lesson Desk in the Winter Activity Centre to see if they might be able to locate the group's whereabouts by radio.

Friday Training

Friday Training is offered weekly through January and February. These days are included for OCup and Extended racers and optional for all others, ages U10 and above. Please let the race department know that you plan to attend each/any week by the Tuesday prior to ensure that adequate coaching is available. There is a daily coaching fee applicable for Friday Training.

Coaching Fees

When a racer chooses to participate in an event or training day that is outside of their designated program dates, there is a daily additional fee incurred called a "coaching fee". This fee is in addition to any associated event entry fees. The daily coaching fee is set at \$88 for the 2024 season.

Wherever possible, Mansfield will endeavour to organize coaching for optional race events. On the odd occasion where a Mansfield coach is not available to attend, we may pair the interested racer(s) with a coach from another attending team, as athletes must be represented by a coach at race events.

Coaching Expenses

When a coach is required to travel and stay outside of Southern Ontario for a competition or elected training, their expenses incurred for accommodation, meals and travel will be shared by and charged to the participating athlete's house account. This may include occasions such as provincial championships, national championships, CANAMs, Whistler Cup, and out of region festivals or training.

Home Race Events for non-travel teams (9 years and younger)

All Mansfield racers in programs U8 and above (including Need For Speed) will participate in at least 1 home race event through the season. The younger ages will participate in events which are exclusively open to Mansfield racers, while older age groups will begin to host racers from visiting clubs.

Home race events for ages 9 years and younger typically occur in the afternoons and within the normal program times. On these race days, athletes will meet their coaches as usual at the designated meeting times and locations unless specifically instructed otherwise.

At these ages, Mansfield aims to strongly emphasize participation and positive race experience above individual results and performance. The goal is to expose these young racers to a race day environment without the added pressure of comparing their own performance to that of their peers. We hope to minimize young racer anxiety and aim to solidly establish a love for racing and the enjoyment of the experience before results, awards and podiums become a more centered focus at older ages. Often parent groups of these ages will work together to organize participation-based giveaways or bib draw prizes in lieu of medals and awards (which is highly encouraged!).

Parent volunteers:

U8 & NFS race events – watch and cheer!

Organize small giveaway for each racer/donations if the group desires

U10 Interclub exchange event

Gate keepers approx. 6 for our GS – no formal gatekeeping, just to keep kids on track/ help them pick up

equipment if they fall

Start organizers (1 or 2) – line racers up in start order at the top

Bib collectors (1 or 2) – collect bibs from racers as they exit the coral on their 2nd run

Organize small giveaway for each racer/donations if the teams desire

Home-Hosted Events for travel teams (U12-U19)

At ages 10 and older, all Mansfield Race teams will host at least one home race event that will include various other clubs from across Southern Ontario. Race days often start early (8am) and end earlier than usual.

Race events consist of 2 runs and are scored by combined times. In the mornings, coaches or team managers will meet their team and distribute race bibs (and lift tickets at away-races). On race days, coaches are also occupied with setting the race course, attending the Team Captains meeting and event prep. They may lean on parent volunteers to help gather athletes and distribute bibs in the morning. At Mansfield, ages 10 and above usually race on Devil's Staircase. Coaches will lead the racers through warm-up and course inspection before the race begins. Typically, racers will ski first run in bib order and the second run in reverse bib order by gender. If a racer is disqualified on their first run, they may still take their second run, but will not be eligible to score (race results are based on combined run times). At Mansfield, awards are held at the podium by the Chili Shack, usually 30 minutes after the conclusion of the race. All racers and coaches are required to attend the awards as a team.

Mansfield requires parent volunteers to host our home race events and the volunteer needs are as follows:

U12, U14 SOD, U16 SOD race events

Start organizers (1) – Line racers up in start order at the top of the race hill.

Gatekeepers (5-8 – more needed for SL, less needed for GS) – Typically meet in the Chili Shack 45 minutes prior to race start to pick up supplies and attend gatekeeper meeting. Gatekeepers take an assigned position on the race hill and watch specified gates (approx. 4) for duration of the race. Note any faults and all details.

Head Gatekeeper – Organize gatekeepers on the hill – host gatekeeper meeting in the morning, review rules & procedures (completing cards accurately/all details). Collect gate cards from all keepers after the end of each run, ensure they are completed properly and bring cards to the finish hut.

Bib collector (1) – Collect all bibs from racers as they exit the coral on their 2nd run.

U14 OCup, U16 OCup, U19 race events

Start Organizer (1) – Line racers up in start order at the top (not as much needed for older kids).

Head Gatekeeper (1) – Organize gatekeepers on the hill – host gatekeeper meeting in the morning, review rules & procedures (completing cards accurately/all details). Collect gate cards from all keepers after the end of each run, ensure they are completed properly and bring cards to the finish hut.

Gatekeepers (6-8 – more needed for SL, less needed for GS) – Typically meet in the Chili Shack 45 minutes prior to race start to pick up supplies and attend gatekeeper meeting. Gatekeepers take an assigned position on the race hill and watch specified gates (approx. 4) for duration of the race. Note any faults and all details.

Start Ref (1) – Like a gatekeeper except includes start line (no pushing out of the gate, note obstructions).

Finish Ref (1) – Like a gatekeeper except includes finish line (note obstructions).

Bib Collector – Collect all bibs from racers as they exit the coral on their 2nd run.

Away Race Events

Ages U12 and above will attend several “away” races through the season at other clubs around Southern Ontario. Away races should look quite similar to home races, except that parent volunteer needs are much less as the duties lie with the home club. Away races typically start early (often bib pick up at 8am). You will receive event specific information in the days leading up to the event. Those details are distributed between clubs on a document called a Race Notice. The Race Notice will typically be shared with participants by the Team Manager or coach. A Race Notice will usually include information such as: date; location; discipline; entry fee; approximate timing for the day; boot changing location; race hill; start order; awards ceremony; etc. Often the coach or Team Manager will also communicate more team-specific details. Race events always have an entry fee that includes a lift ticket. Race entry fees will be invoiced club-to-club and billed back to your membership house account. The rate of the race entry fee depends on the scope of the event.

A coach will occasionally be required to fulfill a volunteer role at a race event such as Referee or Course Setter and this may change how the coach works with their team, but will not disrupt.

Once the race begins, it usually moves quickly with a racer starting every 30 seconds or so. It is very important for an athlete to be up at the start and ready to race well in advance of their bib number. If they miss their start, they MAY be permitted to race at the end, but they, or their coach will need to ask a race official for permission to do so. Because of the speed of race day turn-around and typical large field sizes, it is recommended to bring a bagged lunch which eliminates time spent waiting in lengthy food service lines.

Race days typically start early and end a little earlier than a normal program day. All racers and coaches are required to attend awards ceremonies at each event (regardless of individual or team results). A coach MAY decide to continue skiing with the team after the conclusion of awards at the hosting venue. Sometimes it is beneficial to take advantage of fee skiing on different terrain. However, post-race training is not required of coaches or the team. Factors like length of the race, snow and weather conditions, commute time and skier traffic should be considered.

Invitational & Qualification Events

Race events that are not part of a pre-registered Alpine Ontario (SOD, or OCup) series, are either an invitational event – clubs are invited to send competitors, or, a qualification event – such as Provincials. These events may or may not have qualification criteria or a club quota with the maximum number of racers a club can send. Invitational events are occasionally offered through the winter, but most opportunities exist into the late winter and early spring. Information about these opportunities will be shared as they are published. Be reminded that any of these events which fall outside of the normal program days are subject to a daily coaching fee in addition to the specified race entry fee. If any of these events require coach accommodation or extended travel, expenses are split evenly and billed back to participating racers.

Club Champs

Club Championships happen every year on the first weekend in March and are comprised exclusively of Mansfield members (in racing programs or not). Racers are automatically registered as part of the program. There is no entry fee for this event. Race results are based on year of birth and the race is often run in a singles best run format rather than combined.

Role of the Coach

The role of the Mansfield coach is to convey knowledge and develop young racer's skill pertaining to ability and ski racing. The coach will establish a learning environment that utilizes a variety of learning techniques in a safe and inclusive manner. The coach will communicate training plans and expectations.

Role of the Team Manager

The Team Manager is a parent volunteer role who acts as the communication liaison between parents, coaches and Mansfield administration. This includes all inter-team communication regarding race events and logistic details.

Team Managers are also responsible for delegating race parent volunteer roles and ensuring adequate volunteer coverage for home-hosted race events.

Team Managers often organize a team party or social gathering.

Team Managers may choose to organize some parent support at away races for tasks such as; running athlete coats down to the bottom on cold days, borrowing/organizing utilization of race ponchos (for warming at the top of the races), distributing any extra team lift tickets at away races.

Team Managers may also choose to organize a group gift or card for coaches at the end of the season.

Team Snap

Team Snap is a communication app set up for each team to use for inter-team communications such as race travel & logistic details (carpooling, etc.) and any parent-to-parent communication. Coaches will also use this platform for training/equipment/program/race info. Managers and coaches can use this platform to relay race specific information to families (ex. Established meeting time, location, etc.).

Role of and Need for Volunteer Race Parents

It is not possible for Mansfield to host race events without a robust contingent of parent volunteers. We do require one parent volunteer for each attending Mansfield racer at their home hosted event(s).

The majority of volunteer need lies in the gatekeeper role. Gatekeepers are stationed on-hill, down the race course, and are responsible for noting any faults/incorrect passage of competitors as they go around the gates on the intended path. The Head Gatekeeper acts to organize the gatekeepers and provide a short morning brief about how to correctly fulfill the gatekeeper role.

Other volunteer roles include: slippers (who work with staff to slide sideways through the course between racers and smooth out the track); a start organizer (to help line up young children in bib order before the start) and; a bib collector (at the finish line to collect the race bibs as racers complete their second run). On especially cold days it can also be helpful to have parents bring coats down from the start.

Hill Space

Staff work with coaches to establish designated weekly Hill Space allocation (specific gate training environments – closed or cautioned for public skiing). This allocation is established with race and free-skier safety as the priority and balanced by training need, versus percentage of skiable terrain available for membership utilization. Hill Space is usually established one week prior. From a development standpoint, young racers should typically not spend more than 25% of their time in gates including participation in races. It is difficult to learn basic skiing skills when skiing gates and young skiers will advance their skills much more quickly when they spend time perfecting skills. As racers get older, they will gradually spend more time doing gate training, but generally not more than 50% over the entire season.

Team Garment

Each race program participant is given the opportunity to order a team garment at the time of their program registration. The team garment is included with the program fee and is intended to create a sense of team inclusiveness and club representation at away events. The garment is typically distributed to racers during the first few days of programming within the normal program times. The team garment is typically a mid-layer piece that is not suitable to wear alone on very cold winter days, but can be worn underneath, or in the spring.

Outer-layer Team Wear

Race families are given the opportunity to purchase discounted outer-layer team wear (fully insulated winter jacket), typically one year in advance. These items are made-to-order during the summer and are shipped to us in the fall for the next season. Other ski racing apparel.

Team Party

Teams often choose to hold a team party or social gathering. These social events are exclusively Team Manager and parent run. These events can be hosted at the club or elsewhere (ie personal chalet, or an offsite venue). If the team would like to host at the club, room reservation can be booked with Alex events@mansfieldskiclub.com, and food with Tony tony@mansfieldskiclub.com. The earlier in the season, the better it is to hold a team party so as to get acquainted with families, facilitate season-long team interaction and engage parent support. If food is wanted, Mansfield can bill back to families via house account provided all families are in agreement.

Race Committee

The Mansfield Race & Freestyle Committee is comprised of 6 or more volunteer members who represent a cross section of age groups and programs and chaired by a Director of the board. The purpose of the Race & Freestyle committee is to:

- Represent and promote programming at Mansfield.
- To bring questions, concerns and ideas for program improvement to management.
- To develop, aid and promote fundraising and sponsorship opportunities for competitive programming.
- To champion the value that competitive programming brings to club culture and engagement.
- To aid staff in the organization, recruitment, and training of volunteers for hosting races and events.
- To provide support for ad hoc projects and events as deemed appropriate by the Chairperson.
- Provide a valuable conduit for communication between participant families and supervisory staff.

- Provide feedback and support to program supervisory staff and management.

If you are interested in becoming a member of the Mansfield Race & Freestyle Committee, please reach out to staff or directly to chair person Lada Ellis.

Race Fundraising

Fundraising is undertaken in various ways annually to help generate funds specifically outlined for Race Program improvements and Race Bursary funding. Fundraising initiatives are typically undertaken by the Mansfield Race & Freestyle Committee.

Race Program Sponsorship

Mansfield relies on the generous donation of our Race and Freestyle program sponsors to directly contribute to the purchasing of a variety of necessary equipment such as safety B-netting, race gates, timing system, terrain park features, etc.

If you or your company are interested in more information about becoming a race or freestyle sponsor, please connect directly with Assistant GM – Brooke Lidstone.

PSO (Provincial Sport Organization – Alpine Ontario) Membership

The Mansfield Ski Club Racing Program operates within the Alpine Ontario division of the Canadian Ski Association (www.alpineontario.ca). At ages 10 and above, Mansfield racers will compete against other clubs within our division.

As part of the program, Mansfield racers are required to become/purchase an Alpine Ontario membership annually. For some participants, that fee may also include their race entry fees for their race series.

Race Event Rules, Guidelines & Officials

Race event rules and guidelines for inter-club events are instituted by Alpine Ontario. A full list of race rules and guidelines can be found on their website annually.

www.alpineontario.ca/alpine-ontario-alpin-racing/officials/official-resources/

Race officials are volunteers who are trained and certified in safe and fair competition execution. Official training and assignment is facilitated by Alpine Ontario.

Some very commonly encountered race rules for athletes include:

1. If a gate is missed, ski out of the course, do not cross the finish line
2. If you come to a complete stop in a GS race you may not continue in the course (you can continue in a SL course)
3. If you are interfered with by another race, ski out of the course and notify a race official. They will issue a re-run if warranted. No re-run will be granted if you complete the run and cross the finish line.
4. A racer cannot push on anything out of the start gate, other than their poles.

Race Course Sets

At ages U12 and up there are 2 distinctly different types of race course set - slalom and giant slalom. The difference is in the size of the turn shape. A slalom course is tighter, shorter turns (you will see a single pole used) and giant slalom is larger, rounder, faster turns (you will see panelled gates used).

At each age group there are parameters set that the vertical and horizontal gate offset must adhere to.

There are a few special gate combinations that can be set (also with parameters and quantities at each age group) in a race course. These include:

- delay gate – a 2nd gate set that delays the turn in the opposite direction
- vertical combination - gates set vertically on top of one another
- hairpin – a vertical combination of two gates set vertically necessitating two quick turns
- flush – a vertical combination of three gates set vertically necessitating three quick turns

Race Round Up & Results

When race events begin in January, there will be a designated section in the Mansfield newsletter called the Race Round Up. This is where we will highlight the Race results of Mansfield's athletes each week throughout the season. We typically highlight the top 30 male and female results for the OCup series, top 10 male and female results for SOD series and top 5 male and females by age categories for our Home series. These selections reflect the scope of each series; i.e, Provincial, Regional or Club based series.

Full race results for inter-club series events can be found on www.alpinepoints.ca/results/ . Invitationals race results can often be viewed on www.live-timing.com, and home race results can be viewed on our website www.mansfieldskiclub.com/racing-programs/race-results/.

Many clubs will use an online timing platform and timing/results can be viewed in real time either on www.live-timing.com or <http://www.alpinecanadalive.org/> .

Race Banquet

The annual Mansfield Race Banquet is our year-end awards presentation and social wrap up for the season. This event typically happens on the Saturday following March Break. Lunch is included for race program participants and available for purchase to parents and siblings. Award presentations for younger teams (ages 11 and below + Need For Speed) are usually presented before lunch and older teams and special awards are presented after lunch.

Race Bursary

The Mansfield Race Bursary fund is established to help offset the cost for select competitors to further their training in ski racing or freestyle as a continuing club member and competitor. Criteria for bursary distribution include current competition results, coaches assessment and athlete's letter of application.

Dryland Training & Fitness Testing

Dryland Training is held every Sunday morning through the fall (Sept-Nov) to help boost MSC athlete readiness for the winter ski race season. Typically, these sessions are held at the Mansfield Outdoor Centre with some special sessions at Active Life Conditioning in Collingwood. Fitness is the basis for athleticism and sport success. These sessions are designed to help build athlete's cardio fitness as well as strength, power and endurance training that lends itself to stronger skier performance. Dryland

sessions are an included part of the performance pathway programs and available to all other racers ages U10 and up at a drop-in rate of approximately \$30 per session.

One of the last weekly sessions will include a formalized fitness test which is required by Alpine Ontario for O-Cup racers. Full descriptions of the fitness activities including video explanations can be found on the Alpine Ontario Website here: <https://www.alpineontario.ca/fitnesstesting/>

The test typically includes such activities as:

- Penta Jump (5 long jumps in a row)
- Standing medicine ball throw
- vertical jumps
- hex rail (lateral hurdles)
- movement screens (evaluated physical joint mobility/alignment)
- 60/90 second box jumps (lateral jumps onto box)
- Beep test (running set distance with decreasing time intervals)

Why we work on the dryland training that we do:

Strength – is the ability to move heavy weight – the harder we can push against our ski, or hold yourself against the forces of the terrain, the cleaner the line and the more speed you can carry. Leg strength is critical, but core strength provides much needed stability as well. Seek total body strength (Squats, lunges, planks & crunches)

Power – is explosive. It's most evident in your race starts and technical disciplines (slalom). It is the ability to move weight quickly; a short burst of maximum strength. Power is clearly in play during athletic recovery from a position normally thought unrecoverable – an unsustainable feat of explosive strength. (Plyometrics - Squat jumps, burpees, box jumps, mountain climbers, clap-push ups)

Speed – is the ability to travel a distance over a given time - less time is the ultimate objective. Speed as a component of fitness refers to a rapid movement, either as an input or response/reaction from an input. Slalom is the most obvious discipline where speed is essential to maintaining line, balance, and the ability to anticipate required reaction to a continuously changing environment (Skipping, lateral shuffle, intervals, sprints)

Endurance – is the ability to sustain an exercise over an extended period of time – we need anaerobic (muscular) endurance in ski racing to maintain our power all the way to the finish line. Endurance takes the longest time to develop and must be incorporated into your fitness program as soon as possible (long/slow/deliberate exercise, resistance band walking/side-step, lateral bounds, swimming, lunge walking)

Flexibility – the body's range of motion is influenced by muscles and connective tissues. Children tend to have short, tight muscles as their bones often grow more quickly. Flexibility (lengthening muscles) allows greater range of motion and can protect from strain & injury. (Yoga poses, dynamic movements – kicks, twists, arm circles, etc.)

What to do through the summer:

A variety of cross training activities and exercises

- Hiking and trail running – strength & power in the legs, improves cardiovascular fitness, endurance, develops balance & stabilizer muscles. The more rugged and unpredictable the terrain the better.

- Mountain Biking – core, strength & power in the legs, cardio, endurance, read terrain & pick lines, coordination
- Cycling– core, strength & power in the legs, cardiovascular fitness, endurance
- Surfing & Stand Up Paddleboarding – develops balance and strengthens stabilizer muscles, core strength, foot & ankle proprioception
- Interval training – speed & power
- Stretching – add 5 to 10 minutes stretching as warm up and cool down before and after your activities, particularly leg, hip and core muscles.

What gets measured, gets done:

Motivation comes from seeing improvement. Measure key activities and record them (date/outcome). Pick a future date for the next measurement (at least 1 month). Try not to compare any measure within the month – they will fluctuate for many reasons. Be patient. Celebrate improvements that are seen – big and small. Also celebrate the initiation of each activity, not just the completion. The key here is to be honest with yourself about efforts put in and to manage expectations. Life happens and training gets sidelined sometimes – so should your expectations. PS – you can't make up for lost training by over-training. It doesn't work like that. Adjust the plan and keep looking forward at the next goal.

Engagement in fitness for young children:

Keep it fun! Exercise is entertainment for children. Suggest interesting challenges for them, make it a game. Change it up frequently. Celebrate many small successes to develop self-motivation. Include other kids/social. Let them select the sport/activity/exercise, make sure it is appropriate for their age to avoid boredom or frustration. Active young people benefit from better physical and mental health and development as well as self-esteem.