



Parent Handbook



Welcome to the Golden Kicking Horse Alpine Team

We hope that you and your child(ren) have a wonderful season. This handout is to help facilitate communication between the families and the club. The success of your child's season will be greatly increased by your involvement. If you have any questions, concerns or suggestions, please let them be known. We can only improve our programs with everybody's contribution.

Golden Kicking Horse Alpine Team (GKHAT) is a Non-Profit organization dedicated to the promotion of the sport of alpine skiing and to the development of alpine ski racing skills. GKHAT provides its members with high quality, professional coaching along with the opportunity to experience local and provincial race environments.

Our goals are:

- To make skiing a lifelong sport
- To develop the skiing abilities of our young athletes
- To provide quality alpine race training and racing experiences
- To have FUN!

Who Is GKHAT?

GKHAT is a volunteer-governed not for profit society; that is, the board of directors are volunteers who were elected at the annual general meeting (AGM) by the membership. It is encouraged that members be a part of the AGM, which we like to take place in March. Nomination to the board is open to all club parent members in good standing with the club.

Contact Information: info@gkhat.ca

Website: www.gkhat.ca



The Board

Should you need to contact anyone, please do not hesitate to contact the appropriate board member for your concern. The board for the 2018/19 ski season consists of:

President	Doug Adama	president@gkhat.ca
Vice President	Christopher Loesch	vp@gkhat.ca
Head Coach	Ryan Ford	headcoach@gkhat.ca
Secretary	Jill Cee	secretary@gkhat.ca
Registrar	Ed VanWieren	registrar@gkhat.ca
Treasurer	Mike Burns	treasurer@gkhat.ca
Parent Liaison	Rhonda Laurell	liaison@gkhat.ca
Fund Raising Director	Sarah Short	fundraiser@gkhat.ca
Volunteer Coordinator	Rhonda Laurell	volunteer.coordinator@gkhat.ca

Season Overview

Our regular on-snow season starts usually the second weekend after Kicking Horse Resort opens for the season. This gives everybody an opportunity to get out on their skis and get warmed up before we get started. Over the December holidays we do not hold regular weekend programming. We do offer two camps over that time (see Calendar for details). We start back the first weekend after New Years and run for the next 11 weekends into March. The season always flies by!

Every year we hold three events in the club focused on fun, developing team spirit, and a love for the sport of alpine ski racing. The events take various forms starting with the Cookie Cup late January, our Nancy Greene Ski League event with clubs visiting from around the Kootenay's in Mid February, and our Club Champs Wrap-up event on the last weekend of regular programming.

In 2018 we also hosted our first U12/U14 Kootenay Zone race with great success and expect to host it again on rotating basis every other season.

After the regular season ends we keep the fun rolling with some March Break Camps during the school breaks at that time (again see calendar on the website for details).



A day of GKHAT

Every day we meet at the GKHAT Yurt which is located to the north side of the day lodge in the Kicking Horse base area. Athletes find their coaches there and take off for the morning! Ensure that children are **ready to depart by 9:00 am**. Groups will not wait for latecomers. If your child is late, text message their coach and set up a meeting place. On gate training days, it is best to wait for the group at the base of the Catamount Chair. A snack in the child's pocket is highly recommended.

Generally, groups spend the mornings in training environments like race courses, skills & drills, and in the afternoons groups usually explore the mountain and do more free-skiing development.

The **pick up time is 2:30 pm**. Be there, ready to pick up your young athlete.

Daily Schedule

8:45 am	Meeting time outside at the yurt
9:00 am	Groups depart for the lifts
9:30 to 11:30 am	Training Courses, Gates, skills & drills
11:30 am to 12:00 pm	Groups work their way in for a ~30min lunch break
12:30 to 2:30 pm	All mountain tactics, free ski training
2:30 pm	End of day. Groups meet at yurt.

Ski Groups

Athletes will be placed into coaching groups mostly within their age group, taking into account their ski ability, social needs, confidence, desires and many other factors. **If you have requests for certain athletes, friends etc. to be in the same group let us know in your registration.** We will try and accommodate requests made during registration however, coaches will have the final say on group composition. Despite our best efforts, group assignments are never perfect, and during the first couple weeks there is always some shuffling. If you feel that your athletes group isn't right for them please do take a moment to have a conversation with the group coach and/or head coach so we are aware; that being said, we don't always have options to make changes, but trust that we will do our best!

Coaching

Head Coach/ Program Director : Ryan Ford headcoach@gkhat.ca

Nancy Greene (U10) Head Coach: Sarah Recoskie nghead@gkhat.ca

Our coaching team is made up of certified CSCF (Canadian Ski Coaches Federation), and CSIA (Canadian Ski Instructors Alliance) coaches. Our coaches are passionate about skiing, ski racing, and they love to share the love. The priorities for our coaches are Safety, Fun, and Learning. Safety First, fun and learning together. We encourage our coaches to get out there with their groups and use the setting they are in to create situations that encourage learning and a love of the sport.

That being said, our coaches need their room to work! Of course sometimes groups do need and appreciate tail gunners. If you are not on tailgunning duty, it is recommended that you **do not** ski with the groups. Having parents around affects the group dynamic.. Our younger coaches can easily be intimidated making it more difficult to carry on with their session naturally. **If you would like to ski with your child's group** either arrange with the coach to tailgun (if needed) or ask the coach if you can join for a run or part of the run, give your athlete a high-five, and carry on with your ski day.

Lastly, if you have an issue with your coach or any of the coaches on our team consider the following options:

- If the issue is quite minor, let your coach know at an appropriate time outside group training time. Please help us keep relationships positive by not putting coaches in a position that makes them feel confronted or put on the spot in a negative way.



- For anything other than minor issues please go to Head coach Ryan in person, or by email, contact the Parent Liason, or any other current board member with your concern. For issues in which emotions can get heightened, consider whether the "24hr- rule" may help you more appropriately express your concern.

Snow Stars Program

The Snow Stars program is a tool developed by Alpine Canada for coaches use to help plan their sessions, evaluate athletic abilities of the racers, understand how their group fits in the Long Term Athlete Development Model, and understand+track the goals and achievements of individual athletes. GKHAT will utilise the Husky Snow Stars Program and will provide each Athlete with a middle and end of season report based on Snow Stars. For more info, see the website www.snowstars.ca.



Cold Weather Policy

At -20°C or below, our Cold Weather policy comes into effect. On cold mornings the coaching team will check the temperature outside the yurt, and at the top of the mountain via the KH websites Advanced weather data system. If the temperatures are -20°C or below we will either postpone or cancel skiing for the day. Due to the last minute nature of these decisions we will communicate this to parents at the yurt in the morning. Please be prepared for the cold weather policy to come into effect if cold weather is forecasted. In the event that severe cold cancels a day, attempts will be made to make that day up in the future. Do be aware that a make-up day is **not guaranteed**. Alpine Skiing is a cold weather sport, and weather is unpredictable. Ensure children are dressed appropriately for the weather.

Teamwear

GKHAT is promoting the team spirit with embroidered clothing and printed tees. All members of GKHAT are eligible to purchase clothing. The logos are on file at Off The Wall Entertainment and can be printed best on blue. Our team colors are blue and white. If you would like to order team wear, see Off the Wall to make payment and to try sizes. We may also have a selection of items for sale in the clubhouse.

Uniforms

GKHAT has team vests for every child in the club to wear over their existing clothing. This helps them be easily identified on the hill and promote team spirit. The vests are valued at \$125 each. Parents will have to sign out a vest for their child. There is a \$25.00 fee. If vests are not returned at the end of the year, parents will be charged the full value of the vest for any damaged or lost items (\$125 for vests, \$250 for jackets).

GKHAT has team jackets for rent or purchase from the club (limited quantities). Also in January/February there will be an offer to order new team jackets for next season. Watch for jacket ordering information on the website and in the newsletter.



Athlete Discipline

Any incidents where an athlete violates the GKHAT code of conduct could be handled with the following steps being taken:

1. There will be communication between coach, athlete and parent about the behaviour and a plan to move forward.
2. If behaviour persists athlete will be removed for the day, or a number of days deemed appropriate
3. If no parent can be reached, then the child will be looked after for a fee of \$15.00/hour at the snow school desk.

This one occurrence will be noted as the only warning. Should another confrontation take place, the child will be dismissed from the program and the club.

All members should also note the Code of Conduct for the BC Alpine Association at www.bcalpine.com.



Equipment Recommendations

Skis

Race skis or carving skis are strongly recommended for all athletes. For GK HAT programs, if only one pair of race skis are being purchased, we recommend Slalom (SL) skis for athletes under 120 lbs and Giant Slalom (GS) skis for athletes over 120 lbs.

- **SL** skis are generally measured between the chin and nose.
- **GS** skis are generally a bit longer and are measured between the nose and top of the head.

Lighter weight and less experienced skiers may want to go with a ski that is a bit shorter. The opposite is applied to heavier or more aggressive ski racers, and you may want to go a bit longer. Again these are only loose recommendations and you should consult with your local ski expert for more specific advice.

Boots

For ski boots, refer to the size chart below for a rough size estimate.

<https://the-raceplace.com/pages/how-to-size-ski-boots>

To fit boots, the liner should be removed and the sock covered foot should be placed in the shell with the toes touching the front of the boot. There should be about two centimeters width behind the heel (almost an inch). If the shell seems to be a fit, replace the liner and try the boot on with the liner. The athlete must be able to flex the boot when it is warm since it will become stiffer in the cold. It is not recommended for youth to have a boot stiffer than a 70 flex for U12 (Under 12 years old) and 90 flex for U14 (Under 14 years old).

Ski Poles

Turn the poles upside down and grip the pole below the basket. The elbow joint angle should be slightly smaller than 90 degrees. If you are not sure whether or not your athlete is ready for poles, ask your coach for advice or just give it a try! Skiers are ready for poles when they can make use of them for getting around the mountain and when they can ski naturally without the poles seeming cumbersome or like they are held awkwardly.



Helmets

Helmets are mandatory for all athletes to ski with GKHAT. Hard-ear race helmets are strongly recommended for all athletes, and are required for U12/U14 athletes, and for any athletes travelling to away races.

For U12 and U14+ athletes travelling to Zone Races, helmets must be FIS Approved. These helmets meet specific standards and have a *FIS-Approved* sticker on the back.

If you have specific questions about equipment fitting please inquire at Selkirk Sports or email Ryan at headcoach@gkhat.ca.

Volunteers

GKHAT VOLUNTEER POLICY

GKHAT is a volunteer driven organization; the experience our children have is enhanced through parent participation. We welcome you and your athlete into the program and look forward to your participation. This includes volunteering – ideally in a way that works for you as well as the club. We need to work together to sow the seeds of athlete success and it is expected that all parents will donate their time equally to support the program their children are registered in. We are a club with a culture of volunteerism. As well as supporting our athletes, volunteering is great for creating a community for parents. Our parent group has a large and vast array of talents. We aspire to match individuals to roles that align with their skills, their interests and their available time.

Having said that, there are different levels of volunteering depending on the age and number of your athletes in the program:

GKHAT VOLUNTEER COMMITMENT

Mini GKHAT Program

Our mini program requires a high commitment of on snow participation. Because our minis are young, small, and new to skiing, they require more hands on participation from parents. We rely heavily on the parents of athletes in this program to tailgun (ski and ride chairlift with). You can expect at MINIMUM to be tailgunning with your skier for all three club events in the season to create 1:1 ratios for riding the chairlifts. For safety reasons, our minis cannot participate in our club events without the help of their parent/guardian. The Club asks all mini parents to be prepared to volunteer to ski with their athlete anytime extra supervision is required. Please ensure the volunteer nature of this program works with your availability.

Volunteer Positions for mini parents:

- Tailgunning at GKHAT events
- Tailgunning during training if/when necessary
- Supplying lunches/treats for volunteers
- Sorting/Organizing bibs
- Making Goody Bags



U6 GKHAT DEVELOPMENT PROGRAM

As your athletes get older and more confident on the ski hill and in the ski program, the requirements for tailgunning lessen. Skiers in this program move from a 1:1 ratio during club events to a 1:3 ratio. There is still a need for tailgunners with this age group, but the 1:3 ratio frees up some of our parents to start taking on other roles during club events. We encourage you to tail gun for one or two of the events, but also start volunteering in other “race/event” roles as well.

Volunteer Positions for U6 parents:

- Tailgunning GKHAT events
- Set up/tear down crew
- Course crew
- Start/Finish Marshal
- Starter

U8 GKHAT DEVELOPMENT PROGRAM

Our U8 skiers turn into strong little skiers in GKHAT and this is where THEY will start to depend on you less and GKHAT gets to depend on you more. While your skier was in the mini program, event volunteer positions were being run by the parents of older skiers. You are now the parent of an older skier and the club needs more of your assistance in the events themselves. We need a balance of parent in this age group sharing the tailgunning duties and race/event duties. The good news is, most event positions put you in a great position to watch and cheer on your little racer and it is fun to watch their growing independence on the ski hill!

Volunteer Positions for U8 parents:

- Tailgunning at GKHAT events
- Course crew
- Set up/tear down crew
- Gatekeeping
- Hand timing
- Starter
- Start/Finish Crew
- Shadow a lead volunteer position (Chief of gates, chief of timing)



U10 GKHAT DEVELOPMENT PROGRAM

Now that your kids don't want you tailgunning with their group at all, you are free to be one of our key race/event volunteers. You get to hang out with other parents and learn more about how the events run! We are so happy to have you involved in the events themselves!

Volunteer Positions for U10 parents:

- Course crew
- Set up/tear down crew
- Gatekeeping
- Timing Crew
- Starter/Finish Crew
- Consider a lead volunteer position (Chief of gates, chief of timing)

U12/14 GKHAT DEVELOPMENT PROGRAM

You belong to us now. Your athlete doesn't even need you to check in on them at lunch time!

Volunteer Positions for U12/14 parents:

- Course crew
- Set up/tear down crew
- Gatekeeping
- Timing Crew
- Starter/Finish Crew
- Lead volunteer positions (Chief of gates, chief of timing, finish referee, start referee)

Races and GKHAT events

During the season, we host a number of events and travel to neighbouring resorts for races and events. All athletes participate in our home events, and families have the option to travel to all, some, or none of the races at other resorts. During events at other resorts normal programming continues for athletes staying at KH. Watch your inbox or gkhat.ca prior to events to sign-up for volunteer positions, and for more info and everything you need to know for race day.

GKHAT House events

Each year we hold the Cookie Cup in mid-late January, and the Club Championships on our last weekend of programming in March. These events are for GKHAT athletes only and are composed of a variety of events, and focused on fun, team spirit, and friendly competition.

Nancy Greene Ski League (Entry Level) Races

Each Year in mid-late February GKHAT hosts athletes from neighbouring clubs for a Nancy Greene Ski League Race. We also travel to Revelstoke, Kimberley, and Lake Louise for their NGSL events. These races are open to all athletes in the U6, U8, U10 & U12 age groups. These races are a fantastic opportunity for athletes to light their passion up, build team spirit and see other ski areas and the world of ski racing. There are extra fees for all races at other resorts such as entry fees, coaching fees and lift tickets.

Kootenay Zone Races

Kootenay Zone Races are open to all U12 and U14 athletes. Typically there is a race in the west kootenays (Red Mtn. or Whitewater) in January, East Kootenays in Feb (either KH or Kimberley), and Zone Finals in April at Fernie or Lake Louise.

U14 athletes also have the option to attend Provincials (no qualification needed) usually in March. The U14 Provincials are held at a different resort every year and are a great opportunity to take a peek into the larger world of ski racing and interact with athletes from all over the province.

Western Ski Cross Series

The western ski cross series is comprised of four events around Alberta and BC and is open to athletes U14 and older. These events are super fun and athletes **LOVE** ski cross; it is super exciting. GKHAT is excited to grow the presence of ski cross in our program and encourage athletes to participate in these events.

Race Volunteers Timing

It is important for athletes and volunteers to be at the yurt for on time on event days. Take into account the CP rail crossing. It is common to see the train cross between 8:20 am to 8:40 am, which will delay driving for up to 30 minutes.

Race Volunteer Positions

All races hosted by ski clubs across B.C. are run by parent volunteers. If you have a child who is racing, you will be expected to help out in some capacity. If you have two children racing in the same race, your volunteer obligations for that race increase accordingly. This is a fun way to meet other parents and to watch your child perform while keeping busy with other members of the club. Several volunteer positions [both on and off the hill] are available that best suit your interests and abilities. The volunteer coordinator will help match your talents and availability with the club expectations and in so doing will track your volunteer time to ensure that all members are contributing equitably and that you receive the appropriate seasons pass discount.

Course Crew

Under the direction of the Chief of Course, the course crew is responsible for the preparation of the course and its maintenance throughout the race. This requires being responsible for the course marking, including direction marking and marking pole positions as well as providing the course setter with assistance and all the necessary equipment to be productive.

The course crew also takes care of the preparation of the start and finish areas and makes sure that the course is well prepared and maintained while the race is underway. Some members of the course crew are positioned in key places along the course and use rakes and shovels to ensure that the course is kept in good condition. Other members of the course crew are positioned at the top of the course and used to run equipment down to places where it may be required during the race. Yet other members of the course crew may act as slippers in which they sideslip the course to minimize the ruts and berms.



Gate Judges

A gate judge is responsible for judging the passage of each competitor through the gates and deciding whether the passage is correct. Gate judges are assigned a certain number of gates to watch by the Chief of Gates. They stand to the side of the course and watch each competitor pass through their designated gates. If a competitor does not have the correct passage through the gates, the gate judge marks this down on a gate judge card. It is typical for races that the Chief of Gates has a mandatory meeting the morning of the race to discuss this position and ensure that all Gate Judges are comfortable with their task.

Start Crew

The start area is overseen by the start referee who must be a Level 2 Official. Volunteer positions at the start include the starter, assistant starter(s), and two manual hand timers. The starter wears a headset and is in communication with timing. The race is started on the signal from the starter. The assistant starter organizes the racers according to their start order. The manual hand timers work in pairs using a stopwatch and a recording sheet to record a manual time at which each racer starts. This forms a backup time for all the electronic timing system. The assistant starter and manual timers are appropriate volunteer positions for inexperienced volunteers.

Finish Crew

The finish area is overseen by the Finish Referee. The finish crew consists of the finish Timing Spotter, two manual timers, and bib collector. The finish timing spotter has a headset and informs timing of the bib number of the racers as they cross the finish line. The hand timers, as with start manual hand timers, work in pairs using a stopwatch and a recording sheet to record a manual time at which each racer finishes. can quickly see their times. The bib collector collects the bibs from racers after their final race. The two manual hand timers, scoreboard, and bib collector are appropriate volunteer positions for inexperienced volunteers.



Timing Crew

Under the supervision of the Chief of Timing, the timing crew is responsible for the electronic timing systems of the race. There are usually two independent electronic timing systems. Each requires two pairs of wire to be in place from the start to the finish to carry both the timing signal and communications between the areas; the start wand, finish beam, and a timing unit to receive and process the start and finish signals/pulses. Regardless of how the system is set up, the principles of timing are the same. The starter gives the start signal. When the racer opens the start wand, the circuit is broken and the start signal is sent to the timing machine. When the racer breaks the light beam at the finish the circuit is again broken and the finish signal is sent to the machine, which calculates the elapsed time of the racer and prints it out. Members of the timing crew work together as a team to ensure the systems are in place and functioning correctly. Any volunteers with electrical know how would be welcomed as part of this team.

Race Office [Off-Hill position]

Overseen by the Race Secretary, the Race Office takes care of the considerable amount of paperwork that a race inevitably requires. This includes sending the race notice, taking minutes at all race committee meetings, Jury meetings and Team Captain's meetings, handling all correspondence, receiving all entries and race entry fees, preparing the draw cards, preparing start lists, distributing and collecting bibs as well as giving out information.

The Race Office is also responsible for the preparation and the distribution of the results. The Race Office is an appropriate place for volunteers who do not wish to be outside for the duration of the race and have excellent organizational and administrative skills.

Food and socials [off-hill position]

Volunteers are needed to help organize the socials. This is a great volunteer position for individuals who do not wish to be or cannot be on the hill and perhaps have other commitments such as younger children.