



# 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 club; 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](mailto:info@gkhat.ca)

**Website:** [www.gkhat.ca](http://www.gkhat.ca)



## Coaching

**Head Coach:** Ryan Ford      [headcoach@gkhat.ca](mailto:headcoach@gkhat.ca)

A coach's job is to help children improve their skiing skills. It is important that coaches remain focused during training and are given the opportunity to rest and eat their lunch; therefore coaches are not to be addressed individually by parents. If you have any concerns, please connect with Kisa Glasier, our Parent Coach Liaison. Kisa will be available before and after training to address any parent concerns.

If you are not on tailgunning duty, do not ski with the group. Having the parents around affects the group dynamic and makes it hard for the kids to focus on the coach. (See special note for parents with young children on race day.)

### Husky Snow Stars Program

The coaching staff also has the mandate to make alpine racing a positive experience for the young racers. The Snow Stars program is a tool coaches use to help evaluate athletic abilities of the racers, understand how their group fits in the Long Term Athlete Development Model, and understand the goals 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](http://www.snowstars.ca).



## Daily Schedule

Following is the daily schedule. 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.

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

<b>8:45 am</b>	Meeting time outside at the yurt
<b>9:00 am</b>	Meeting time at the lift
<b>9:30 to 11:30 am</b>	Training
<b>11:30 am to 12:00 pm</b>	U8 Lunch
<b>12:00 to 12:30 pm</b>	U10, U12, and U14 Lunch
<b>12:30 to 2:30 pm</b>	Training

## Cold Weather Policy

In the event of temperatures being  $-20^{\circ}\text{C}$  or below ( $-15^{\circ}\text{C}$  for children under 6 years of age) at the day lodge at 9:00 am of the program day, the morning session will be postponed until the temperature rises above  $-20^{\circ}\text{C}$ . In the event that severe cold cancels a day, attempts will be made to make that day up in the future. 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 \$90 each. Parents will have to sign out a vest for their child. There is a \$40.00 charge and \$20.00 will be refunded at the end of the season when the vest is returned in good condition. Parents will be charged the full value of the vest for any damaged or lost vests.

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.

## Disciplinary Policy

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

1. Contact the child's parent to be removed for the day.
2. 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](http://www.bcalpine.com).



## Equipment Recommendations

### Skis

Race skis or carving skis are strongly recommended for all athletes. For GKHAT 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 at least two finger's 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.

### Helmets

Hard ear Race Helmets are strongly recommended and required for races at all other resorts. For U14+, helmets must be FIS Approved. If your child is wearing a soft-eared helmet now. When the next size is needed, please purchase a hard ear race helmet.



If you have specific questions about equipment fitting please inquire at Selkirk Sports or email Ryan at [headcoach@gkhat.ca](mailto:headcoach@gkhat.ca).

## Volunteers

The GKHAT approach to volunteering is built upon three principles.

- o Many hands make light work
- o Clear expectations produce better results
- o Play to your strengths

### **Many hands make light work**

In a traditional parent volunteer organization, 80% of the work is done by 20% of the parents. At GKHAT we try to operate differently. A more equal distribution of the volunteer load not only prevents volunteer burnout; it also enables us to improve our results by tapping into a larger pool of creative ideas and talents. Of course we welcome those who have extra time and energy to contribute. In addition, we seek to create opportunities for everyone to contribute in a way that works for them and works for the club.

### **Clear expectations produce better results**

One of the reasons you find 20% of the parents doing 80% of the work is because often the other 80% of parents have no idea about the full volunteer requirements of the club. In reality, volunteer requirements are substantial and increase as your athlete gets older.

### **Play to your strengths**

Best results occur when we have individuals in roles that play to their strengths. Ideally we have people doing volunteer work they are good at and enjoy doing. 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.

In summary, 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 and works for the club. While the work can sometimes be hard, it is also fun and manageable.



## Races

Watch your inbox or [gkhat.ca](http://gkhat.ca) prior to each GKHAT race.

### **Nancy Greene Ski League (Entry Level) U12 Races**

Nancy Greene Ski League Races are held at many of our neighboring clubs. These races are open to all athletes in the U6, U8, U10 & U12 age groups. These races are a fantastic opportunity for athletes to be exposed to 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. New to BC Alpine this year, the U14 athletes will race two days at the zone races, and the U12s will race one day and then have a day of exploring the host mountain! Skier Cross Races are available to all U14 athletes.

### **Race Volunteers**

It would be great if everyone can be at the yurt for 8:30 am. 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 20 minutes.

Job descriptions will be available in the yurt. Just ask if unsure of your duties. There's nothing too complicated, and the primary objective is a safe and fun race for the skiers and the parents.

Lunches will be provided for all volunteers at the yurt. Check the weather forecast so you can stay out on the course for the whole run.



## Sample Race Day Schedule

Kids meet their coaches at 8:45am outside the yurt; bibs will be passed out at that time. The secondary place to meet is at the start area, the bibs will be there if your athlete missed the bib handout.

The yurt will be used for the race office so GKHAT racers will be using the Daylodge for that day to dress, warm up, eat, etc.

Awards are at 3:30pm in front of the Daylodge.

**Note:** DH (speed) suits are not allowed.

### U6 and U8

U6 and U8 (ages 4, 5, 6, 7) will race in the morning, both runs back to back. Then the kids will be free to ski with their parents after the second run; our coaches will still be needed on the race course.

U6, U8 course inspection on Wolverine will run from 9:15 am to 9:45 am. First run of the race starts at 10 am. There is no inspection for the second run unless we need to reset the course; the coach will let you know if this is the case. Second run of the U6/U8 will be immediately after the first run so the kids need to come right back up to the start line. Obviously bathroom breaks trump going right back to the start.

**Note:** We'd prefer if parents of the 4 and 5 year olds could make at least one parent available all day to stay with their young athlete, since the coaches simply cannot deal with all the younger kids by themselves.

### U10 and U12

U10 and U12 (ages 8,9,10,11) course inspection is 12:15 pm to 12:45 pm. First run starts at 1 pm; runs will be back to back, so racers need to come right back up for their second run.

The U10 and U12 racers from GKHAT will be expected to cycle around on the Catamount chair in the morning, skiing with assigned coaches. The group will be large; they need to stay with their coaches.

After the second run of the U10/U12 race is completed, it would be great to have as many coaches and U10/U12 kids and parents (if they aren't too cold or tired) come back to the start to help with tear down. Three coaches and a few course crew workers won't be able to get it all done so we will need as many hands up there as possible.



## Tips

- Race days are always a day of “hurry up and wait”. A useful trick is to have a Cliff Bar or some type of energy bar in the racer’s jacket. It happens that the kids will often get hungry but be too close to their start number to make it back on time, so a snack like this works wonders.
- Bring a camera and feel free to take as many pictures as possible.
- If your skier is nervous, just remind them that the course is going to be identical to the course they have training on all season, and there are treats at the finish!

Visit the calendar on the website [www.gkhat.ca](http://www.gkhat.ca) for important dates, upcoming events, and information.