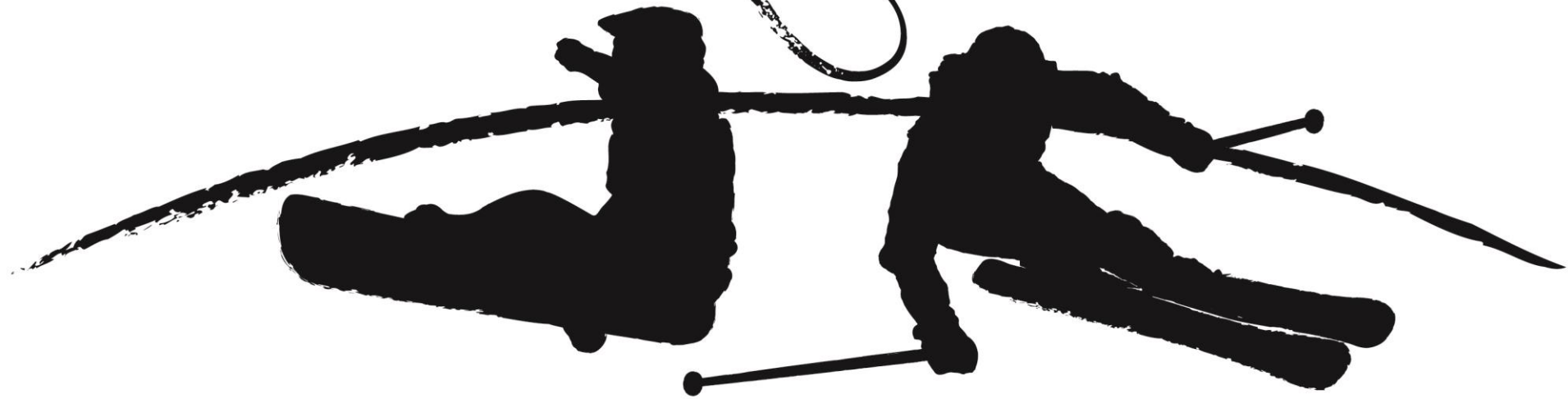


Calgary Academy  
**Ski/Snowboard Club 2019- 20**  
9<sup>th</sup> Season

**CASSC**



Calgary Academy • SKI & SNOWBOARD CLUB



**Mission: To safely improve the skiing/riding abilities of Calgary Academy students by maximizing on snow training while having fun.**

# CASSC

Goals:

1. Safety

2. Fun

3. Improve Skiing



# **On Snow Training CASSC Athletes:**

- **All Mountain Skiing & Riding (Risk Management, line choices, terrain adaptation, resort navigation)**
- **Technical Free-skiing & riding**
- **Ski & SB Cross (start gate, full track, gate training, races)**
- **Park & Pipe (Entry level to advanced boxes & rails, beginner to advanced Jumps)**
- **Moguls (technical freestyle training)**
- **Avalanche Awareness (in partnership with Lake Louise Ski Patrol Avalanche specialists)**

**Competitive and NON-Competitive Options available next season**

# CASSC

- **Lanny Donde**
  - **B.A. B.Ed**
  - **19 years experience CA teacher – taught both Academy and Collegiate**
  - **CA Cycle (Grades 6-9)**
  - **Outdoor Education (Grades 10-12) 10 years**
  - **Ski Instructor CSIA**
  - **Ski Coach CSCF**
  - **Ski Coach CFSA**
  - **Telemark Instructor CANSI**
  - **Mountain Bike Instructor ABA**
  - **Red Cross First Aid Instructor**
  - **Wilderness First Aid Certified**

- **CASSC in Partnership with Alberta Freeskiers**



**Alberta freeskiers Ski and Snowboard club which aims to promote both all mountain freeskiing and riding as well as giving opportunities for athletes to excel in Skicross, Snowboardcross and freestyle disciplines.**





## **Alberta Freeskiers coaches are members of:**

- **Canadian Snowboard Coaching Program (CSCP)**
- **Canadian Association of Snowboard Instructors (CASI)**
- **Canadian Ski Instructors Alliance (CSIA)**
- **Canada Freestyle Association (CFSA)**
- **Canada Ski Coaches Federation (CSCF)**

# Alberta Freeskiers Program Director

## Kevin Bernier

- **20+ yrs coaching & instructing. Program Director for 8 seasons.**
- **CFSA Club Coach**
- **Specializes in coaching Skier Cross and Freeskiing,**
- **Level 3 CSIA (Training for level 4)**
- **Level 3 CSCF Ski Cross**
- **NCCP Level C**





# Coach : Athlete Ratio

- 1 coach /6 athlete
- 1-2 snowboard groups
- 6-7 Ski Groups



# CASSC



- **12 Day Ski/Snowboard Coaching Program**

**Drop off – 6:45 CA**

**Pick up – 5:45 CA**



# Transportation

- -National Motor Coach





| August |    |    |    |    |    |    | September |    |    |    |    |    |    | October |    |    |    |    |    |    | November |    |    |    |    |    |    |    |
|--------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----|
| S      | M  | T  | W  | T  | F  | S  | S         | M  | T  | W  | T  | F  | S  | S       | M  | T  | W  | T  | F  | S  | S        | M  | T  | W  | T  | F  | S  |    |
|        |    |    |    | 1  | 2  | 3  | 1         | 2  | 3  | 4  | 5  | 6  | 7  |         |    | 1  | 2  | 3  | 4  | 5  |          |    |    |    |    | 1  | 2  |    |
| 4      | 5  | 6  | 7  | 8  | 9  | 10 | 8         | 9  | 10 | 11 | 12 | 13 | 14 |         |    |    |    |    |    |    |          | 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 11     | 12 | 13 | 14 | 15 | 16 | 17 | 15        | 16 | 17 | 18 | 19 | 20 | 21 | 6       | 7  | 8  | 9  | 10 | 11 | 12 |          | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 18     | 19 | 20 | 21 | 22 | 23 | 24 | 22        | 23 | 24 | 25 | 26 | 27 | 28 | 13      | 14 | 15 | 16 | 17 | 18 | 19 |          | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 25     | 26 | 27 | 28 | 29 | 30 | 31 | 29        | 30 |    |    |    |    |    | 20      | 21 | 22 | 23 | 24 | 25 | 26 |          | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|        |    |    |    |    |    |    |           |    |    |    |    |    |    | 27      | 28 | 29 | 30 | 31 |    |    |          |    |    |    |    |    |    |    |

November 29: Lake Louise Day 1

| December |    |    |    |    |    |    | January |    |    |    |    |    |    | February |    |    |    |    |    |    | March |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|-------|----|----|----|----|----|----|
| S        | M  | T  | W  | T  | F  | S  | S       | M  | T  | W  | T  | F  | S  | S        | M  | T  | W  | T  | F  | S  | S     | M  | T  | W  | T  | F  | S  |
| 1        | 2  | 3  | 4  | 5  | 6  | 7  |         |    |    | 1  | 2  | 3  | 4  |          |    |    |    |    |    |    | 1     | 2  | 3  | 4  | 5  | 6  | 7  |
| 8        | 9  | 10 | 11 | 12 | 13 | 14 | 5       | 6  | 7  | 8  | 9  | 10 | 11 | 2        | 3  | 4  | 5  | 6  | 7  | 8  | 8     | 9  | 10 | 11 | 12 | 13 | 14 |
| 15       | 16 | 17 | 18 | 19 | 20 | 21 | 12      | 13 | 14 | 15 | 16 | 17 | 18 | 9        | 10 | 11 | 12 | 13 | 14 | 15 | 15    | 16 | 17 | 18 | 19 | 20 | 21 |
| 22       | 23 | 24 | 25 | 26 | 27 | 28 | 19      | 20 | 21 | 22 | 23 | 24 | 25 | 16       | 17 | 18 | 19 | 20 | 21 | 22 | 22    | 23 | 24 | 25 | 26 | 27 | 28 |
| 29       | 30 | 31 |    |    |    |    | 26      | 27 | 28 | 29 | 30 | 31 |    | 23       | 24 | 25 | 26 | 27 | 28 | 29 | 29    | 30 | 31 |    |    |    |    |

December 11: Lake Louise Day 2

January 6: Lake Louise Day 3

February 7: Lake Louise Day 6

March 6: Lake Louise Day 9

January 15: Lake Louise Day 4

February 13: Lake Louise Day 7

March 11: Lake Louise Day 10

January 24: Lake Louise Day 5

February 26: Lake Louise Day 8

| April |    |    |    |    |    |    | May |    |    |    |    |    |    | June |    |    |    |    |    |    | July |    |    |    |    |    |   |   |
|-------|----|----|----|----|----|----|-----|----|----|----|----|----|----|------|----|----|----|----|----|----|------|----|----|----|----|----|---|---|
| S     | M  | T  | W  | T  | F  | S  | S   | M  | T  | W  | T  | F  | S  | S    | M  | T  | W  | T  | F  | S  | S    | M  | T  | W  | T  | F  | S |   |
|       |    |    |    | 1  | 2  | 3  | 4   |    |    |    |    | 1  | 2  |      |    | 1  | 2  | 3  | 4  | 5  | 6    |    |    |    | 1  | 2  | 3 | 4 |
| 5     | 6  | 7  | 8  | 9  | 10 | 11 | 12  | 13 | 14 | 15 | 16 | 17 | 18 | 19   | 20 | 21 | 22 | 23 | 24 | 25 | 26   | 27 | 28 | 29 | 30 | 31 |   |   |
| 12    | 13 | 14 | 15 | 16 | 17 | 18 | 19  | 20 | 21 | 22 | 23 | 24 | 25 | 26   | 27 | 28 | 29 | 30 | 31 |    |      |    |    |    |    |    |   |   |
| 19    | 20 | 21 | 22 | 23 | 24 | 25 | 26  | 27 | 28 | 29 | 30 | 31 |    |      |    |    |    |    |    |    |      |    |    |    |    |    |   |   |
| 26    | 27 | 28 | 29 | 30 |    |    |     |    |    |    |    |    |    |      |    |    |    |    |    |    |      |    |    |    |    |    |   |   |

April 14: Lake Louise Day 11

April 24: Lake Louise Day 12

# Day 1 Evaluations

- Your son/daughter will be evaluated their FIRST day on snow
- \*Every athlete will be evaluated on their first day. IF the ability level of the athlete does NOT meet the minimum requirement of the club, they will be asked to withdraw from the club. Refunds will only be offered IF another student is on the waitlist to take the spot.\*

# Cold Weather Policy

- CASSC reserves the right to cancel an event due to extreme cold or poor driving conditions
- All attempts will be made to reschedule the date missed
- If school is closed, No CASSC
- Refunds will NOT be issued for days missed due to cold weather.



# Refunds

- Payments are made to vendors prior to the start of the season. Therefore,
- Refunds will **ONLY** be offered IF another student is on the waitlist to take the spot. Refunds will **NOT** be issued to injured students not able to finish the season.
- Any refund issued will be prorated

# Scheduling Conflicts/Appointments

- We encourage our students at Calgary Academy to participate in as many activities as possible, maintaining schedules, conflicts and stress management.
- Since CASSC is non-competitive, missing a day or two out of 12 will not be a problem to attend other activities on **OUR** end

# Injuries

- Unavoidable in a high risk activity
- All measures will be taken to ensure kids are safe
- If accidents/injuries happen, all coaches are First Aid Trained – EAP put into effect.
- All coaches have radios – direct line to patrol
- Parents notified by phone
- Transported at the expense of the parent



# **Coach Mentorship Program**

## **Mentoring High School Students**

**High School Leadership Credits available**

- **Teaching CA kids how to coach**
- **Giving them tools to succeed**
- **Setting them up with coaching courses**
- **End goal of working with Alberta Freeskiers and CASSC while going to school**



# Alberta Freeskiers- CA Connections

- **Dan Siccone + Michelle Brodeur**
- **National Snowboard Cross Team Members**





# Alberta Freeskiers- CA Connections

## Adam “Air” Bourns:

- **Former CA student**
- **CASSC Ski Coach 2011-2013**
- **Pro BMX Racer**
- **Level 2 Ski Instructor**
- **Freestyle Ski Coach**
- **Mountain Bike Coach**
- **Now Coaches Canadian National Team – Skier-cross**





# Off Season

- North Face Mountain Athletics programs
- [https://www.thenorthface.com/en\\_ca/get-outdoors/mountain-athletics-training.html](https://www.thenorthface.com/en_ca/get-outdoors/mountain-athletics-training.html)
- **Good physical fitness is an essential part of being a level 4-6 skier**

# CASSC - AAP

- **Athlete Advancement Plan**
- **Long Term Goals – Short term Objectives**

- **Ex.**

**Goal:**

**Objectives:**

**Strategies:**

**Ongoing Assessments:**



# Homework/Time Missed

- Teachers will be aware of students that are in CASSC
- Should be Independent/Self Advocate
- Ask for work beforehand
- 4 hours/ day on the bus to do the work



# Report Cards



PAGE 1 OF 2

## FUNDAMENTALZ SKILLS REPORT

Skiier:

Coach:

Club:

Date:

COACHES CHECK ALL BOXES THAT ATHLETES HAVE ACHIEVED!

| SKILLS                                  | Learning...                                                                          | You Did It!                                                                                      | Stomped!                                                                                             |
|-----------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <b>SKIING</b>                           |                                                                                      |                                                                                                  |                                                                                                      |
| <b>Freestyle</b>                        | Balanced Parallel Skier - can hop in all points of the turn <input type="checkbox"/> | Initiates the turn with lower body and weights the outside ski <input type="checkbox"/>          | Carves ski edge through most of the turn with steady timing <input type="checkbox"/>                 |
| <b>Skilling Switch</b>                  | Basic switch wedge turns on green terrain <input type="checkbox"/>                   | Switch skilling parallel in some of the turn on blue terrain <input type="checkbox"/>            | Switch parallel to most blue terrain <input type="checkbox"/>                                        |
| <b>Spinning on Snow</b>                 | 180's on snow <input type="checkbox"/>                                               | 360's on snow <input type="checkbox"/>                                                           | Surface cutting on the flats <input type="checkbox"/>                                                |
| <b>Skilling with Control</b>            | Tap ski through all phases of the turn <input type="checkbox"/>                      | Ski varied conditions (ice/powder/ choppy snow) <input type="checkbox"/>                         | Use turn shape to control speed on blue or black terrain <input type="checkbox"/>                    |
| <b>Coach Comments: Skilling</b>         | <p>Skilling skills you are doing well:</p> <p>What to work on next:</p>              |                                                                                                  |                                                                                                      |
| <b>MOGULS</b>                           |                                                                                      |                                                                                                  |                                                                                                      |
| <b>Moguls Stance on Groomed Terrain</b> | Shows moguls stance of skis <input type="checkbox"/>                                 | Shows moguls stance med turn and us turns on green/blue groomed terrain <input type="checkbox"/> | Short radius turns with mogul body position on blue terrain <input type="checkbox"/>                 |
| <b>Absorption and Stance</b>            | Working on stance and absorption in very easy green moguls <input type="checkbox"/>  | Good absorption with lower body and shows moguls stance in roller tank <input type="checkbox"/>  | Good absorption with lower body and shows mogul stance in easy green moguls <input type="checkbox"/> |
| <b>Coach Comments: Moguls</b>           | <p>Moguls skills you are doing well:</p> <p>What to work on next:</p>                |                                                                                                  |                                                                                                      |

Continue to Jumping and Terrain Park Report



# FUNDAMENTALZ SKILLS REPORT

Skier:

COACHES CHECK ALL BOXES THAT ATHLETES HAVE ACHIEVED!

| SKILLS                         | Learning...                                                                                          | You Did It!                                                                                                                                     | Stomped!                                                                                                        |
|--------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>JUMPING</b>                 |                                                                                                      |                                                                                                                                                 |                                                                                                                 |
| <b>Take-off</b>                | Partially extends off x-small jump with inconsistent balance <input type="checkbox"/>                | Mostly extends off small jump, maintains more consistent balance <input type="checkbox"/>                                                       | Fully extends off small jump, maintains balance <input type="checkbox"/>                                        |
| <b>Spinning</b>                | Has attempted a 180° in one direction off an x-small jump <input type="checkbox"/>                   | 180° in both directions off an x-small or small jump <input type="checkbox"/>                                                                   | 180° spinning both directions with confident lift and switch sking out <input type="checkbox"/>                 |
| <b>Air and Landing</b>         | Working on balance in air and landing, trying spread eagle and/or tuck jump <input type="checkbox"/> | Balanced and controlled in the air, trying single upright tucks and/or grabs, working on consistent balance on landing <input type="checkbox"/> | Confident lift on take-off and clean upright tucks and/or grabs with balanced landings <input type="checkbox"/> |
| <b>Coach Comments: Jumping</b> | Air skills you are doing well:                                                                       |                                                                                                                                                 |                                                                                                                 |
|                                | Air Skills to work on next:                                                                          |                                                                                                                                                 |                                                                                                                 |

|                                     |                                                                                      |                                                                                                                 |                                                                                                                         |
|-------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>TERRAIN PARK</b>                 |                                                                                      |                                                                                                                 |                                                                                                                         |
| <b>Safety</b>                       | Some awareness of Terrain Park Etiquette and safety <input type="checkbox"/>         | Awareness of Terrain Park Etiquette, needs to work on managing terrain and flow safely <input type="checkbox"/> | Consistent awareness of Terrain Park Etiquette and manages terrain and flow safely <input type="checkbox"/>             |
| <b>Boxes</b>                        | Can ride a box straight, attempting sideways with a spoiler <input type="checkbox"/> | Can confidently ride a box straight, and is attempting sideways <input type="checkbox"/>                        | Can ride a box sideways with control and strong exit skills <input type="checkbox"/>                                    |
| <b>Wall features</b>                | Rides up wall and skis down in control <input type="checkbox"/>                      | Rides up wall and 180° turn in air and may be attempting Alley-Oop <input type="checkbox"/>                     | Rides wall with good use of edges, 180° turns and/or Alley-Oops with proper timing of take-off <input type="checkbox"/> |
| <b>Coach Comments: Terrain Park</b> | Terrain park skills you are doing well:                                              |                                                                                                                 |                                                                                                                         |
|                                     | What to work on next:                                                                |                                                                                                                 |                                                                                                                         |

ADDITIONAL COACH'S COMMENTS:

# **CASSC – Year End Family Weekend**

- **Big Mountain Weekend at Fernie, Kicking Horse or Revelstoke**
- **Meeting like-minded CA Families**
- **Working towards a common goal**
- **Year Long Club**





# CASSC

- **2019-2020 Season:**
  - **Looking for experienced Skiers and Riders Level 4-6/6**
  - **Grades 6-9**
  - **Maximum number – Limited Space**
  - **Possibly waitlist**
  - **Bussing – Motor Coach – National**
    - **Ski/Board Bags**

# CASSC

|                           | Ski Ability Ratings                                                                                            | Snowboard Ability Rating                                                                                    |
|---------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>Level 1</b>            | -Zero or Little Experience                                                                                     | -Zero or Little Experience                                                                                  |
| <b>First Time</b>         | -Unable to Ride Lifts Alone                                                                                    | -Unable to Ride Lifts Alone                                                                                 |
| <b>Level 2</b>            | -Learning to turn in control on gentle slopes                                                                  | -Experience on gentle green slopes                                                                          |
| <b>Novice</b>             | -Progressing to chairlifts & easy green runs                                                                   | -Some experience with chair                                                                                 |
|                           |                                                                                                                | -Able to side slip on toe AND heel edge                                                                     |
|                           |                                                                                                                | -Balance is shaky, concerned about speed and falling                                                        |
|                           |                                                                                                                | -Hesitant to link turns                                                                                     |
|                           |                                                                                                                | -Developing confidence with beginner turns                                                                  |
| <b>Level 3</b>            | -Can link strong snow-plow turns or wide parallel on groomed blue runs. CAN "hockey" stop                      | -Comfortable on any chair                                                                                   |
| <b>Comfortable Novice</b> | -Comfortably skis groomed blue runs (Lake Louise standards) but cautiously                                     | -Links turns with ease and engages some edging                                                              |
|                           | -Skis in Parallel position MOST of the time                                                                    | -Beginning to ride switch                                                                                   |
|                           |                                                                                                                | -Less concerned with falling                                                                                |
|                           |                                                                                                                | -Can perform skills comfortably on blue (groomed) runs at Lake Louise                                       |
|                           |                                                                                                                | -Is aware of various turns shapes and beginning to try them                                                 |
|                           | -Confident riding chairlifts                                                                                   |                                                                                                             |
| <b>Level 4</b>            | -Able to ski parallel turns with pole plant                                                                    | -Experience with chair lifts including Summit Platter at Lake Louise                                        |
| <b>Intermediate</b>       | -Can ski mostly blue runs on varied terrain, black (Lake Louise standards) remain a challenge but can get down | -Linking turns with edge control (CARVING)                                                                  |
|                           | -Would like to explore more varied terrain                                                                     | -Comfortable on blue (NON-GROOMED) runs                                                                     |
|                           |                                                                                                                | -Strong Balance and Speed Control                                                                           |
|                           |                                                                                                                | -Developing skills riding switch                                                                            |
|                           |                                                                                                                | -Eager to ride varied snow conditions and terrain                                                           |
|                           | -Comfortable taking small air and willing to learn small features in the terrain park                          | -Can execute various turn shapes when varied conditions demand                                              |
|                           |                                                                                                                | -Can use knees to absorb terrain                                                                            |
|                           |                                                                                                                | -Can take simple "air" off of small jumps and land flat                                                     |
| <b>Level 5</b>            | -Able to ski strong parallel turns with a pole plant in all blue runs & easy black runs                        | - Can Ride ALL Blue and most black runs at Lake Louise                                                      |
| <b>Advanced</b>           | -Learning short turns, off piste, moguls, powder, and more difficult terrain                                   | -Rides off piste, moguls, powder                                                                            |
|                           |                                                                                                                | -Confidently goes up all types of lifts including summit platter                                            |
|                           | -Working with Small/Medium sized features in the terrain park                                                  | -Can perform 180's working towards 360s.                                                                    |
|                           |                                                                                                                | -Developing rail skills                                                                                     |
|                           |                                                                                                                | - can ride all terrain on any mountain                                                                      |
|                           | -Working with Small/Medium sized features in the terrain park                                                  | - carving the board on blue groomed runs                                                                    |
|                           |                                                                                                                | - working with medium sized features in the terrain Park                                                    |
|                           | -Willing to use the Summit Poma lift at Lake Louise                                                            | -ALL level 4 skills can be performed at higher speeds with confidence                                       |
| <b>Level 6</b>            | -Enjoys the challenge of skiing in control in ALL conditions and ALL terrain                                   | - Progressing to Large features in terrain parks                                                            |
| <b>Expert</b>             | Willing to refine technique in All Mountain Environments                                                       | - Can ride ALL terrain on any mountain with confidence                                                      |
|                           | Developing discipline specific skills (ex. Border-cross, half pipe, slopestyle, big mountain competitions),    | - Developing discipline specific skills (ex. Bordercross, half pipe, slopestyle, big mountain competitions, |
|                           |                                                                                                                | - Either working towards competition OR training to compete                                                 |
|                           | Progressing to Large features in terrain parks                                                                 |                                                                                                             |



# CASSC Lake Louise





# Terrain

## FRONT SIDE

## LARCH





# Equipment

- Proper Fitting Gear – adjusted correctly
- Boots change – bindings change
- Twin Tip All Mountain Skis – 90-100mm underfoot
- **Ski/Board Bag**
- Other bag for helmet and boots

# Helmet Stickers

- Every CASSC athlete must have a CASSC stickers on their helmets to help coaches recognize and keep a visual on athletes





# Year End Party

- Shakers Fun Center in June
- Wrap up the year
- Coaches and Athletes
- Lunch
- Games

# CASSC 2019-20

- 12 On-Snow coaching sessions (Alberta Freeskiers Ski/Board Club)
- Year End Party
- Transportation Costs

- **\$2000** Price Includes: All of the above AND a lift ticket for each ski day at Lake Louise
- **\$1650** Price Includes: All of the above. Lift Tickets NOT INCLUDED

**\*\*\*Tickets are non-refundable or transferable and will be made available the day of the event. Tickets will be valid for the duration of the coaching session only\*\*\***

# CASSC

- **Registration Application – Filled out in full**
- **3 waivers – ALL blanks**
- **2 Cheques – \$1000 deposit at time of registration AND Post-dated September 1, 2019 - remainder**
- **Confirmation will be sent by e-mail**





**CASSC**

**• Questions?**

# CASSC

- <https://calgaryacademy.com/cassc/>
- **Links**
- **Calendar**
- **Waivers**
- **Documents**
- **Coach Info**
- **Videos**
  
- **Year End Video**