

## **2022 / 23 WSRC U8 / U10 SNOWSTARS PROGRAM**

The WSRC U10 Program is a twelve week entry level – learn to train / learn to race Alpine Skiing program for athletes aged 6 to 9 (as of Dec 31<sup>st</sup>,2022) that will begin the weekend of January 7<sup>th</sup> and run until the weekend of March 25 / 26. Athletes need to know how to ski to join this program as it is not a “Learn to Ski” program it is a “Learn to Race” Program.

Five-year-old athletes are allowed to join the program providing they can ski from the top to the bottom of the hill on their own in a “somewhat” parallel fashion as well as having an older sibling already in our Program.

The WSRC offers 2 DAY U8R / U10R (Saturday and Sunday) and 1 Day (Saturday OR Sunday) Snowstars Programs

For U10R (two day) Athletes again this season the WSRC is offering a program of 8 U10 RACEDAY Camps on 8 Fridays. These mini-Camps are to provide more training and prepare second year U10 athletes to move up to our U12 Program next season.

The WSRC program for the Entry Level Group will follow the National ACA ( Alpine Canada) SNOWSTARS Five Level program.

### **ENTRY LEVEL / SNOWSTARS Program Goals**

1. To offer our U10 Athletes the opportunity to train as close as possible to Alpine Canada’s recommended number of on-snow training days for skill development in this age-group . (Days on snow recommended by Alpine Canada are: 40 -50 days)
2. To have all of our U10 athletes achieve at least ONE SnowStars Level this season. The SnowStars program is a five-level skills achievement program which Alpine Canada develops and recommends. WSRC utilizes the SnowStars Program.
3. To have ALL of our U10 athletes participate in TWO Club / Fun race events over the Season and enjoy the experience.
4. To have all U10 athletes achieve Snowstars Level 4 before moving on to U12.
5. To have our U10 Program run for 12 weeks = Minimum 12 days on snow for one-day athletes / 24 days minimum for two day athletes.
6. To foster a LOVE for the sport of alpine skiing and for the athletes to have FUN with their Coaches.

The WSRC is offering a ten day Pre-Season Training Camp in December at Mont Ste Anne (Dec 11<sup>th</sup> – Dec 21<sup>st</sup> ) open to our U10 athletes , a five day Christmas training Camp @ Ski Wentworth (Dec 27 – 31) , a 2 day New Years Camp @ Ski Wentworth (Jan 1-2) , a 5 day March Break Training Camp @ Ski Wentworth (March 13-17), Spring Camp at Mont Ste Anne April 7<sup>th</sup> - 13<sup>th</sup> –. In total, we are offering our U8 / U10 athletes the opportunity to train for over 45 days.

The more that your young athletes ski / train with our certified Alpine Canada trained Coaching staff the faster they will progress with their skiing / ski racing skills. Following that logic an athlete who participates in our program both days on the weekend will progress twice as fast (on average) than an athlete that just does a one day a weekend Program.

Participating in our Pre-Season Camps can give your athlete a huge jump start on their training and racing season. Consider that if they are enrolled in our one-day weekend program and do a ten-day pre season Camp they have effectively added 76% more training to their winter.

There is a 10 Day Camp at Mont Ste Anne open to this age-group as well as a five-day Camp at Ski Wentworth between Christmas and New Years. If you have a one-day athlete that participates in these two Camps they have increased their training time by 125% for the Winter!!

We try to group our athletes based on age, ability and whether they are training one or two days per weekend. We will endeavor to keep the group sizes at seven or fewer athletes per coach.

For our two day U10R Snowstars athletes we will be offering a series of One-Day Race Camps scheduled on Fridays over the course of the Winter. The idea is to give these athletes exposure to some of the more senior coaching staff at the WSRC as well as to prepare them for the transition to the U12 Program.

The SnowStars Program begins at 9:25 sharp in the morning (meeting on-snow in front of Lodge ready to ski) and goes until 11:30 when parents pick up their athletes and feed them lunch. We begin again in the afternoon at 12:25 and run until 2:30 sharp. These

athletes should get anywhere from 5 to 10 runs per day with their coach on a variety of terrain and environments that have been set up for them to develop their skills.

We encourage you to allow your athlete to ski before they begin in the morning and after they are finished their session for the day with their coaches. Take your young athlete with you skiing for three or four runs at the end of their session – Let them show you what they can do – Let them have some FUN with Mom and/or Dad!!

## EQUIPMENT NEEDS

U10 Athletes should have JR RACE Slalom Skis (no taller than their nose) and 4 buckle front overlap JR RACE boots of appropriate stiffness for the ability of the athlete. The athlete should also have poles of the right length. A hard – shell racing helmet is required.

Racing (skin) suits are permitted (but not required) for athletes in our U10 Program

## TRAINING & RACING

U10 Athletes wishing to compete in a racing event have to have had at least three days of practice / training in gates / Drill-sets in order to mitigate the risks involved with racing and to give them a level of comfort on a race course. Coaches are responsible for the safety and well being of their athletes and they make the final decision as to whether or not athletes are SAFE and READY to compete.

## NUTRITION

A well-fueled skier will have the nutrients and energy they need to grow and participate in skiing.

Here's an example of what skiers at this stage should aim to intake, but it's most important to find out what foods your skier needs explicitly to function and perform at their best.



- Five servings of vegetables and fruit (i.e., one apple = 1 serving)
- Four servings of grain products (i.e., 250mL brown rice = 2 servings)
- Two servings of milk and alternatives (i.e., 250mL milk = 1 serving)
- One serving of meat and alternatives (i.e., 75g lean beef = 1 serving)
- Intake a small amount of fat
- Drink water

## STEPS TO HEALTHY EATING

Eat meals as a family and use [Canada's Food Guide](#) to help you plan healthy meals that the family can eat together.

Plan and pack healthy meals and snacks to take to the ski hill to eat after skiing.

Skiers need to hydrate and refuel as soon as possible after skiing.

Planning meals ahead of time helps to ensure you have all the ingredients to prepare a healthy meal in your allotted time frame. Busy schedules make it essential to plan healthy meals.

Trust your young skier's appetite. Trust that your young skier knows how much they need to eat.

Encourage young skiers to listen and respond to their signals of hunger and fullness. During growth spurts, young skier's may eat more. When they are growing slowly, they may eat less.

Create an environment that supports healthy eating and encourage young skiers to become more aware of their hydration and water intake.

Cold climates can be just as dehydrating as hot and dry climates. Young skiers should be encouraged to drink slightly sweetened tea or warm Gatorade from a thermos, Gatorade should be mixed with 1/2 water and 1/2 Gatorade to reduce excess sugar intake while still providing a beverage that will aid in hydration and electrolyte replacement.

## SLEEP RECOMMENDATIONS

### DURATION

10 to 11 hours per day.

+ 30-minute nap between 2 pm and 4 pm.

### QUALITY

- Maintain a regular sleep and nap routine.
- Ensure a comfortable sleep environment.
- Establish independent sleep initiating behaviors.
- Observe sleep for sleep disorders.

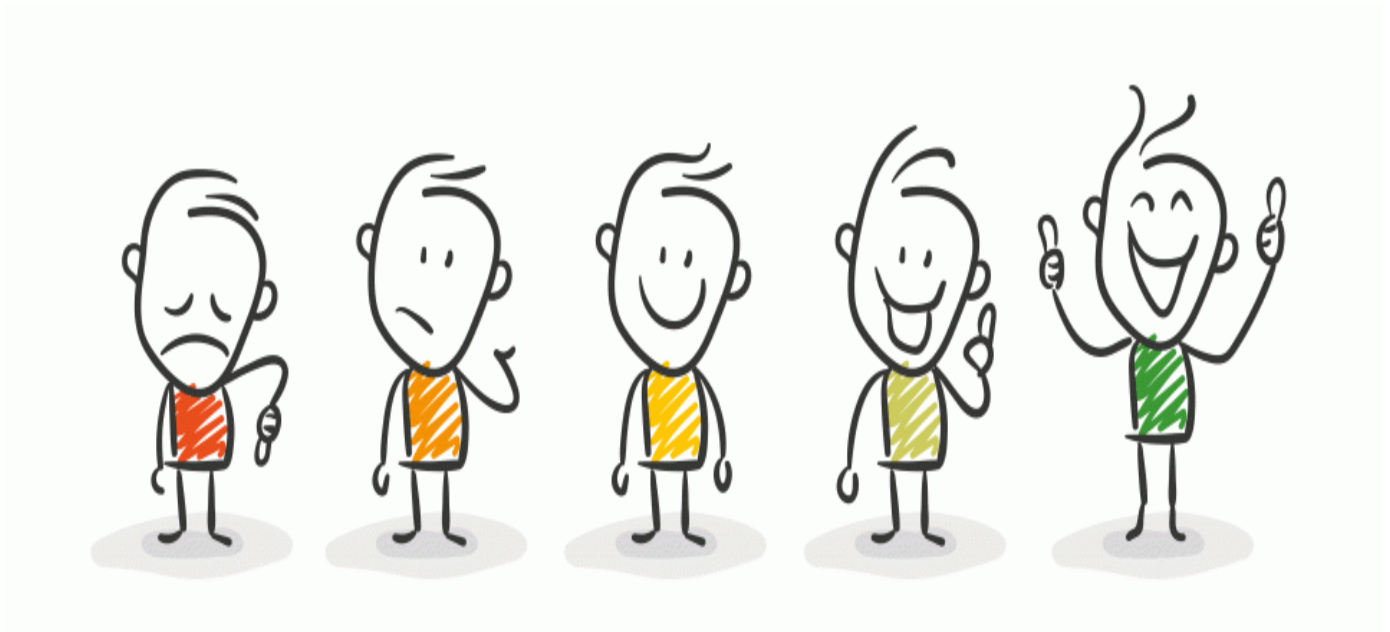
## PHASE

- Establish a neutral sleep pattern between 7:30 pm and 6:30 am.
- Encourage predictable afternoon nap or rest.
- Establish regular meal routines (breakfast is the most important meal of the day).

## KEY POINTS

- Reinforce 15 to 30-minute bedtime routine.
- Avoid stimulation 1 to 2 hours before bed, control "screen time."
- Proper nutrition and meal routines reinforce sleep routines.
- Introduce independent sleep initiating behaviors.

## REGENERATION



*SIMPLE HAND CUES CAN BE USED AT THE END OF A TRAINING SESSION TO MEASURE A SKIERS LEVEL OF ENJOYMENT.*

The use of a simple evaluation at the end of the day can be used to measure the level of enjoyment experienced during the ski day.

Coaches should end the ski day with a fun activity, and some light stretches.


Parents should have a light snack and water available at the end of the training session.

Creation of a post-ski day routine aids young skiers in the development of a relaxation routine in preparation for a good night's sleep.

## INJURY PREVENTION

Skiers can prevent most injuries by being physically fit and literate, and by wearing the appropriate and adequately adjusted equipment for the activity including skiing.

### ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

<b>1</b> Always stay in control. You must be able to stop, or avoid other people or objects.	<b>6</b> Always use proper devices to help prevent runaway equipment.
<b>2</b> People ahead of you have the right-of-way. It is your responsibility to avoid them.	<b>7</b> Observe and obey all posted signs and warnings.
<b>3</b> Do not stop where you obstruct a trail or are not visible from above.	<b>8</b> Keep off closed trails and closed areas.
<b>4</b> Before starting downhill or merging onto a trail, look uphill and yield to others.	<b>9</b> You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
<b>5</b> If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.	<b>10</b> You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.

**Know the Code - Be Safety Conscious  
It is Your Responsibility**


10/2010  
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Photo: Alpine Responsibility Code; Canada West Ski Areas Association.

Many common factors can pre-dispose a skier to injury.

1. Skiing while fatigued and not taking enough breaks for rest or stopping when tired. Breaks do not need to be long in duration at the [Skier Essentials stage](#) but should be intermittent during the training day.
2. Skiing outside of the appropriate level of challenge and comfort zone of the skier. The level of challenge is dependent on the [skier's current technical](#) and [physical capabilities](#) or inabilities. Exposing skiers to activities significantly higher than their abilities can result in frustration, failure, a decline in motivation, and possible injury.
3. Skiers should be well rested, hydrated and fueled before arriving at training. Proper hydration and nutrition throughout the day will decrease the risk of injury.
4. Changing snow conditions can affect young skiers. Check in frequently to see how they feel about the terrain and snow conditions.

Prevent injuries by participating in well-planned training sessions led by [professional coaches](#) or [instructors](#) that include the following:

1. The proper introduction to the activity and skills ahead of the training session.
2. A warm-up that includes supervised [physical fitness movement preparation](#).
3. Well, planned skill progression is matching the skill and development age of the skier.
4. A proper cool down.
5. Conclusion.

Prevent injuries with adequately [adjusted ski equipment](#). Poorly functioning, poorly fitting, or improperly adjusted equipment can cause more harm than good. Preventative equipment such as helmets can prevent head injuries.

Coaches and parents play an essential role in educating young skiers about safe skiing practices. Understanding, demonstrating and teaching the [alpine skier responsibility code](#) to young skiers can help to avoid accidents.

Young skiers can become cold quickly; it's best to dress skiers in layers and take frequent short breaks. Check-in with the skier to ensure they are warm throughout the day. Hand warmers, food snacks, and hot chocolate help to keep young skiers warm and happy when skiing.