

2022 / 23 WSRC U12 PROGRAM

The WSRC U12 Program is a twelve week learn to train / race program for athletes aged 10 and 11 (as of Dec 31st, 2022) that will begin the weekend of Saturday January 7th and run until the weekend of March 25th & 26th.

The WSRC offers 2 DAY (Saturday and Sunday) U12R Program and 1 Day (Saturday OR Sunday Only) U12 Programs depending on registration numbers.

The WSRC U12 is the graduate level of our Snow-Stars Program.

U12 Program Goals – Learn to Train

1. To provide such training opportunities that our U12 Athletes are able to train as close as possible to the Alpine Canada's recommended number of on-snow training days for this age group. Days on snow recommended by ACA are: 75 +/- days training/racing with a Coach over the course of a season.
1. 2. To provide a corresponding number of Competitive starts to our training opportunities. (4 to 6 Races for U12 athletes).
2. To have ALL (Recreational & Competitive) of our U12 athletes get a minimum of 3 Slalom SL / Kinder Kombi KK starts over the course of the season. Club races or Regional AAA races.
3. To see evidence of three-dimensional training promoting autonomous athletes by season's end.
4. To have athletes that have consolidated and refined the basic skiing skills to apply to ski racing by the end of U12.
5. To Provide 3 to 5 Mental training opportunities for our U12 athletes. One of the most important aspects in becoming a good alpine ski racer is to have a great mental Game and develop their mental skill as they relate to sports and Life.
6. To have the athletes become Process-Focused with regards to their training by the end of the season.

The WSRC is offering a ten day Pre-Season Training Camp in December at Monte Ste Anne, a seven day Christmas training Camp (Dec 27th – Jan 2nd), a five day N.S. March Break Training Camp (March 13th - 17th), a seven day Spring Camp at Mont Ste Anne (April 7th – 13th), extra training opportunities every Thursday & Friday throughout the

season (January , February & March when there are 6 or more athletes) as well as 24 weekend Program days .

In total we are offering our U12 athletes the opportunity to train for 80 days +/- .

The more that your young athletes ski / train with our WSRC certified alpine Canada trained Coaching staff the faster they will progress with their skiing. 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.

This age-group is THE KEY to your athlete's development of good fundamental skiing / training / racing skills – If you can get your athletes here for two days most weekends please put them in the two-day program and give them the chance to become amazing ski racers!

The offered THURSDAY & FRIDAY training is for those athletes who have the drive to DO MORE. Training Thursdays & Fridays gives our athletes almost twice as much training per day as they get during the weekend days because of the lack of crowds – The athletes will progress faster and reach their potential skiing/process goals sooner – Which then translates into outcome goals.

Participating in our Pre-Season Camps can give your U12 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 preseason Camp they have effectively added 76% more training days to the winter – but because lift speeds double the training volume at Mont Ste Anne makes it more like 152% If they are enrolled in the one Day Program and do all 10 days of preseason camps and 8 days at Wentworth over Xmas, and March Break Camp they have added over 100% more training.

U12 athletes will be grouped based on skill / commitment and whether they are a one day , or two day athlete. Group sizes will be limited to cohorts of 8 athletes per coach or less.

Within ALL levels of our U12 Program our coaches will be trying to have the athletes focus on improving their basic skills and then racing tactics (THE PROCESS) and not worrying about how fast they go, who they beat, or what place they finish. (THE OUTCOME) The athletes will learn to understand how to focus on Process Goals and to realize that they compete against themselves, the terrain, and the set courses – How focused they are / how much effort they put in – will determine how successful they are.

The Program begins at 8:45 sharp in the morning - meeting On-Snow outside up by the Finish Shack / Gate Bin and goes until 11:30 when the athletes break for lunch. We begin again in the afternoon at 12:25 and run until 2:30 on-snow. The athletes and Coaching staff will then usually do a debrief, Mental Skills Training, Video session in the Race Shack from 2:30 until 3:00.

We would like to suggest that when the athlete's sessions are complete at 3:00 they be allowed and encouraged to ski for another hour or more on their own for FUN - OR with you, their parents. Skiing and practicing on their own is paramount for their improvement as ski Racers. If you can have your athlete Free-Skiing for fun on one or two afternoons / evenings per week this will also go a long way to skill acquisition and improvement. Athletes need to practice the skills that they are learning between sessions with their Coaches.

The U12 Racers will have the opportunity to race at numerous venues over the course of the season. The races are not mandatory, and the coaching staff will decide/recommend which races would be best for the team members to attend and race. Those will be the Races that the WSRC will be sending our Team and Staff to. As well they will have the opportunity to race at least 5 race starts at Ski Wentworth – So no travel costs need to be involved. Our Racing schedule has not been finalized yet except for the races that will be held at our own venue – Ski Wentworth. U12 athletes can get up to 5 starts without leaving their home venue – Ski Wentworth.

EQUIPMENT NEEDS

U12 Athletes should have a pair of JR Race Slalom skis (no taller than their nose) and a pair of JR Race GS skis (10 to 15 cms longer than Slalom skis).

The athlete should have JR Race Boots. 4 buckle front overlap design. They should be able to flex the boots. Flexing would mean being able to move the cuff forward bringing the two middle buckles closer together.

The athlete should have a hard eared FIS approved helmet with a chin guard. The athlete should have a pair of JR sized slalom shin guards and optional JR pole guards.

The athlete should have a skin suit for racing.
SkiCatalogue.Com is a Canadian on-line site where equipment can be sourced.
You can also try ReliableRacing.com / WordCupRacingSupply.com /
Artechski.com / Corbetts.com

TUNING EQUIPMENT NEEDS

For ALL Ski Tuning / Waxing equipment needs please visit HUB CYCLE in Truro N.S.

They are located at 33 INGLIS PLACE and on the web at : www.hubcycle.ca
Hub Cycle offers all WSRC Club members a 20% discount on non-sale items.

RACING & TRAINING SAFELY

U12 Athletes will need a MINIMUM of three days of Gate training (GS &/or SL) in order to mitigate the risks they are exposed to on Race Day in a course. The WSRC Coaching staff ultimately makes the decision as to whether they feel an athlete is Safe / Ready to race.

NUTRITION

A well-fueled ski racer will have the nutrients and energy they need to grow and participate in ski racing.

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



- Five - six servings of vegetables and fruit (i.e., one apple = 1 serving)
- Four - six servings of grain products (i.e., 250mL brown rice = 2 servings)
- Two - four servings of milk and alternatives (i.e., 250mL milk = 1 serving)
- Two servings 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.

Ski racers need to hydrate and refuel as soon as possible after skiing with a snack and eat a complete meal no later than two hours after the end of the training session has ended.

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

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

Create an environment that supports healthy eating and encourage young ski racers to become more aware of their hydration and water intake. Cold climates can be just as dehydrating as hot and dry climates. Young ski racers 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.

RESOURCES:

[HEALTH CANADA - CANADA'S FOOD GUIDE](#)

Dieticians of Canada Raising Healthy Kids

Raising Our Healthy Kids is a series of short 60 – 90-second videos providing information to parents and care providers on healthy growth and development of children up to 12 years of age.

SLEEP RECOMMENDATIONS

A ski racers total sleep requirement is the key to the foundation of post-exercise recovery and regeneration (PERR). The lack of sleep or cumulative sleep debt is associated with changes in mood, concentration, motivation, endurance and recovery this can hurt performance and put the ski racer at risk for overtraining/under-recovery.

DURATION

9.5 to 10 hours per day.

+30-minute nap between 2 pm and 4 pm

QUALITY

- Maintain a regular sleep/nap routine.
- Ensure a comfortable sleep environment.
- Observe sleep for sleep disorders.

PHASE

- Maintain neutral sleep pattern; aim to consistently go to bed and wake up at the same time every day.
- Get early morning light exposure for 30 minutes daily.
- Maintain regular nutritional intake routines (breakfast is the most important meal of the day).

KEY POINTS

- Maintain 15 - 30-minute bedtime routine.
- Avoid stimulation 1 to 2 hours before bed, limit and control "screen time."
- Monitor caffeine intake.



REGENERATION

The use of a simple evaluation at the end of each day can be included as part of the bedtime routine of young ski racers and is used to measure the level of enjoyment, level of energy expenditure, stress levels, self-esteem, quality of sleep, illness and injury. At this stage, the number of variables monitored increases in coordination with their increased cognitive abilities.

Coaches should check in with their ski racers at the start of each training session to ensure their ski racers are well-rested, hydrated and fueled for the training and competition bout scheduled.

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

Creation of post-ski day routines can aid young ski racers in the development of a relaxation and regeneration routine in preparation for a good nights sleep. The recovery routine should include a short, active recovery exercise along with some light stretching.

Sleep logs can be used to determine current behaviours and evaluated with the intent to develop training and recovery routines to match the sleep requirement.

Strategies for getting enough sleep include napping.

INJURY PREVENTION

Ski racers can prevent most injuries by being physically fit and [literate](#), and by wearing the appropriate and adequately adjusted equipment for the activity including skiing.

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 [Learn to Train](#) 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.