

WSRC U₁₂ PROGRAMS



Wentworth Ski Racing Club

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- MISSION STATEMENT
- “WSRC Is a progressive alpine ski racing club whose athletes and coaches are encouraged to achieve their personal best, grow from their experiences and most of all, have fun and develop a life-long love of the sport. ”
- VISION
- Athlete Centered / Coach Driven / Board Supported
- WSRC VALUES
- 1. Integrity
- 2. Honesty
- 3. Intensity
- 4. Loyalty
- 5. Friendship
- 6. Contentedness
- 7. Joy / Love of the Sport

- These values, in combination with those brought by the coaching staff , work together to create a group of athletes who race well on their own, as well as supporting each other and embodying the mission of the Club
- WSRC CORE COACHING VALUES
- EFFECTIVE Coaches do not just build athletes – They develop people and build programs – Their influence can last a lifetime.
- PARTICIPATE – We create ski Programs that are inclusive for All.
- RETAIN – We create Programs that inspire athletes to continue to participate in Ski Racing and Skiing their whole life thru
- ENGAGE – We create ski Programs that are fun and result in Skill Development.
- COMPETE – We develop consistently competitive Alpine Race Programs.

U12 PROGRAM

- U12 PROGRAM - Parent Meeting Notes
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- The WSRC U12 Program is a twelve week learn to train / race program for athletes aged 10 and 11(as of Dec 31st,2019) that will begin the weekend of Saturday January 11th and run until the weekend of March 28th & 29th.
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- The WSRC offers 2 DAY (Saturday and Sunday) and 1 Day (Saturday OR Sunday) U12 Programs
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- The WSRC U12 is the graduate level of our SnowStars Program .
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- 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 : Minimum 60 days +/- training/racing with a Coach)**
- **2.To provide a corresponding number of Competitive starts to our training opportunities. (10 to 12 Race Days).**

- 3. 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.
- 4. To see evidence of three-dimensional training promoting autonomous athletes by season's end – In all aspects of training.
- 5. To have athletes that have consolidated and refined the basic skiing skills to apply to ski racing by the end of U12.
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- 6. To Provide 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.
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- The WSRC is offering a ten day Pre-Season Training Camp in December at Mont Ste Anne open to our U12 athletes , a five day Christmas training Camp (Dec 27 –Dec 31) , a five day New Years Training Camp (Jan 1 – 6) , 5 Day march Break Training Camp (March 16-20), and a 7 day Spring Camp at Mont Ste Anne (April 6 to 12th) , 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 .

- 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 in (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.
- We are also planning to offer U10 race /U12 SKILL DEVELOPMENT DAYS (Skill-Dev Days) on every other Monday throughout the Winter. These will be run by senior WSRC Coaching Staff and will be run like Mini-Camps for the younger athletes. (Jan 8th & 22nd / Feb 5th & 19th / Mar 5th & 19th) This is a great way to get some focused extra training/

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- **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. Move their shin forward so that the knee is over toe of boot.
- 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 JR pole guards.
- The athlete should have a skin suit for racing.

TRAINING CAMPS

- These athletes have the opportunity to participate in the following Camps this season with WSRC :
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- MSA Camp 2 – Dec 13th – 22nd – 10 Days
- WSRC XMAS Camp WW – Dec 27th – Dec 31st–5 Days
- WSRC New Years Camp – Jan 1st – Jan 5th – 5 Days
- MARCH BRK Camp WSRC – March 16th – 20th – 5 Days
- MSA SPRING Camp – Apr 6th – Apr 12th – 7 Days
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- 7 U12 Fridays – Min 6 athletes needed – JAN 10th,17th,24th,31st, FEB 7th ,MAR 6th ,27th
- TOTAL = 39 Possible DAYS

- In total we are offering our U12 athletes the opportunity to train for 70 days +/- .
- The more that your young athletes ski / train with our WSRC certified CSCF 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 – Three times as fast for the 3-Day Program athletes.
- Training Thursdays & Fridays is for those athletes that want to do MORE – It gives our athletes almost twice as much training as they get during the weekends because of the lack of crowds – The athletes will progress faster and reach their skiing/process goals sooner – Which then translates into outcome goals.
- The athletes in our U12 Program will be grouped based on age and skill.
- It looks like we will have three two day groups of U12 athletes this season as well as a Saturday Only Group and a Sunday Only Group.
- We would like to see that when the athlete's sessions are complete at 2:30 they be allowed and encouraged to ski for another hour or more on their own OR with you their parents. Skiing and practicing on their own is paramount for their improvement as ski Racers.



TOTAL U₁₂ AAA RACE SCHEDULE

- JAN 11 / 12 – POLEY – TWO X SL
- JAN 26 – WSRC– TWO X Slingshot Event
- FEB 8 / 9 – BEN EION – SX / SL
- FEB 14 – WSRC – TEAM ATLANTIC – TWO X SL
- FEB 15 / 16– MARTOCK– GS / SL / SX
- FEB 28 / 29– MARBLE – GS / SL
- MAR 7 / 8 - BROOKVALE PEI- GS / SL / Kombi
- MAR 13 – WSRC BYRNE MEM – GS / SL
- MAR 21 / 22 – MONT FARLAGNE – GS / SL
- MAR 28 – WSRC CLUB CHAMPS – GS / SL
- POSSIBLE 22 STARTS

ALPINE CANADA RECOMMENDATIONS FOR U₁₂ ATHLETES

- Minimum 60 Days On-Snow per Winter
- 50 -50% to 60 - 40% Free Skiing to Gate Training
- 10 to 15 DAYS of Training before first competition.
- TEN to TWELVE STARTS for U₁₂ Athletes
- TWO Training DAYS for each competition day after initial competition.





