

WSRC U₁₄ – U₁₈ PROGRAMS



Wentworth Ski Racing Club

- 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.

- **WSRC U₁₄ – U₁₈ PROGRAMS**

-
- The WSRC U₁₄ Program is a twelve-week Train to Train / Learn to Race program for athletes aged 12 and 13 (as of Dec 31st, 2017) that will begin the weekend of Saturday January 11th and run until the weekend of March 28th & 29th.
-
- The WSRC offers 2 DAY (Saturday and Sunday) U₁₄ Programs as well as a 1 DAY (Sunday Only) Program.
- **The WSRC U₁₄ is a SKI RACING Program for U₁₄ athletes.**
- **If athletes need to be focusing on skill development so that they can properly attack a race course (SL & GS) that is what the focus will be on for those athletes.**
- **The Groups of U₁₄ athletes will be mainly about having athletes of similar skill-sets grouped together so that the coaches can work with them on developing skill-sets (Technical or tactical) as a group.**

U14 PROGRAM

- U14 Program Goals – Train to Train & Learn to Race
- 1. To provide such training opportunities that our U14 Athletes can train as close as possible Alpine Canada's recommended number of on-snow training days. (Days on snow recommended are Minimum 80+)
- 2. To provide a corresponding number of Competitive starts to our training opportunities. (12 to 20 Starts)
- 3. To have ALL of the athletes at this level of the Program have a minimum of 8 Competitive Race Starts this season.
- 4. To train start to finish, as fast as possible without falling and without supervision while showing excellent technical skills.
- 5. To develop specific fitness for ski racing, build the engine, refining specific racing skills. To offer one day of dry-land maintenance Program during the competitive season.
- 6. To have the Athletes understand the importance of mental training. Having each Athlete develop their own mental training goals & plan. To Provide scheduled mental training opportunities in the Fall and during the season.

U16-U18 PROGRAMS

- The WSRC U16/U18/U21 Program is a twelve week Train to Race program for athletes aged 14 and older (as of Dec 31st, 2017) that will begin the weekend of January 11th and run until the weekend of March 28th & 29th at Wentworth.
- At this stage of their development athletes are becoming more focused on SKI RACING and it is becoming their PRIME Sport.
- The WSRC offers 2 DAY (Saturday and Sunday) U16/U18 Programs with options to also train on Thursdays and Fridays.
- **U16/U18 Program Goals – Train to Race**
- **1. To provide such training opportunities that our U16 / U18 Athletes are able to train as close as possible to the AIM Document's recommended number of on-snow training days. (Days on snow recommended 80 +/-)**
- **2. To provide a corresponding number of Competitive starts to our training opportunities. 16 to 24 Starts + Speed.**
- **3. To have ALL of the athletes at this level of the Program have the opportunity to participate at the FIS Level of Racing.**
-
- **4. To develop a competitive professional attitude / commitment to all aspects of the Program cultivating a desire to excel.**
- **5. To develop and implement a Mental Training plan with goals and objectives for each athlete.**
-

TRAINING CAMPS

- These athletes have the opportunity to participate in the following Camps this season with WSRC :
-
- MSA Camp 1 – Dec 2nd – 8th – 7 Days
- MSA Camp 2 – Dec 11th – 20th – 10 Days
- WSRC XMAS Camp WW – Dec 27th – Dec 31st – 5 Days
- WSRC NEW YEARS Camp – Jan 1st – Jan 5th – 5 Days
- CMRC SPEED Camp - Jan 27th – 29th – 3 Days
- Brunner TECH CAMP WW – Feb 19th – 20th – 2 Days
- MARCH BRK Camp WSRC – March 16th – 20th – 5 Days
- MSA SPRING Camp – Apr 6th – Apr 12th – 7 Days
-
- Also all Thursdays and Fridays are available for training at WSRC with a minimum of 6 athletes attending. 18 Days

U14 – U18 AAA RACE SCHEDULE

- JAN 11/12 – POLEY MTN – 2 X SL
- JAN 30/31/ FEB 1 / 2– CRABBE MTN – 1 X Tr Day /2 X SG / 2 X GS
- FEB 6 / 7 / 8 / 9 / - BEN EION – SX 2 Day Camp / SX / SL
- FEB 14 – WSRC – 2 X SL
- FEB 21 / 22 / 23 – WSRC BRUNNER – 2 X SG / SL / GS
- FEB 25 / 26 / 27 /28 / 29 – MARBLE – 3 Day Tech / Speed Camp / SG / SL / GS
- MAR 3 / 4 / 5 / 6 – 3 Day NB SX Camp / SX
- MAR 13 – WSRC BYRNE MEM U14 – SL / GS
- MAR 21 / 22 - MONT FARLAGNE –SL / GS
- MAR 28 – WSRC Club Champs
- APRIL 3 / 4 / 5 – AMQUI CLASSIC – DSL / SL / GS
- POSSIBLE 26 STARTS

NATIONAL / INTERNATIONAL RACES

- March 10th – 15th – U16 Nationals – Collingwood. Ontario – Athletes qualify Provincially based on National Points
- March 26th – 29th U14 Can-Ams – Sugarloaf USA – Athletes qualify regionally based on National Points
- March 26th – 29th U16 Can-Ams – Mont Tremblant PQ – Athletes qualify regionally based on National Points
- U14 Whistler Cup – International Festival Based Event – We can send a Club Team if we so choose
- April 9th – 12th - U16 Whistler Cup – International Race Event – Athletes qualify regionally based on National Points.

