



ALCAN NANCY GREENE SKI LEAGUE

Provincial Information Kit

2003-04



ALCAN
NANCY GREENE
SKI LEAGUE



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1. BC ALPINE SKI ASSOCIATION

Objective and Mission Statement

The objective of BC Alpine's programs is to develop ski racers, to have fun through competition, to be of the highest quality, and to be adaptable as young skiers progress through the system. BC Alpine's objectives can best be summarized by its mission statement:

To bring to our communities fun, challenge and opportunities for personal excellence through participation and competition in alpine ski racing.

Organization

The BC Alpine Ski Association is a member division of Alpine Canada Alpin which in turn represents Canada at F.I.S. (Federation Internationale de Ski). Alpine Canada is an autonomous body which, under the auspices of the Canadian Ski Association, is responsible for alpine ski racing in Canada. A full time staff is employed at the BC Alpine office and includes the following positions: General Manager; Program Director; Finance and Communications and Club Services and Administration.

Membership

To participate in the Alcan NGSL programs or events sanctioned by BC Alpine, participants must belong to a ski club affiliated with BC Alpine. Although the Alcan Nancy Greene Ski League is open to 6-11 year old athletes, it is recommended that 11-year olds consider K1 programs which are designed for this specific age range. If they have the interest and ability, children at this age may find the subsequent transition to K1 easier. Athletes with an Alpine Canada Alpin Competitor Number (ie: entered in a K1 program) are not eligible to enter Nancy Greene Ski League competitions.



2. ALCAN NANCY GREENE SKI LEAGUE (Alcan NGSL)

Introduction

Recognition and awareness of BC Alpine's entry-level programs continue to grow. The Alcan Nancy Greene Ski League provides the foundation for these programs and fuels the clubs throughout British Columbia. As part of the ski league, BC Alpine also offers the "Snow Stars" program, a seven-step skills progression program which acts as the technical portion of the Alcan NGSL.

The philosophy of the Alcan Nancy Greene Ski League is to encourage participation, interaction and the development of technical skiing skills in an exciting and motivating atmosphere without the pressures of intense competition.

The objectives for the Alcan Nancy Greene Ski League programs are:

- a) Enhance the skill level of the participants
- b) Provide quality programs which encourage maximum participation
- c) Provide the program at the lowest possible cost to the participants
- d) Give young ski racers an opportunity to develop their skills in an environment which parallels their ability level

Program History

The original Alcan Nancy Greene Ski League involved a league race format and included 19 teams. Inspired by the exceptional performance of Nancy Greene at the 1968 Olympics, the original Ski League races sparked enthusiasm and effort beyond all expectations among the young children.

Since 1968, the Alcan Nancy Greene Ski League has developed into one of the most successful activities in Canadian alpine skiing. Over 500 teams and 7500 young racers across Canada have participated in the program. It should be noted that Nancy Greene's home province of British Columbia has maintained the largest enrolment.

In the Alcan Nancy Greene Ski League, the emphasis is on skill development and to encourage a love of skiing and avoid intense competitive pressures. Accordingly, races should provide children with an opportunity to test their skills in an enjoyable atmosphere, while developing concepts of teamwork and sportsmanship. The primary aim of all programs and activities of the development system (division, zone and entry level programs) is SKILL DEVELOPMENT AND TRAINING. Thus, competitions serve the purpose of confirming the quality and level of training, that is, they must be regarded as a means to an end rather than an end in themselves.



Program Design

The Alcan NGSL is in the "FUNdamental" stage in ski racing for children between 6 - 10 years of age (exceptions for 5 and 11 year-olds). During this time they will be introduced to basic skiing techniques and skills, develop the ABC's (agility, balance, coordination, strength /speed) in as many different snow conditions and terrain as possible and most of all have fun on skis.

Each year the children participate within their club, zone or at a provincial level in team and individual competitions. These events encourage new friendships in a fun and friendly environment while demonstrating the skills developed in the Alcan NGSL.

Age Classification

There are two age groups within the Alcan NGSL, determined by the age:

*E1 = 7-8 Years Old

**E2 = 9-10 Years Old

*Registration of 6 Year-Olds as an E1

**Registration of 11 Year-Olds as an E2

Standards and Rules

- Participants must be a member in good standing with a BC Alpine club
- Competitions must be sanctioned by BC Alpine
- Helmets are mandatory at all times
- Downhill suits are not permitted for any BC Alpine competition. A downhill suit is considered to be an item of clothing, one or two pieces, constructed of material such as spandex, the purpose of which is speed enhancement.
- Children are permitted to use only one pair of skis in competitions
- Children are encouraged to participate in terrain, obstacle and giant slalom events
- Maximum time for an entry level course is 30 - 40 seconds
- Paneled GS gates are set for the inside turning gates for all disciplines
- No outside gates will be set
- Children compete in both individual, team and skill events

Registration Instructions

Please contact your local ski club for complete and detailed registration information and forms.



3. SPONSORSHIP

The Alcan Nancy Greene Ski League is sponsored by Alcan, who began supporting the League in 1996 and has committed to the League until 2005. Alcan provides the League with race numbers, which the children are to wear while participating in the League, race panels, banners, certificates and financial support. Alcan has made it possible to have professionally developed news advertisements created for all clubs in the League. Print advertisements and brochures have also been produced through Alcan's generosity.

As the title sponsor of the Alcan Nancy Greene Ski League, Alcan is committed to a ski league that encourages a love of skiing in an enjoyable and challenging atmosphere without intense competitive pressures. Alcan supports BC Alpine's goal in the Alcan NGSL of encouraging participation, interaction and the development of skiing skills in an exciting teamwork environment. Alcan supports the League with competitor bibs, certificates, and financial support. Alcan has also made it possible to have recruitment material such as print advertisements, personal on-line club brochures and posters.

Alcan NGSL Bursary

A \$100 Bursary per athlete per zone is available to athlete who participate in the Alcan NGSL program as measured by participation and attitude. Clubs and coaches may submit their recommendations directly to programs@bc Alpine.com at BC Alpine by using the enclosed form.

4. ALCAN NGSL RACE FORMAT

EVENT FORMATS: Team Events

For the 2003-04 season Alcan NGSL Events should use the following guidelines for the staging of Alcan NGSL events. At the Provincial Alcan NGSL Meeting in Kamloops all clubs agreed to use **ONLY** the three following formats:

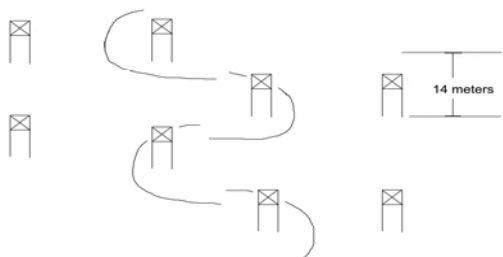
1. Skill Event
2. Dual "Super Slalom"
3. E2 Individual Race

#1) Skill Event Format—see next page for diagrams

The teams will compete in each of the five following events. This should take approximately 3-4 hours to complete the rotation with 150+ children, although the time depends on the layout of the events and the number of lifts required to get to each station. The children are ranked according to their performance and assigned points for their rankings. The winning teams are determined by their overall points total.

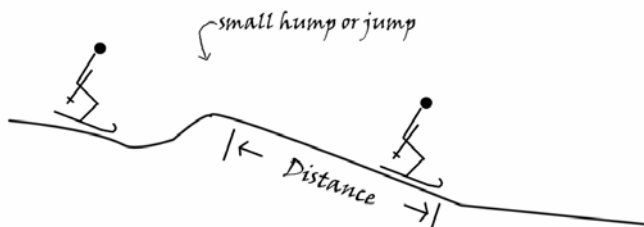
#1. GLALOM: Set a course that has a shorter radius than giant slalom but a longer radius than slalom. "Glalom" is a perfect alternative for this age group and suits development turns.

- Timed
- Approximately 20 turning gates
- 12-15 metre radius



#2. JUMP EVENT: Introducing jump events is a lot of fun for the kids and is an important skill to learn at any early age. Set up or use an existing jump (small) and measure the distance of flight from the jump to the landing.

- Try and have the landing on a pitch
- Remember to land on steeper terrain
- Keep landing clear
- Keep landing clear
- Give point value to the distance

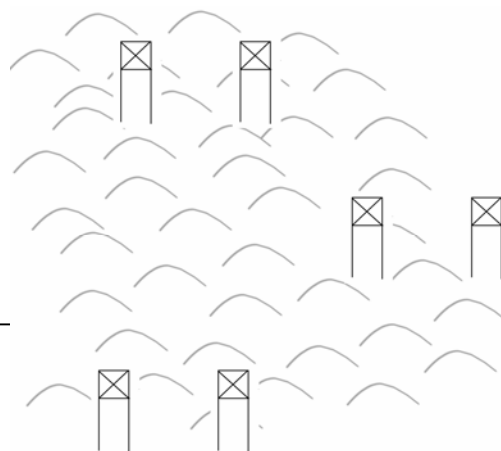
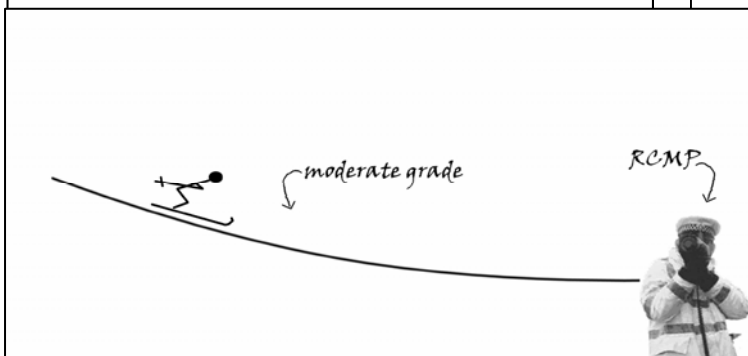


#3. SPEED TRAP, RCMP STATION: If given enough notice the RCMP will come out and clock the speed of each child. Simply have the RCMP officer stand in a location where he can log the speed of each of the skiers.

- Contact RCMP early - this is considered community service
- Use accessible area for officer to walk to
- Give point value to the speed

#4. MOGUL EVENT: This is a timed event through a mogul field or other challenging terrain. Set the course for controlled speed.

- Set 10-12 gates using a Glalom type radius with lots of offset
- 20 or so seconds
- Give point value to the time



#5. TERRAIN/OBSTACLE: Set a simple, creative obstacle course testing balance and coordination. Use your imagination:

- Make it fun and challenging
- Over, under, around, etc.
- 30-40 seconds would suffice

Pros and Cons of the Skill Event Format:

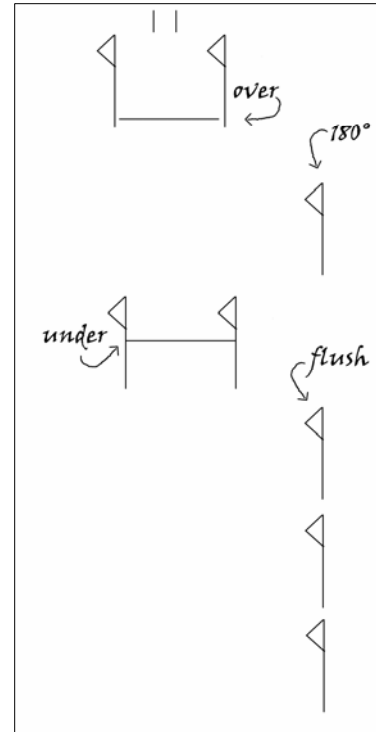
Positives:

- Less standing around than a two run format
- The 5 event competition is very fun and the kids love the various formats (the RCMP station is the most popular)

Competition and prizes

Negatives:

- The 5 events take more volunteer power.
- More coordination needed for event organizers



#2) DUAL "SUPER-SLALOM" - Two-Run Event

A great event for both E1 and E2 events, the dual "Super Slalom" (nee "Glalom") is a hybrid between giant slalom and slalom. The children will get to know other kids from different clubs and will be challenged in the process.

Format:

- Consistent girl/boy ratio making all teams equal (if possible)
- Create mixed teams
- Teams for the event are comprised of the various ski teams participating.
- Assign the various club coaches to a team.

Negatives:

- If you don't warn the clubs in advance it can be a confusing come race day

#3) E2 INDIVIDUAL RACE

- The second format is one where the clubs enter their own teams. This requires plenty o

6. ALCAN NGSL RECRUITMENT MATERIAL

Recruitment Posters

Free from BC Alpine, sent collect by bus. Sample below. Available on www.bcalpine.com.

Print Advertisements

Clubs can use this print advertisement for their local newspapers to promote the programs early so people in the community are familiar with the program. Clubs can receive up to a \$100 reimbursement from BC Alpine when the ads are published. This is available on-line. Sample is attached. Available on www.bcalpine.com.

Brochures

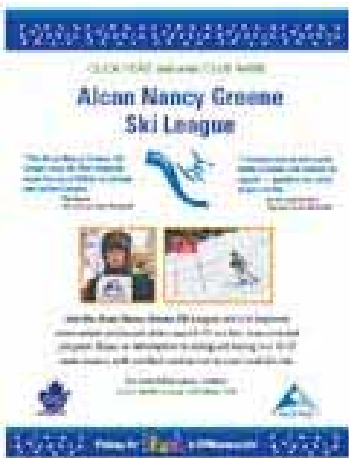
Creative and content are free from BC Alpine, printing up to the clubs. On-line version available. The brochures are designed to help clubs advertise the Alcan NGSL programs throughout their communities. Sample is attached. Available on www.bcalpine.com.

Club Manual / Info Kit

Free from BC Alpine, up to three (3) per club maximum. Available on www.bcalpine.com.

Canadian Alpine Ski Team Poster

Free from Alpine Canada. Available in mid-December; BC Alpine will ship to clubs COD. Canadian Alpine Ski Team annual poster sent to each Alcan NGSL participant.



NEWS ADVERTISEMENT



POSTER



BROCHURE

7. SNOW STARS



Introduction

Snow Stars is Alpine Canada Alpin's (ACA) skill development program for young skiers. This seven-step program outlines the key skills required for children to progress from the beginner to athletic skier and eventually to learn the basic tactical skills needed for a ski racer.

The goal of Snow Stars is to encourage the development of skiers and ski racers of all ability levels in a fun and rewarding environment. The program provides the necessary information to ensure that skiing skills are developed and refined in proper sequence, according to the "FUNdamentals" and "Train To Train" phases in ACA's Alpine Integrated Model (AIM).

The program contains a Coaches Manual, which clearly outlines the responsibilities of the coach, a Parents Handbook, so the parents can follow along the skill progression process, and various reward and recognition items. Each level identifies various skill related goals and provides a means to measure the skill acquisition of each child. The system assesses children on a "**Bronze**", (Sometimes), "**Silver**" (Often) and "**Gold**" (Always) scale.

'Seven Steps to Becoming a Star'



Level 1: Safety/Playing



Level 2: Parallel Skiing



**Level 3: Body Awareness
Fore/Aft & Vertical Movement**



**Level 4: Body Awareness—
Lateral Movement**



Level 5: Coordination



Level 6: Athletic Skier



Level 7: Safety/Playing

To order Snow Stars material, simply contact Gordie Bowles programs@bcalpine.com and BC Alpine will deliver: Stickers, Report Cards, Posters, Parents Handbook, Coaches Manual, Husky Certificate of Achievement.



Report Card— each athlete will receive a Report Card at the completion of each level.



Parents Handbook— The role of the Parent is outlined in this manual, which also offers advice such as equipment selection.



Alcan Nancy Greene Ski League Bursary Application Form

Bursary: 4 awards of \$100.00 each

One award per Zone
(North, Coast, Kootenay and Okanagan)

Submission Deadline: January 31, 2003

Coaches / Club Coordinators must submit their Zone winner by January 31st to:

Gordie Bowles at the BC Alpine Ski Association
(604) 737-3072 phone
(604) 738-7191 fax
E-mail: programs@bc Alpine.com

Criteria: Athlete must be a current member of the Alcan Nancy Greene Ski League (including E2's <old J4's>) with no outstanding accounts. The athlete must demonstrate need and a dedication to the sport.

Name: _____

Address: _____

Club & Zone: _____

Coach: _____

Age: _____

Number of years in
The Alcan NGSL: _____

