

Quick Reference Guide for New & Returning Families 2019-2020



Alpine Ski Team

Additional information and resources about the Club and programs (including a copy of this Guide) can be found on the Club MSM Website at: www.clubmsm.org

WEB VERSION
(Click on image)

Who we are

Founded in 1967, Club Mont Ste Marie (“CMSM”) is a not-for-profit organization, which runs independently from the ski hill, Mont Ste Marie. The Nancy Greene program and the Ski School (lessons) are operated separately by the hill. Well established as one of the premier clubs in the Outaouais region, CMSM provides a comprehensive competitive alpine ski racing development program for athletes ages U10 to U18. The Club’s alpine programs are athlete-centered, coach-driven and supported by dedicated parent-volunteers and an administration that includes an Alpine Program Administrator, a Head Coach, a volunteer Alpine Committee (headed by the Alpine Director) and a volunteer Board of Directors.

Club MSM also has a thriving Mountain Bike “Velo” branch, as well as a “Social” membership for those wishing to partake in Club activities but who are not members of the Alpine programs or Velo MSM. We are a close-knit community and are always thrilled to welcome new members!

Alpine Administration & Staff

Alpine Director: Robin Carrière

Alpine Program Administrator: Jane Macintyre (can be reached at jane.macintyre@clubmsm.com)

Head Coach: Ryan Malmberg (can be reached at ryan.malmberg@clubmsm.com)

Coaching Staff: Every season, CMSM hires an exceptional group of talented and enthusiastic Canadian Ski Coach Federation trained and certified coaches. A Lead Coach is appointed for each “U” level (U10, U12, U14, U16, U18) and, in collaboration with the Alpine Director, the Alpine Program Administrator and Head Coach, will work with a team of coaches to deliver exceptional training and racing programs to the athletes.

Alpine Committee: Robin Carrière, Ryan Malmberg, Jane Macintyre, Julie Klotz, Mark Somers, Sean Gilmour, and Courtney Wagner.

2019-2020 Board members: Curtis Miles (President), Paul Turner (Past President), Ross Rowan-Legg (Vice-President & Sponsorship), Courtney Wagner (Secretary), Glenn Purves (Treasurer), Robin Carrière (Alpine), Anthony Courtney (Velo), Chris Klotz (Development), Patrick Murray (Social), Franz Graf (Equipment), Ted Ferguson (Member Engagement/Volunteers) and Walter Boyce

Accountant: Sarah Burroughs (for any payment related inquiries, email Sarah at payment@clubmsm.org).

Dryland Training

Fall Dryland Training is an important part of ski racing and is included in the program fees. It helps athletes get in shape, stay active and prevent injuries. Our coaches focus on strength training, endurance, speed, agility, explosive force, and overall physical fitness. It takes place outdoors in a fun environment and is an excellent team building exercise. Athletes are strongly encouraged to attend this physical Dryland preparation; it will benefit them greatly when they hit the slopes. Younger athletes or those with other commitments can choose to attend 1-2 sessions per week. If joining the Club prior to official registration, athletes can (and should) still participate by first sending us an email at info@clubmsm.org.

When: Mooney’s Bay in Ottawa on Tues/Thurs 6-7:30 pm and Sunday 10-noon, from Sep. 10 to Oct 31. It moves indoors at Pinecrest School on Tuesday nights, and at W.E. Gowling School on Thursdays for the month of November.

Race Uniforms

The blue MSM team jacket is mandatory. These are ordered from Spyder in the spring and are typically delivered in December. If you are joining the Club in the summer or fall, used jackets are available for purchase. Let us know if you need a coat, and we will connect you with a family looking to sell one (email Jane at jane.macintyre@clubmsm.com). You can also access jacket listings on the “Ski Swap” spreadsheet by visiting www.clubmsm.org under the ‘For Parents’ tab. Corporate Sponsorship crests will be distributed at the beginning of the season; these must be sewn on the jackets (pre-determined location). We are very appreciative of the sponsors who support our Club and sport!

Black uniform full zip ski pants are mandatory (available through Spyder, though many athletes choose different brands which is perfectly acceptable). Optional Club MSM insulators will also be available throughout the season on the “Ski Swap” spreadsheet and for pre-order in the spring.

Athlete Equipment Needs

Parents are strongly encouraged to communicate with their athlete’s Lead Coach to help out with equipment selection *prior* to buying skis. Your coach will need to know which skis the athlete used last year, his/her weight and height. Athletes get fitted for boots at the store; you might consider shopping during one of the Racer Club Buy Nights at *Sporting Life*, as experienced staff, reps and coaches will be on-site. Please ensure that you identify yourselves as Club MSM members to receive your discount! Here is an overview of the equipment needed:

U10/12 level: One pair of GS or SL race skis, boots, poles, race helmet with hard ear coverings, goggles, and gloves. The following protective equipment is optional but recommended: shin guards, pole guards, chin guard and mouth guard.

U14/U16 level: One pair of GS skis *and* one pair of SL skis. Two sets of poles are recommended (one for GS and one for SL – to prevent the racer from having to take the pole guards one and off), FIS approved race helmet, speed suit, back protector for GS and SG, shin guards, pole guards, chin guard, mouth guard (optional), goggles, gloves, ski bag, and tuning kit. Stealth top and Slalom shorts are optional.

U18 level: As above, but skis must also be FIS approved.

Race equipment must be maintained in excellent shape; regular tuning is an essential component of ski racing. Not only does it improve performance, but safety as well! Investing in a tuning kit to keep skis sharp and waxed is essential. As one of our coaches once said, skiing on dull skis is like a surgeon working with a butter knife!

Ski Swap

Alpine skiing is a “gear-intensive” sport, but it does not require you to buy expensive equipment all the time. Used equipment can be found within the Club, and this is in fact your best and easiest source. This year’s first “Ski Swap” will take place during registration – parents are encouraged to bring equipment their athletes no longer need, to sell/swap; those looking for gear should definitely check it out. Throughout the year, parents connect about used equipment via the “Ski Swap” spreadsheet on the Club website, where members can advertise items they wish to sell. Look under the “For Parents” tab at www.clubmsm.org.

Pre-Season Camps

Details for the optional U14-U18 Camp at Mont Edouard are being finalized. If interested, please email Jane at jane.macintyre@clubmsm.com right away. An optional weekend-long camp at Mont Tremblant is also being organized for the U10/U12 in early Dec; details to come.

Holiday Camp

The two-week Christmas camp at MSM begins on December 23, ending January 5th (½ day Dec. 24, Off Dec. 25, ½ day Dec 31, off Jan 1). This camp is included in the program fees, and is the official launch of the season. Mileage prior to the competition season is tremendously important and this is a great opportunity to get a ton of quality runs in! This is also a great occasion to work through equipment issues, develop a great rapport with coaches and teammates, and prepare for upcoming races.

Tuesday Nights & Friday Training

This training, available to all age groups, is optional but highly recommended. It provides an excellent opportunity to gain additional training mileage: not only is there is a quick turnaround time, but both sessions are also spent almost entirely in gates/courses. By participating in these sessions,

athletes gain over 50% more training time. Tuesday nights training at Mont Cascades also offers athletes the opportunity to ski on different terrain, and gain mileage and confidence on one of the other race venues in the region. Friday training at MSM allows athletes to train more consecutive days, which helps consolidate and refine skills in a progression and close succession.

This year, both training sessions can only be purchased as a package to plan coaching needs. The Mont Cascades lift pass must be purchased from Cascades separately (at a discount). Athletes are required to arrive at 5:30 pm on Tuesdays at Cascades (at the first lodge, at the base of the Competition run), to be ready to ski at 6 pm. On Fridays, athletes must arrive by 8:30 at MSM to be ready to ski outside at 8:45 am.

Training at MSM

It is imperative that athletes arrive on time for training. Athletes meet, get ready (and have lunch) in the lower level of the Main Lodge together as a team. Athletes must be ready to ski *outside at the Vanier chair lift by 8:45 am* where plans will be communicated and athletes will warm up. Training days conclude between 2:30 – 3:00 pm. Athletes are encouraged to assist coaches with gates/equipment if able.

Keep an eye on the Notice Board posted in the lower level for Club updates.

Volunteering for Races

MSM runs some of the best ski races in the country, and we have a blast doing it! An overview of the Club cannot take place without acknowledging the huge amount of work done by parent volunteers. CSM simply cannot operate without this volunteer support. There are a host of volunteer opportunities, *both on and off hill*. No prior experience is required – please get involved if you are at the hill when MSM is hosting a race. The volunteer coordinator will organize crews lead by more experienced volunteers, and can help match your interests/abilities with the Club’s expectations. Emails will be circulated explaining the different roles, and letting you know how to sign up. Taking an Officials course can help significantly; all parents are expected to take their Level One Officials course (2 hrs), which will be offered in Dec. at MSM.

Each family is required to commit eight “credits” (volunteer days) for the Club. A fee of \$800 is paid upon registration, reimbursed at the rate of \$100/volunteer day at the end of the season to a maximum of 8 credits. Consult the document “[The Importance of Volunteer](#)” on the website under “Volunteer” for more details.

All volunteers receive a hot lunch on race days, generously donated by Club members. All families are encouraged to contribute to this lunch at least once during race season.

Important Dates 2019-2020

- **September 10 – October 31:** Dryland Training at Mooney’s Bay, 3 days/week
- **September 21:** In-person Registration, Dryland/ Testing, Equipment Day, Ski Swap & BBQ at MSM
- **October 15, 29 & November 12:** Sporting Life Racer Nights (6-9 pm)
- **TUES November 5, 12, 19, 26:** Indoor Dryland at Pinecrest School Gym (Tuesday nights, 6-7:30 pm)
- **THURS November 7, 14, 21, 28:** Indoor Dryland at W.E. Gowling School Gym (Thurs nights, 6-7:30 pm)
- **November 6:** NCO Auction 4 Alpine, Salon San Marco, Preston St. (6 pm)
- **November 21:** “All-Hands Meeting” mandatory officials update at Confederation High School (6 pm)
- **Date TBC in Nov:** Level II Officials Course
- **Late Nov/ Early Dec (Date TBC):** Pre-Season Ski Camp for U14/16/18 at Mont Edouard
- **Early Dec (Date TBC):** Pre-Season Ski Days U10/12 at Mont Tremblant
- **December 14:** 1st day training on snow at MSM (snow permitting)
- **December 23 – January 5:** Christmas Camp at MSM (½ day Dec. 24, Off Dec. 25, ½ day Dec 31, off Jan 1)
- **Date TBC in Dec/Jan:** Level I Officials Course at MSM
- **January 7:** Tuesday Night Training starts at Cascades
- **January 10:** Friday Training starts at MSM
- **January 24-26 :** Défi du Carnaval at Le Relais U10/12
- **February 22-27:** Criterium U16 at Mont Ste Anne
- **March 6-9 :** FIS Super Series at MSM
- **Mar 12-15:** U14 Prov Championships at Mont Garceau
- **March 20-22:** U12 Regroupement at Edelweiss
- **March 29:** last program day, pending no changes to the race schedule

* *The Regional Race Schedule will be distributed once confirmed. U10 athletes can expect to compete in 5 core regional races, U12 and U14 in 7 races, and U16 in 8 races (Saturday or Sunday).*

Regional Race Venues MSM Athletes Can Expect to Compete at:

- Mont Ste Marie
- Sommet Edelweiss
- Mont Cascades
- Camp Fortune
- Ski Vorlage
- Calabogie Peaks