



Suite 375, 1100C Memorial Ave.
 Thunder Bay, Ontario, P7B 4A3
 Website www.lsdalpine.com
 Phone: 807-623-2993
 Email: contact@lsdalpine.com

Fostering youth, through Alpine Ski Racing programs, to reach their full potential in sport and life!

2010/2011

Lake Superior Division Alpine FIS AND CARDED Program information

The goal of the Lake Superior Division Alpine (LSDA) and its coaching staff is to develop each athlete within the ski division to their full potential in the sport. This is done in a cost effective manner. Athletes and parents along with the Head Coach work together to create individual athlete development management programs related to the level of participation taken.

FIS Racing (15 years and older)

The competitions that FIS racers attend include the LSDA Miele FIS Series as part of the Can Am Superior Cup Series, USSA Central MidAm Series, USSA Central FIS Champs events. Scheduling may possibly include Ontario FIS Championships and the Pontiac Cup Series. All these races provide good racing and training opportunities for athletes. Once again we keep travelling time to a minimum and cost in mind.

<u>FIS Program - \$1500 (full program)</u>	
J1 & J2	
Fee Payments:	Includes:
<ul style="list-style-type: none"> • \$500 payment June 9, 2010 for FIS licence • \$500 payment October 1, 2010 • \$500 payment November 15, 2010 	<p><u>Coaching</u></p> <ul style="list-style-type: none"> • Wednesday afternoon • Thursday nights • Friday afternoon • Saturday • Sunday • PD days and high school turn around week • Christmas Camp • Spring Break Camp <p><u>Races</u></p> <ul style="list-style-type: none"> • All LSDA national point races entry fees • LSDA Miele FIS Series entry fees <p><u>Additional Items Included:</u></p> <ul style="list-style-type: none"> • National Competitor Card & FIS License • ACA & AOA Club Membership • ACA Insurance • Team Ski suit • ImPact concussion management yearly baseline testing



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	<ul style="list-style-type: none"> • Spring and fall fitness testing • Summer dryland two days per week May to September • Sunday dryland September until skiing starts
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FIS Competition Opportunities

Estimated costs not included in program fees

- All LSDA Race Series (included in program)
- Lutsen, MidAm Series 2XGS (\$300)
- Spirit Mt. MidAm/Atmore Memorial Series 2XSL (\$300)
- Thunder Bay, 2XENL GS & 2XSL (included in program)
- Marquette, MI. 2XSL MidAm Series (\$300)
- Collingwood, Ontario FIS Champs 2xGS & 2XSL (\$800)
- Camp Fortune, PGMC 2XSL & Georgian Peaks PGMC 2XGS (\$800)
- Lutsen, USSA Central Division FIS Champs (\$700)

Out of Province races will be attended by athletes selected by Alpine Ontario Alpin (AOA) and LSDA on a performance criteria basis, FIS points, coach's recommendation, work ethic and attitude. LSDA entries must be submitted by the Head Coach to AOA twenty days prior to each event. AOA collects and compiles all entries to produce one provincial entry for both women and men in order of the lowest to highest FIS points for entry into ACA events. For entering USSA events AOA submits provincial entry to Alpine Canada Alpin (ACA). ACA collect and compiles all entries from each province and produces an ACA entry for women and men in order of lowest to highest FIS Points and enters it to USSA. It is up to each event Race Organizing Committee (ROC) who works along with ACA, AOA and USSA to manage how many Canadian athletes are allowed to enter. Entries are finalized at the first team captains meeting. Athletes not represented by a coach will be pulled therefore allowing those athletes to enter represented onsite to enter from lowest to highest FIS points.

Carded Racers (11- 19 years old)

The main focus for K1 (11-12 yrs) and K2 (13-14 yrs) athletes is to provide a strong skill development program in preparation for Ontario Provincial Championships yearly and future FIS racing. This program is also for junior (J1 15-16 yrs J2 17-19 yrs) athletes who want to train and race locally.

<u>Carded Program - \$980 (full program)</u> K2, J1, J2	
<ul style="list-style-type: none"> • \$330 payment is due June 15, 2010 • \$325 payment October 1, 2010 	<u>Coaching</u> <ul style="list-style-type: none"> • Wednesday afternoon • Thursday nights • Friday afternoon • Saturday



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<ul style="list-style-type: none"> • \$325 November 15, 2010 	<ul style="list-style-type: none"> • Sunday • PD days high school turn around week • Christmas Camp • Spring Break Camp <p><u>Races</u></p> <ul style="list-style-type: none"> • All LSDA national point races entry fees <p><u>Additional Items Included:</u></p> <ul style="list-style-type: none"> • National Competitor Card • ACA & AOA Club Membership • ACA Insurance • ImPact concussion management yearly baseline testing • Fitness testing • Summer dryland two days per week May to September • Sunday dryland September until skiing starts
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Carded Program - \$875 (full program)
K1

<ul style="list-style-type: none"> • \$295 payment June 15, 2010 • \$295 payment October 1, 2010 • \$285 payment November 15, 2010 	<p><u>Coaching</u></p> <ul style="list-style-type: none"> • Wednesday afternoon • Thursday nights • Friday afternoon • Saturday • Sunday • PD days • Christmas Camp • Spring Break Camp <p><u>Races</u></p> <ul style="list-style-type: none"> • All LSDA national point races entry fees <p><u>Additional Items Included:</u></p> <ul style="list-style-type: none"> • National Competitor Card • ACA & AOA Club Membership • ACA Insurance • ImPact concussion management yearly baseline testing • Fitness testing • Summer dryland two days per week May to September • Sunday dryland September until skiing starts
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K2 Competition Opportunities

Estimated costs not included in program fees

- USSA Competitor Card (\$100)
- Taschereau/ Mont-Tremblant, QC 1XGS & 1XSL and AOA Camp (\$1200)
- USSA Central J3 Champs, Marquette, MI (\$500)
- Canadian Juvenile Champs (\$2000)
- Whistler Cup (\$2500)

Out of Province races will be attended by athletes selected by AOA and LSDA on a performance criteria basis, coach’s recommendation, work ethic and attitude. LSDA entries must be submitted by the Head Coach to AOA fourteen days prior to each event. Canadian Juvenile Champs and Whistler Cup selections is based on K2 Provincial Champs results

K1 Competition Opportunities

Estimated costs not included in program fees

- USSA Competitor Card (\$100)
- Central J4 Champs, Marquette, MI (\$500)
- K1 Ontario Provincial Champs (\$700)
- Apr. 9-10 Whistler Cup (\$2500)

Out of Province races will be attended by athletes selected by AOA and LSDA on a performance criteria basis, coach’s recommendation, work ethic and attitude. LSDA entries must be submitted by the Head Coach to AOA fourteen days prior to each event. Whistler Cup selection is based on K1 Provincial Champs result.

LSDA Kinder Program

This program offers Entry Level ten year olds who have reached Husky Snow Stars (HSS) Level 4 the opportunity to train in a full K1 program and continued HSS benchmarking. Athletes qualifying for this program need to register through their home clubs.

<u>Entry Level Program (Development Group) - \$700 (full program)</u>	
10 year olds	
<ul style="list-style-type: none"> • \$350 payment October 1, 2010 • \$350 November 15, 2010 	<p><u>Coaching</u></p> <ul style="list-style-type: none"> • Wednesday afternoon • Thursday nights • Friday afternoon • Saturday • Sunday • PD days



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	<ul style="list-style-type: none">• Christmas Camp• Spring Break Camp <p><u>Races</u></p> <ul style="list-style-type: none">• All LSDA Entry Level races entry fees• Nancy Greene Series• Husky Snow Stars Fun Day Fees <p><u>Additional Items Included:</u></p> <ul style="list-style-type: none">• ACA & AOA Club Membership• ACA Insurance• ImPact concussion management yearly baseline testing• Fitness testing• Summer dryland two days per week May to September• Sunday dryland September until skiing starts
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Entry Level Competition Opportunities

Estimated costs not included in program fees

- USSA Competitor Card (\$100) for age class racing in USSA Central

Additional Optional Program (approximant costs)

- K2, JR - three days per week strength training and conditioning program at Lakehead University, and September to December.(\$100)
- Lutsen technical free ski camp US Thanksgiving four days (\$250)
- K1 K2 and JR Nakiska Fall Camp (\$2,000)
- Lutsen April camp two days (\$200)
- Tichy Racing Summer Camp August 24 to September 3 (\$2,000)
- GS camp at Loch Lomond in early December three days. (\$150)
- Joint training projects with Port Arthur Ski Club

Expectations of Coaches for Athletes

- 100% commitment when training and be fit
- Represent LSDA and it's sponsors with integrity
- Equipment at all times properly tuned and in good working order
- Role models for other sports teams in Ontario
- Role models for younger athletes looking to join LSDA team
- Setting of fitness, ski racing, educational goals and objectives, learning about responsibility, good behaviour, team participation and spirit, good sportsmanship, self confidence and other valuable life skills which are helpful in order to conduct themselves as young well rounded adults in and out of the sport
- Year end evaluation with coaching staff



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- Attend semi - annual fitness testing
- Attend all race awards ceremonies
- Attend annual awards banquet
- Assisting in tear down after all races
- **Get out of it whatever you put into it - (that is life)**

Coaching

Coaching is provided by experienced career coach Steven Tollefsen along with Scott Prior coach/athlete, Mindy Blumberg coach/athlete, Hunter Tollefsen and John McKee. This team of dedicated coaches consistently deliver sport specific athlete development and athlete management successful programming. Scott and Mindy successfully reach the Ontario Ski Team through our programs and in return are giving back to them

Volunteer/Fundraising

Fundraising initiatives are done on a year-round basis in order to offset the cost of athletes in our programs thus by keeping to fees down allows more to exposed the sport. Raised funds go toward coaching, equipment and travel. This is the organizations goal to meet annually through program parent/athlete volunteering their time in fellowship combined with corporate sponsorship.

Family Fundraising and Volunteer Expectations

<u>Fundraising Goals</u>	<u>FIS Team Commitment</u>	<u>National Carded Full Program Commitment & Development Group</u>	<u>Sr National Card Holders</u>
Bingos per family raise - \$6,000 - \$8,000*	10	10	1
Golf tournament organization and participation - \$2,000 (June 2009)	1 Teams Of 4	1 Team Of 4	1
Calendar Raffle Draw Ticket Sales - \$4,000 to \$8,000	50 Tickets	30 Tickets	10
Ski Swap - \$5,000 - \$6,000*	15 Shifts	10 Shifts	2 Shifts
Dinner Auction \$6,000	10 Tickets	4 Tickets	1 Ticket
Phone book deliveries \$1500	2 Routes	1 Route	
Race crew assistance at all local races – Priceless Feb. 18-21/11 FIS Series Mar. K2 Provincial Champs	Priceless	Priceless	Priceless



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***NOTE: FOR FAMILIES WITH 2ND OR 3RD ATHLETE IN PROGRAMS—THREE (3) ADDITIONAL BINGOS IS EXPECTED.**

***NOTE: FOR FAMILIES WITH 2ND OR 3RD ATHLETE IN PROGRAMS—ONE (1) ADDITIONAL SKI SWAP SHIFT IS EXPECTED.**

Get out of it whatever you put into it - (that is life)

VOLUNTEER ITEMS OF RESPONSIBILITIES	RESPONSIBILITY FOR THIS	DUE DATE
In order to streamline organization of events we propose the following: <u>Bingo Coordinator</u>	Katherine Anderson	YEAR AROUND
<u>Phone Book Deliveries</u> Delivery coordination	Melissa Covello Teresa Veneruz	JUNE
<u>Golf Tournament</u>	TBSSA- Rick Bevilacque Steve Scollie Tom Dawes LSDA- Steve Tollefsen	June
<u>Ski Swap</u> Need volunteers	Deb Doan Liisa Hanson Organize equipment : Computer operation : Schedules : Marketing : Steve Tollefsen	NOVEMBER 11
<u>Lottery Ticket Sales</u>	Lori Tollefsen	SEPTEMBER To JANUARY

<u>Dinner Auction</u> 2011	Need organizer	SEPTEMBER
<u>K2 Provincials</u> Thunder Bay 2011	Mandatory for all K2 Parents	SEPTEMBER
<u>Fundraising Ideas?</u>	Help!	YEAR AROUND



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<p><u>Ski Suit Coordinator</u> Coordinate suit delivery, etc Suits already ordered. Need to inventory, get sponsor patches sewn on and distribute suits</p>	<p>Lori Tollefsen FIS</p>	
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Proud sponsors,

Newest Silver - BELL

Platinum Sponsors



Ken Whent

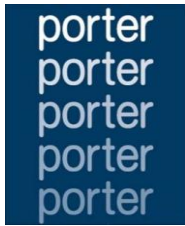
Gold Sponsors





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Sand`n Sea

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