



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!

2011/2012

Alpine Ski Team Lake Superior Ski Division (LSDA club)

FIS AND CARDED information

The goal of the LSDA club advisory committee and its coaching staff is to develop each athlete on the team to reach 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 programs related to the level of participation taken along with matching the appropriate competitions to the skill level of athlete

FIS Team (15 years and older)

The competitions that FIS racers attend may include the LSDA FIS Series, USSA Central Division Champs, MidAm Series events, Ontario JR Championships and the Pontiac Cup Series and regional FIS series in Ontario. All these races provide good racing and training opportunities for athletes. Once again we keep travelling time to a minimum and cost in mind while providing excellent training and racing locally for those athletes remaining at home.

<u>FIS Team - \$1830 (full program)</u> J1, J2 and Sen.	
Fee Payments:	Includes:
<ul style="list-style-type: none"> • FIS License \$495 per athlete paid in June • ACA /AOA membership/insurance and LSD membership is to be pay in full upon team registration along with completed attached ACA wavier \$735 payment October 15, 2011 • \$600 payment December 15, 2011 	<p><u>Coaching</u></p> <ul style="list-style-type: none"> • Wednesday twilight Mount Baldy • Thursday twilight • Friday twilight • Saturday • Sunday • PD days and high school turn around week • Christmas Camp • Coaching at all LSDA Club Camps • Coaching at all LSDA club calendared races • Team suit



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

FIS 2011/2012 Optional competition outline

Estimated costs not included in program fees

- Dec.17-18 Nub’s Nob, MI MidAm 2XENLSL (\$400)
- Jan. 7-8 LSDA Race Series 2XENL GS (included in program)
- Jan. 9-10 Lutsen, MN MidAm Series 2XGS (\$400)
- Feb.3-5 Spirit Mt. MN MidAm/Atmore Memorial Series 3XSL (\$600)
- Feb. 24- 28 Camp Fortune, QC PGMC 2XSL & Georgian Peaks, ON PGMC 2XGS (\$1,200)
- Mar. 22-25 Lutsen, MN USSA Central Division FIS Champs 2XSL & 2XGS (\$800)

Carded Team (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 Team - \$1,310 (full program)</u>	
K2, J1, J2	
<ul style="list-style-type: none"> • ACA /AOA membership/insurance and LSD membership is to be pay in full upon team registration along with completed attached ACA wavier \$210.00 payment • \$550 payment Oct. 15, 2011 • \$550 payment Dec. 15, 2011 	<p><u>Coaching</u></p> <ul style="list-style-type: none"> • Wednesday twilight Mount Baldy • Thursday twilight • Friday twilight • Saturday • Sunday • PD days and high school turn around week • Christmas Camp • Spring Break Camp • Coaching at all LSDA Club Camps • Coaching at all LSDA club calendared races
<u>Carded Team - \$1,310 (full program)</u>	
K1	
<ul style="list-style-type: none"> • ACA /AOA membership/insurance and LSD membership is to 	<p><u>Coaching</u></p> <ul style="list-style-type: none"> • Wednesday twilight Mount Baldy • Thursday twilight • Friday twilight



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

<p>be pay in full upon team registration along with completed attached ACA wavier \$210.00 payment</p> <ul style="list-style-type: none"> • \$550 payment Oct. 15, 2011 • \$550 payment Dec. 15, 2011 	<ul style="list-style-type: none"> • Saturday • Sunday • PD days • Christmas Camp • Spring Break Camp • Coaching at all LSDA Club Camps • Coaching at all LSDA club calendared races
---	---

K2 2011/2012 Competition outline

Estimated costs not included in program fees

- Jan. 14-16 Lutsen, MN Age Class races (\$500) optional
- Feb. 9-12 Mid Winter's, Collingwood ON (\$1000) optional
- Feb.23-25 USSA Central J3 Champs, Marquette, MI (\$500) optional
- Mar.7-10 AOA K2 Provincial Champs, Collingwood ON (\$1000) optional
- Mar. 22-25 K2 CanAm Series Mount Tremblant QC (\$1800) AOA
- Apr. 6-8 Whistler Cup BC (\$2500) AOA

K1 2011/2012 Competition outline

Estimated costs not included in program fees

- Jan. 14-16 Lutsen, MN Age Class races (\$500) optional
- Feb.23-25 USSA Central J4 Champs, Marquette, MI (\$500) optional
- Mar. 8-10 KI AOA Provincial Champs Collingwood (\$1000) optional
- Mar. 29-31 K1 CanAm Series Sugarloaf MI (\$2000) AOA

Prospect Group

This program offers Entry Level athletes ten year of age under Coaches desgration the opportunity to train in a full K1 program

<p><u>Prospect Group - \$794 (full program)</u> 10 year olds</p>	
<ul style="list-style-type: none"> • ACA /AOA membership/insurance and LSD membership is to be pay in full upon team registration along 	<p><u>Coaching</u></p> <ul style="list-style-type: none"> • Wednesday afternoon (optional) • Thursday nights • Friday afternoon (optional) • Saturday • Sunday



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

<p>with completed attached ACA wavier \$94 payment</p> <ul style="list-style-type: none"> • \$350 payment October 15, 2011 • \$350 December 15, 2011 	<ul style="list-style-type: none"> • PD days • Christmas Camp • Spring Break Camp • Coaching at all LSDA Club Camps • Coaching at all LSDA club calendared races
--	---

Additional team activities included in program and optional

- Summer Dryland two days per week June to September (included in program)
- K2, J1 and J2 - three days per week strength training and other sport specific training at Lakehead University September to December.(\$100+GST)
- Entry Level K1, K2, J1, J2 - One day per week dryland program is provided from October to November.(included in program)
- Lutsen technical free ski camp day in late November
- GS camp at Loch Lomond in early December 2 days. (\$100)
- Nov. 19-27 Fall camp Nakiska, AB (\$1,400)
- Aug. Mt. Hood, OR Tichy Summer Camp #8 (\$2,000)
- Feb. Mealey Classic/ Speed Camp (\$800)

Coaching

Coaching will be provided by experienced coaches under the direction from CSCF Senior Alpine Coach Steve Tollefsen

Fundraising

Fundraising initiatives are done on a year-round basis in order to offset the cost of athletes participating in programs. It goes toward coaching, equipment and travel.

Family Fundraising and Volunteer Requirements

<u>Fundraising Goals</u>	<u>FIS Team Commitment</u>	<u>National Carded Full Program Commitment & Prospect Group</u>
Bingos per family raise - \$6,000 - \$8,000*	8	8
Golf tournament organization and participation - \$2,400(June 2009)		
Calendar Raffle Draw Ticket Sales - \$4,000 to \$8,000	50 Tickets	40 Tickets
Ski Swap - \$5,000 - \$6,000	12 Shifts	8 Shifts
Dinner Auction \$6,000		



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

Phone book deliveries \$1500	1 Days	1 Day
Race crew assistance at all local races – Jan.7-8/12 FIS Series	Priceless	Priceless

***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.**

ITEMS OF RESPONSIBILITIES	RESPONSIBILITY FOR THIS	DUE DATE
In order to streamline organization of events we propose the following: <u>Bingo Coordinator</u>	Sue Brooks	Year a round
<u>Phone Book Deliveries</u> LSDA Delivery coordination	<u>Need Volunteers</u>	June
<u>Golf Tournament</u> Need volunteers	TBSSA- Rick Bevilacque Andrew Leto Steve Scollie Tom Dawes	June
<u>Ski Swap</u> Need volunteers	Deborah Doan/ Liisa Hanson	November
<u>Trip Event Organizer</u> Book trip accommodations and travel, etc. Training and contacts for all locations is provided based on past history.	Steve Tollefsen	

Fundraising Ideas?

Help!



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

<u>Ski Suit Coordinator</u> Coordinate suit delivery, etc Suits already ordered. Need to inventory, get sponsor patches sewn on and distribute suits	Lori Tollefsen FIS	
<u>Dinner Auction</u> LSDA	Dave Bradley	
<u>Lottery Ticket Sales</u> LSDA	Steve Tollefsen	September to January