



Lightning Creek Ski Club

Member Handbook

2022/2023 Season

Lightning Creek Ski Club

Member Handbook

2020/2021 Season

This handbook has been prepared as a reference for our athletes and their parents.

Parents interested in learning more about the Lightning Creek Ski Club and its programs are encouraged to contact us. We look forward to your questions and feedback.

Staff:

| | | |
|-----------------|----------------------------|--|
| Grace Klapatiuk | Developmental Alpine Coach | gklapatiuk@gmail.com |
| Emma Klapatiuk | Junior Alpine Coach | lcsctroll@gmail.com |

Board of Directors:

| | |
|----------------------|---------------------------|
| Falko Kadenbach | President |
| | Vice President |
| Rene Tudhope | Treasurer |
| Kristina Tomek | Secretary |
| Jennifer Boudreau | Registrar |
| Kerensa Medhurst | Alpine Director |
| Julie Backer | Nancy Greene Director |
| Karoly Peter | Coaching Director |
| Sean Seabourne | Director of Facilities |
| | Fundraising Chair |
| Maryanne van Leusden | Special Olympics Director |
| David Frappier | Director at Large |
| Sean Scallion | Director at Large |
| Michelle Delaney | Director at Large |

Club Email: lcsctroll@gmail.com

Club Mailing Address:
PO Box 4012
Quesnel BC V2J 3J2

CLUB INTRODUCTION/GOALS

Lightning Creek Ski Club (“the Club”) is a Non-Profit organization dedicated to the promotion of the sport of alpine skiing and to the development of alpine ski racing skills. The Club provides its members with high quality, professional coaching along with the opportunity to compete in local North Zone, inter-zone, and provincial races. We are housed on the premises of Troll Ski Resort but are a separate entity.

A volunteer Board of Directors governs the Club. The Club has two paid coaches. Program fees are not enough to cover the total costs to operate the Club so the Club relies heavily on volunteers and fundraising.

Lightning Creek Ski Club members include children registered in the half day/full day program or the Alpine Program and their parents/guardians. Alumni Memberships can also be purchased. The majority of our membership resides in the Quesnel area, however, the Club has also attracted members from Prince George, Williams Lake and 100 Mile House. All members of the Lightning Creek Ski Club are members of the umbrella organization BC Alpine.

Our philosophy for the children is simple; we want them to become better skiers while having FUN!

Our Goals are:

- To make skiing a lifelong sport
- To develop the skiing abilities of our young athletes
- To provide quality alpine race training and racing experiences
- To provide lifelong benefits for our athletes and their families
- To have FUN!

The Lightning Creek Ski Club provides a high quality, safe alpine racing experience. Instilled in the athlete is a sense of responsibility, discipline, team spirit, good sportsmanship, and integrity while teaching successful, competitive alpine racing techniques that will provide lifelong benefits for the athletes and their families.

The season begins in September with dryland training for the Alpine team and the Nancy Greene athletes. On-snow training begins in late November or early December through to April, conditions permitting. Some members have the opportunity to begin training with Fall and Christmas Camps, and then train every Saturday/Sunday (for the 2 day program) and Friday, Saturday, Sunday, Monday for the 4-day program and Sundays only for the 5-11 year olds, for 11 weeks commencing the first weekend of January.

ORGANIZATION

The Board of Directors, led by the President, governs the Lightning Creek Ski Club. The Board is elected at the Annual General Meeting.

Board Executive

President – Falko Kadenbach

- Chairs all board meetings
- Maintains overall policies and guidelines
- Oversees the general operation of Club activities
- Represents the Club at North Zone and BC Alpine meetings
- Maintains good relations with Troll
- Maintains website

Vice President – Roland Jarrett

- Assists the President in Club affairs.
- Assumes President's role if he is absent

Treasurer – Rene Tudhope

- Prepares financial reports for the board
- Oversees the work of the Club's Accountant
- Reviews monthly financial statements
- Prepares budget
- Assists with registration and program pricing

Registrar - Jennifer Boudreau

- Manages athlete and member registration

Secretary – Kristina Tomek

- Records minutes at general meetings
- Distributes information to members
- Monitors Club email account
- Assists with registration

Nancy Greene Chair – Julie Backer

- Works closely with the volunteer coaches, co-ordinates all aspects of the Nancy Greene program
- Assists with marketing and registration

Alpine Chair –Kerensa Medhurst

- Liaises between parents and coaches
- Works closely with the Alpine Head coach and junior alpine coach
- Organizes Teck Races
- Communicates with the Resort on a regular basis regarding events and grooming
- Grant writing

Nominations to the board are open to all Club parents. Members of the Board are elected at our annual general meeting, held the fall. All Board Members are volunteers and receive no compensation in the roles as directors.

The Head Coach and Program Director reports to the Board. The Head Coach and Program Director, working with the Board, recruits the coaches and key volunteer positions.

Staff

Alpine Team Head Coach and Program Director

Head Coach is on salary from the beginning of December to April 30. The main duties of the Head Coach and Program Director are as follows (there exists a more detailed job description):

- Directs and oversee athlete training
- Mentors Junior Alpine coach
- Works closely with athletes in the 2-day program
- Communicates with parents and athletes in alpine program
- Maintains good relations with Troll Resort
- Oversees race preparations
- Primary coach for Alpine Team (4-day program)

Developmental Alpine Coach - Grace Klapatiuk

Grace is on salary from November to April 30. The main duties of the developmental Alpine Coach are (there exists a more detailed job description):

- Directs and oversee athlete training
- Mentors Junior Alpine coach
- Works closely with athletes in the 2-day program
- Communicates with parents and athletes in alpine program
- Maintains good relations with Troll Resort
- Oversees race preparations
- Primary coach for Alpine Team (4-day program)

Coaching Director - Karoly Peter

Karoly volunteers his time as the coaching director and as the head coach for the Nancy Greene Program.

- Directs and oversee athlete training
- Mentors Junior Nancy Greene coach's
- Works with athletes in the 1 and 2-day program
- Communicates with parents and athletes in Nancy Greene Program
- Maintains good relations with Troll Resort
- Oversees race preparations

VOLUNTEERING

The Lightning Creek Ski Club is a non-profit organization that operates on an annual budget of approximately \$95,000 per year. The membership and program fees are not enough to cover our operating expenses, so we rely heavily on volunteers and fundraising.

The source of funds comes from four basic sources:

- (1) Membership and Program Fees
- (2) Provincial and Zone races
- (3) Gaming Grants
- (4) Fundraising and Sponsorship

We are mainly a volunteer run Club. The only paid employees are the two Alpine Coaches.

Lightning Creek Ski Club is a special community that thrives on friendship and family involvement. Many Clubs will give the parents the option to volunteer or pay a deposit in lieu of volunteering. Lightning Creek Ski Club does not require a deposit, however, we depend on the active participation of all members to operate successfully.

There are a number of volunteer opportunities with the Club as outlined in Appendix A.

FUNDRAISING

The Club holds a number of fundraisers throughout the year, including:

- Sandbags
- Pub Night (every other year)
- Raffle Tickets
- Miscellaneous – this year we helped the Billy Barker Days Society clean the park tents.

If you have ideas for fundraisers please email us at lcstroll@gmail.com. We would love to hear your ideas.

COMMUNICATION

All members are invited to contribute their input regarding the programs offered by the Club. In addition to this handbook, communication of Club policies, schedules, and events takes place in a number of ways:

Board of Directors

The Board of Lightning Creek Ski Club meet monthly and invite member questions and inquiries. You can email us at lcstroll@gmail.com

Coaches

Coaches are on the hill to train athletes, so it is not appropriate to expect the coaching staff to discuss the needs of athletes during training time. Coaches also deserve a lunch break. Often coaches will make themselves available shortly after or before training sessions, and can be reached by phone or e-mail to answer questions.

Coaches will send out regular e-mail communication regarding training schedule and discipline, race information, etc.

Annual General Meeting

The Annual General Meeting of the members is usually held in April / May after the end of the season. The main business of the AGM is to elect the Board / Executive for a one year term and approve the financial statements of the prior year. In addition, the President and the Head Coach and Program Director will report on the prior season and discuss future plans for the Club.

It is important that as many members as possible attend, as AGM attendance impacts the amount of the annual BC Gaming Grant the Club receives.

Any complaints about the program, coaching staff, etc. should be directed through the Alpine Chair or the President. (Please refer to the Clubs Code of Conduct guidelines). Issues will be directed to the appropriate party and dealt with accordingly.

Internet

The club works hard at maintaining our website, which can be found here: www.lightningcreekskiclub.com.

We also have an active Facebook page, which can be found here:

<https://www.facebook.com/groups/21909675053/>

We strongly encourage all families to join the Facebook group, or provide an updated e-mail address in order to receive information.

CODE OF CONDUCT

Every athlete and parent registered in the Lightning Creek Ski Club Racers Program will be required to read the Lightning Creek Ski Club Alpine Ski Partner Agreement and Code of Conduct (including the BC Alpine Code of Conduct) and agree by signing an Acknowledgement of Understanding and Agreement each year.

The rationale and objectives for the Alpine Ski Partner Agreement and Code of Conduct are as follows:

- 1) To ensure the safety and well-being of every participant.
- 2) To respect that all participants have the right to receive the best program possible without interference as a result of the inappropriate conduct of others.
- 3) Positive public perception is important to the Club and the Club's sponsors.

A copy of the Code of Conduct can be downloaded from our website.

CLUB CABIN AND GROUNDS

Our Club cabin was built in 2014 with a lot of blood, sweat and some tears from our volunteers and financial support from our community. It is the centre of Club activity. As with any facility, it takes effort and money to keep it in good condition and repair. We expect all of our members to treat the cabin properly. We don't have a janitorial person so we all share that responsibility.

One of the Club's key volunteer positions is the Equipment Manager who oversees the maintenance of the cabin and helps coordinate volunteers to empty garbage, repairs, shovel snow, check on and ensure the cabin is locked. He needs all of our help!

The equipment and ski storage room is for storing Club equipment only. No other equipment of family members is permitted; there is simply not enough space. The door should be kept locked at all times. The upper level of the Club Cabinare for the coaches only and noted volunteers when hosting races.

When hosting races, the Club cabin is the centre of activity for volunteers and racers from Lightning Creek Ski Club and other clubs. We ask that you limit your time in the cabin as it can get very crowded!

Every Fall there is a cabin repair, clean-up, and membership get together. All members are encouraged to attend.

COACHING AND TRAINING

The coaching staff have the mandate to make alpine racing a positive experience for the young racers. The coaches evaluate the range of athletic ability of the racers and understand the goals of individual athletes. Once establishing this, the coaches then provide regular and timely evaluation and feedback to athletes (video and verbal) to help them improve their skiing skills.

The coaches follow Alpine Canada's Long Term Athletic Development Plan. A copy will be posted to the Lightning Creek Ski Club's website once available. All parents are encouraged to review the plan.

Training Days

The Alpine Team train 4 days per week – Friday, Saturday, Sunday, Monday from 9:00 am to 3:00 pm.

Athletes are expected to have all their equipment on and ready to go by 9:00, there is no point wasting training time when lift line-ups are the shortest. Skis should be tuned, waxed and ready to go by 9:00 also. Training time is athletic time, not equipment tuning time.

The Junior Alpine Team trains 2 days per week – Saturday and Sunday from 9:00 am to 3:00 pm.

The Nancy Greene level program athletes train 1 day per week on Sundays from 10:00am to 3:00 pm. The youngest athletes train from 10:00 am to noon and older athletes will train all day.

There is also training available throughout the Christmas break, and any other school break. Generally training will not take place more than 3-4 days consecutively before a break is taken. The tentative training schedule will be posted for the entire season once on-snow training begins.

Athletes are expected to help take gates to the training runs and help set the training course, as well as help with the tear down of the training course at the end of the training day. All athletes are expected to learn how to store and care for training equipment – it is their equipment.

Changes to Training Schedule, Snow Days

The Coaches will email racers prior to a training block to notify them of the training schedule and discipline. Please note there can be changes to the training schedule due to snow conditions or other unexpected reasons. Coaches will communicate any changes as soon as possible via email and/or text. Please remember the training day is dynamic and safety will always come first.

Racers are encouraged to bring their free skis (powder skis) for Saturday and Sunday training days. We have a space at the club cabin for weekends, however, it is up to the racer to take all their skis home Sundays after training.

PROGRAMS

The Lightning Creek Ski Club offers a Nancy Greene and an Alpine Program (U12, U14, U16, U18).

The Nancy Greene program is considered the fundamental stage in ski racing for children between the ages of 5-12. During this time they are introduced to basic skiing techniques and skills that develop agility, balance, co-ordination, strength/speed in as many different snow conditions and terrain as possible. The Lightning Creek Ski Club has the entry level U8, U10 and U12 programs to service these criteria.

The program also introduces children to competition. NGSL athletes have the opportunity to participate in BC Alpine sponsored individual and team races. These events, held at the club, zone, and provincial level, provide young skiers the opportunity to test the skills they have learned in the program in a fun and friendly environment. The emphasis in competition is placed on individual progress, team results, camaraderie, and fair play.

NGSL athletes have the opportunity to begin training with three-day Christmas Camps, and then every Sunday for 11 weeks commencing the first weekend of January. Three-day Spring Break Camps are also available.

Alpine Program

The Lightning Creek Ski Club Alpine Program includes the U12, U14, U16 and U18 series. All age categories are as of Dec 31 of the competition season. The competition season is defined as November 1 – April 15 in the new U categories.

The U12 and U14 series objective is to give young racers an opportunity to develop their racing skills and progress in accordance with their ability. Emphasis is placed on providing strong coaching so these young racers receive a strong technical foundation from which to progress to higher levels.

The U16 series skiers are introduced to more intensive training and competition. The program provides a competitive series for 14 and 15 year olds allowing them to test their skills against their peers at a regional level. The U16 program also develops ski specific physical and mental skills and continues to develop the athlete's technical and tactical skills.

The U18 series is designed to advance skiers to the high performance stages of the sport. Training programs offer intensive technical, tactical, physical, and mental training in order to prepare athletes to compete at this level.

The season begins in September with dryland training. On-snow training begins in late November or early December though to April, conditions permitting.

RACES

U12, U14, U16 and U18

Schedule

A training and race calendar is posted on the Lightning Creek Ski Club website. The race schedule can also be found on the BC Alpine website. Races are subject to cancellation, usually due to weather, so all races will be confirmed by the coaches. The race schedule is formulated at the end of each season so that preparations can be made for the following year's race schedule. There is no obligation for athletes to attend every race.

Travel

With everyone's understanding and cooperation it is possible for this process to run smoothly!

There are only four simple but important things to remember:

1) All racers are considered entered in a race unless the coach has been contacted and notified otherwise TWO (2) days prior to the Race.

All racers and parents have a *schedule* so you are able to anticipate known conflicts that might prevent you from competing in a particular race. Simply advise your coach by the Thursday prior to the Race weekend...without exception!!! The reason is that a Coaches' Meeting takes place on the Friday evening before the race where entries are finalized and the lift tickets and entries are purchased in bulk with a Club cheque.

2) If a racer does not show up and has not informed the coach or coordinator, he/she will be charged for the entry and lift ticket as the Club has already paid for it.

3) Conversely, if a racer has told the coach or coordinator that he/she is unable to race and then shows up for the race, he/she will not be on the Start List and will not be able to race.

4) A racer may choose to race only one day of the weekend BUT the coach must be notified by Thursday before the Coaches' Meeting.

Race Costs

Race fees are approximately \$35 per day. About half of this cost goes to BC Alpine and the Zone for such things as insurance, safety equipment, etc.

Most day passes are offered to racers at a discount price. The Friday before each race the coaches attend a "Coaches' Meeting" where start lists and bib numbers are established. The coaches pick up the bibs and tickets for the racers, pays the registration fees, etc, so that the rest of the weekend can be devoted entirely to the race and attending to the athlete's needs.

At most races, the costs of the coaches' per-diems and accommodation are paid by the racers attending the event. This is done simply by dividing the costs by the number of racers attending.

Other Lightning Creek Ski Club Travel Rules

Parents are responsible for their child's race travel and accommodations. If a parent/guardian cannot attend, they must personally make arrangements with another parent attending to be responsible for their child.

Behavior and Courtesy to the Public

Racers must be considerate and courteous to the public at all times. The public has had to give up hill space for the race and racers must ensure that their actions, behavior and language does not upset or offend the public.

Racers, whether on race day or during training, must wait their turn in the lift queues and must have their lift pass to ride the lift. On race day, allow for the length of the lineup when determining when to go up for your run.

Preparation

All equipment should be checked and tuned before arriving at the race. This means the skis have sharp edges, the bindings have been checked, and the skis have at least received a travel wax, but preferably a wax for the anticipated conditions. As in training, helmets must be worn at all races.

APPENDIX A

VOLUNTEER POSITIONS AND COMMITTEES

Equipment Manager

- Overseeing all racing equipment (gates, nets, etc) and tools (radios, drills, shovels)
- Overseeing the maintenance of the Club Cabin
- Coordinate volunteers to: empty garbage, repairs, shovel snow, check on and ensure the club cabin is locked

Fund Development Committee

- Oversee other fundraisers
- Oversee the sponsorship program to seek funding from corporate community members
- Research available grants
- Oversee the preparation and review all grant applications
- Donor stewardship

Marketing and Communications Committee

Website

- keep our website and social media sites updated
- liaise with board and coaches to update website content and Facebook page

Advertising

- help with the design and creation of various marketing materials for the club

Public Relations

- write and distribute press releases to the media

Race Committee

- Responsible for the planning and organization of races hosted by Lightning Creek Ski Club
- Recruit, train, mentor race volunteers
- Prepare a race summary including
 - # participants, revenues, costs, successes, issues, lessons learned.

Race Volunteers

Each year the Lightning Creek Ski Club hosts two or three races. The following are the jobs that must be staffed for each race.

Chief of Race

Overall responsibility for race, coordinates with mountain

Chief of Course

Overall responsibility for course, including course setting (done by a coach), maintenance, collection of gates after race, must assure safety of racers and spectators. With Course maintenance workers assures that turning pole is dyed and gates are numbered (coordinate with Head Gatekeeper), that proper fencing is put up at finish area and along course

Chief of Timing

Assures system works, tests the day or week before race, runs timing during the race

Chief of Gates

Recruits, organizes gatekeepers, distributes gatekeeper cards, collects them after each run and brings them to the finish

Race Secretary

Receives entries, prepares start order, assigns jobs, gets lift tickets for racers from the mountain, assures presence of Technical Delegate and, if needed, accommodations for T.D., brings race supplies, including materials for gatekeepers, bibs.

Starter

Sends racers, in constant communication with finish, checks start wand and communication before the race

Start Referee

Assures valid start

Assistant Starter

Lines up racers for Starter; assures smooth flow of racers

Finish Referee

Assures valid finish

Gate Judges

Records any race infractions on course, usually need minimum of 7 judges for average course.

Course Maintenance

Several people (5-6) to maintain course, replace gates, reports to Chief of Course to assist with all course-related tasks

Bibs

Collect bibs at finish of race

Hospitality

Several people post-race refreshments; sometimes hot drink for gatekeepers

Hand Timers

2 each, at start and finish, with stop watches;

Bibo Board

Records times announced by person running electronic timer

Hand recorder

Records times announced by hand timers

SAM co-ordinator

Sends all results to newspapers and BC Alpine, ensures exposure of sponsors.

It takes a minimum of 30 volunteers to properly run a race. Volunteers usually receive complimentary day passes and a bagged lunch. It is important that parents from all Clubs, whether hosting or visiting, participate in order to ensure a timely and safe race.

APPENDIX B

SKI TUNING

Prepare your skis before traveling out of town!

Prepare your skis at home before going on a trip. Wax rooms at hotels can be very small and crowded as everyone tries to do their skis at the same time. Sharpening of edges, stoning, base repairs or major binding adjustments should all be looked after at home where you will have an abundance of tools, space and time.

Finally, wax your skis with a thick layer of wax and do not scrape it off. In a warm temperature wax is suitable unless otherwise notified. If we are lucky and snow temperatures correspond to our wax, all you will have to do is scrape your skis upon arrival! Please have a look at the wax kit information below.

TUNING ITEM CHECKLIST:

- Stone
- Sandpaper
- File Body file/sidewall remover
- File card
- Clean rags
- File guide and clamp
- Base filler/petex
- Stone diamond stones are better than regular stones
- File single cut 10 in. or 8 in.
- File Card used to clean your file
- File Guide and Clamp used when filing the sidewall side of the edge. Flat file guides can be found at some local shops.
- Sandpaper one sheet of emery cloth or 400 grit for dulling tip and tails one sheet of 120 grit for sharpening your plastic scraper
- Body File (or sidewall removal tool) sidewall tool is used to prepare new skis body files can be found at autobody suppliers/shops Clean Rags used to clean your iron, skis etc.
- Base Filler ironed into a gouge, then scraped off with a plastic scraper. Never use a metal scraper very small scratches are not important to fill, large ones that are through the black base material should be taken care of at a ski shop

WAXING ITEM CHECKLIST:

- Brush
 - Wax
 - Plastic Scraper
 - Ski Straps
 - Iron
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- Brushes- varieties come in brass, nylon, and horsehair. Nylon is the most universal and should be the 1st brush to have. Most of the time a nylon is all that's needed for brushing your skis
 - Plastic Scraper - keep it sharp using 120 grit sandpaper and your file guide
 - Iron - an old clothes iron - flat bottom without holes
 - Wax - buy the standard low-fluorile for 0 to -10 C ranges. High-fluorile wax tends to dry bases out if used all the time. Save it for race days only. Keep your wax very clean and store in a plastic bag – away from filings
 - Ski straps - always use 2 straps on your skis (tips and tails). You can also use them to hold the brakes up while tuning your skis

Put all of your tools in a small toolbox or fishing tackle box that is small enough to be easy for traveling. Be sure to put your name on everything.