



Alberta Masters Ski Club (AMSC)

Member's Manual



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WELCOME	3
CLUB PURPOSE	3
CLUB MISSION	3
CLUB HISTORY	3
REASONS FOR JOINING	3
ANNUAL GENERAL MEETING / CLUB PRESENTATION	3
FREQUENTLY USED ABBREVIATIONS	4
BOARD OF DIRECTORS	4
COMMUNICATIONS	4
COACHES	4
TEAM LEAD	5
CLUB CALENDAR	5
SNOW TRAINING LOCATIONS	5
SNOW TRAINING PROGRAM	5
ATHLETE EXPECTATIONS	6
CODE OF CONDUCT	6
MEMBERSHIP LEVELS	6
REGISTRATION AND PAYMENT PROCESSING	6



Alberta Masters Ski Club (AMSC)

Member's Manual

REFUND POLICY	7
TRAINING AVAILABILITY	7
TRAINING & COACHING EXPECTATIONS	7
SKI EQUIPMENT	8
SKI CLOTHING	8
PURCHASING USED SKI EQUIPMENT	8
KEY RACES	8
ATHLETIC RECOGNITION	9
VOLUNTEER OPPORTUNITIES	9
ANNUAL AWARDS	9
DRYLAND TRAINING	9
GOAL SETTING TEMPLATE	9

Member's Manual

Welcome

- Welcome to one of the best master's ski clubs in Canada! People just like you join our club every year - men, women, young adults, and skiers in golden years. Our ski program is designed for intermediate, advanced, and expert skiers who are interested in race technique for ski improvement or an ex-racer looking to get back into the gates. Join by yourself, with your partner, or your entire family, everyone finds something valuable in our club.
- Please read this manual to be familiar with our club operations and member expectations. Alberta Ski Masters Club is committed to the best member's experience. Information about the training, registration and many other details are in this manual. If you still have a question, please email us at info@albertamastersskiclub.ca and we'll get back to you right away.



Club Purpose

- Improve the ski technique of each athlete to their next personal level using ski racing techniques and gates

Club Mission

- In a team environment, using technical free skiing and turning around gates as a tool for members to achieve ski improvement

Club History

- The club was established in 2004 by Claudio Berto, with support of the Mortson family and a few adult members.
- The club has since evolved into an average annual membership of over 100 athletes
- We are a member of the Alberta Alpine organization

Reasons for Joining

- For love and joy of skiing
- Improving your ski techniques
- Skiing with like-minded people
- Testing your talent in gate skiing
- Opportunity to challenge yourself in ski racing
- Enhancing your overall and ski fitness

Annual General Meeting / Club Presentation

- Annual in the fall – either in-person or online
- Meet the club's board, coaches and members
- The president reviews the upcoming year and answers any question
- Club's financial statement and budget is reviewed



Alberta Masters Ski Club (AMSC)

Member's Manual

- Review the AGM presentation, available on the website, under the Become A Member tab

Frequently Used Abbreviations

- SL – slalom
- GS – giant slalom
- SG – fast Giant Slalom
- DH – downhill

Board of Directors

- A board of directors is elected annually at our annual general meeting. The board meets regularly to direct the operations of the club, making decisions on events, training, coaching, fund raising and managing the budget.
- The board is composed of volunteers who are committed to the success of the club.
- The current slate of directors is outlined in the AGM materials along with the structure and responsibility of the individual directors.

Communications

The following are the communication tools and social media that we use

- Website <http://www.albertamastersskiclub.ca/>
- MailChimp
 - Subscribe to our email list on the Home page of our website
- TeamSnap – for registered members
- Twitter
https://twitter.com/ABMASskiclub?ref_src=twsrc%5Etfw|twcamp%5Eembeddedtimeline|twterm%5Eprofile%3AABMASskiclub&ref_url=http%3A%2F%2Fwww.albertamastersskiclub.ca%2Findex.html
- Facebook <https://www.facebook.com/Alberta-Masters-Ski-Club-199530408353/>
- Instagram: <https://www.instagram.com/albertamastersskiclub/>

Coaches

Each athlete sets their own goals with the coaches prior to the start of the season. Our coaches are selected for their ability to coach a wide range of adults, and their fit with our club's overall culture.

- Scott Zahn – Head Coach – with over 35 years of experience (USSA Level 5, Official level 3, PSIA Level 4, CSC Level 2)
- Claudio Berto – with 45 years of experience and certifications (CSC Level 3, CSIA Level 3, Officials Level 3, NCCP 3, Para certified)
- Darin McBeath - Coach - with over 20 years coaching (CSC & CSIA Level 2), Raced for Team Canada for 8 yrs including 2002 Olympic games.
- Derek Mortson – Coach – over 10 years of coaching (CSCF Level 1), Crossfit coach Level 2

Team Lead (if only one coach present)

- During Gate Training sessions, an athlete will be designated as the Team Lead
- This role assists during the session to
 - Organize athletes for prompt, safe starts,
 - Slip crews to maintain the course, based on guidance from the coaches



Alberta Masters Ski Club (AMSC)

Member's Manual

- Designed to allow us to have a coach with a free ski group on gate training days
- If you are Team Lead in the morning, you ski gates in the afternoon; and vice versa for the afternoon Team Lead
- As a benefit, the Team Leads do not have to complete slip runs during training.

Club Calendar

- The online calendar is populated by late October and posted to Teamsnap.
- The calendar contains training, racing, ski tuning workshop, AGM, gate fixing party, year-end party and dryland training dates

Snow Training Locations

Ski Hill	Training	Key Information
Nakiska	Technical free skiing, SL, GS, SG	<ul style="list-style-type: none"> • Per the schedule for Saturdays, Sundays, Wednesday's (seniors 60+), Thursdays • Typically November through April • Schedule update in the Shed each morning including training location • Be in the lift line by 8:50 – with the gear to take up on the hill • Members are assigned to AM and PM sessions; find a replacement if you want to swap
WINSPORT	Technical free skiing, SL, GS	<ul style="list-style-type: none"> • Mondays from mid-November to beginning of March • From 6 to 9:00 PM

Snow Training Program

- Full detailed calendar is posted on TeamSnap
- November is technical free skiing
- December through April sessions include gates (SL, GS, SG, Dual SL)
- We use a mix of feather dusters, stubbies, and full gates
- At Nakiska on the weekends, we'll try to divide large groups into 2 groups and have AM and PM gate sessions

Athlete Expectations

- Set your Goals
- Ask questions if you aren't sure
- Be an active member – ensure you contribute to our community
- Come to the hill 15 minutes before the session to setup or be the last one on the hill to tear down

Code of Conduct

Our Code of Conduct is built on the principle that sport should build also a strong character and not just strong muscles. You will be required to read the complete Code Of Conduct, and sign that you agree to the Code during the registration process. The highlights are:

- Abide by resort requirements, including covid protocols
- Respect athletes, coaches and officials (no bullying)
- Chose kind words and avoid swearing and foul language
- Refrain from smoking, alcohol and drugs consumption before and during training



Alberta Masters Ski Club (AMSC)

Member's Manual

- Sign the Code of Conduct when you register
- Always keep these principles of fair play in your mind

Membership Levels

- Membership options may change from year to year. For 2021/2022 we have:
 - Nakiska Weekend
 - * Nakiska Wednesday (Senior's 60+)
 - * Nakiska Thursday
 - * WinSport Monday nights
 - Punch Cards – good for 6 sessions
 - * available for Wednesday only or as an add-on to another membership
- Pricing options for Adults (18 – 59); Seniors (60+); Students (18-24 attending post-secondary schooling); U18 (must join with a parent)
- If you join with a punch card, you can upgrade to other memberships during the year
- Look over the membership information on the Becoming a Member page
- Email registration@albertamastersskiclub.ca with any questions
- You will need to select the appropriate Alberta Alpine membership during your registration. See the Club Presentation on the website for more information on the Alberta Alpine Memberships.

Registration and Payment Processing

- We use TeamSnap for our registration and attendance
- Follow the link you'll find on AlbertaMastersSkiClub.ca
- Create your account on TeamSnap to process credit card payment and complete waivers
- Register for training
- Children (U18) are registered by their parents who are members. If your U18 child is member of another club, email registration@albertamastersskiclub.ca to have the fee adjusted.
- An Alberta Alpine membership or Race Card is required in addition to club fees. Register for your Alberta Alpine membership or race card on RAMP during your club sign-up.
- We also use Team Snap for purchasing club gear (currently SYNC); races organized by our club, and dryland training

Refund Policy

- The club will offer a refund if the season is cut short due to the government imposing closure or other restrictions that stop the training season.
- If the closure is put in place, and then the closure is lifted, and if the closure lasts 4 weekend sessions or more, a prorated refund will be provided.
- Note that this refund policy only applies to closure of our training season by the hill, or government decisions.
- Refund Policy is only for membership fee - it does not include Alberta Alpine, or other fees / amounts paid to the club.
- As our primary expense is coaching fees, a refund to club members means our coaches do not receive any compensation for the closed periods.



Alberta Masters Ski Club (AMSC)

Member's Manual

- Refund Policy:
- November Closure or loss of complete season (5.5 months): Full refund
- December Closure or loss of 4 months: 80% refund
- January Closure or loss of 3 months: 60% refund
- February Closure or loss of 2 months: 40% refund
- March Closure or loss of 1 month: 20% refund
- Note: if the closure occurs after March 15, the majority of cost commitments for the season have been made, no refund will be provided.

Training Availability

- View the training dates and discipline on website Events Calendar
- After Registration, you are added to Team Snap
- Book your training dates by indicating your availability on TeamSnap
- Do not fill out attendance for the entire season in advance
- Your access to Team Snap is be enabled after your payment is processed
- Change your availability at least 36 hours prior the training
- For example, if you can't make Saturday training, change your status on Thursday evening
- If you can't meet the timeline due to last minute changes, please Send a Email in Team Snap to the coaches
- Important: review training instructions for the day on Team Snap – location and training type (gates type or free skiing).

Training & Coaching Expectations

- Meet at the designated time and location described in the Training Locations table
- For Nakiska – training instructions are posted in our Shed; and TV/monitor above the tables by the fire place
- If you are new, look for our members dressed in our club clothing,
- Help with the gates set up and take down - setting, drilling, screwing, slipping, dyeing, rolling, bundling, bungeeing, raking, shoveling – coach provides directions at the top of the training location (run)
- Have a plan for each day. Ensure the coaches know your plan. They will provide limited feedback guiding you against your daily plan. If you need additional input, either stop at the coaches, or on your slip run, ask for additional feedback.
- Video runs will typically have the coach speak to you and your run on video. It is important to respect that rhythm so that each person gets their feedback.
- The Radios are used for course control, and for limited feedback.
- Freelap Timing system and your individual chips provide an additional tool to use in training.

Ski Equipment

- Technical Free skiing
- Your current equipment with a helmet, no special requirements
- Gates GS/SG
- FIS approved hard shell helmet for GS, SG & DH



Alberta Masters Ski Club (AMSC)

Member's Manual

- Gates: SL
- Hard or Soft ear with a chin guard is required.
- Back support is required for all training
 - Ask the coaches or experienced club members if you have questions
 - Look to purchase from retailers who support the club (see the presentation for the club supporters)

Ski Clothing

- Ski clothing with club colours is available for purchase (base cost only) every February
- Email with details is sent to all members
- Purchasing and wearing club clothing is optional
- The option for team clothing is on a separate Team Snap link.
- Currently our clothing comes from Sync.

Purchasing Used Ski Equipment

If you need to purchase cheaper equipment including clothing, consider the following sources. Members receive emails with the event information, but sometimes last minute.

- Facebook marketplace for most clubs
- Kijiji – throughout the year
- Other club members – throughout the year

Key Races

Below are common details for races

- Races are optional
- Race fees are additional
- Races at other resorts will also require a lift ticket purchase if you don't have a pass for that location
- Accommodation might be required

Athletic Recognition

- Members are recognized for qualifying to the Canadian Masters Ski Team
- For details see Alpine Canada <https://alpinecanada.org/community/masters>

Volunteer Opportunities

Get involved with the following annual activities.

- Gate fixing party
- Equipment storage maintenance at Nakiska and WINSPOORT
- Annual Online Silent Auction
 - Solicit donations
 - Assist with the online setup
 - Promote event
 - Bid
- Join the board
- Coach or become a Team Leader



Alberta Masters Ski Club (AMSC)

Member's Manual

Annual Awards

- Yearbooks with beautiful photographs are available at the year-end party
- During the year-end dinner in mid-May, coaches present seasonal club awards that may include:
 - Most Improved Female, Male
 - Racer's Heart
 - Most Valuable Player
 - Special Thanks
 - Special Executive

Dryland Training

- From May to October (6 months) at Crossfit Calgary led by Derek Mortson
- Weekly sessions – day of week to be set each year
- Cost is set every year