

Welcome to the 2010-2011 KD Program! Parent Meeting – Sunday, Sept 12th

- **KD program overview**
 - Vision and Philosophy
 - “Creating Tomorrow’s Champions Today”
 - The Kinder Development program offers athletes a challenging, fun and competitive training environment. We will maximize our time and resources to develop the technical, competitive and decision-making skills of each athlete in the program. We will prepare each athlete for training and competition at the K1 level and beyond while striving to reach and exceed their personal bests.
 - Objectives
 - Provide an exceptional training program and a confidence-boosting atmosphere
 - Develop passionate and versatile skiers who are competent and skilled in all skiing situations
 - Offer a well-rounded program with dryland training as a complement to on-snow sessions for the development of physically fit athletes who meet and exceed the standards for their age
 - Properly prepare each athlete for their next stage of development and training
 - Methodology
 - Dryland Training Program
 - A variety of activities are planned to develop key athletic competencies, expose the athletes to new skills and facilitate team building
 - On-Snow Training
 - Technical skiing and drill sessions throughout the season for continuous development and refinement of critical skills
 - Drill courses and gate training to complement and reinforce skill development
 - All mountain skills on a wide variety of terrain for adaptability, confidence and fun
 - Bandwidth feedback coach to athlete and athlete to coach through demonstration, questioning and discussion, video, timing, head-to-head duals and skills challenges
 - Formal and informal competition opportunities
 - Where appropriate; in-house, intra-club, regional and provincial race events

- **Equipment Update**
 - Skis
 - Junior SL ski, length between the nose and the top of the forehead and radius of 9 – 11 metres – check with PD for construction specifics (e.g. sidewall or capped)
 - A second pair of skis (rock skis or twin tips) for all-mountain (off the groomed runs) skiing and early season is nice to have but is not mandatory
 - Boots
 - You must have the proper fit, if the ski shop doesn’t pull the liner out to have your athlete try on the shell for fit – leave, or ask for the race department manager

- KD athletes should be able to handle a 4-buckle junior race boot
 - Please call Scott if in doubt @ 403-606-5050
 - Helmet
 - A proper racing helmet with hard plastic over the ears is mandatory
 - A chin guard is not needed and should not be worn
 - Poles
 - Proper fit – turn upside down, grip below the basket, arm should be at 90-degrees
 - Shin Guards, Back Protectors, Mouth Guards
 - All are recommended but only if they fit properly
 - Speed Suits
 - Speed suits are allowed in competition but are not mandatory. Proper jackets/soft shells and pants/shorts are necessary for training in speed suits
 - Team Uniforms
 - Those who ordered a team uniform should receive it in December
- **Calendar and important dates**
 - September/October/November – Dryland Wednesday, Saturday and Sunday
 - November 7th – Tuning Clinic for athletes and parents
 - November 13th & 14th – first weekend on-snow (weather permitting)
 - December 1st – COP Wednesday evenings begin
 - December 20 – 23 – Christmas Camp #1 @ Nakiska (watch for an I-Ski-U-Ski camp)
 - December 27 – 29 – Christmas Camp #2 @ Sunshine (1/2 day on Dec 30 @ Nakiska)
 - January 29-30 – Jasper Provincials/Reitbauer Cup
 - February 5 – Sunshine Invitational
 - February 19 – 21 – Fernie All Mountain Skills Camp
 - February 26 – 27 – Castle Mountain Terrain Event
 - March 12 – 13 – Caribou Cup at Norquay/Nakiska Cup
 - March 19 – 20 – Doug Meyers Cup at Lake Louise
 - April 9 – Wearmouth Cup
 - January – March – I-Ski-U-Ski → 3 Friday sessions planned
 - April/May – KD and K1 integration camps
 - June 2011 – KD Spring Dryland Program
 - July 2011 – KD Summer Boot Camp
- **Lynn Gerle – KD Parent Coordinator**
 - Race Volunteers
 - Carpooling List
- **Parent and Athlete Education Opportunities**
 - Nutrition Seminar for Parents – to be scheduled during Gymnastics for KD's
 - Hands-on Ski Tuning Clinic for KD athletes and parents – Sunday, Nov 7th
 - Parent's Coffee Club Meetings – 2-3 in season at Nakiska for all SARC parents
- **Communication and Protocols**
 - November 24 – dryland written report
 - December 11 – coach-parent conferences #1 (race recommendations)

- February 12/13 – coach-parent conferences #2 and mid-season written report
- March 26/27 – coach-parent conferences #3 and final written report

- Groupings for on-snow training are the sole responsibility of the coaching staff and **the program director has the final decision**
- Coaches and the PD will be working together over the first few weeks of the program to establish the on-snow training groups
- ***Any parent concerns with groupings must be communicated to the Program Director. Parents are not in any circumstance to interrupt the coach or the training program with concerns over athlete groupings***

- Parental feedback/concerns
 - Minor concerns (illness, absence, athlete communication, minor behaviour) → parent contacts the athlete's coach about the situation – coach can deal with situation or take to the program director if he/she feels it is serious
 - Serious concerns (behaviour, coaching, groupings) → parent must go directly to program director who will involve the coach as necessary

- Code of conduct
 - Athletes will meet during dryland to set the ground rules “in their own words” – expectations of themselves, their team mates and their coaches
 - Minor infractions
 - Coach verbally addresses the situation with the athlete
 - Athlete confirms with the coach in their own words their understanding of the infraction and their plan to remedy the situation
 - Multiple warnings for the same minor infraction = a serious infraction
 - Serious infractions
 - Coach involves the Program Director
 - Athlete will meet both Coach and Program Director to address the issue(s)
 - Athlete will complete a written form outlining their understanding of the infraction and detailing their plan to remedy the situation
 - Coach and Program Director will follow-up with athlete as necessary on the remedy
 - Should the improper behaviour continue or the action plan not be followed, further disciplinary action may be taken by the Program Director including suspension and expulsion from the training program
 - At this point the SARC board of directors will become involved in any disciplinary actions (and appeals) on the recommendations of the Program Director

- **Additional Questions?**