



RH **SKI**
TEAM

2023 - 2024 Program Guide

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WELCOME BACK ATHLETES

And here we go again....We'd like to welcome our new ski families, and those that are returning. It's going to be another great year for RH Ski Team, as we look forward to the upcoming 2023-2024 ski season.

Our program director, Tessa Dakin, and her coaching staff will be kicking off our season with an amazing dryland program, focusing on strength and agility training to ensure our athletes are ready for snow. It's highly recommended that athletes attend the dryland program, as it's a great way to get in ski shape, and spend time with their teammates prior to on snow training.

Last year our athletes had a lot of success at all age levels, as we saw some excellent growth both on and off snow. Racers at all levels represented our team extremely well, with some excellent training and racing days on snow. It was great to see the team bond, that is recognized across our province. This team has become a family of excellent and committed racers and individuals. We are proud to be Rabbits.

Our chaperone program will continue for the 2023-2024 season, as last year it was successful in creating some great opportunities for our athletes to increase their independence for their skiing career. We thank the coaching staff and volunteers for their time and effort to make the program a success. We are excited to welcome our coaching staff for the 2023-2024 season, who are the core of our Ski Team. These individuals commit their season to provide outstanding training and leadership for our athletes. We are confident that their training program on and off the snow will benefit our racers at all age levels, and we are excited to see the results at the end of the season.

Ski racing wouldn't be able to function without the endless volunteers that commit their time to assist in our program. We thank everyone that has volunteered in the past, to make our team what it is today. There will be multiple races and functions during the 2023-2024 season that we will all need to pitch in to make successful. Looking forward to spending time with you all at these events, as our volunteers have always led by example and proven our Team is made up of wonderful and caring parents, who have done everything possible to make our program a success.

On behalf of the Executive, we welcome you to the 2023-2024 RH Team ski season. We hope you are excited as we are. See you on the snow.

Todd Halina
President
RH Ski Team

COMMUNICATION

Each Program (U12, U14 and U16/U19) within the RH Ski Team has a designated Coordinator and all team communication is managed through TeamSnap. Once registration is complete, you will be introduced to your coordinator and will receive an email inviting you to join Team Snap.



RH Ski Team MEMBERSHIP FEES

All racers must obtain a RH Ski Team Membership as well as an Alberta Alpine Membership. The RH Ski Team membership is an annual fee that covers the operational costs of our clubhouse as well as the administrative costs associated with running RH Ski Team.

The Alberta Alpine Family membership provides you and all other members associated with this family registration insurance coverage for all Alberta Alpine sanctioned events. Alberta Alpine sets these rates each season and the amounts will vary depending on the program. AB Alpine requires every parent to register individually.

Membership Fees	
RH Ski Team Membership	\$30/Racer
Alberta Alpine General Membership	\$43/General Membership (each parent)

PROGRAM INFORMATION

RH Ski Team provides a range of programs for individuals aged 10 to 21! Depending on your level of interest and ability, we have something for everyone.

****New** Training/Racing Pathways**

As our club grows and evolves our programming needs to do the same. One goal we wanted to achieve for every athlete's growth and experience is to create better road maps for their development. This season we are introducing our pathway programming. You and your athlete will be able to choose the pathway that they would like to take within the RHST, there will be meeting and guidance for head coaches to help families pick the right path for their athletes. Pathways include, Regional, Provincial or Flex. Our Flex pathway is structured to provide athletes with the best of the Regional program mixed with some more challenging camps and races of the provincial program. We are creating these three pathways to set athletes up for success by balancing calendars for each with the best options for camps/races that will set athletes up for success. With this we are still working with our pay to play basis for Camps and Races. More information and calendars will be provided in the fall at **Parent Meetings**.

U12-U21 Ski Cross

For our U12-U21 athletes Ski Cross is a great way to work on speed elements and help them become comfortable with different terrain (ie. bumps, jumps and larger turns) while being on a course with multiple athletes. Ski Cross **is not a separate program** with RHST but will be offered similarly to our camps as an additional opportunity for athletes to broaden their athletic literacy within our sport. Training and races for Ski Cross events are offered on a pay per play basis throughout the season.

U12 Nancy Greene Ski League (Born 2013-2012)

This program is for athletes ages 10 -11 by December 31st. The program is part of the Nancy Greene Ski League, which is a national program, inaugurated shortly after Nancy Greene Raine's Gold Medal win at the 1968 Grenoble Olympic Winter Games. Since then, the program has been successful in introducing thousands of children to alpine skiing. Many of Canada's top international skiers received their early training in Nancy Greene Ski League programs.

The program is aligned with the Learn to Train (8-12) phases of the Long-Term Athlete Development Model from Alpine Canada. In the Skier Essentials stage, our skiers continue to develop fundamental movement and skiing skills in fun, structured and unstructured environments. Our skiers in this phase are focused on developing technical skiing skills in a variety of training and competition environments. In the Learn to Train phase, our skiers acquire a wide range of fundamental movement skills and technical ski skills while having fun participating in a variety of ski racing events. The aim is to have skiers start to understand the use of dynamic, athletic turns in different training and competition environments.

The Nancy Greene Ski League also introduces children to competition. These events held at the club and zone level will 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.

We are proud to offer 3 different programs at the U12 level to create an inclusive training environment. All U12 programs are primarily based at Rabbit Hill Snow Resort for training, starting approximately mid-November and continuing until late March. Athletes will have the opportunity to participate in at least one optional mountain training camp, a variety of local interclub races that are held on weekends in and around the Edmonton area, as well as the Jasper Junior Olympics held in late February at Marmot Basin Ski Resort.

For those U12 (10-11 year old) athletes that are looking for a little more time on snow there will be the opportunity for more training camps and races taking place in the mountains. Athletes can choose: (1) the intensity of their training at Rabbit Hill; (2) the amount of time they want to train in the mountains; (3) their participation in races within the Edmonton area; and (4) their participation in races in the mountains. U12 athletes will work with their coach to identify the appropriate training and race schedule through our pathway system. In accordance with Alpine Canada Long-term Athlete development athletes should be training more than racing, our pathway programming is set up to make sure we have a balance race to train ratio for this age group.

All races are optional and you will be asked if you would like to enter. Any races or camps that you register for are charged through your TeamSnap account and are “Pay as you Go” options. These events have costs above and beyond the initial registration fees (please refer to Camp and Race Fees in this guide for more details).

U12 PARENT MEETING Wednesday, October 4th @ 7pm

Program Times

- **6.0hr program (approximately 108 Hours on snow)** Wednesday and Thursdays from 6:00-9:00 pm
- **7.0hr program (approximately 122 Hours on snow)** Wednesday **OR** Thursdays from 6:00-9:00 pm
AND Saturday 9:00am-1:00pm
- **10hr program (approximately 176 Hours on snow)** Wednesday **AND** Thursdays from 6:00-9:00 pm
AND Saturday 9:00am-1:00pm

U12 Program Fees (ages 10-11 as of Dec 31)					
	<i>Alberta Alpine Competitor Card</i>	<i>North Zone Equipment Fee</i>	<i>RH Ski Team Family Membership</i>	<i>Coaching Fees</i>	<i>Program Fee</i>
6.0 hr. Program Fees	\$193	\$25	\$30	\$734	\$982.00
7.0 hr. Program Fees	\$193	\$25	\$30	\$830	\$1078.00
10 hr. Program Fees	\$193	\$25	\$30	\$1197	\$1445.00

Missed days cannot be made up by attending additional training sessions, and no refunds will be issued for any missed training days due to Mountain Camp participation, illness or other reason.

U12 Dryland Training Fees (optional)		
Saturday	~12hrs	\$92.00
Thursday	~9.5hrs	\$90.60
Tuesday	~12hrs	\$143.10
Tuesday AND Thursday	~21.5hrs	\$233.70
Tuesday, Thursday AND Saturday	~33.5hrs	\$325.70

Dryland training is optional but strongly encouraged for each racer.

Tuesday evenings

- September 13th, 19th, 26th - 1.5hrs outside sessions meeting at Whitemud Park (6:30-8 pm)
- October 3rd to November 4th - 1.5hr sessions at Spectrum Performance and Rehab(6740 99 ST NW, Edmonton 6:30-8pm)

Thursday evenings

- September 14th, 21st, 28th – 1.5hrs outside sessions meeting at Whitemud Park (6:30-8pm)
- October 5th to November 2nd - 1 hr sessions indoors TBD (time to fall between (6:30-8pm)

Saturdays *No Dryland over Thanksgiving Weekend*

- September 16th- October 21st - 2hr sessions (9am- 11am) meeting outdoors at Whitemud Park Biking, field agility, and hiking sessions TBD based on weather, information on activities will be on Team Snap Calendars
- October 28th and November 4th - 1 hour sessions Indoors, TBD (between 9 and noon)

These dryland sessions will focus on strength, conditioning, team building, and body awareness. The addition of the Spectrum Performance and Rehab sessions for this age group is done to not only support their strength and conditioning but moreover to introduce and teach these young athletes about proper gym etiquette. We want to start building the proper body movements and attitudes towards the gym atmosphere so that athletes will be safe and productive moving forward in this space.

U14 Alpine Ski Program (Born 2011-2010)

The U14 program provides a variety of options for athletes aged 12-13 as of December 31st. Athletes can choose: (1) the intensity of their training at Rabbit Hill; (2) the amount of time they want to train in the mountains; (3) their participation in races within the Edmonton area; (4) their participation in races in the mountains; and (5) their participation in ski cross events. The program offers a performance path for those athletes interested in pursuing the highest levels of ski racing in the province, and programs for athletes interested in training and racing in the Edmonton area. **U14 athletes will work with their coach to identify their appropriate training and race schedule.**

RH SKI TEAM is proud to offer three training options for this season. Please note that Racers choosing any option that includes a weekday evening must determine and commit to a set schedule. For example, the 7 hour program includes Saturday plus either a Wednesday or Thursday for the entire season. This must be determined during registration in order for us to plan optimal coaching.

The program is aligned with the Train to Train phase of the Long-Term Athlete Development Model from Alpine Canada. In the Train to Train phase, the focus for the athletes is on transferring fundamental techniques and basic tactical skills into the competitive environment. At this stage, athletes begin formalized speed and ski cross training progression and begin to compete more seriously. However, the primary focus during competition is to apply what has been learned at training.

Parent chaperones and use of the team van will facilitate participation in mountain camps throughout the season and assist in making participation in mountain camps manageable and cost effective.

All races are optional and you will be asked if you would like to enter. Any races or camps that you register for are charged through your TeamSnap account and are "Pay as you Go" options. These events have costs above and beyond the initial registration fees (please refer to Camp and Race Fees in this guide for more details).

U14 PARENT MEETING Wednesday, September 27th @ 7pm - VIA ZOOM

Program Times

- **6.0hr program (approximately 108 Hours on snow)** Wednesday and Thursdays from 6:00-9:00 pm
- **7.0hr program (approximately 122 Hours on snow)** Wednesday **OR** Thursdays from 6:00-9:00 pm **AND** Saturday 9:00am-1:00pm
- **10hr program (approximately 176 Hours on snow)** Wednesday **AND** Thursdays from 6:00-9:00 pm **AND** Saturday 9:00am-1:00pm

U14 Program Fees (Ages 12-13 as of Dec 31)

	<i>Alberta Alpine Competitor Card</i>	<i>North Zone Equipment Fee</i>	<i>RH Ski Team Family Membership</i>	<i>Coaching Fees</i>	<i>Program Fee</i>
6.0 hr. Program Fees	\$310	\$25	\$30	\$734	\$1099.00
7.0 hr. Program Fees	\$310	\$25	\$30	\$830	\$1195.00
10 hr. Program Fees	\$310	\$25	\$30	\$1197	\$1562.00

Missed days cannot be made up by attending additional training sessions, and no refunds will be issued for any missed training days due to Mountain Camp participation, illness or other reason.

U14 Dryland Training Fees (optional)

Saturday	~12hrs	\$92.00
Tuesday AND Thursday	~24hrs	\$286.20
Tuesday, Thursday AND Saturday	~33hrs	\$384.20

Dryland training is optional but strongly encouraged for each racer. Dryland registration will be through Team Snap, Links will be sent out with Ramp Ski Program Registration Links.

Tuesday evenings

- September 13th, 19th, 26th - 1.5hrs outside sessions meeting at Whitemud Park (6:30-8 pm)
- October 3rd to November 4th - 1.5hr sessions at Spectrum Performance and Rehab(6740 99 ST NW, Edmonton 6:30-8pm)

Thursday evenings

- September 14th, 21st, 28th – 1.5hrs outside sessions meeting at Whitemud Park (6:30-8pm)
- October 5th to November 2nd - 1.5hr sessions at Spectrum Performance and Rehab(6740 99 ST NW, Edmonton 6:30-8pm)

Saturdays *No Dryland over Thanksgiving Weekend *

- 2hr sessions (9am- 11am) meeting outdoors at Whitemud Park (**September 16th- October 21st**)
- Biking, field agility, and hiking sessions TBD based on weather, information on activities will be on Team Snap Calendars
- 1 hour sessions Indoors, TBD (between 9 and noon) October 28th and November 4th

These dryland sessions will focus on strength, conditioning, team building, and body awareness. Spectrum Performance and Rehab sessions for this age group are geared towards the demands of their ski season but are built to complement and have a positive impact on other athletics as well. We strive to support multi-sport and cross training wherever possible.

U16 Alpine Ski Program (Born 2008-2009)

The U16 program provides a variety of options for athletes aged 14 and 15 years as of December 31st. Athletes can choose: (1) the intensity of their training at Rabbit Hill; (2) the amount of time they want to train in the mountains; (3) their participation in races within the Edmonton area; (4) their participation in races in the mountains; and (5) their participation in ski cross events. The program offers a performance path for those athletes interested in pursuing the highest levels of ski racing in the province/western Canada, and programs for athletes interested in training and racing in the Edmonton area. These athletes will work with their coach to identify the appropriate training and race schedule.

RH SKI TEAM is proud to offer three training options for this season. Please note that Racers choosing any option that includes a weekday evening must determine and commit to a set schedule. For example, the 7 hour program includes Saturday plus either a Wednesday or Thursday for the season. This must be determined during registration to allow us to ensure optimal coaching.

The program is aligned with the Train to Train phase of the Long-Term Athlete Development Model from Alpine Canada. In the Train to Train phase, the focus for the athletes is on transferring fundamental techniques and basic tactical skills into the competitive environment. At this stage, athletes begin formalized speed and ski cross training progression and begin to compete more seriously. However, the primary focus during competition is to apply what has been learned at training.

Parent chaperones and use of the team van will facilitate participation in mountain camps throughout the season and assist in making participation in mountain camps manageable and cost effective.

All races are optional and you will be asked if you would like to enter. Any races or camps that you register for are charged through your TeamSnap account and are “Pay as you Go” options. These events have costs above and beyond the initial registration fees (please refer to Camp and Race Fees in this guide for more details).

U16 PARENT MEETING Wednesday, September 20th @ 7pm - VIA ZOOM

Program Times

- **6.0hr program (approximately 108 Hours on snow)** Wednesday and Thursdays from 6:00-9:00 pm
- **7.0hr program (approximately 122 Hours on snow)** Wednesday **OR** Thursdays from 6:00-9:00 pm **AND** Saturday 9:00am-1:00pm
- **10hr program (approximately 176 Hours on snow)** Wednesday **AND** Thursdays from 6:00-9:00 pm **AND** Saturday 9:00am-1:00pm

U16 Program Fees (Ages 14-15 as of Dec 31)

	<i>Alberta Alpine Competitor Card</i>	<i>North Zone Equipment Fee</i>	<i>RH Ski Team Racer Membership</i>	<i>Coaching Fees</i>	<i>Program Fee</i>
6.0 hr. Program Fees	\$310	\$25	\$30	\$734	\$1099.00
7.0 hr. Program Fees	\$310	\$25	\$30	\$830	\$1195.00
10 hr. Program Fees	\$310	\$25	\$30	\$1197	\$1562.00

Missed days cannot be made up by attending additional training sessions, and no refunds will be issued for any missed training days due to Mountain Camp participation, illness or other reason.

U16 Dryland Training Fees (optional)

Saturday	~13hrs	\$92.00
Tuesday AND Thursday	~24hrs	\$286.20
Tuesday, Thursday AND Saturday	~37hrs	\$384.20

Dryland training is optional but strongly encouraged for each racer. Dryland registration will be through Team Snap, Links will be sent out with Ramp Ski Program Registration Links.

Tuesday evenings

- September 13th, 19th, 26th - 1.5hrs outside sessions meeting at Whitemud Park (6:30-8 pm)
- October 3rd to November 4th - 1.5hr sessions at Spectrum Performance and Rehab(6740 99 ST NW, Edmonton 6:30-8pm)

Thursday evenings

- September 14th, 21st, 28th – 1.5hrs outside sessions meeting at Whitemud Park (6:30-8pm)
- October 5th to November 2nd - 1.5hr sessions at Spectrum Performance and Rehab(6740 99 ST NW, Edmonton 6:30-8pm)

Saturdays *No Dryland over Thanksgiving Weekend*

- 2hr sessions (9am- 11am) meeting outdoors at Whitemud Park (**September 16th- October 21st**)
- Biking, field agility, and hiking sessions TBD based on weather, information on activities will be on Team Snap Calendars
- 1 hour sessions Indoors, TBD (between 9 and noon) October 28th and November 4th

These dryland sessions will focus on strength, conditioning, team building, and body awareness. Spectrum Performance and Rehab sessions for this age group are geared towards the demands of their ski season but are built to complement and have a positive impact on other athletics as well. We strive to support multi-sport and cross training wherever possible.

U19 Alpine Ski Program (Born 2006-2007)

The U19 program provides a variety of options for athletes aged 16 and 17 years as of December 31st. Athletes can choose: (1) the intensity of their training at Rabbit Hill; (2) the amount of time they want to train in the mountains; (3) their participation in races.

U19 Race Program Options:

- 1) U19 Regional Races (National Competitor Card)
- 2) U19 Racing on the U16 Provincial Series (National Competitor Card)
- 3) U19 Racing 2-3 entry level FIS Races + a selected few U16 Provincial Series Races (Alpine FIS events only)
- 4) U19 Racing 3-5 entry level FIS Races, TBD with Coach GP.

The program offers a performance path for those athletes interested in pursuing the highest levels of ski racing in the province/western Canada, and programs for athletes interested in training and racing in the Edmonton area. These athletes will work with their coach to identify the appropriate training and race schedule. If you have any questions regarding which race program is right for your U19 athlete please reach out to our Program Director, Tessa, at rhalpine.pd@gmail.com.

RH SKI TEAM is proud to offer three training options for this season. Please note that Racers choosing any option that includes a weekday evening must determine and commit to a set schedule. For example, the 7 hour program includes Saturday plus either a Wednesday or Thursday for the season. This must be determined during registration to allow us to ensure optimal coaching.

The program is aligned with the Train to Train phase of the Long-Term Athlete Development Model from Alpine Canada. In the Train to Train phase, the focus for the athletes is on transferring fundamental techniques and basic tactical skills into the competitive environment. At this stage, athletes begin formalized speed and ski cross training progression and begin to compete more seriously. However, the primary focus during competition is to apply what has been learned at training.

Parent chaperones and use of the team van will facilitate participation in mountain camps throughout the season and assist in making participation in mountain camps manageable and cost effective.

All races are optional and you will be asked if you would like to enter. Any races or camps that you register for are charged through your TeamSnap account and are "Pay as you Go" options. These events have costs above and beyond the initial registration fees (please refer to Camp and Race Fees in this guide for more details).

U19 PARENT MEETING Wednesday, September 13th @ 7pm - VIA ZOOM

Program Times

- **6.0hr program (approximately 108 Hours on snow)** Wednesday and Thursdays from 6:00-9:00 pm
- **7.0hr program (approximately 122 Hours on snow)** Wednesday **OR** Thursdays from 6:00-9:00 pm **AND** Saturday 9:00am-1:00pm
- **10hr program (approximately 176 Hours on snow)** Wednesday **AND** Thursdays from 6:00-9:00 pm **AND** Saturday 9:00am-1:00pm

U19 Program Fees (Ages 16-17 as of Dec 31)

	<i>Alberta Alpine Competitor Card</i>	<i>North Zone Equipment Fee</i>	<i>RH Ski Team Racer Membership</i>	<i>Coaching Fees</i>	<i>Program Fee</i>
6.0 hr. Program Fees	\$310	\$25	\$30	\$734	\$1099.00
7.0 hr. Program Fees	\$310	\$25	\$30	\$830	\$1195.00
10 hr. Program Fees	\$310	\$25	\$30	\$1197	\$1562.00

FIS Program fees (Ages 16-17 as of Dec 31)

	<i>Alberta Alpine Competitor Card</i>	<i>North Zone Equipment Fee</i>	<i>RH Ski Team Racer Membership</i>	<i>Coaching Fees</i>	<i>Program Fee</i>
6.0 hr. Program Fees	\$823	\$25	\$30	\$734	\$1612.00
7.0 hr. Program Fees	\$823	\$25	\$30	\$830	\$1708.00
10 hr. Program Fees	\$823	\$25	\$30	\$1197	\$2075.00

*National Competitor Card Price, please see below for the U18 Competitor Card Options, email rhalpine.pd@gmail.com if you have any questions regarding U18 Competitor Cards. If you are interested in a dual card please reach out to Tessa to get this upgraded.

FIS PARENT MEETING Wednesday, September 13th @ 8pm - VIA ZOOM

Alberta Alpine FIS Competitor Card Options

FIS National Card- Alpine or SX	\$823
FIS National Dual Card- Alpine and SX	\$923

U19 Dryland Training Fees (optional)

Saturday	~13hrs	\$92.00
Tuesday AND Thursday	~24hrs	\$286.20
Tuesday, Thursday AND Saturday	~37hrs	\$384.20

Dryland training is optional but strongly encouraged for each racer. Dryland registration will be through Team Snap, Links will be sent out with Ramp Ski Program Registration Links.

Tuesday evenings

- September 13th, 19th, 26th - 1.5hrs outside sessions meeting at Whitemud Park (6:30-8 pm)
- October 3rd to November 4th - 1.5hr sessions at Spectrum Performance and Rehab(6740 99 ST NW, Edmonton 6:30-8pm)

Thursday evenings

- September 14th, 21st, 28th – 1.5hrs outside sessions meeting at Whitemud Park (6:30-8pm)
- October 5th to November 2nd - 1.5hr sessions at Spectrum Performance and Rehab(6740 99 ST NW, Edmonton 6:30-8pm)

Saturdays *No Dryland over Thanksgiving Weekend*

- 2hr sessions (9am- 11am) meeting outdoors at Whitemud Park (**September 16th- October 21st**)
- Biking, field agility, and hiking sessions TBD based on weather, information on activities will be on Team Snap Calendars

- 1 hour sessions Indoors, TBD (between 9 and noon) October 28th and November 4th

These dryland sessions will focus on strength, conditioning, team building, and body awareness. Spectrum Performance and Rehab sessions for this age group are geared towards the demands of their ski season but are built to complement and have a positive impact on other athletics as well. We strive to support multi-sport and cross training wherever possible.

CAMP & RACE FEES

Mountain Camps and Races are a great way to get more miles on snow for your athletes while giving them the opportunity to ski more challenging terrain than what we can provide at Rabbit Hill Ski Resort. You can expect your athlete to ski from the first turn off the chair lift to the last, these are full days on snow. Camp days will include opportunities for training in race environments, technical free skiing (TFS) to continue to develop skills, and free skiing to promote confidence and skills while in an unstructured setting (develop skills by playing). During mountain camps and race weekends we see huge developments and lots of smiles! There are also opportunities for local races for any athletes that do not want to compete at a provincial level but still want to have fun racing. Please refer to the Parent Guide and Parent Zoom Meeting for more details on what to expect during mountain camps and races.

New Racers

Athletes new to the club without previous ski racing experience will only be eligible for the December, January, February, March and April camps. The late November (pre-season) camps will not be open to new racers. This is for the safety and positive experience we want your athlete to attribute to skiing in the mountains. More details to follow during the Parent Zoom Meetings.

Pay as You Participate

Racers will be required to pay for their fees for both camps and races prior to attending. Camps will be posted to the website and the Team Snap calendars in September, 2023 for training dates up to the end of December, 2024. The remainder of the season will follow in due course subject to the final changes made by Alberta Alpine of our race calendar.

Racers can commit and pay for a race/camp up to two weeks prior to the date of the race/camp. After the cutoff date two weeks prior to the event, no further payments will be accepted and the racer will not be able to participate in that race/camp. Only racers who have signed up **AND paid** for the race/camp in advance will be able to attend. **Refunds through Teamsnap will be available up to the cut off date two weeks in advance of the event.**

Standardized Camp and Race Fees

RH SKI TEAM will continue to use our standardized Camp and Race Fee structure for the 2023/24 season for all age groups. This Standardized Fee system allows parents to sign up for camps knowing in advance how much it will

cost with the ultimate goal of providing athletes with opportunities for training outside our home hill. These standardized fees apply to all races and camps held in Edmonton, the Bow Valley and Jasper. All camps or races held out of province will be subject to charges based on the cost of the event and will be detailed at the time of registration.

Daily Camp Coaching Fee (includes Jasper, Bow Valley, Red Deer)	Daily Race Coaching Fee In Edmonton Does not include race fees	Daily Race Coaching Fee Out of Town Does not include race fees
\$90	\$25	\$90

U14 / U16 / U19 Chaperone Program

We are proud to offer Chaperone opportunities for our athletes for mountain camps, provided a) we have a family to volunteer to chaperone and b) we have enough athletes to make it viable. There is more information in the Chaperone Program document in your files in Team Snap, and your coaching team will discuss it further in our Fall Zoom Meeting.

Mandatory Parent Zoom Meetings:

Our Mandatory Zoom meetings will be on the following dates. Please note that this is your opportunity to gain a true understanding of the program changes that have been made this year, including the introduction of our program pathways: Regional, Flex, Provincial. There will be an opportunity for questions at this time as well.

- U12 Mandatory Parent Zoom Meeting: **Wednesday, October 4th @ 7pm**
- U14 Mandatory Parent Zoom Meeting: **Wednesday, September 27th @ 7pm**
- U16 Mandatory Parent Zoom Meeting: **Wednesday, September 20th @ 7pm**
- U18 Mandatory Parent Zoom Meeting: **Wednesday, September 13th @ 7pm**
- FIS Mandatory Parent Zoom Meeting: **Wednesday, September 13th @ 8pm**

FUNDRAISING

Our fundraising efforts include a combination of volunteering for casinos grant applications & racer/family driven fundraising initiatives in order to support the best programs for our children. As our Rabbit Hill Alpine umbrella continues to evolve, so do our fundraising requirements. In conjunction with the Rabbit Hill Ski Club (Our U6-U10 athletes), we will be dividing our fundraising commitments.

In 2023/24 RHST families will be responsible for our annual Gear Raffle, while RHSC families will be responsible for the Rabbit Revival (It's back, baby!!!). More information regarding the Revival and ticket purchases will be communicated as it becomes available. We will again host a non-obligatory 50/50 raffle in early 2024, open to all Rabbit Hill Alpine families to promote & sell tickets.

Casino/Race Volunteer Commitments

Each Family must commit to either:

1. ONE Casino shift in a year where the RH Ski Team is hosting a Casino and ONE Race Volunteer shift
or,
2. TWO Race Volunteer Shifts
or,
3. ONE Race Organizing Committee Volunteer Position (Requires your Level 2 Officials course)
or,
4. Pay out your Volunteer Commitment: indicate at the time of registration that you would like RHST to keep your pre paid \$250 volunteer obligation bond, thus relieving yourself of all obligations for the season.
or,
5. Volunteer for an RHST/RHSC Board or executive position.

This includes any races hosted by our sister club, the Rabbit Hill Ski Club but as a separate Fundraising Entity, we are not required to volunteer for an RHSC-hosted Casino. For families with athletes across both the RHST and the RHSC, please note that your volunteer commitment remains the same between the clubs.

In the event a member does not attend a casino or volunteer shift as assigned, their \$250 payment will not be refunded and it will be transferred to the club's fundraising account. Any member who is booked to work a casino or volunteer shift and for any reason cannot attend, is fully and solely responsible for arranging a substitute(s) and notifying the Casino Coordinator or Chief of Volunteers at least 24 hours before the event.

Casino and Race Volunteer Opportunities will be communicated through Team Snap, via Email. If you would like to volunteer as a member of an ROC please email Zach Stelmack at RHSTeam.VP@gmail.com.

Casinos are scheduled every two years, with the first RHST Casino scheduled for the 2024/25 season.

Volunteer Obligation Bond

Your volunteer Bond will be a mandatory payment of \$250 per family at registration for the 2023/24 season. Refunds will be issued to all members who complete their Casino/Volunteer commitments within the season. In the event that a Casino falls outside of our regular scheduled Season, Casino commitment runs from Sept through to August in a given year.

Raffle

The RH Ski Team will be hosting a raffle this year. Participation in these fundraisers is mandatory however is set up as a cost-recovery fundraiser if you so wish. This means that you pay for the tickets when you register your athlete for the season, but then have the opportunity to recoup those costs (\$10/ticket) by selling them.

Items are being procured for the raffle by our fundraising team and we will have more information regarding the raffle details as they are confirmed.

Family Commitment: \$100 per athlete for a book of 10 tickets (to then be sold for \$10 each), due with registration with a maximum of \$300 per family.

It is important to note that these initial raffle costs can be recouped by families, making 2023/24 fundraising commitments \$0.

Online 50/50 Draw

What it is: A 50-50 raffle fundraising simply involves the sale of raffle tickets with the proceeds being split evenly between the winner and our organization. It is one of the simplest and easiest fundraisers you can do.

Return on Investment: In a 50-50 raffle fundraising, our group gets to keep exactly 50% of all the money raised.

Why it works: EASY to sign up online. People are always happy with a chance to win a cash prize.

RH Ski Team Apparel

Our Rabbit-branded apparel is worn with pride by athletes, parents and coaches alike!

Please look for product launches and new item details this fall.

Please note that we do not hold an inventory of branded Rabbit Items. We take online orders through our website and then place an order with our supplier. Turnaround times can be tricky with today's shipping challenges, but orders take anywhere from 3-6 weeks from the cut off date stated on our online store.

Any questions with respect to your volunteer commitments can be directed to RHSTeam.Exec@gmail.com

****Please note****

This fundraising schedule does not count for outstanding commitments from the 2022-23 season (ie: your RHSC September Casino Commitment). ALL outstanding commitments must be settled before your racer's first day back to dryland or on snow.

****NEW** - 2023-2024 REGISTRATION PROCESS**

Registration this year will be done in two parts: Alberta Alpine registration in RAMP for your athlete and ALL parents, and then RH Ski Team Registration in Team Snap for your athletes.

The RH Ski Team has exceeded its program capacity, and as a result we will not be accepting new athletes into our program this year. We will email the registration link to our existing families. Please do not share this link with anyone outside of our Club (any new registrations will be refunded). If you know someone who is interested in joining our club, please refer them to Tessa at: rha.pd@gmail.com.

Alberta Alpine/RAMP Registration:

It is mandatory that **all parents and racers register in order to be covered for insurance purposes**. This means that you will fill out the registration form for your athlete as well as his or her guardians. You must also sign the electronic waiver for your entire family and review some of the club policies as part of the registration process. No registrations will be processed if waivers are not signed.

Racers will not be allowed to participate in the program if they are not registered with Alberta Alpine.

Payment through RAMP can be made by MasterCard or Visa Card (*extra service fees will apply*) and a receipt is provided by the website. You also have the option to pay by e-transfer. Please register online in advance of September 30th. All payments not processed at the time of RAMP Registration are due ahead of your athlete's first day on snow.

Alberta Alpine fees must be made through Ramp

RH Ski Team Program Registration:

This year our athletes will register for RHST directly through Team Snap. This process will look similar to camp and race registration.

Payment options are:

1. Payment in full through Team Snap at the time of Registration, or
2. Payment in full directly to the club by Email Money Transfer (see below), or
3. Two Monthly Payments payable by Email Money Transfer
 - a. October 1, 2023 – ½ Program Fee
 - b. November 1, 2023 – ½ Program Fee

Email Money Transfer to our Treasurer, Chris Frank:

RHSTeam.Treasurer@gmail.com

Password: Rabbit

***Please include your family name and registered racers name as additional information in the notes**

All prior season financial commitments are due by September 15th to participate in dryland activities or by November 1st to start the 2023/24 season.

REFUND POLICY

Should you find that ski racing is not for your athlete, we provide the following refund guidelines:

- Coaching fees will be calculated pro rata based on training days left in the season regardless of individual attendance
- No refund of RHST or Alberta Alpine family memberships or North Zone equipment Fees
- No refund of Alberta Alpine Racer Fees if outside their refund window.
- Volunteer Obligation Bond will be refunded if volunteer commitment has been met, or refund is requested before December 31.

Cancellation of Camp or Race registration fees are possible up to two weeks ahead of the event date.

PON Skiers FOR LIFE Program - Financial Assistance

With the generous sponsorship of the **PON family** and **Rabbit Hill Snow Resort**, RH Ski Team is excited to offer a financial assistance program: PON Skiers for LIFE: making ski racing affordable for all families.

PON Skiers for LIFE eligible racers will be eligible for the following program support:

- 50% off Program Fees (4 hour Saturday only programming)
- RH Ski Team Family Membership Fees will be waived
- Cost associated with the Mandatory fundraiser will be waived
- Free admittance to the Rabbit Hill Club Championship and Lauberhorn home race
- Free family Season Pass for four provided by **RABBIT HILL SNOW RESORT**
- One (1) free voucher for a child's dental cleaning and check up provided by **PON DENTAL**
- Free ski equipment (subject to availability through donations from our families within the RH Ski Team) including skis, ski boots, helmet and poles *This is not guaranteed - you may need to outfit your own racer with recommendations from RH Ski Team for purchasing used equipment throughout the City.

PON Skiers FOR LIFE Program				
Age Category	Full Program Racer Fees	PON Program Racer Fees	Available Financial Support*	Approximate Total Fees Payable*
U12: 10-11 Year Olds	\$578	(\$289)	(\$125)*	\$164

**This is an example of funding, not actual funding amount. Financial support through Jumpstart (up to \$300) and/or Kidsport (\$125-\$250 depending on registered address) is the sole responsibility of the family. Confirmation of acceptance of financial support must be received prior to starting on snow.*

<https://jumpstart.canadiantire.ca/>

<http://www.kidsportcanada.ca/>

Expectations of Racers receiving program assistance:

- Attend each Saturday lesson
- Outfit your racers with a winter jacket, snow pants, winter gloves, skis, boots, helmet and poles.

Not Included:

Participation in optional camps, races or additional training. Any additional cost associated with participation in optional programming is the sole responsibility of the racer.

Eligibility:

- 10 – 11 year olds interested in Ski Racing
- We will not accept new applications for athletes aged 12+, however those who have participated in this program previously may continue for as long as they receive funding from Kidsport, Jumpstart or other similar programming (see below).
- This program is an income based subsidy available to families who meet one of the following qualifiers on an annual basis and provide the program with confirmation of qualification:
 - JumpStart accepted application for 2023
 - KidSport accepted application for 2023
 - Receipt of the City of Edmonton Leisure Access & Ride Transit Programs in 2023
 - Receipt of the YMCA of Northern Alberta Opportunity Fund 2023

Program limitations:

- TWO (2) racers accepted per age group up to a maximum of ten (10) racers per year
- All ski equipment loaned to the racer for the season must be returned at the end of the season to help benefit another family next year.
- Each year a racer must show proof of eligibility with an accepted application letter from eligible support programs.

Apply by contacting: RHST.Registrar@gmail.com

Include in the email:

- **Family Name, Racers name and Date of Birth**
- **Proof of qualification or confirmation of application to any of the qualifying programs**