

U16 FAQ's

How old does my child have to be to race U16?

14 or 15

What kind of skis does my child need?

I recommend two pairs of skis at this level, one Giant Slalom pair and one Slalom pair. Length will be determined by the ski shop you deal with and the size of your child. If you can only choose one pair pick the Slalom ski because courses at this level have many tight/small turns.

Does my child need a Downhill speed suit?

Yes

Does my child need shin guards?

Yes

Does my child need a teeth/mouth guards?

Mouth guards are optional, but highly recommended by Alpine Ontario. Mouth guards help prevent teeth damage, but also dramatically reduce the chances of a concussion.

Does my child need a helmet chin guard?

Chin guards are optional and only beneficial when cross-blocking break-away slalom gates. Chin guards potentially represent a hazard when speed is introduced, and should not be worn during free skiing days or in giant slalom events.

Does my child need pole guards?

Pole guards are optional and only beneficial when cross-blocking break-away slalom gates. Pole guards potentially represent a hazard when speed is introduced, and should not be worn during free skiing days or in giant slalom events.

What type of helmet does my child need?

The Helmet should cover the head and ears with hard plastic not soft padding like some all mountain helmets.

Do I need to tune my child's skis?

At a minimum every three weeks have your child's skis tuned. Ideally, children at this level should be tuning their own skis.

Keeping your child's edges sharp will help them get the carving feeling that all good racers have.

Where do we meet our coach?

You meet outside on the Blue Mountain INN patio at 8:45am.

Is lunch supervised?

No, lunch is not supervised. Athletes eat with their family or friends. Coaches eat in the staff room unless they are eating with their families.

What time does the team have lunch?

Generally speaking, most teams break for lunch from 11:30-12:30. Some coaches may change times to avoid busy days or to make better use of gate training time. Parents will be notified of any changes at the morning drop off or at the end of the day before.

What time do we pick up our child at the end of the day?

Pick up at end of day is 3:00 pm.

What are “away races” and how many do we have?

U16 teams usually have five races, including Finals that are at other ski clubs. This allows them to experience other terrain and meet new friends.

How is the start list for each race determined?

It is a random draw.

How are the teams selected?

Teams are selected based on age. First Year U16 athletes are on the Wicked and second year athletes are on the Jackals.

How are the coaches selected?

Coaches are selected based on the experience they have at this level. I always try to have a veteran coach with any new coaches that are just starting their coaching career.

How come my child doesn't train gates every day, all day?

Athletes aged 14-15 are recommended to spend free- skiing with their coach 45% of the time and gate or course training 55% of the time.

Will coaches be riding the lift with my child?

Sometimes, but athletes at this age can board and disembark on their own and many times during gate training sessions the coaches will stay at the course and the athletes will continuously cycle around on their own or with their friends.

How can I help be a good athlete parent?

Be supportive no matter what.

Only have positive things to say at a competition.

Acknowledge your child's fears.

Respect your child's coach.

Be loyal and supportive of your child's team.

Your child should have goals besides winning.

Do not: impose your ambitions on your child, coach your child, criticize the officials and expect your child to become an Olympian.

How do I volunteer for our home race?

Talk to your team manager and he or she will assign you a job to do.

What are the jobs to do at a home race?

You can become a Starter, Gate Judge, Time Recorder, Announcer, Scoreboard Writer, Bib Collector, Side Slipper and Coat Runner.

How can I become a certified Race Official?

At various times during the season courses are offered through AOA to help you become certified. A level 1 course takes 1 day to complete.

How do you determine the cost of the program?

The cost of the program works out to roughly \$64 per day for coaching and equipment.

What is AOA?

Alpine Ontario Alpin is the Provincial Sport governing body for alpine skiing. All athletes at this age must register with AOA. www.alpineontario.ca AOA/ACA fees will be charged to each athlete upon registration with AOA.

How do I sign up for an AOA camp?

You can register online at www.alpineontario.ca

The AOA Tremblant Camp in December has become our pre-season camp of choice for Jozo racers, families, and coaches.

Why don't we run a March Break race camp?

In the past registration has been low because families go on holidays or athletes try their luck in the Freestyle Park and Pipe Camp. Also during this time there are usually special events at other clubs that our athletes enter. You will be notified if a daily training session has been added when requested by a coach to prepare for one of the special events.

How does my child enter the Club Championships?

If your child is in our programs they are automatically entered in the Club Championships.

How is the start list for the Club Championships determined?

The start list is determined by age, then sex (with females starting before males), then a random draw.

What should my child be doing in the off-season to get ready for next year?

Athletes at this age are recommended to be active doing other sports at least 220 days of the year. During these years an athlete may experience their growth spurt, so consideration must be given to allow for adequate rest and the fact that coordination exercises may become tougher to do because of the longer limbs and changing musculature.

Sports involving Agility, Balance, and Coordination will be the most beneficial along with high intensity interval type training at this age.

Beginning at this age some form of pre-season camp for 5-10 days is recommended. Our Jozo athletes attend the AOA camp in December at Tremblant.

What waivers do I need to sign?

Once you register your child for the program here at Blue you will be mailed a waiver to be filled out but you also must register and sign a waiver with AOA to be able to race on one of our teams.

What is U16 Division 1 Individual O-CUP racing all about?

U16 Division 1 O-CUP Individual racing is an opportunity for the best athletes from all clubs to race against each other on the same courses.

These athletes are trying to qualify for the Provincial Championships by accumulating points based on their results in the AOA Series.

To best prepare the athletes for this level of racing we offer a comprehensive training program that runs from the middle of December to the end of March that includes all coaching during camps, and at all races and training midweek or weekends.

What is the U16 Provincial Championships?

The U16 Provincial Championships are when the best 14-15 year olds from all over Ontario come together to race. They are chosen from the fastest athletes of the U16 Division 1 O-CUP Individual races. Sometimes this event is held in Ottawa, Sault Ste. Marie or Thunder Bay.