



Orientation Manual 2010-2011

The following is a short guide on the Alberta Masters Ski Club (AMSC)...we call it the Newbie Manual. So assuming you are a passionate skier, somewhat fit and want to improve there is no better program in Canada. We are not a ski school so rank beginners (someone who has never skied before) should probably look elsewhere but for everyone else think about the AMSC. The steps below describe the methods of communication, programs and expectations and also identify where to look for help if you get overwhelmed. As this is a living document it will change from time to time but this is pretty much it for 2010-2011.

Let's get started....

We offer a number of different programs for adults and students. These can be for Canada Olympic Park (COP) and Nakiska or just COP or just Nakiska. This year we have training for kids with a dedicated coach but you can't send your kids to train with us without having a parent or a guardian (adult) skiing in the program as we are not just taking kids. We also have two dedicated coaches for the adult program supporting that group.

You first have to decide what program you (and your family?) want to join. The various programs are described here:

http://www.albertamastersskiclub.ca/pdf/ABMAS_Registration_Guide.pdf

Don't let your age worry you, as we have master's skiers from 18 years old to well into their golden years and the golden years skiers are often among our most celebrated athletes. We have men, women, husbands and wives and entire families skiing with the AMSC.

If you are not certain what group you should ski with ask the coaches. You can always move around and switch groups after you get the lay of the land and get a bit more familiar with the program. The hard core people (you know who you are) will always want to be in the advanced group but the people in the middle or at the beginning of their skiing careers might improve more if they are among their peers...it all depends on your sense of adventure. If it is obvious you are in the wrong group you might get a gentle nudge from the coaches to move up or down as we have only your best interests and safety at heart. There are days where there might only be one group, other days with two or three groups and even days with no groups as we all work on technical free skiing individually in front of the loving eyes of the coaches and of course the video camera.

To join the club you need to fill out the application form and the code of conduct form and if required the racing form. These forms can be found on our website at:

<http://www.albertamastersskiclub.ca/pdf/ABMASReleaseCodeEmergContact.pdf>



We have changed (improved) the forms for this year that we actually want everyone to fill out the new forms.

You have to pay your required fees to the club treasurer or designate. Make your cheque out to the Alberta Masters Ski Club describing who the payment is for and what the program you want to join is. Alternately you can hand everything (forms, code of conduct, waivers, cheque etc) to one of the senior club members who will get it to the treasurer or the president of the club.

It's a real good idea to come to the Annual General Meeting (AGM) of the ski club. This is usually the afternoon of the first day skiing of the year. Notice of the location and time of the AGM will be posted on the website. The AGM is a celebration of the upcoming ski season and after the formal agenda is completed food and social beverages are consumed. We generally have the AGM after the first morning of skiing at COP.

If you can't make it to the AGM or joined after the AGM was held it's another good idea to download and read previous AGM presentations on our website. The 2009 AGM is located at http://www.albertamastersskiclub.ca/pdf/AGM_Oct_2009.pdf The 2010 AGM will be loaded onto our website as well.

Skiing is a sport that has inherent risks and thrills. We insist everyone reads and understands our the Canadian Snow Sports Ski Club Risk Manual which is located at <http://www.albertamastersskiclub.ca/pdf/SkiClubRiskMangtManual.pdf>

Please make sure you give us your e-mail address so that you can be included on the distribution of our weekly newsletter that describes what just happened and what the immediate plans are for the training. You can see the join the e-mail mailing list at http://www.albertamastersskiclub.ca/Join_The_Club.html and when you sign up and give us your e-mail address you are automatically included on the e-mail distribution list. You will enjoy reading the news letters as they are very informative.

There is also lots of good information for Newbies on our website especially the join the club section http://www.albertamastersskiclub.ca/Join_The_Club.html

We are also active on Twitter at <http://twitter.com/ABMASskiclub>

We are active on Facebook at <http://www.facebook.com/home.php?#/group.php?gid=2244473260>

So between our Newsletters, our Webpage, Twitter and Facebook it's pretty easy to find out what is going on with the club. All of the links are on the home page of our website <http://www.albertamastersskiclub.ca/index.html>.



The newsletters will eventually be archived on our website. These newsletters are invaluable sources of suggestions on techniques, mental preparation and strategies and we recommend you read them all cover to cover.

The coaches set up a yearly calendar at the beginning of the season which we follow quite closely. This calendar is discussed at the AGM in detail. The newsletter and all the other communication media will describe changes if ever to the training schedule which hardly ever happens. Everyone will be e-mailed out the training schedule for each season when it is available.

So now that you know where to get information and how to sign up let's talk about the actual programs. We train Monday nights at COP, Saturday and often Sunday at Nakiska.

We meet inside the lodge at COP on Monday night about 5:30 and if you can't make that meeting we always set our course on the east side of the hill near the ski jumps. If you can't find us look for red jackets and just ask questions. COP isn't big and there are usually lots of us there. Monday night at COP is technical free skiing until the snow is deep enough to set racing courses and then the emphasis is running gates supervised and videoed by our coaches. We conclude the night at COP in the bar area where the videos are played back and commented on by our coaches.

The Nakiska session is usually technical free skiing in the morning and course skiing in the afternoon (snow permitting). We meet at Nakiska by the fireplace near the food services section. We meet at about 9:00 am every training morning to get briefed by the coaches. If you get lost look for red jackets. However on days when we train gates in the morning EVERYONE is expect to be there and ready to help set gates by 8:30am. Please refer to those days in the ski calendar. We usually warm up on the Silver chair but if we have a gate session in the morning we are busy setting up the course. Nakiska has a white board by the downstairs washroom area that says what club is training where. Usually we are training on Legacy or Mapmaker. We sometimes get Lower Eagle Tail or Mighty Peace but we are usually on Legacy or Mapmaker. What often happens is the gate session gets switched to the morning but this is communicated to everyone by the newsletter that you get via e-mail. The other thing that is always communicated is what we are training so that if you have skis for slalom, skis for Giant Slalom (GS) and skis for Super G you bring out the correct equipment. If you only have one pair of skis then that part doesn't matter but you might want to consider different padding equipment for the different events. You can join the COP group only, the Nakiska group only or both groups. Both of course will give you the most skiing and cost the most.

One of the things you will get from the program is lots of videos. We store the videos on the VIMEO website. Open up VIMEO and do a search for the Alberta Masters or just follow this link to find your videos

<http://vimeo.com/videos/search:alberta%20masters/0cc876ec> . The videos are private



but can be downloaded off of VIMEO for your personal use and all of the instructions on how to do that are on the VIMEO website. You can look at your videos on line if you don't want to download them...that choice is entirely yours. What you might want to do is look at yourself and then compare yourself to some of the faster skiers to see if you notice any difference and discuss the difference you might have noticed with the coaches.

The program is geared towards skiing improvement through technical free skiing and gate training. There is a strong belief by the coaching staff and senior members of the team that the discipline gained by skiing in race courses is the fastest and best way to improve your skiing. **YOU DON'T HAVE TO SKI THE COURSES IF YOU ARE NOT COMFORATABLE AND YOU SURE DON'T HAVE TO SKI EVERY COURSE FROM THE TOP OF THE HILL.** If you are having a rough or non motivated day take it easy on yourself and ski in the kid's courses. Timing is done on most ski runs so if you are not going to start at the top we will show you how and when to start part way down and how to miss the end course timing eyes. If you do start at the top of the course we will assign you a timing number and show you how to use the timing system. The times are anonymously posted each week so you can see how you are doing. The times are usually posted here: http://www.albertamastersskiclub.ca/Coach_Corner.html just look around for the timing section on this page of our website.

Since it is ski gate oriented program and not a ski school the club has a few basic assumptions and of course few rules:

- We assume the skiers joining our club either like skiing gates or are adventurous enough to enjoy it shortly. If you absolutely detest skiing in gates then quite frankly this club might not be the best for you.
- We assume that EVERYONE will help in the ski course set up and tear down activities and we have actually had to dismiss members in the past that did not help.
- We assume that you know how to at least side slip down a course to help set. We don't expect you to have to place the gates your first days out but as a minimum you have to be there to help where needed. **IF YOU CONSTANTLY SHOW UP AFTER THE COURSE IS SET UP OR DON'T HELP WITH TEARDOWN WE CAN AND WILL DETERMINE THAT THIS CLUB ISN'T RIGHT FOR YOU.** If you don't know what a slide slip is just ask and if you can't do it then maybe the program isn't for you.
- We assume you will work on the coaching feedback until the coach stops you and provides something more. **WE DON'T WANT YOU TO GET THE SAME FEEDBACK EVERY RUN, NEEDING TO TALK TO THE COACHES.** If they want to tell you something they will find you and do find you walking through the lodge with the video playback of your runs. There



will be radios at the top, middle and bottom of the courses and on the coaches as well to facilitate these brief and infrequent discussions. If something is bugging you and you can't get to the coaches or are riding the lift with one of us then ask another member...we are all here to learn and have fun together.

- There might be certain times where the groups are split up. Claudio Berto and Derek Mortson are the coaches for the advanced groups and George Harris is the coach for the kids program and the skiers who want to initially ski in a less intimidating atmosphere. If the skiers are split during the day don't worry about it since we all come back together some time.
- If you want to set up formal goals for yourself year by year, by all means do that. The coaches would love to talk to you about your goals as they really want to help you get there. You might want to write down your goals to really have them sink in.

Skiing with this club is a privilege and a joy. If you are uncertain on what to do or how to help just ask one of the members. The club executives are all willing to help particularly in your understanding of the protocol.

If you need particular attention we can assign a buddy to you who will help in matters of orientation until you are comfortable with everything.

You have an option of buying a club jacket. If you do buy and wear our jacket you have to remember your actions on the hill in the club colors reflect on everyone in the club. We have a zero tolerance for inappropriate and unsafe behavior if you have a jacket on or not. You don't need to buy the jacket but you might want one as we get them at great prices.


The end of the year we usually put on a big ski race. Since we are an adult ski club we are usually desperate for volunteers for that race. So if you aren't racing we sure could use your help.

The ski season is celebrated by our year end party. We have always shown a slide show of the season and lately we have had books available as well. Any photos taken during the year are used for the books and are distributed to the members. During the party we announce the winners of the most improved skiers as well as the executive of the year. This party, like the season opening party, has consumption of food and beverages and has been know to be a real must attend on our calendar.

We expect your participation in this ski club to be among the most rewarding things you have ever done. We look forward to helping you achieve your skiing goal.

You are about to meet 60 of the keenest skiers on the planet who will become your new best friends. On behalf of the AMSC welcome aboard!



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Murray Mortson, President AMSC