

LAKE LOUISE GRIZZLIES SKI CLUB

We love to ski! Join us!

**Parent Handbook
2022-2023**

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WELCOME LETTER

Dear Parents,

Welcome to the Lake Louise Grizzlies Ski Club - we are looking forward to a great ski season!

I am sure you are just as excited as we are about the coming winter and all that it holds for our athletes. Your role as a parent in the club is critical to the success of all our athletes. Your enthusiasm for the sport and your willingness to volunteer on behalf of the club goes much farther than you might think.

Our coaching staff works extremely hard to provide the best learning environment for our athletes to develop their skills in a way that is positive and FUN at all times. Parent support is essential in the success of our programs but most importantly, in the success of our athletes.

Whether you are new to the club or you have been a member for a very long time, we look forward to your contribution in making your club the best in Canada. If you are new to the LLSCs, I hope you will share the experience of many of us that our club is really a family ski community. Some even refer to this as an extended ski family, as we all share in the development of the young people in our club.

We hope this document helps you more clearly understand the philosophy and vision of our club as well as some of our policies and procedures. If you have any questions, please feel free to contact me.

We look forward to working with you to make this the best club in Canada. Thank you in advance for a great and exciting ski season.

We love to ski. Thanks for joining us!

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MISSION, VISION, VALUES

Who Are We?

We are the Lake Louise Grizzlies Ski Club, passionate about skiing and dedicated to our athletes' development, having fun & building a community of friends.

Our Mission

The Lake Louise Grizzlies Ski Club is committed to an athlete centered approach.

We harness the big mountain terrain of our home at Lake Louise to push limits and overcome boundaries, developing outstanding lifelong skiers.

Our Vision

The Lake Louise Grizzlies Ski Club is Canada's greatest environment for achieving personal excellence & inspiring a lifelong passion for skiing.

Our Values

Trust

LLGSC Family

Commitment

Perseverance

Sportsmanship

Personal Excellence

Athlete Centered Development

LLGSC GUIDING PRINCIPLES

Our Lake Louise Grizzlies Ski Club coaches are guided by these fundamental principles that ensure the quality of what we do:

General Ski Athleticism

Our goal is to develop “general ski athleticism” in our athletes. From a young age we use the great terrain at Lake Louise Ski Resort to train athletes to do just about anything on a pair of skis. Regardless of what an athlete’s goals are in skiing, they need to be well-rounded skiers before specializing in any area.

Athlete Centered Approach

We use an athlete centered approach. This means we strive to do what is in the best interest of each athlete. This is not always the most convenient or the easiest, but we believe that an athlete centered approach provides the most benefit to athlete development and well-being.

Life Skills

Our athletes are developing in many ways and gaining valuable life skills. Developing an athlete’s character, their ability to work in a team environment, fair play practices, and learning to win and lose like a winner are all woven into our programming. Setting goals and working to achieve them is something that we aim to teach from a young age.

Individual Programs

We look to individualize programs as much as possible - especially as the athletes become more mature. We coach to individuals, but we are a very team-based club that aspires to form a family atmosphere where everyone is included and accepted equally. This is reflected in our planning and programming.

Long-Term Athlete Development

We train our young skiers towards future success in the directions that they choose, whether that is racing, all mountain, or just skiing recreationally. There is a time for athletes to form their own goals and decide the direction that they want to take their skiing. All our programming and planning is based on our long-term development plan where our main goal is to have our athlete's become skiers for life. We focus our programs on skill development and windows of opportunities. Their futures are very determined by their wants and desires, and we aim to help them to achieve their athletic goals.

Family and Social Environment

The Lake Louise Ski Clubs purposely develop a true ski community. Parents, coaches, and athletes enjoy the friendships and social aspects of the club. We know that this ski community we nurture makes us a stronger, more successful club.

R.I.S.E. Philosophy

Respect - We will respect everyone

Inclusion - We will include everyone

Supportive - We will support all teammates & competitors

Effort - Always working hard, always having fun

PROGRAMS

Program	Age	Days on snow per week	Add on Packages	Optional camps	Races	In-house Events
Grizzlies 23	5-9	2	n/a	TBD	Doug Meyers Invitational	Gene Durand Race Grizzly Cup Freeride Comp
Grizzlies	5-9	1	Upgrade to Griz 23	TBD	Doug Meyers Invitational	Gene Durand Race Grizzly Cup Freeride Comp

EQUIPMENT RECOMMENDATIONS

Important - Having the proper equipment and the proper fit is crucial for a successful season!!

It is the coach's job to guide the athletes through skill development encouraging personal and athletic growth. The success for each child will be limited if their skis are too long, too short; or their boots are too stiff, poles too short, etc.

We highly recommended that all athletes wear their boots a few times **PRIOR** to their first day on snow. This will allow them to identify any issues with fit and comfort. It will also reacclimatize them to the feel of a boot allowing them to enjoy the first weekend on snow.

Program	Grizzlies and Grizzlies 23
Skies	Athletes only require one pair of skis. The ideal ski for skill acquisition is one that is designed for on piste carving. They are often referred to as a combi ski and should fall within the parameters below. Length: Close to the athlete's nose (more information below) Width (underfoot): Approx. 70mm Radius: between 6 and 10m Your local ski shop will be able to give you some guidance.
Poles	Yes
Helmet	Required
Backpad	Optional but recommended
Speed Suit	Not needed
Shinners	Not needed

Skis – Standing in ski boots, stand the ski up in front of the athlete and the skis should be somewhere between the athlete's lips and their eyebrows.

Boots - A two buckle boots for our youngest athletes, graduating to a 3 – 4 buckle boot depending on strength. A snug but not uncomfortable fit is key. Ideally the child can flex the boot (movement in the upper part of the boot) but their strength and size can sometimes limit this ability. We strongly encourage you to seek the help of professionals at the ski stores.

Poles - when standing in ski boots, have your athlete hold their poles upside down with their hand under the basket, their arms should be, at the very least, at a right angle. If anything, their hands should be even a little higher (creating a smaller angle/closer distance between hand and shoulder) to account for the extra inch or so of height that they will have with their skis on

*NOTE: Poles will be introduced to our youngest Grizzlies within the first few weeks of the program, at coach discretion. If your young (5-6 year old) athlete has never used them before, they probably won't be necessary for the first couple of weeks. If you can introduce them prior to programming however, please do!

Helmet - Helmets should have a hard shell and padding must cover the head (front and back) and the ears. A good snug fit is what is most important, when the helmet is on and done up have your child shake their head yes and then no, there should be very little to no movement of the helmet. If you can find this in a full hard shell, great. If not, you can select a hard shell with soft ears, they come in the smallest of sizes.

*NOTE: Helmets must be proper ski helmets - not a bike or hockey helmet

FREQUENTLY ASKED QUESTIONS

Do I need an annual ski pass?

Yes, an annual Lake Louise Ski Resort seasons pass is your most affordable lift ticket option. We highly recommend purchasing your annual pass as early as possible for best prices. Visit Lake Louise Ski Resort at skilouise.com for further information.

The [Grade 2 Fun Pass](#) and Grade 4/5 [Snow Pass](#) are other pass options available to kids. The Grade 2 fun pass is essentially the same as an annual pass. The Grade 4/5 pass gives your 3 free tickets at all Alberta and BC hills. While it does provide savings, you would need to supplement this with a Lake Louise Ski Area Annual Pass.

Does my child have to race?

The Grizzlies program provides all athletes with exposure to Race, All Mountain/Freeride, and Freestyle skiing. All Grizzlies and Grizzlies 23 athletes will participate in 3 events throughout the season - an in-house race, an in-house all-mountain competition, as well as the Doug Meyers Invitational - a large, multi-club race at the end of the season. These provide invaluable experience, insight into different pathways, as well as lots of fun for parents and athletes alike!

If your athlete chooses not to participate in any of these events, there is no alternate training available during those days.

Is there a club uniform?

We do have club jackets that all athletes are encouraged to purchase; this fosters a great sense of camaraderie and community among club members. Jackets are ordered in February for delivery the next season to guarantee sizes. There is also a selection of used jackets available on our clubs' Facebook Buy and Sell (<https://www.facebook.com/groups/121595451857421>).

Our athletes ski in a wide variety of weather conditions, so layering is an important consideration for greatest comfort. A wool/synthetic base layer followed by a fleece and a good technical jacket is recommended.

Additionally, you should keep neck, hand, and foot warmers on hand for very cold days. If it warms up in the afternoon, kids can take layers off. You can't underestimate Lake Louise's inversions and varying temperatures. It is important to be prepared for all kinds of temperatures.

*NOTE: Cotton socks or layers are NOT recommended. These do not insulate once they get wet, and result in cold athletes.

Does the LLSC have a designated store in Calgary/Canmore/Banff to buy equipment? Where else can I buy ski equipment?

The club does not have a designated retailer for equipment. Some retailers you may like to consult include (these are not endorsements):

Techno Sport, 211 – 17 Avenue SW, Calgary
techno-sport.com

Abominable Sports, 410 Crowchild Trail NW, Calgary
abom.ca

Ski Cellar, 3 locations in Calgary
skicellarsnowboard.com

Ski West, 300 – 14 Street NW
skiwest.ca

Second-hand gear is also a great option! The club takes part in the Calgary New & Used Ski Swap at the end of October - this is a great opportunity to support the club and outfit your child!

Where do families stay on ski weekends?

There is no magic formula on accommodations. It really depends on your family's needs and preferences. Lake Louise pass holders enjoy discounted rates at many facilities, so be sure to inquire about discounts at the time of booking.

Lake Louise Village

Lake Louise Inn
lakelouiseinn.com

Chateau Lake Louise
fairmont.com/lake-louise

Lake Louise Hostel
Lake_Louise_Alpine_Centre.hostel

The Mountaineer
mountaineerlodge.com

Field, BC

Truffle Pigs Lodge
trufflepigs.com

Some families opt to find a rental arrangement in Canmore or Banff. Peka (peka.ab.ca) and Asset West (assetwest.com) are two property managers who can assist with finding rental properties. The rental option enables families to cook in versus eat out and keep their gear at the rental.

If you have a winterized camper, there are camp sites in the area for use. You will want to explore your options through Parks Canada if this interests you. pc.gc.ca/eng/index.aspx

Any other tips for a fun experience?

Food! You can't underestimate the power of fuel! A great breakfast, hearty lunch and a few pocket snacks will make for a great ski day experience for all. Please ensure athletes enjoy long-lasting fuel and have a snack with them for each morning and afternoon sessions.

Hand and toe warmers! Have a set of each of these in your athlete's pocket for when they may be needed. If you know your kiddo has cold digits, make sure they go on first thing in the morning!

What is the Grizzlies Lodge Parent?

The lodge parent is a volunteer shift that families are asked to fill a few times during the ski season. A sign-up sheet will be sent out and then posted. The lodge parent stays in the lodge (where most club families sit) for either a morning or afternoon shift. There is a corresponding lodge parent backpack equipped with a radio to communicate with on-hill coaches, and a few toys and snacks to occupy a child should they be unable to finish out the day on the slopes. The hill can be very busy at times, and it is a very large resort. Having a "safe parent/adult" identified to all our athletes by the backpack allows for a safe place for them to go should they not be able to see or find their own parent or coach for any reason. Please note this is not a place to leave your child for the day if they are unable to ski. This is a resource for coaches so they can drop athletes and continue to ski with the rest of their group as well as a safe place for lost athletes.

What happens if my child gets injured?

The coaches all have an Emergency Action Plan that they must follow to keep all their athlete's safe while seeing to the needs of the injured child. If the child can get up and continue without any assistance, Ski Patrol will not be called but may later be visited should the coach feel this is necessary. Parents will always be informed of all crashes that may or may not need follow up. Should a child be unable to get up on their own for any reason the Ski Patrol is always called. The coaches refer to their expert opinion.

What happens if my child gets lost?

Should a child go missing from a group while skiing the coach immediately sends word over the radio – providing as much detail about the missing child as possible. This enables other coaches to assist in locating the missing child. The athletes are told to go directly to the base of last chairlift they rode or the nearest chair lift if the other is not possible. Athletes are told to then identify themselves to the lift operators as a “lost Grizzly” - thus allowing a Coach to locate them via any of the other lift operators and their radios. This also means that the child has somewhere warm to wait should the weather be inclement.

Parents, should you come across a “lost Grizzly” please accompany them to the above-mentioned chairlifts and wait WITH them for their coach. Should you feel that it is best to escort them to the base of the mountain please do so ONLY after informing the lift operators of this – that way the search will stop and the coach will know to head to the base to meet you and the “lost Grizzly”.

What are Race Accounts?

These are accounts that families with athletes competing in Competitions or Races pay into. These are not relevant for Grizzlies families.

We love to ski. Thank you for joining us!