

# 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 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 at providing the best learning environment for our athletes to always learn and develop their skills in a positive and FUN environment. The 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 to making your club the best in Canada. If you are new to our club, I hope you will share the experience of many of us that ours is 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 the club.

We hope this document helps you more clearly understand the philosophy and vision of our club as well as some of the 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 Area 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 particular area.

## **Athlete Centered Approach**

We use an athlete centered approach. This means we strive to do what is in the best interest of each and every 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, skier cross, 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 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. Some say we are an extended ski family as we all share in the development of the young people in our club. We know that this ski community we nurture makes us a stronger, more successful and fun 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	Camps included	Optional camps	Races	Club Races
U10	8-9	2 (Lake Louise)	COP evening LL Fridays	2 Xmas camps	Dec fall camp	Sunshine Norquay Panorama DMI	Multiple in-house club events
U8	6-7	2 (Lake Louise)	LL Fridays	2 Xmas camps	Dec fall camp	Sunshine Norquay Panorama DMI	Multiple in-house club events

## 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.

<b>Program</b>	<b>U8 Race</b>	<b>U10 Race</b>
Race Skis	Combi or SL Cut Skis	Combi or SL Cut Skis
Free Skis	Optional but highly recommended	Highly recommended
Poles	Yes	Yes
Helmet	Hard eared strongly recommended	Hard eared strongly recommended
Backpad	Recommended	Yes
Speed Suit	n/a	Optional – See note below
Shinners	n/a	Required

**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. We strongly encourage these athletes have a combi or SL cut ski.

**Free Skis** – One pair of skis to use for free skiing around the mountain. These can be twin tips, old race skis, etc. These are optional but highly recommended so as to not damage their race skis when conditions are marginal.

**Boots** - 3 – 4 buckle boots depending on strength with 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 the 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.

**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.

**Speed Suit** – All athletes are permitted to train in suits however, the age at which athletes are able to race in them seems to fluctuate each year. If you are interested in a suit for races, please contact your coach to get the most up to date information from Alberta Alpine. **This is purely an OPTIONAL piece which has little to no effect on an athlete's time but can provide a boost of confidence.**

**Shinners** – This is the introduction piece to armour protection. As the athlete becomes more proficient in their line in stubby gates, they will need shin protection.

## FREQUENTLY ASKED QUESTIONS

### **Do I need an annual ski pass?**

Yes, an annual Lake Louise Ski Area Pass is your most affordable lift ticket option. We highly recommend purchasing your annual pass before October 15 for best prices. Visit Lake Louise Ski Resort at [skilouise.com](http://skilouise.com) for further information.

Athletes in U10+ and over enjoy the opportunity to attend races hosted at other ski hills and resorts. Your coach will confirm these locations and dates with you. You will be advised if discounted tickets are available to the club. In the event they are not, you may like to explore the opportunity purchase your lift tickets in advance through Costco, Air Miles and/or Visa Points.

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.

### **If my child races at other hills, will I need to purchase a lift ticket?**

Yes, you will need to buy lift tickets. Ski hills typically do not have group rates. If there are any specials, the lead coach will do their best to take advantage of that and pass on the savings to the parents.

If volunteers are need for a race, the club running the race and their ROC will often provide those volunteers a lift ticket and a lunch. Coaches will provide more information as it comes to them prior to the away races.

### **Does my child have to race?**

The club offers something for everyone. If racing is not your child's interest, please let the coach know.

## **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 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 really important to be prepared for all kinds of temperatures.

## **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](http://techno-sport.com)

Abominable Sports, 410 Crowchild Trail NW, Calgary  
[abom.ca](http://abom.ca)

Ski Cellar, 3 locations in Calgary  
[skicellarsnowboard.com](http://skicellarsnowboard.com)

Ski West, 300 – 14 Street NW  
[skiwest.ca](http://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](http://lakelouiseinn.com)

Chateau Lake Louise  
[fairmont.com/lake-louise](http://fairmont.com/lake-louise)

Lake Louise Hostel  
[Lake\\_Louise\\_Alpine\\_Centre.hostel](http://Lake_Louise_Alpine_Centre.hostel)

The Mountaineer  
[mountaineerlodge.com](http://mountaineerlodge.com)

### Field, BC

Truffle Pigs Lodge  
[trufflepigs.com](http://trufflepigs.com)

Some families opt to find a rental arrangement in Canmore or Banff. Peka ([peka.ab.ca](http://peka.ab.ca)) and Asset West ([assetwest.com](http://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](http://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. It is suggested that kids have their own lunch bag and know where this is in the lodge. Lunchtime can be a very busy time and parents may not be available when coaches and kids find their way to the day lodge for lunch.

## **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 parent phone numbers, 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. This is also a great way to locate your child's group on snow via the radio should you arrive late 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, then 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. The amount requested for the accounts is based upon the program that the athlete is registered in. Programs with more competitions/races need to have a larger amount of money deposited into them.

When athletes attend races, there are extra fees that are not included in registration as not every athlete attends every competition. Therefore, those who do attend are required to split the cost of the coaches' expenses with the other athletes attending – this comes out of the race accounts. Most competitions also have an entry fee. The club pays this fee for all athletes and then the event/race accounts are again charged back.

If more money is needed throughout the season due to higher fees/expenses than expected a request will be made. Otherwise, all event/race accounts are reconciled at the end of the season.

**We love to ski. Thank you for joining us.**