



Welcome to the Club de Ski Camp Fortune Ski Club (CFSC)!

We are very proud to be the largest alpine race club in the National Capital Region. The goal of this parent handbook is to provide new families to the club and families moving from one division to the next with a straight forward reference guide. We wish you and your athlete(s) a fun, snow-filled, and exciting race season!

CFSC offers both non-competitive and competitive programs. The Nancy Greene (NG) non-competitive program is open to children aged 7-11 years of age as of December 31st of the current season. NG is the recommended entry point for all new athletes to the club. With this program there is a lesser time commitment and a less intense training environment.

The competitive program ranges from U10-18+. The minimum age for U10 is 8 years of age as of December 31st of the current season.. The competitive program offers more time on snow, greater emphasis on race-specific training, and several regional-club competitions throughout the season.



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Club Mandate/Mission Statement

Our Mission is to provide Alpine ski racing programs from Nancy Greene to 18+ in the National Capital Outaouais Region.

Our Vision is to be recognized in our region and across Canada as a leading Alpine ski racing club, allowing athletes to achieve their personal best and grow from their experiences, and

coaches to learn and develop. A culture of excellence, and a love of skiing is developed and fostered among club athletes, parents, and coaches.

Our Goal is to create a bilingual, supportive, competitive sport environment that will allow all athletes to achieve their personal best and grow from their experiences in an environment where coaches are encouraged to learn and develop.

Map of the hill



Address: 300 Chem. Dunlop, Chelsea, QC J9B 2N3

Trail Map: <https://campfortune.com/trail-map/>

Training

Regular core season training: Begins in December, as soon as the hill is open for skiing and usually concludes at the end of March/beginning April weather dependent.

All athletes (NG-18+) have holiday camps over the winter break which are part of their regular training season.

NG skiers train every Saturday and Sunday from 9:30 - 3:00 pm with the expectation that parents/guardians take responsibility for their athlete(s) for lunch hour.

U10-18+ athletes have either training or races both days of every weekend of the season. Training sessions typically run from 9:00am - 3:00pm with the expectation that parents/guardians take responsibility for their athlete (s) for lunch hour.

Please refer to our [Supervision policy](#) to learn more about expectations of care for Athletes during all club activities.

Optional extra regular season training: January-March run Tuesday/Wednesday evenings, Fridays depending on your age group for NG - 18+ athletes.

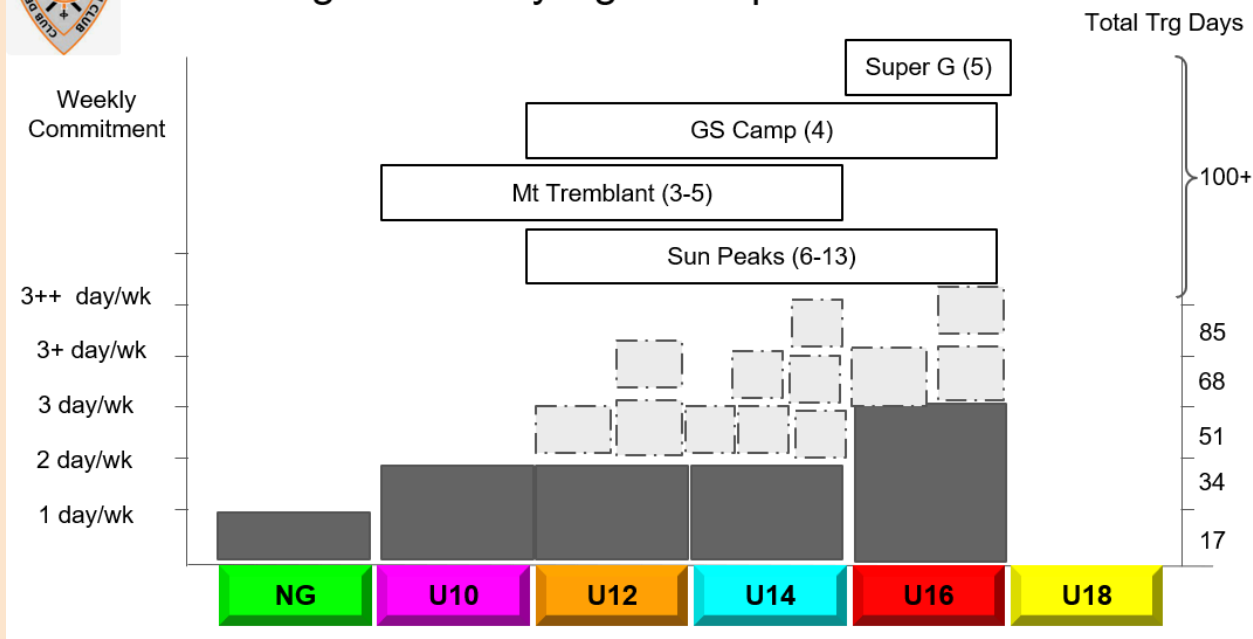
Optional training is designed to complement the core competitive program. It is designed for athletes committed to alpine skiing as their main sport. Please note Friday training is 9:00-3:00pm with a typical lunch hour which parents/guardians are responsible for their athlete(s).

- Optional training available for:
 - NG: Typically Fridays 9:00 am - 3:00 pm
 - U10: Typically Fridays 9:00 am - 3:00 pm
 - U12: Typically Wednesdays nights 5:30-8:30 pm and Fridays 9:00 am - 3:00 pm
 - U14: Typically Wednesdays nights 5:30-8:30, every other Tuesday Night 5:30-8:30 pm and Fridays 9:00 am - 3:00 pm
 - U16/18+: Typically Tuesdays nights 5:30-8:30, Wednesday nights 5:30-8:30 pm and Fridays 9:00 am - 3:00 pm

*Registration for optional training typically opens about two weeks before the month of training and closes a week before training to allow coaches to be properly staffed. Due to this, optional training is non-transferable or refundable unless extenuating circumstances or injury. Athlete (s)/Parent(s)/guardian(s) are able to choose and only pay for the specific dates they plan on attending.



Training Volume by Age Group



Pre-season camps (SunPeaks, Jay Peak, Mont Tremblant, Eastern Camps, Mont Ste Anne (MSA) etc.)

Every year the Club runs a variety of pre-season camps. They typically begin in November and December. They run anywhere from 3 days to two weeks depending on the location and age level. Camps are targeted for “U” program competitive skiers. The shorter duration camps may be open to NG, U10 and U12 athletes. **Please note not all these camps are open to NG athletes.*

In the past we have held camps in Austria, British Columbia, Alberta, Quebec, Ontario and Northern United States.

What are you paying for at pre-season camps? [See below in the cost section.](#)

Mid-season Mini and Speed Camps (Edelweiss, Mont Cascades, Mont Sainte Marie (MSM), etc)

Mid-season camps are offered for U12+ athletes. These camps run during the week and usually last 2-4 days. A common mid-season camp is speed camp where the athletes (U14 and up) can have extra GS training and also use Super G skis before their regional circuit race (athletes must attend the Super G camp in order to participate in the race). For U12 it is common to run a Mini Camp at another hill for additional training on different terrain as well. These camps are accompanied with additional costs that are determined each year factoring in participation interest, coaching costs, host fees etc. If these events take place over weekends this does reduce some but not all of the associated coaching costs as those are included in the core registration fees.

Postseason Camps and Events

As with pre-season camps it is common for our club to offer opportunities for athletes to sign up to participate in additional post-season spring camps and events. These camps and events are post season and are accompanied with additional costs that are determined each year factoring in participation interest, coaching costs, host fees etc. Some examples include but are not limited to are;

- Defi Alpin (U8-U12, Athletes must register themselves. Depending on the amount of athletes enrolled, CFSC will send coaches to accompany these athletes. Coach fees and associated costs will be divided among athletes enrolled.
- Riley Cotter Classic Duals (U12-18+)
- Camp Fortune Spring Mini Skills Camp (NG - 18+)
- Spring Camp (NG - 18+ Unchaperoned)

Off season Dryland

The club offers dryland training to all club athletes (NG-18+) during the Fall months. This training takes place outdoors and offers an all round conditioning program focusing on the agility and strength specific to ski racing. As Dryland is normally the first organized club activity, all athletes are required to be registered with their provincial sport organization (PSO) ie. AOA/SQA prior to beginning training. Dryland training typically ends with standardized Alpine Canada fitness testing.

*Please note that for U14 and above Alpine Ontario registered Athlete(s) Fitness testing is required to attend/qualify at provincial races.

Costs

- Club membership fee - one per family is set by the Board of Directors at the beginning of each season.
- CFSC athlete registration fees are set by the Board of Directors at the beginning of each season.
- **Camp Fortune Season Pass is not included in program fees. Athletes and family must purchase this directly through the Camp Fortune Ski Hill**

<https://campfortune.com/season-passes/>

Regular Core Program	Anticipated Days on Snow	Fees
NG	31	\$ TBA Typically in August Before Each Season
U10	32	\$ TBA Typically in August Before Each Season
U12	33	\$ TBA Typically in August Before Each Season
U14	35	\$ TBA Typically in August Before Each Season

U16	35	\$ TBA Typically in August Before Each Season
18+	35	\$ TBA Typically in August Before Each Season

Provincial Sport Organizations (PSO) and Alpine Canada (ACA)

CFSC is a member of Alpine Canada(ACA), the National Capital Division (“NCD”) of the provincial sports organization (“PSO”) Alpine Ontario Association (“AOA”) and of the Outaouais Ski Zone (“OSZ”) of the PSO Ski Quebec Alpin (“SQA”). As a result of this dual affiliation, members of the Club are required to register and pay for membership with either the AOA or SQA on an annual basis.

Policy-

<https://drive.google.com/file/d/18FMpOKVG51eZ3CEPhxGoFuGWI7NYCO6P/view?usp=sharing>

- [Alpine Ontario \(AOA\) Alpine Canada \(ACA\)](#) (<-- view fees here).
 - AOA Registration is valid for the period July 1 to June 30. This means that ALL Ontario Athletes must register or renew prior to participating in the first session (including Dryland). Go to AOA's website to register, or <https://snowreg.com/#!/events/camp-fortune-ski-club-20212022-alpine-ontario-alpin-kz2vi>
 - Fees subject to change yearly and are established by Alpine Ontario and Alpine Canada
- [Ski Quebec Alpin \(SQA\) / Alpine Canada \(ACA\)](#) (<-- view fees here).
 - Early registration discounts available if you pay in early November for U16-18+ and by early January for U8/NG-U14
 - SQA registration is valid from December 1 to November 30. All existing SQA athletes who were with Camp Fortune last year are covered until November 30. SQA's registration system is expected to be operational by the end of September. <https://adhesion.skiquebec.qc.ca/membre/>
 - Fees subject to change yearly and are established by Ski Alpine Quebec and Alpine Canada

Insurance

For out of region races and out of province/country camps such as Sun Peaks, additional insurance coverage is required and can be obtained through SQA/AOA for additional fees. (*in many cases we recommend that all athletes, coaches and officials obtain Class 3 coverage out of province , but not outside Canada).

Learn more here about SAIP (AOA):

<https://alpineontario.ca/online-program-registration/insurance/>

Learn more about PASS (SQA): <https://www.skiquebec.qc.ca/assurances>

Camps- Pre-season camps, Mid-season, Post-season

Camps are based largely on a cost recovery process meaning we look to budget accordingly to limit revenue and ensure camps are as affordable as possible for attending athletes while offering a great training and camp experience. Fees are greatly affected by the overall amount of interested athletes. Keep in mind not all camps are the same, some are chaperoned, some are unchaperoned, some could be local, some could be across the country.

Some examples of what is included in the overall costs of the camp include but are not limited to: coach fees, lift tickets, lane space, equipment, accommodations, meals, travel by car, plane, shuttle service, video sessions, etc.

Range of costs: One of the most expensive camps is the chaperoned (U16-18+) cross-country via plane to Sun Peaks, BC which could be estimated as \$5,500 - \$7,500 to one of our least expensive camps being unchaperoned to Mont Tremblant (NG-U14) 3 day camp \$250-\$350. The following camps fall somewhere in between the above range: Eastern Camps (MSA), local regional speed camps, mini camps etc.

If you have any additional questions about camps feel free to reach out to operations manager tyler@campfortuneskiclub.org

*ALL PRICES AND LOCATIONS SUBJECT TO CHANGE**

Races

Races are exciting days for skiers and their families. Home races take place on Slalom for NG-U12 age groups and on Skyline for U14+. Spectators can watch these races at the bottom of the hills outside of the finish coral. All race registration fees for the season and lift tickets (for away races) are included in your athlete's CFSC registration fees. There are no race fees or lift tickets to buy during the season for regional circuit races for athletes. Please note U10-18+ all athletes are automatically registered for regional circuit races and it is **required** to inform your parent chair if your athlete **will not** be racing by Wednesday morning of race week. Typically, Parent Chairs will send out a call for scratches via TeamSnap. Any family members wishing to ski at an away race must arrange for their own lift ticket(s).

Given that several clubs take part in regional ski races, parking can be tricky. Please arrive early to any hill (especially Mont Cascades) to ensure a parking spot.

What to expect:

- Parent chairs or coaches will normally communicate via TeamSnap before the race the expected arrival time for athletes for bib handout and location. Coaches will determine a meet time and place to begin warm up. All racers will have their first run followed by lunch and then their second run. Awards ceremony typically follows the tear down of the course (Athlete(s) are required to help). Medals are given to the female and male 1st,

2nd, and 3rd place racers. Ribbons awarded to those females and males who place 4th, and 5th. There is often a “bib draw” where athletes can win prizes.

*Please note: it is mandatory for all CFSC “U competitive” racers to wear their orange club jacket. For U10 and U12 athletes while racing and when on the podium. For U14,16 and 18+ athletes are to wear their orange club jacket on race days and when on the podium.

Bibs:

- Parent chairs - or someone they have appointed - are responsible for passing out race bibs. There will be communication via TeamSnap and/or email prior to race day about when and where to pick up your athlete's bib on the morning of the race.

Ski passes:

- Again, the athlete's ski pass for away regional circuit races are included in their general CFSC registration fees. You do not purchase a lift ticket for your athlete for race day. Please remember U10-U16 all athletes are automatically registered for regional circuit races and it is **required** to inform your parent chair if your athlete **will not** be racing by Wednesday morning of the week of the race. Typically, Parent Chairs will send out a call for scratches via TeamSnap.

What to bring:

- Typically this will be communicated by the parent chair and/or coach prior to the race Via Teamsnap. Depending on the type of race there may be different equipment needed/required. Feel free to reach out to your parent chair if you have any questions.

How many races are there in a typical Regional Race Schedule season :

(*subject to change yearly, please note this doesn't include possible qualification or invitational races such as for provincials, calabogie duels, Relais etc.)

- NG - 2 race days (at Camp Fortune) and 1 skills day towards the end of the season
- U10 - 4 race days and a skills event
- U12 - 6 race days and a skills event
- U14 - 7 to 8 race days
- U16 - 7 to 8 race days
- 18+ - Athletes will race on the Championnat Junior Provincial Series

* Find race notices and result links on our website here:

<https://campfortuneskiclub.org/resources/race-results/>

Provincial / Qualification Races

Athletes in older “U” programs can qualify for provincial and other qualification races depending on ranking throughout the season typically nearing the end of the season. Lead coaches will be able to provide athletes and parents more information as it becomes available throughout the season. Depending on which provincial sport organization (PSO) your athlete is signed up with (AOA or SQA) there will be qualification criteria that will be created that must be met to be

invited to provincial/qualification races. The criteria is typically made available on AOA and SQA websites as well. Some examples but not limited to provincial/qualification races are;

- U12-
 - SQA- Regroupment (Quebec provincials)
- U14-
 - SQA- Provincial Championships
 - AOA- OCup Finals (Ontario provincials), CanAM
- U16-
 - SQA- Provincial Championships, Canada Winter Games,
 - AOA- Eastern Nationals, OCUP Finals (Ontario provincials), Canada Winter Games, Whistler Cup, Whistle Cup
- 18+ -
 - Championnat Junior Provincial Series

*Please note that there are additional costs associated with athletes attending these races.

** Not all races happen every year

Club Communications

As a large, active club the communications team plays a vital role in ensuring that families receive club info in a bilingual format and in a timely manner. Communications normally come from our mailchimp or TeamSnap ([Team Snap Reference Guide](#)). As a member of our club we have automatically subscribed you to our internal club emails based on the primary email address given during registration on your google form. If you have any additional emails you would like to be added to the email list please let the club operations manager know as soon as possible so that you are not missing out on important information.

*Please note from time to time you could also be getting communications emails directly from our club operations manager.

Parent Chairs:

- Each age group has a parent chair who plays an important role in the communication of group specific information. Parent Chairs share all race related info with their respective group families/guardians. They will primarily be using the Teamsnap app as their communication outlet. However, communication may be via email as well. It is important that when you get added to your TeamSnap Team to update all contact information and email addresses, and phone numbers as soon as possible

Coaches:

- Each age group will be assigned a lead coach along with a number of additional coaches depending on the size of age level. These individuals will use TeamSnap as their primary means of communication with parents.

Volunteering

Camp Fortune Ski Club is a volunteer-driven, not-for-profit organization. We rely on the participation of parents to run the events and races. Volunteering at races is necessary to ensure a safe and successful event for the athletes. No experience is necessary and you don't even need to ski. We will provide training during the season and mentorship for all those eager to learn. Opportunities to sign up to volunteer will be available regularly all season starting with an initial call in late December/ early January. [Learn more here](#) about roles in the club.

- Yearly Volunteer Credit Requirements, Review our [Volunteer policy here](#):
 - Nancy Greene - 2 days per registered athlete
 - U10-18+ - 5 days per registered athlete including 2 weekdays
 - Maximum of 10 days per family

Training to be an Official

Many volunteer roles require training to become an official; this can be completed via AOA or SQA (L1, L2, L3). Please refer to the following links for more information:

- Learn more about Officials Levels:
 - AOA website: <https://alpineontario.ca/officials-courses/>
 - SQA website: <https://www.skiquebec.qc.ca/cheminement-officiel/>
- Training Calendars:
 - AOA: <https://alpineontario.ca/calendar/?M=11&Y=2023>
 - SQA: <https://www.skiquebec.qc.ca/officiel-formations>

Gear & Club Clothing

There are multiple variables involved in determining the right ski or boot for any given athlete, including height, weight, age group, ability, personal style and preference.

Race-friendly ski shops like [Kunstadt Sports](#) have manufacturer data sheets that help to match athletes to race skis and boots. Families also receive a 15% discount from Kunstadt on most ski related merchandise (with the exception of Leki and Service Shop work).

- Kunstadt Sports (Glebe) 613-233-4820:
 - Montage de livres sur mesure: Filip Liszkowski filip.liszkowski@kunstadt.com
 - Boot fitting and Race customer service: Freddy Allport freddy@kunstadt.com and/ or Chloe Watson chloe.watson@kunstadt.com

We also encourage you to reach out to your lead coach/parent chair if you have any questions or are just unsure which equipment might be best suited for your racer.

For used equipment and outerwear see the Facebook page "[CFSC Equipment Buy/Sell/Trade](#)" you may get a great deal on gently used gear. We have a hot market!

Orange teams jackets:

Team Jackets are special ordered. Members have the opportunity to order Team Jackets in early March and the jackets are delivered in December/January. A limited number of extra jackets are always ordered and will be available for sale. Keep your eye on the communications bulletins from the club for more information and sale dates. It is mandatory that all competitive "U" athlete have a club jacket and wear it on the podium. For NG it is optional.



Snow pants, race shorts, rain ponchos and race suits may also be available.

*Athletes will receive a mid layer at the start of each season. The cost has already been included in the athlete's club registration fee.

If you have questions, you can message our Clothing Coordinator directly:
clothing@campfortuneskiclub.org

Camp Fortune Swag Shop:

Looking for more Camp Fortune Ski Club Swag? We do have an [online apparel shop](#) hosted by a third party supplier with many branded Camp Fortune Ski Club clothing such as hoodie, T-shirts, Hats and more. Proceeds from every sale are returned to Camp Fortune Ski Club for our program. Any questions or concerns regarding a product or shipping should be directed to inquiry@gadar.ca

Age Level Suggested equipment Lists / Clothing (not limited to)

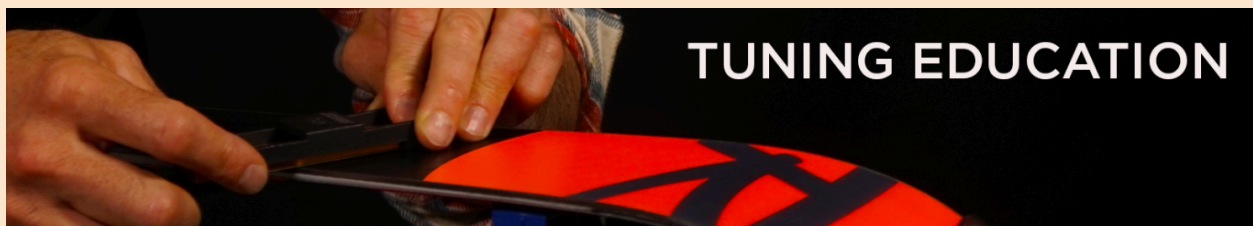
- Nancy Greene:
 - Race or carving ski with side wall construction are recommended (no soft twin tips)
 - 3 or 4 buckle boot that is able to flex in the cold
 - Double lens goggles
 - Poles
 - Properly fitted helmet with hard ears
 - Warm mittens are preferable to gloves on the cold days
 - Neck warmer recommended
 - Hand and toe warmers are recommended for very cold days

- A warm snow suit, orange club jackets are not mandatory for Nancy Greene athletes
- Ski bag that holds boots
- U10:
 - Race skis (also known as slalom skis). No twin tips.
 - 3 or 4 buckle boots are recommended and 4 buckle are preferred
 - Straight poles
 - Hard ear helmet (FIS approved)
 - Double lens goggles
 - Orange club jacket is mandatory
 - Ski bag that holds boots
- U12:
 - Hard ear helmet (FIS approved)
 - GS Skis: Length between 145 and 155 cm
 - Slalom Skis: Length between 125 and 145 cm
 - Ski Boot flex: Between 50 and 70
 - Shin guards
 - Hand-guards for poles
 - Faceguard that attaches to the helmet
 - GS poles (optional)
 - Orange club jacket is mandatory
- U14 and U16
 - Hard ear helmet (FIS approved)
 - Goggles (a couple of lens choices are recommended for sunny or cloudy days. If athlete is going to be training in the evening, night lens are essential)
 - Back protector is recommended for GS and SG
 - Race suit (also known as skin suit. Many racers at this level prefer a suit with more, rather than less, padding)
 - Race shorts
 - GS Skis: at least one pair properly sized
 - Slalom Skis: at least one pair properly sized
 - Boots of appropriate fit and flex
 - SL shin guards (athletes will be using larger shin guards by U16)
 - Slalom poles with hand guards
 - Poles without handguards for GS and SG
 - Faceguard that attaches to the helmet
 - Orange club jacket is mandatory
 - Mouth guard recommended (according to the AOA)
 - Additionally, one pair of SG skis or GS skis with appropriate turning radius if the athlete is interested in attending speed events (like speed camp).
 - Extra pair of skis, perhaps from the previous year, can be handy for poor conditions or racecourse inspections

- 18+
 - Hard ear helmet (FIS approved)
 - Goggles (a couple of lens choices are recommended for sunny or cloudy days. If athlete is going to be training in the evening, night lens are essential)
 - Slalom skis (women) - 155m minimum
 - Slalom skis (men) 165cm minimum (first year athletes can use 155cm)
 - GS skis (women) - 183cm minimum, 30m radius
 - GS skis (men) - 188cm, 30m radius
 - The program does not include SG training or racing, however if the athlete chooses to seek out race opportunities the SG ski specifications are:
 - Women - 200 cm minimum, 40m radius
 - Men - 205 cm minimum, 45m radius
 - Race suit (also known as skin suit. Many racers at this level prefer a suit with more, rather than less, padding)
 - Race shorts
 - Boots of appropriate fit and flex
 - SL shin guards
 - Slalom poles with hand guards
 - Faceguard that attaches to the helmet
 - Orange club jacket is mandatory
 - Mouth guard recommended (according to the AOA)
 - Back protector is recommended for GS and SG
 - Poles without handguards for GS and SG
 - Extra pair of skis, perhaps from the previous year, can be handy for poor conditions or racecourse inspections

*[Additional Reference - AOA Equipment resource chart](#) / [Gear Guide](#)

Ski Sharpening



If you are new to the world of junior ski racing you will hear a lot about the importance of ski sharpening/tuning. In this region, athletes train and race on ice. Skiing on sharp edges allows your athlete to confidently navigate this terrain. Learning about ski tuning techniques does not have to be an intimidating process. The club offers tuning clinics at the start of the season. One valuable resource on all things ski tuning is <https://www.sidecut.com/Tuning-Education.html> . This website offers straightforward tutorials on how to tune as well as a range of products that they have developed. Sharpening tools can be purchased at any ski race shop including Kunststadt Sports.

- Ski Tuning Contacts at Kunstadt:
 - Graham Gibson (Glebe - 613-233-4820)
 - Austin Upper (Chelsea - 819-485-0545)
 - Gaetan Seguin (Bank & Heron - 613-260-0696)
 - David Banning and Logan Reinisch (Kanata - 613-831-2059
dave.banning@kunstadt.com logan.reinisch@kunstadt.com)

Team Culture - Orange Coat Behaviour

While ski racing is an individual sport, our goal is to build a team. Athletes are expected to treat all members of the club, hill and racing community with respect and dignity. Parents play an important role in setting the tone. Talking points to prepare for the season:

1. Orange Coat acceptance. Everyone you see at the hill with an orange team jacket is a member of the team. When you see other orange coats at the ski lift or in the lodge (especially if someone is alone) ask if they would like you to sit/ride with them.
2. Be a leader. Everyone has the opportunity to decide to be a leader and behave in a kind way. This is what fosters teamwork.
 - a. Being a leader means riding up the chairlift with another orange coat teammate who you don't know.
 - b. It means being the first to congratulate a team mate on a good run or even that they finished the run.
 - c. It means helping a younger teammate.
 - d. It means cheering for everyone on your team as they finish their race
3. For the older kids: feel free to chat with the younger athletes, complimenting them on a good run or offering to help if they are in need.

Behaviour that embarrasses us all:

1. Ghosting on the chairlift. Chairlift ghosting happens when a group of kids line up to get on the chairlift, one kid gets on and the rest stay back.
2. Holding up the chairlift line
3. High sticking, bashing poles and horsing around when waiting in line at the chairlift
4. Poor sportsmanship - yelling, throwing poles, angry behaviour with coaches/parents/teammates

Be sure to fully review our CFSC Code of Conduct with your athletes yearly ([Link](#))

CFSC Relationship With the Camp Fortune Ski Hill



The hill is privately owned and the relationship between our club and the hill is very important. Like all ski racing clubs in the region, we rely on the kindness of the owners to allow our club to operate the racing program on their premises - providing lane space, facilitating our races, booking meeting space, giving space to our

coaches, etc. Our racers and parents are not entitled to any special treatment. Our orange coats are very visible and our racers are the best ambassadors for Camp Fortune. Our behavior on the hill and in the lift line reflects on our club and how we are treated by the owners. Please remember to treat all Camp Fortune staff - lift operators, cafeteria staff, cleaners, ticket agents etc. - with kindness and respect at all times.

Sponsor acknowledgement

Kunstadt Sports

Kunstadt Sports is a family owned business that has serviced the region for decades. Its knowledgeable and passionate staff can assist your athlete set up with new and/or used equipment. Kunstadt extends a discount to all club members that gives them 15% off most regular priced ski related store items (with the exception of Leki and Service Shop work).

- Examples of services offered:
 - New & Used ski racing equipment
 - Trade-in options
 - Custom boot fitting service
 - Full range of ski tuning service
 - Speed Ski Rentals (seasonal or for speed camp)



Social Media

Looking for some pictures of the racers? Or stay up to date on important information, Follow our social channels for more evidence that our Athletes, Coaches and Parents are the best!



@campfortuneskiclub - <https://www.facebook.com/campfortuneskiclub>



@cf_skiclub - https://www.instagram.com/cf_skiclub/



Camp Fortune Ski Club Official Website- www.campfortuneskiclub.org

Alpine Canada Long-Term Athlete Development (LTAD)

The Alpine Canada Long-Term Athlete Development Pathway, Whether it's your first trip on the slopes or your first start at a competition, Alpine Canada's 7-step program is designed to develop and encourage skiers of all levels. Learn more about the stages here:

<https://ltad.alpinecanada.org/stages>



Alpine Canada Strive - The Alpine Canada Strive program consists of an eight-level skill development framework. Each level consists of a series of tasks which a ski racer must prove competency in before rising to the next level. Alpine Canada STRIVE provides a simple method for evaluating skiers on each task. Skiers are given a “grade” (gold, silver or bronze – with gold representing satisfactory completion) by their coaches when they execute a task. In the Alpine Canada Strive mobile app, grades are entered with the click of a button. (Learn more here and download the App before entering our program.

<https://ltad.alpinecanada.org/page/what-is-alpine-canada-strive>)

01 GLIDING START

Children from zero to six years of age need to participate daily in age-appropriate activity. Through play and movement, children develop their competence in the fundamental movement skills and learn how to link movement patterns together to perform sports skills. The focus of this stage is to have fun while participating in sliding snow sports and the development of fundamental movement skills to increase confidence. Children in the Gliding Start stage should ski as often as possible with their parents.

BOYS 1-6 / GIRLS 1-6 / SNOW STARS LEVEL 1 - 3 / NO FORMALIZED COMPETITION

- LEARN MORE HERE: <https://ltad.alpinecanada.org/stages/gliding-start>

02 SKIER ESSENTIALS

In the Skier Essentials stage, skiers continue to develop fundamental movement and skiing skills in fun, structured and unstructured environments. Providing fun, inclusive and developmentally appropriate physical activity experiences will promote the development of a child's confidence and desire to ski. Skiers at this stage are focused on developing technical skiing skills in a wide variety of training and competition environments.

BOYS 6-9 / GIRLS 6-8 / SNOW STARS 1-5 / CLUB LEVEL / LOCAL CLUB AND INTER-CLUB SKILL EVENTS

- LEARN MORE HERE: <https://ltad.alpinecanada.org/stages/skier-essentials>

03 LEARN TO TRAIN

Skiers have acquired a wide range of fundamental movement skills and technical skiing skills when they enter this stage. Skiers will begin consolidating their technical ski skills while having fun participating in a variety of ski racing events, including Slalom, Giant Slalom, and SX kombi events. Skiers start to understand the use of dynamic, athletic turns in different training and competition environments, including head to head and team event formats.

BOYS 9 -12 / GIRLS 8 - 11 / CLUB LEVEL / LOCAL & ZONE RACING / LIMITED PROVINCIAL RACING / STAGE ENDS WITH START OF ADOLESCENT GROWTH PERIOD

- LEARN MORE HERE: <https://ltad.alpinecanada.org/stages/learn-to-train>

04 TRAIN TO TRAIN

The gateway for several opportunities including the transfer of learned skills to another sports discipline, entry into the Podium Pathway or transition into the Ski for Life stage. Ski racers in this stage are focused on transferring fundamental technique and basic tactical skills into the competitive environment. Ski racers begin formalized speed and ski cross training progressions. While ski racers start competing more seriously, the primary focus during competition is on applying what they've learned in training and not on winning at all costs.

BOYS 12-16 / GIRLS 11-15 / ADOLESCENT GROWTH SPURT / RISING STARS / CLUB LEVEL / LOCAL & PROVINCIAL LEVEL EVENTS / NATIONAL CHAMPIONSHIPS / BEGINNING INTERNATIONAL FIS EVENTS

- LEARN MORE HERE: <https://ltad.alpinecanada.org/stages/train-to-train>

05 TRAIN TO RACE

Ski racers enter this stage when they have progressed past the adolescent growth spurt, have acquired excellent skiing skills and a high-level of physical fitness. Ski racers are refining their technique and tactics through training and competition in a variety of events. Ski racers are starting to compete in FIS races. Training programs are individualized, and athletes will begin to specialize in their strongest discipline as they enter the Race to Win stage.

BOYS AFTER ADOLESCENT GROWTH PERIOD / GIRLS AFTER ADOLESCENT GROWTH PERIOD / DEPENDENT ON SKIING SKILLS & FITNESS / CLUB THROUGH PROVINCIAL TEAM LEVEL

- LEARN MORE HERE: <https://ltad.alpinecanada.org/stages/train-to-race>

06 RACE TO WIN

Ski racers are competing at the highest levels of competition in the world (i.e., Olympics, Paralympics, FIS World Championships or FIS World Cups). They are the best of the very best Canadian ski racers and not everyone on the national team will fall into this category. Competitors at this level, have highly personalized training and competition plans designed by an integrated support team of physical therapists, athletic therapists, sports psychologists, and their Alpine Canada coaches to provide ongoing support for the pursuit of athletic excellence.

BOYS ALPINE CANADA NATIONAL TEAMS / GIRLS ALPINE CANADA NATIONAL TEAMS /
CAST/CANADA SX/CPAST

- LEARN MORE HERE: <https://ltad.alpinecanada.org/stages/Race-to-win>

07 SKI FOR LIFE

Skiers and racers that have the desire to maintain physical activity through skiing are in the Skiing for Life stage. A skier may choose to ski competitively or for fitness, and if inclined, give back to the alpine community by becoming a coach, official, or volunteer. Competitive skiers participate in the Alpine Canada Masters' program or a recreational ski club program and can choose to compete nationally or internationally. A skier may also wish to ski for enjoyment to maintain fitness and health.

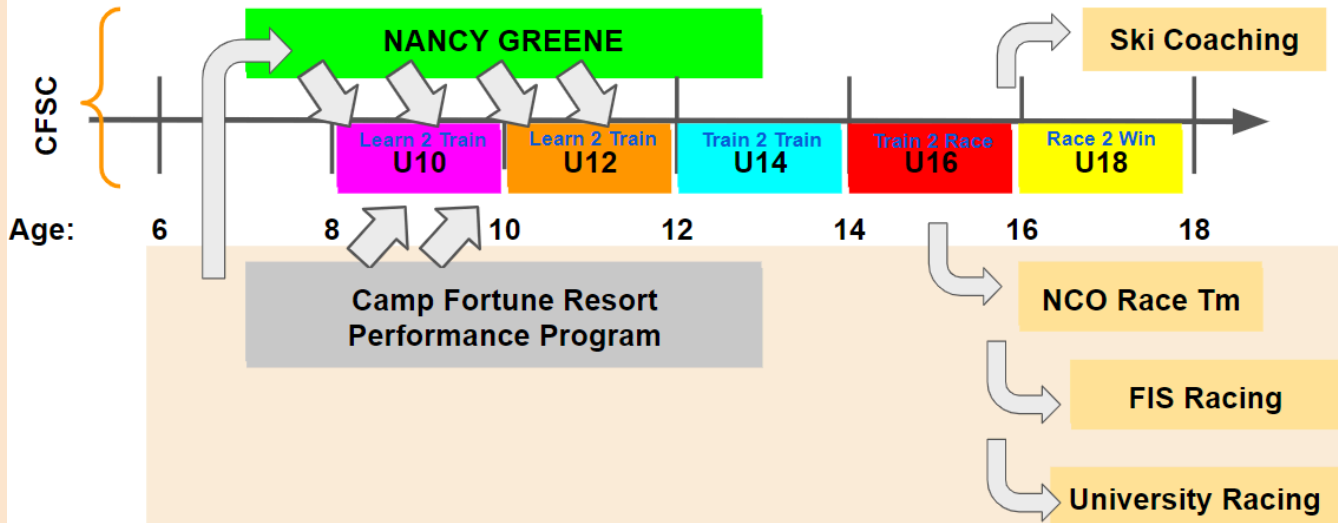
BOYS LIFELONG ENJOYMENT OF SKIING / GIRLS LIFELONG ENJOYMENT OF SKIING /
ANY AGE / MASTER'S RACING

- LEARN MORE HERE: <https://ltad.alpinecanada.org/stages/ski-for-life>

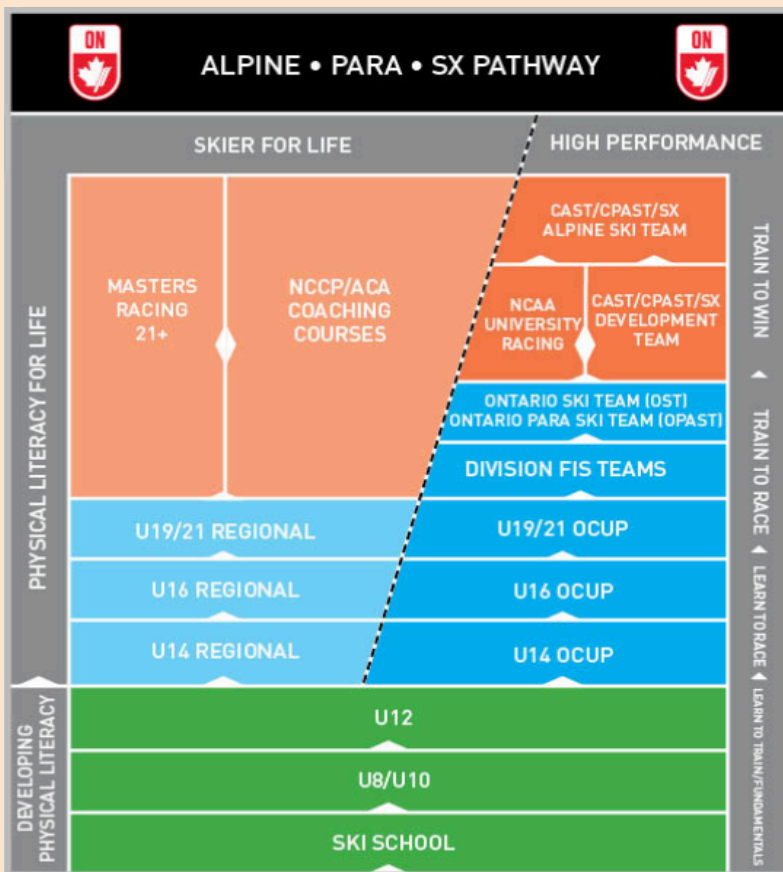


CFSC Philosophy and Pathway for Ski Racer Athletic Development

CFSC subscribes to Alpine Canada's Long-Term Athlete Development (LTAD) pathway.
Check it out here: <https://ltad.alpinecanada.org/>



Ski programs outside of CFSC offer on-ramp and off-ramp opportunities



Safe Sport, Abuse Free Sport, Mental Health and Sport Resource Hub

Safe Sport: The Safe Sport Training module was developed by the Coaching Association of Canada (CAC) and aims to foster an environment where everyone feels safe. The CFSC coaches, board members, and parent chairs are required to complete the Safe Sport training. We recommend and encourage our U16 and 18+ athletes to complete the training as well as all parents, it is FREE. Becoming aware of situations of maltreatment within the world of sport enables everyone to identify and prevent these situations from arising within our club. <https://safesport.coach.ca/toolbox>, ACA Safe Sport: <https://alpinecanada.org/page/safe-sport>

Abuse Free Sport: Abuse-Free Sport is Canada's independent system for preventing and addressing maltreatment in sport. Our ultimate goal is to work with others throughout the Canadian sport system to ensure that every participant – no matter the sport, the level, or the role – has a safe, positive and enriching experience. Changing the culture of sport in Canada is everyone's responsibility. Abuse-Free Sport provides access to a wide range of resources, all of it available in English and French. Learn more here: <https://abuse-free-sport.ca/>



Mental Health and Sport Resource Hub: The Mental Health and Sport Resource Hub provides the tools and information to overcome stigma and guide conversations about mental health. This free online portal offers training and resources for coaches to develop mental health literacy and positive coaching practices to improve performance and well-being in sport. Learn more here: <https://coach.ca/mental-health-hub>

General Club Contacts

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Eleanor Thompson - Volunteer Coordinator - volunteer@campfortuneskiclub.org

Additional Resources and Glossary of Terms (Alphabetical)

- **Abuse Free Sport** Contact ([Website](#))
- **ACA** Alpine Canada Alpin ([ACA Website](#))
- **ACA Safe Sport Hub** ([Safe Sport Hub](#))
- **ACA Long Term Athlete Develop - LTAD** ([Link](#))
- **AOA** Alpine Ontario Alpin ([AOA Website](#))
- **AOA Parent Handbook** ([Link](#))
- **AOA Gear Guide** ([Link](#))
- **Camp Fortune Ski Hill** ([Link](#))
- **CFSC Bylaws** ([Link](#))
- **CFSC** Club de Ski Camp Fortune Ski Club ([Website](#))
- **CFSC - Cell Phone Usage Recommendation For Athletes** ([Link](#))
- **CFSC Chairlift Recommendation** ([Link](#))
- **CFSC Code of Conduct** ([Link](#))
- **CFSC Organizational Chart** ([Link](#))
- **CFSC Provincial Sport Organization (PSO) Policy** ([Link](#))
- **CFSC Swag Shop** ([Website](#))
- **CFSC Volunteer Policy** ([Link](#))
- **FIS** International Ski Federation ([FIS Website](#))
- **Mental Health and Sport Resource Hub** ([Website](#))
- **MSA** Monte Sainte Anne
- **MSM** Mont Ste Marie Club
- **NCD** National Capital Division Alpine ([NCD Website](#))
- **NG** Nancy Greene Program ([Link](#))
- **OSZ** Outaouais Ski Zone ([OSZ Website](#))
- **PSO** Provincial Sports Organisation
- **Race Notices and Results** Regional Circuit NDC and OSZ ([Link](#))
- **Strive App** ([Link](#))
- **SQA** Ski Quebec Alpin ([SQA Website](#))
- **Team Snap** Reference Guide ([Link](#))

Additional Reading, Recommended Articles for Parents

- How to be the Best Ski Racing Parent Possible by Jim Taylor
(<https://skiracing.com/how-to-be-the-best-ski-racing-parent-possible>)
- My Daughter Quit Sports, and This Is What Youth Sports Parents Need To Know
(<https://ilovetowatchyouplay.com/2023/01/27/my-daughter-quit-sports-and-this-is-what-youth-sports-parents-need-to-know>)