



**BANFF ALPINE
RACERS**

RAISING THE BAR



**BOW VALLEY
QUIKIES**

BAR EDITION November 5, 2009

A first for many of us; as BAR hit the slopes on Halloween day to work out the cob webs and see the return of our ski legs. It's great to see so many of our athletes out this early but not to fear if you haven't been out at this point. Many families organize extra curricular activities for their children in the off season and the club remains committed to supporting such endeavors.

The junior team returned home from a very successful camp in Saas Fee, Switzerland. A few days to recover from jet lag and they were back in the gym with coaches Tom Penny and Cam Stephen preparing for their first set of races in early December.

The kinder athletes under the leadership of Wade Rettie, Jordy Burks and Maryse Daze have been busy with dryland including yoga, spin classes and kick boxing. Both K1 and K2 groups have taken advantage of the early snow to get the athletes on skis.

The KDG have a handful of team building sessions before their first ski weekend of November 21/22. The group is a strong 39 enthusiastic and very energetic up and coming ski racers.

We will officially kick off the season the third week in November and I hope to see all of you at the coaches Greek Night at the Balkan in Banff Friday November 20. Please contact me for tickets td@banffalpineracers.com

In the meantime the coaches have asked me to pass along a number of items in preparation for the full ski days that lie ahead.

Let it snow!

A handwritten signature in black ink that reads "Kain".

ILLNESS

All school districts have issued statements regarding illness/flu symptoms, I would like to remind everyone those recommendations apply to the skiing as well. Please check your local school board for the complete statement.

We ask parents to keep athletes at home; if ill until they are free of symptoms and feeling well, and are able to fully participate in all normal daily skiing activities.

In the training environment we encourage everyone to cover their mouth and nose with a tissue when coughing or sneezing, or cough and sneeze into their sleeve, dispose of used tissues and wash hands afterwards using soap and water. Avoid sharing water bottles and food.

PRE-SEASON

The **K2** and **Junior** athletes will utilize pre-season training in November. When the ski hill is closed to the public; the club must purchase lift passes to access the hill for each planned training session.

To assist the coaches in preparing for the training block and to ensure you are **NOT** billed for a session you're athlete did not attend we ask you confirm your participation each week. If you're not attending a session(s) in any given week please contact your designated coach no later than Tuesday at 3:00 pm.

TRAINING UNIFORM

The daily training uniform for BAR athletes from K1 through to Junior and optional for KDG is:

- * Helmet
- * Downhill Suit
- * Slalom shorts
- * Appropriate Jacket for weather

Wearing slalom shorts and a downhill suit provides a better picture for the coaches. In cold weather; warm up pants and other layer items are required to keep the athlete safe.

COMMUNICATION

If your athlete will be absent or late for training please e-mail your coaches to inform them prior to the training day.

SCHOOL

For any athletes writing exams in January please ensure the school is aware of your training/race schedule for the end of January. The support team of; coaches, teachers and parents should be notified if special arrangements are required to accommodate test days on the road.

CELL PHONES

Cell phones are useful and convenient for the athletes to contact parents before and after training. Cell phones can also be distracting, time consuming and challenging to keep the athletes focused on task. The coaches will be asking the athletes to turn off cell phones and ideally leave them in a secure place during training times. If the phone continues to be of concern during training times the coaches will remove the devices, returning them at the end of the day.