

Racing at Blue

Program Information

ABOUT ALPIN ONTARIO ALPIN (AOA)

Who is Alpine Ontario Alpin (AOA) and What Does it Do?

Alpine Ontario Alpin (AOA) is a not for profit provincial sport organization responsible for compliance and regulations in alpine ski racing, para-alpine racing, and ski cross racing.

Alpine Ontario Alpin has over 30,000 members and 40 member ski clubs, which include athletes, parents, coaches, volunteers, officials and corporate partners.

AOA Headquarters are based in Collingwood with eight full-time office staff dedicated to operations, administration, communications and athletic and technical development, as well as a staff of highly qualified coaches operating the Ontario Ski Team. The organization is governed by an elected independent Board of Directors.

AOA raises money through sponsorship, government funding, donations and membership fees. These monies are used to develop:

- Sport branding and promotion.
- Hosting of hundreds of races across the four Ontario Divisions: National Capital Division (NCD), Lake Superior Division (LSDA), Northern Ontario Division (NOD) and Southern Ontario Division (SOD).
- Organizing skills camps for all racers between the ages of 8 to 16.
- Managing the U16 High Performance Program (U16HPP).
- Managing the Ontario Ski Team (OST) and the Southern Ontario Division Ski Team (SODST).
- Overseeing the organization of the Entry and Development Level Coaches Courses as provided by Alpine Canada Alpin.
- Hosting an annual fall coaching conference and wrap-up spring coaches' meetings.
- Athlete safety through policies and procedures, rules and regulations as stipulated by our governing bodies of Alpine Canada Alpine (ACA) and FIS.

How Do I Register with Alpine Ontario Alpin (AOA) to Ski Race in Ontario?

In order to race in sanctioned SOD U12, U14, U14 OCUP, U16, U16 OCUP, U18 and FIS sanctioned race/event/skills/camp, the athlete must be registered through Alpine Ontario. To register with AOA and submit a waiver to compete in any race, events or camps, please visit:

<https://alpineontario.ca/im-an-athlete/>

Alpine Ontario ACA, AOA and Divisional Fees: Families always have questions about AOA athlete membership fees – where they go, what they are for, etc. and here is a great summary from AOA: [ACA, AOA & Division Fees - Alpine Ontario Alpin](#).

2024-2025 SOD Fees Summary from AOA: https://alpineontario.ca/wp-content/uploads/2024/10/Fees_2425_AOA-Membership-Fees-V5-3.pdf

Alpine Ontario 2024-2025 Equipment/Gear Guide:

We know athletes and parents have questions on equipment and ski racing gear, so check out AOA's guide for U8-U14: https://alpineontario.ca/2024_25_aoa_gearguide_u8-u14_web/

What is the Alpine-Para-SX Pathway?

The Alpine-Para-SX Pathway are developed alongside the Sport for Life pathway and Alpine Canada's Long Term Skier Development (LTSD) Plan. Alpine Ontario Alpin (AOA), together with its four regional divisions: LSDA, NOD, NCD and SOD bring these programs to Ontario Ski Races from U10 to the elite members of the Ontario Ski Team (OST). Parents and athletes with questions about how or where their child is on the pathway should be directed to your Blue Mountain Resort, Jozo Weider Head Coach.

Alpine Canada Alpine (ACA) aims to ensure that any child entering the alpine ski racing system is provided with the necessary building blocks to reach the highest level of achievement in our sport.

The seven phases of development:

- Gliding Start
- Skier Essentials
- Learn to Train
- Learn to Race
- Train to Race
- Training to Win
- Skiing for Life

To download Alpine Canada Alpin (ACA) Long Term Skier Development Model for Alpine Ski Racing, please click the following link: https://alpinecanada.org/uploads/documents/Aim2Win_en.pdf

BEING A PARENT OF AN ALPINE RACER IN ONTARIO

Summary:

+<https://alpineontario.ca/parent-handbook/>

ALPINE SKIING RACE/EVENT SCHEDULE:

U10:

The U10 Racing Program caters to racers aged 8 and 9. The U10 Entry Level program is aimed at providing athletes with the 'FUNdamentals' of skiing as defined in the [Alpine Canada Alpin \(ACA\) Long Term Skier Development \(LTSD\) Stages of Development](#).

In coordination with the [ACA SnowStars program](#) focusing on skill levels 1, 2, and 3, the program is intended to foster the development of the athlete.

U12 Development:

The U12 Racing Program caters to racers aged 10 and 11. The U12 Entry Level program is aimed at providing athletes with the 'FUNdamentals' of skiing as defined in the [Alpine Canada Alpin \(ACA\) Long Term Skier Development \(LTSD\) Stages of Development](#). In coordination with the [ACA SnowStars program](#) focusing on skill levels 3, 4 and 5, the AOA program is intended to foster the development of the athlete. U12 competitive events are to be focused on the development of ski racing skills while continuing to promote the development of overall skiing skills. Normal competition days will pair a traditional "RACE" event, (i.e. SL/GS/Kombi) with a skills festival. These additions should foster the development of overall skills while maintaining participant enjoyment, focusing on the FUN of competition.

U12 ELIGIBILITY

Athletes must be 10-11 years of age as of December 31st of the current season to be eligible for the U12 racing program. U12 Athletes will not be nationally carded in Ontario.

U12 REGISTRATION

All U12 athletes must be registered through the [AOA online registration system](#) (login to create a profile) which includes a waiver, to compete in any events or camps.

RACE PARAMETERS

- AOA strongly recommends that all athletes train and race at a development ratio of 8:1.
- Starts should be limited to no more than 6 domestic starts including Festivals and Invitational Races.
- Races will be regionalized to reduce travel time for athletes.
- 60 inch, kinder/children's gates or stubbies will be used.
- Additional AOA sanctioned invitational events may be added – the host club is to administer these races in accordance with [AOA Invitational Application and Policy](#).
- All race events will be set in accordance to ACA/AOA sanctioned course setting rules.

COURSE SETTING

Current course setting guidelines for [U12 can be found here](#).

START LISTS

- Events will run gender separated (i.e. boys/girls) ideally with first and second run being held on a different set with, at a minimum, a redress required between runs.
- First run start order will be determined by a separate, random draw of girls and boys
- Second run start list will be a reversal of the 1st run start order (i.e. 100-1)
- All athletes will have two (2) runs
- e.g. Run 1 Girls (random), Boys (random)
- e.g. Run 2 Girls (reverse incl. DSQ DNF DNS), Run 2 Boys (reverse incl. DSQ DNF DNS)

RESULTS & AWARDS

- Results will be based on official race format FIS ICR 617.3.2
- 1st – 3rd male and female athletes will receive medals on podium
- 4th – 5th male and female athletes will be recognize
- All athletes and coaches are expected to attend award ceremonies. Top 5 are required to attend in accordance with FIS ICR reference 205.4; clubs will be sanctioned \$25 per infraction for any Top 5 athletes, not in attendance.

EQUIPMENT

- All athletes must comply with the ACA National Rules and Policies.
- Please see the [AOA Equipment Guidelines here](#).
- No Go Pro mounts and other modifications permitted
- Athletes are permitted to wear speed suits
- 1-2 pair of skis are recommended

Why U12 is Now Called U12 Development

At SOD, we're committed to supporting the growth of young athletes in line with the [Long-Term Athlete Development \(LTAD\)](#) framework outlined by **Alpine Canada** and **Alpine Ontario**. Our U12 age group has been renamed **U12 Development** to emphasize its unique focus on skill-building and foundational progress, setting young skiers up for success in future racing pathways.

According to the **LTAD model**, the U12 stage is all about ["Learning to Train."](#) At this level, skiers develop fundamental skills, balance, agility, and basic tactics in a low-pressure environment that prioritizes learning and enjoyment over intense competition. By focusing on skill development now, U12 athletes build the base needed for successful, lifelong involvement in alpine skiing.

The U12 Development series will have clubs/athletes stay within one bracket all season, including the bracket champs race, allowing young athletes to learn and grow without the added pressure of inter-regional competition. The race series will offer a variety of events that cater to comprehensive skill-building, including:

- **SL (Slalom)**
- **PSL (Parallel Slalom)**
- **GS (Giant Slalom)**
- **Terrain Race**

This range of events supports Alpine Canada's LTAD goals by exposing athletes to various techniques and challenges, helping them develop versatility and confidence on different terrain types and race formats.

U12 Development also sets the stage for athletes to choose their next pathway at U14, where they can pursue **SCUP (Southern Cup)** regional racing or **OCUP (Ontario Cup)** provincial racing. By focusing on developing strong, well-rounded athletes at U12, we're preparing them to thrive in whichever [pathway](#) they choose.

For more information on U12 Development and how it aligns with Alpine Canada's LTAD principles, please refer to [Alpine Ontario's resources](#) on the LTAD model.

Link for U12 SOD Schedule: [SOD CUP Schedule - Alpine Ontario Alpin](#)

U14 SOD:

The U14 age program delivers Learn to Train and Train to Train programming for athletes aged 12 and 13, as defined in the [ACA LTSD Stages](#) of Development. The [ACA SnowStars program](#) continues to provide athletic guidance at levels 6 and 7. U14 competition events are to be focused on the development of ski racing skills while beginning to promote performance on demand.

Athletes will ski SL, GS, Speed, Ski Cross and Dual either in competition or at Skills Camps.

Eligibility

Athletes must be 12-13 years of age as of December 31st of the current season to be eligible for the U14 racing program.

To participate in the 2024_25 U14 OCUP series, each athlete must submit a dated (between Sept 1-Dec 31) fitness testing record to AOA by Dec 31st, 2024. Please consult with your club for planned fitness testing sessions.

Registration

All U14 athletes must be registered through the [AOA online registration system](#) which includes a waiver, to compete in any events or camps.

Race Parameters

- AOA **strongly** recommends that all athletes train and race at a development ratio of 6:1.
- Maximum **20** race starts (all domestic calendared events will count as starts, ([including Invitationals](#)) including speed starts.
- Additional AOA sanctioned invitational events may be added whereby the host club is to administer in accordance with AOA Invitational Application and Policy.
- All race events will be set in accordance to ACA/AOA sanctioned course setting rules.

Course Setting

Current course setting guidelines for U14 can be [found here](#).

Results & Awards

- Results will be based on official race format [FIS ICR 617.3.2](#)
- 1st – 3rd male and female athletes will receive medals on the podium.
- 4th – 5th male and female athletes will be recognized.
- All athletes and coaches are expected to attend the award ceremonies. Top 5 are required to attend in accordance with [FIS ICR reference 205.4](#); clubs will be sanctioned \$25 per infraction for any Top 5 athlete that is not in attendance.

Equipment

- All athletes must comply with the ACA National Rules and Policies.
- Please see the AOA Equipment Guidelines [here](#).
- Helmets must comply with event-specific rules.
- Go Pro mounts and other modifications are not permitted.
- Athletes should have SL, GS specific skis in compliance with the ACA National Rules & Policies
- Athletes are permitted to wear speed suits.
- No SL chin guards are permitted on helmets at GS or Super G races.
- No SL hand guards are permitted on poles at GS or Super G races.
- Back protector strongly recommended for speed events (size appropriate).

Link for U14 SOD Schedule: [SOD CUP Schedule - Alpine Ontario Alpin](#)

Link for U14 OCUP Schedule: [OCUP Schedule - Alpine Ontario Alpin](#)

U16/U18:

The U16 age program delivers Train to Train programming for athletes aged 14 and 15, as defined in the [ACA LTSD Stages of Development](#). U16 competition events are to be focused on the development of ski racing skills and promoting the ability to deliver performance on demand.

Athletes will ski SL, GS, Speed, Ski Cross and Dual either in competition or at skills camps.

Eligibility

Any child that is 14-15 years of age as of December 31st of the current season is eligible for the U16 racing program.

To participate in the 2024_25 U16 OCUP series, each athlete must submit a dated (between Sept 1-Dec 31) fitness testing record to AOA by Dec 31, 2024 to admin@alpineontario.ca. Please consult with your club for planned fitness testing sessions.

Registration

All U16 athletes must be registered through the [AOA online registration system](#) which includes a waiver to compete in any events or camps.

Race Parameters

- * AOA strongly recommends that all athletes train and race at a development ratio of 5:1.
- * ACA and AOA recommend U16 age athletes race a maximum 18 domestic technical race starts (all domestic calendared events will count as starts, including invitationals.)
- * Additional AOA sanctioned invitational events may be added. The host club is to administer such events in accordance with AOA Invitational Application and Policy.
- * All race events will be set in accordance to ACA/AOA sanctioned course setting rules.

Course Setting

Current course setting guidelines for U16 can be [found here](#).

Start Lists

U16 OCUP Finals

- Events will run gender separated (i.e. boys/girls) ideally with first and second run being held on a different set with, at minimum, a redress required between runs.
- Start order outlined in PCR

Results & Awards

- Results will be based on official race format [FIS ICR 617.3.2](#).
- 1st – 3rd male and female athletes will receive medals on podium.
- 4th – 5th male and female athletes will be recognized.
- All athletes and coaches are expected to attend award ceremonies. Top 5 are required to attend in accordance with FIS ICR reference 205.4; clubs will be sanctioned \$25 per infraction for any Top 5 athletes not in attendance.

Equipment

- All athletes must comply with the [ACA National Rules & Policies](#) * Please see the [AOA Equipment Guidelines here](#).
- Helmets must comply with event specific rules.
- No Go Pro mounts and other modifications permitted * Athletes should have SL, GS specific skis in compliance with the ACA National Rules & Policies.
- No SL chin guards on helmets at GS or Super G races.
- No SL hand guards on poles at GS or Super G races.
- Athletes are permitted to wear speed suits.
- Back protector strongly recommended for speed events (size appropriate)

U16/U18 SOD Schedule: [SOD CUP Schedule - Alpine Ontario Alpin](#)

MASTERS/ADULT SCHEDULE:

Adult or Masters racing is designed for intermediate/advanced skiers aged 18+ with the intention of developing technical skills, maintaining a healthy lifestyle all while competing with other athletes both locally, nationally and internationally. The Masters racing program adopts the sport for life philosophy and allows for athletes to grow their passion for ski racing in a fun, competitive environment.

Master's Weekend Pass: Members over the age of 18 competing in Masters' events. Weekend cards can be purchased in any region however not out of province. Masters' athletes wishing to race in another province MUST hold a Master's national card. TRAINING - May train at any preapproved venue worldwide with a registered club program. COMPETITION - Valid for competition within home province only. REQUIRED INSURANCE - Commercial general liability. RECOMMENDED INSURANCE - Provincial health care, family or personal insurance policies for excess medical and sport accident.

Master's National card: For members over the age of 18 competing in Masters' events. National cards are purchased through your province of registration. TRAINING - May train at any preapproved venue worldwide with a registered club program. COMPETITION - May compete in sanctioned Masters' events nationally. Eligible to purchase a FIS license. REQUIRED INSURANCE - Commercial general liability. RECOMMENDED INSURANCE - Provincial health care, family or personal insurance policies for excess medical and sport accident.

Masters FIS card: For members over the age of 30 years. Must hold a National card. COMPETITION - Eligible to race in FIS Masters' events internationally. ***Mandatory to hold a national card to be able to register for a Canadian FIS masters license. REQUIRED INSURANCE - Commercial general liability.

RECOMMENDED INSURANCE - Provincial health care, family or personal insurance policies for excess medical and sport accident.

Masters Interclub Race Schedule

- **Jan 11 @ Craigleith (GS) AM**
- **Jan 18 @ Georgian Peaks (GS) PM**
- **Jan 25 @ Blue Mountain (GS) AM**
- **Feb 8 @ Toronto Ski Club (SL) PM**
- **Feb 22 @ Alpine Ski Club (GS) Finals**

Ski Cross:

Eligibility

Any child that is 12-18 years of age as of December 31st of the current season is eligible for the SX racing program. Our SX Program follows age appropriate Alpine Canada's LTAD model. SX athletes wishing to compete must hold a valid AOA/ACA membership for the 24/25 season.

For more information on SX Development and how it aligns with Alpine Canada's LTAD principles, please refer to [Alpine Ontario's resources](#) on the LTAD model.

Athletes compete in 4+ races per season. Athletes will compete against others in their age category. Athletes MUST train on the course prior to competing. Designated training dates happen the day before competition.

SKI CROSS SCHEDULE: [OCUP Schedule - Alpine Ontario Alpin](#)

Snowboard Cross:

Eligibility

Any child that is 12-18 years of age as of December 31st of the current season is eligible for the SBX racing program. Our SBX Program follows age-appropriate Snowboard Ontario's LTAD model. SBX athletes wishing to compete must hold a valid Snowboard Ontario membership for the 24/25 season.

Athletes compete in 4+ races per season. Athletes will compete against others in their age category. Athletes MUST train on the course prior to competing. Designated training dates happen the day before competition. 4-6 athletes compete on the course at the same time. Each athlete races against one another for the best time in their heat. Athletes have the opportunity to move forward in the competition based on their times and standings.

SNOWBOARD CROSS (SBX) SCHEDULE: [2025 Ontario Snowboard Event Notices | Ontario Snowboard](#)

FREESTYLE SCHEDULE

2024-2025 Interclub Groms Series

HEAD **SQUIRE JOHN'S** **NIDECKER**

2025
Interclub
GROMS
FREESTYLE
Series

EVENT SCHEDULE
Ski & Snowboard Slopestyle

SUNDAY JANUARY 12th 2025
SB - BEAVER VALLEY **SKI - CRAIGLEITH**

SUNDAY JANUARY 26th 2025
SB - ALPINE **SKI - OSLER**

SUNDAY FEBRUARY 9th 2025
SB - DEVILS GLEN **SKI - PEAKS**

KING SNOW **SCOTT** **OAKLEY** **DAKINE**