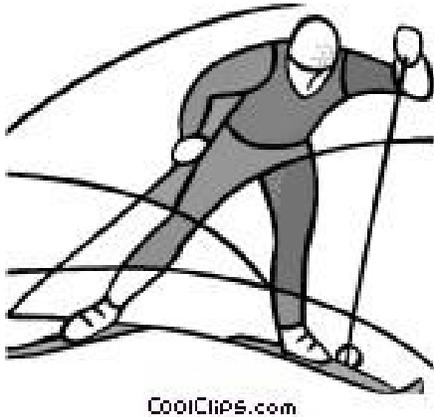


Parent Handbook

Welcome to GBN





Who Are We?

Georgian Bay Nordic (GBN) is a racing club for skiers in Grey and Bruce counties whose primary focus is competition at local, provincial and national races. We do not maintain our own trails, but train and ski at Sawmill Ski trails, south of Hepworth, which are maintained by the Bruce Ski Club (BSC). Our 'home' is the "Athletic Training Centre" at the Sawmill trailhead (wax shed and storage hut) built by GBN and BSC volunteers, with GBN funds, and with kind permission of the BSC.

Bruce Ski Club (BSC)

BSC is a recreational ski club that develops and maintains three trail systems in Grey and Bruce County: Sawmill, Colpoys, and Rankin. BSC owns the shelter at Sawmill as well as the trail grooming equipment for all trail systems. All GBN members must also be members of the BSC.

Who Joins GBN?

Originally, GBN, founded in 1989, was composed mainly of skiers of high school age who desired more competition than was available on the school circuit. Today, with the keen interest in nordic skiing in Grey and Bruce, GBN also welcomes midget skiers (grades 5-9). GBN candidates should have previous ski experience (i.e., Jackrabbit program graduates, or elementary and high school racers) and a keen interest in racing.

Philosophy

What is the GBN Philosophy? "A Fellowship of Skiers in Pursuit of Excellence": instilling a love of nordic skiing that will last a lifetime, teaching excellence in ski technique, both classic and skating, good sportsmanship, and racing to the best of one's ability. This quest for excellence is focused on skiing and racing but also

expands to include many facets of our personal and community life. We are fortunate to have such a strong club to help us on our journey.

Which GBN category should your child join?

DEVELOPMENT TEAM: PEEWEES

WHO JOINS? Skiers who are 10 or 11 years old as of Jan 1.

REGISTRATION FEE: \$225 (covers fall training camp, registration in the Jack Rabbit program, CCC insurance and coaching support at local races)

PHILOSOPHY: Teaching good ski technique while maintaining a fun atmosphere. At this age, participation in other sports is encouraged.

COACHING: 1X per week dry land training from September until snow. 2X per week during the ski season (November to March).

RACES WITH COACHING & WAX SUPPORT: For local and SOD Paraffin Series, Highlands, Mono Nordic, Hardwood, and Midland races. Wax support usually consists of inspection of glide wax and final prep and grip wax of day as required. There is an Ontario Midget Championship at the end of the season; if there is parental support, GBN may attend.

DEVELOPMENT TEAM: MIDGETS

WHO JOINS? Girls who are 12 or 13 years old as of Jan 1 and boys 12 to 14 years of age as of Jan 1.

REGISTRATION FEE: \$300 (covers fall training camp, registration in Jack Rabbits, CCC insurance and coach support at local, SOD and with coach permission Ontario Cup races.)

PHILOSOPHY: Teaching good ski technique while maintaining a fun atmosphere. At this age, participation in other sports is encouraged.

COACHING: 1X per week dry land training from September until snow. 2X per week during the ski season (November to March).

RACES WITH COACHING & WAX SUPPORT: For local and SOD Paraffin Series, Highlands, Mono Nordic, Hardwood, and Midland races. Wax support usually consists of inspection of glide wax and final prep and grip wax of day as required. Skiers may choose to race the SOD Ontario Cup race weekend (the location of which changes from year to year). In this case full wax support is provided. There is an Ontario Midget Championship at the end of the season and if there is parental support, GBN may attend. Gr. 9 boys may travel with the team unaccompanied by parents.

FOCUS OWEN SOUND TEAM

WHO JOINS? Skiers who are 14 to 18 years old as of Jan 1.

REGISTRATION FEE: \$375 (covers fall training camp, video analysis and training evaluation, wax support at races and CCC insurance)

RACING FEE: \$225 (covers race expenses incurred by each individual skier at local or O-Cup races including race fees, transportation, food and hotel costs.) *Please note that this fee may not cover all expenses and it may be necessary at the end of the season to pay additional charges, depending on the expenses at the number of races attended. A full accounting will be provided.

PHILOSOPHY: Teaching good ski technique while maintaining a fun atmosphere. This is geared towards skiers who are keen to improve their race skills at the high school and local races, but are also interested in exploring the next level of competition at the Ontario Cup races.

COACHING: 2x per week September to March.

RACES WITH COACHING & WAX SUPPORT: For local and SOD Paraffin Series, Highlands, Mono Nordic, Hardwood, and Midland races, plus at least one Ontario Cup race. Full wax support at Ontario Cup races.



O-CUP TEAM

WHO JOINS? Skiers who are 14 to 18 years old as of Jan.1.

REGISTRATION FEE: \$450 (covers fall training camp, full-year specialized training program, video analysis and evaluation, summer practices, wax support at races and CCC insurance.)

RACING FEE: \$1000 (covers race expenses incurred by each individual skier at local or O-Cup races including race fees, transportation, food and hotel costs)

*Please note that this fee may not cover all expenses and it may be necessary at the end of the season to pay additional charges, depending on the expenses at the number of races attended. A full accounting will be provided.

PHILOSOPHY: Excellence in ski racing. These skiers will have committed to ski racing with the goal of being competitive at a national level. A specialized yearlong training program is developed for each athlete by the coach. Training is supported year round.

COACHING: weekly summer sessions. 2X per week September through March.

RACES WITH COACHING & WAX SUPPORT: Local and SOD Paraffin series races. A minimum of 3 Ontario Cup races with full support. Skiers can attend National Championships at the coach's discretion.

ALUMNI

In the past there have been skiers who have moved on to higher education and wished to continue racing under the GBN banner. Wax and race support have been provided at races if the athlete was unsupported by their coach. There is a cost recovery fee for this service of \$30.00/ event. Talk to the head coach if you require race support.

MASTERS

In the past, GBN offered skiers 30 years and older masters coaching to improve

their race skills. This is currently not available

What are Ontario Cup races (O-CUPS)?

There are 4 ski divisions in Ontario: Southern Ontario Division (that's us!), National Capital Division, Northern Ontario Division, and Lake Superior Division. Each division hosts an Ontario Cup event, consisting of 2 to 3 races over 2 to 4 days. These are 'points races': skiers 10 years and older, have the option of purchasing a racing license so that their points may be calculated based on their time behind the winner of each race. From the points list, the Ontario Team and Ontario Talent Squad are selected. GBN has had a skier selected to the Ontario Team almost every year.

Midget skiers may also enter races at an O-Cup event, but a parent must attend the race with them. Please contact the coach during the season if you think your midget skier may be interested.

No later than three weeks prior to each O-Cup, the travel coordinator must be informed of who is attending the O-Cup to book accommodations. Two weeks prior to each O-Cup, there will be a mandatory meeting for all participating skiers and parents. Details concerning volunteer positions, driving, food arrangements etc. will be finalized.

For more information on Ontario Cup races, Ontario Team criteria, points, etc., check out Cross Country Ontario (xco.org) or Cross Country Canada (cccski.com)

Who should get a racing license?

Skiers aged 10 and up can purchase a license to race in Ontario Cup races. O-CUP Team members must purchase a license for the season by going to the Cross Country Ontario website (xco.org) and click on racing license. Enter your data (Bryan Dubeau is a T2T coach and his license # 452078). Timothy Smith is our club official as president.

A racing license allows you to accumulate points toward being named to the Ontario Team. Points also determine seeding for races and this is important especially in a mass start race.

Development skiers may purchase a racing license for the season, as above, or, if they plan on only competing in 1 or 2 Ontario Cups, can pay a daily license fee when they are entered in the race.

What is expected of GBN parents?

GBN is a parent-run club. They must fill positions on the club executive: president, vice president, secretary, treasurer-- plus other supportive roles such as travel coordinator, and uniform coordinator. Feel free to approach any member if you have questions about the running of the club. Ask the coaches about any questions you have related to the athletes.

Current Executive:

President: Timothy Smith
Travel Coordinator: Brent Beck
Uniform: Seonwha Chun
Secretary: Heidi Tones
Midget Liaison: MJ Schlenker
Communications: Ken Beauclerc

Treasurer: Fred Schlenker
Skier Rep: to be determined
BSC Liaison: Timothy Smith
Member at Large: Bob Groh
Fundraiser: Jane Little

Parents and skiers are also expected to help with our fundraising events. Recent fundraisers have included Women & Men on Skis, Moonlight Ski, Pure Grit Trail Race. Love Your Skis is a twice annual ski maintenance fundraiser that raises money specifically for Nationals. All team members are welcome to assist and learn waxing skills. All other fundraising money goes to the general GBN fund.

Races that skiers might attend are held in various locations in Ontario including, for example, Sudbury, North Bay, Ottawa, or Duntroon. Parents must be willing to help out with transportation to some of these races. As well, parents must transport their skiers to and from the Sawmill trails for practices. Parents with waxing skills will be asked to assist at races.

Who enters my skier in a race?

Fred Schlenker will send out a team email asking skiers which races they want to participate in. Parents will respond, and then he will enter skiers in all Ontario Cup races. Parents will enter their own skiers in the SOD and local races on zone4.ca.

Instructions to register your own skier: Go to zone4.ca. Click "Registrations". Find the ski event you are looking for. Follow "Registration Cart" instructions.



What do the registration fees cover?

GBN is coached by volunteers. Registration fees cover administration, club registration and liability (with CCC and CCO), waxes, training equipment, coaches' out-of-pocket expenses, a small stipend for the coaches, coaching course fees and capital costs such as the cost of the GBN wax/equipment shed at Sawmill. The registration fee is pro-rated depending on which GBN category one joins: the Focus Owen Sound and O-CUP teams pay a higher club fee as they use more resources such as race wax and coaching time.

What do the racing fees cover?

Race entry fees, travel, accommodations, food...etc. We base the racing fees on the minimum number of races we ASSUME the skiers will attend. For example, we assume a Focus Owen Sound skier will attend at least the one O-Cup. An account is set up for each skier, and any race fees and associated costs that the skier incurs will be deducted from the racing fees paid at the beginning of the season.

At the end of the season, each skier will be given a full accounting, and depending on which races the skier has attended, additional payment may be required.

*** The GBN fees are set before the complete race schedule is posted. Other local races may pop up and fit into the GBN schedule, or races may be cancelled or postponed due to poor weather. We do our best to set fees based on our knowledge at the time. Parents are free to pay a larger fee at the start of the season if they anticipate their skier may be keen to attend more than the minimum races required. For example, a midget may want to attend an out-of-town O-Cup race. They should anticipate an extra charge to their account of \$250 to \$350 for race fees, transportation, food, and accommodation costs.

What do the GBN registration fees not cover?

RACE ENTRY FEES

SKI EQUIPMENT.....see attached equipment list.

GBN HATS.....mandatory for all skiers.

GBN UNIFORMS.... optional items are: jerseys, jackets, pants, racing suit. O-Cup team members are expected to purchase at least a jacket or jersey.

Travel, accommodations and food for out-of-town races

Policy for coaches/parents/volunteers

For coaches: all travel fees, accommodations and special food requirements (i.e. banquet tickets) are covered by GBN. Regular daily food is not covered.

For parents: A) When driving to O-Cups, parents will submit gas receipts with all skiers' names to be divided evenly amongst all skiers in the vehicle. The driver will not be included in this division. B) When driving to practices at Highlands, or races at Mono, drivers will ask parents to contribute gas money. Parents not driving should expect to pay this each time

For assistant coaches: As parents help out at all races, this designation is in extraordinary situations where Bryan sees a special need for an assistant. This would need to be cleared through the executive BEFORE the race. In this case, 50% of expenses would be covered by GBN.



Who are our coaches?

Bryan Dubeau is a Train to Train (T2T) level coach and his NCCP# is 452078. His passion for competitive Nordic skiing started as a junior with his home town team, North Bay Nordic. He eventually earned a spot on the Ontario Ski Team and National Development Centre (NDC) and he still enjoys competing as a master level skier. In addition to skiing, Bryan also enjoys canoeing, hiking and other outdoor pursuits.

Marilyn Suke is the GBN assistant coach. As well, Marilyn is the Southern Ontario Rep. on the Cross Country Ontario High Performance Committee. In 2012, she was awarded the Cum Laude Award from SOD. A past competitive athlete (swimming, karate), Marilyn discovered nordic skiing when her son joined the high school ski team. She plunged enthusiastically into the sport, and has spent the past few years

improving her coaching credentials. She is currently a National Coaching Certification Program (NCCP) Level 3 coach, has been part of the provincial coaching team at the Canada Winter Games, and is working on some NCCP level 4 coaching requirements (the highest level). Marilyn is also a Coaching Facilitator, teaching coaching courses at the community coach and learning to train levels. This year Marilyn is supported by Timothy Smith.

ALL OUR COACHING STAFF ARE VOLUNTEERS! IN RETURN, PLEASE GIVE THEM A POSITIVE ATTITUDE AND A DESIRE TO DO YOUR BEST.

In summary

GBN is a club run by volunteers that has thrived upon the mutual goodwill and respect among coaches, athletes and parents. If there are things you feel can be improved, please communicate with the executive. If you see a place where your special skills may be of use, please step up. Be patient, communicate, and volunteer to help make our growing club run smoothly.

What the mind can conceive and the heart believe, you can achieve.

Appendix 1

EQUIPMENT LIST ... in order of priority

- Runner's Den, in Owen Sound, offers GBN athletes a 10% discount. Let them know you are with GBN .
- É *** PLEASE talk to a coach before you purchase equipment to ensure it is suitable to your child's skiing level.
- É PLEASE LABEL ALL EQUIPMENT!

SKIS: skate and classic

- Fit is essential - check if skis are still the correct length and stiffness (camber) for the skier's current height and weight. See Brent Beck with your equipment questions.
- Waxless classic are ok for younger beginning skiers and make excellent training skis. They are, however, slow for racing.
- Keep (or acquire) old skis to use as rock skis for training on poor snow days or as warm up for races

Poles: skate, classic, running poles, rollerski poles

Again, fit is essential - a rough guide - skate poles come to chin and classic to armpit when standing on the skis with boots on. Running poles should reach mid chest. Special tips can be purchased for roller skiing.

As the price of the pole increases the weight decreases as well as the pole's ability to transfer power to the snow (too soft a pole will bend rather than push into the snow)

BOOTS: skate and classic

For beginning racers a combi boot is OK, but technique-specific boots do facilitate better skiing. 'Pilot' style boots and bindings seem to have some advantage due to their stiffness and control to transfer force to the ski. Pilot boots fit in "regular"

bindings but not the other way around. Classic boots/bindings are now adopting the Pilot system. Pilot classic boots fit the non-pilot binding - but not really well.

BINDINGS: Because skis are often shared on race day for wax testing, it is common for GBN athletes to use SNS bindings on their skis. This necessitates purchasing Salomon boots. However, it is up to the individual to purchase what is right for him/her.

Roller skis - skate, classic, combi

Roller skis are an excellent pre-season training tool and are generally easier on the joints than running. They build ski specific muscles, balance and technique.

Commercial roller skis are \$300 - \$400. Marilyn has purchased skis and wheels at www.rollerskishop.com and found the company to be reliable and speedy. Fresh Air Experience www.freshairexperience.com also carries roller skis. Classic roller skis take up less room on the road and are a little easier to use where there is traffic. Purchase skis with the slowest wheels.

The club also has some roller skis which we lease at \$20/month.

OTHER:

Waxing Iron: Essential to protect those expensive skis.

Digital watch: Excellent for training - a timing function and waterproof is a bonus.

Heart rate monitor: Again a basic model is excellent for optimizing training as you can ensure you are training in the Zone you have chosen for that particular workout. They can be purchased for under \$100 if you watch for sales. The upgraded models include a timing/ memory function, which is fun but not essential. Keep your packaging as the batteries do wear out and the watch may have to be returned for battery replacement.

Appendix 2

RACE DAY PREPARATION (for skiers and parents)

- Athletes should wake up and eat breakfast 3 -4 hours before their race time. It is the responsibility for each athlete to know his/her start time. This information can usually be found the night before on zone4.ca .
- Check the weather and dress accordingly. Dress in layers. Avoid wearing cotton. Wear an extra layer during pre-race warm-up, and maybe even mitts, or warmer gloves (not race gloves). Plan to pre-ski in a different shirt and then change into a dry base layer for racing. This avoids condensation and getting the chills during racing.
- Athletes should arrive at the race site no later than 90 minutes before their start time in order to receive their bibs, test skis and conduct a proper warm-up. At local races, athletes will also pre-ski their race course.
- Parents may accompany athletes to the start area to collect warm-up clothes, take pictures and cheer like crazy. Parents should not hover at this time, if you are going to be at the start, your job is to act as a "caddy" for the skiers, but most importantly try to avoid any coaching.
- Following their races athletes go for a cool down ski and then touch base with the coach. Here parents should be supportive of their skier and be as positive as possible no matter what the result or how your skier is feeling. It is the coach's task to debrief the skiers to find out what worked and what needs improvement. Let the coach be the coach.
- Thank your coach/waxer and 2 volunteers at the event.

Appendix 3

To All GBN Parents:

The purpose of this letter is to explain the way in which expenses and funding for skiers is managed.

Your fall GBN **registration fees** cover expenses that are required to manage the club. Additional **racing fees** are used to offset the costs associated with race events. Each athlete will be tracked separately in their athlete account.

	Registration Fees	Racing Fees
Development Pee-Wee Team	\$ 225	*
Development Midget Team	\$ 300	*
Focus Owen Sound Team	\$ 375	\$ 225 *
O-Cup Team	\$ 450	\$ 1000 *

* All racing events will have expenses. The racing fees charged the Focus Owen Sound Team and the O-Cup

Team are paid in advance to help offset these expected racing expenses. All racing expenses will be carefully tracked. Balances owing can be paid at any time during the season. A final tally will be presented at the end of the season (approximately March 31st) and any balance owing should be paid at that time. Any extra funds will be refunded.

Your **Registration Fees** are used for the following:

-  coach's expenses
-  transportation to all practices
-  transportation to all Races except Nationals
-  accommodation at all Races except Nationals
-  coaching seminars and workshops
-  cost offset for days missed from work in order to attend race events
-  fall training camp
-  waxes and waxing equipment
-  Cross Country Canada (CCC) club insurance
-  other operating costs (bank fees ó etc.)

In addition to registration fees, all fund raising activities are used to help offset the above expenses.

Racing Fees are covered by each member as required. Expenses include:

-  race registration fees
-  transportation to race events
-  food



accommodation



for Nationals only, a share of coach's transportation and accommodation



expenses incurred by parents will be included with with the expenses of oldest athlete in their family

Money in each athletes account will be used against these expenses until this account is exhausted. For Pee-Wee and Midgets all racing expense are in addition to the fall membership fees. I will provide an update of your account at regular intervals throughout the season. Additional fees can be paid at any time and will tallied at the end of the season.

Details of Racing Expenses: A separate calculation will be done for each race event. Every effort is made to make this as fair as possible. Time will be provided for all parents to review the calculation. I welcome corrections to any mistakes or oversights that I may have made.



Accommodation: All shared accommodation is paid on a per person per night basis, racers and parents alike. Independent accommodation (i.e. accommodation not shared between families) will not be included in any calculations. Coach's accommodation (except for Nationals) is paid out from GBN registration fees



Food Costs are shared between all who eat (athletes, parents and coaches alike). It is very helpful to keep track of who eats which meals, to make the division of foods costs as fair as possible. If you are involved in purchasing and preparing food for any race events, you can be either directly reimbursed for your expense or you can be given a credit for your expense to help further offset racing expenses.



Transportation:

Coach's transportation:

transportation for races (except Nationals) covered out of GBN Regular Expenses

transportation for Nationals will be divided between racers involved and charges to their accounts

For races at Duntroon or the Sawmill, it is expected that each driver will figure out an equitable way to share their gas cost. This should be agreed upon on the day of the race. This cost will not be managed through GBN. If a racer rides with a coach, they are expected to help with their portion of the gas cost. Money can be collected directly by the coach and used to offset their gas expense claim or can be managed through GBN in which case cost will be calculated in a similar manner as shown **on next page**.

For races that are greater distances where driving is shared, the driver is expected to submit receipts for gas. It is also expected that who was in the vehicle for each leg of the trip will be detailed. The gas costs will then be divided up as shown in this example that had a gas cost total of \$240. The cost has been divided into six equal portions including the coach and billed to appropriate skier's account.

Occupants	Cost Incurred	Billed To Account Of	Comment
Driver	\$ 0		Driver Rides for Free
Racer 1 (child of driver)	\$ 40	\$ 80	
Racer 2	\$ 40	\$ 80	
Racer 3	\$ 40	\$ 40	Parent 1 billed to Racer 1 Parent 2 billed to Racer 2
Parent 1 (spouse of driver)	\$ 40		
Parent 2 (parent of skier 2)	\$ 40		
<i>Coach</i>	<i>\$ 40</i>	<i>Paid By GBN Registration Fees</i>	<i>Coach Rides for Free</i>

This calculation will be adjusted when driving changes are made for the return trip home.

Submitting Race Expenses: Please submit all expenses as soon as possible. Expenses include all food, gas and accommodation. Receipts can be submitted electronically (take a picture) or by hand. If submitting electronically please mail to skigbn@gmail.com. If you submit electronically, you can keep the originals. All receipts should be submitted within two weeks of the event (unless there are extenuating circumstances).

Submitting Other Expenses: If you have expenses for fund raising activities and you wish to be reimbursed directly through the money collected (i.e. money for baking ...) please include your receipt in with the remaining cash and write "PAID FROM CASH" on the receipt. Please include YOUR NAME on the receipt.

Thank you for reading this!

Fred Schlenker
skigbn@gmail.com