

Alpine Snowsports Academy  
International Athlete Application  
2021-2022 Season

Name of Athlete:

Date of Birth:

Name and email address of parents:

Number of years competitive ski racing:

Number of years skiing:

Number of days you skied last year:

Have you ever skied in powder / very soft snow? On scale of 1 – 10 with 1 being not at all able to ski in powder and 10 being extremely comfortable, how comfortable are you skiing in powder / soft snow?

On scale of 1 – 10 with 1 being not at all able to ski in powder and 10 being extremely comfortable, how comfortable are you skiing in moguls / bumps?

Please provide video of you skiing in Slalom gates on a blue run (25% grade). The video should be no less than 10 seconds in length.

Please provide video of you skiing in Slalom gates on a 30% - 40% grade (Red Piste in Europe, steep Blue run in North America). This video should be no less than 10 seconds in length.

Please provide video of you skiing in Giant Slalom gates on a blue run (25% grade). The video should be no less than 10 seconds in length.

Please provide video of you skiing in Giant Slalom gates on a 30% - 40% grade (Red Piste in Europe, steep Blue run in North America). This video should be no less than 10 seconds in length.

What is your score on the “20m Multi-stage Fitness Test” otherwise known as the “Beep Test”?

For more information: [https://en.wikipedia.org/wiki/Multi-stage\\_fitness\\_test](https://en.wikipedia.org/wiki/Multi-stage_fitness_test)

[https://www.youtube.com/watch?v=e0U\\_yQITBks](https://www.youtube.com/watch?v=e0U_yQITBks)

Please write 500 words expressing why you want to join the Alpine Snowsports Academy, what you want to accomplish during your year in respect to skiing, ways in which you want to improve as a person (organizationally, communicatively, aerobic fitness level, general athleticism, socially, diet, sleep routine, ...).

The cost for the Alpine Snowsports Academy program is \$21 000 per athlete to be paid to [payvsc@gmail.com](mailto:payvsc@gmail.com) or by cheque to Vernon Ski Club, no later than Sept 1, 2021. **This amount is subject to partial refund depending on each athlete's situation and is explained in further detail below.** The breakdown of this is detailed below and included in the \$21 000 is:

- All coaching costs
- BC Alpine Registration Fees
- The use of Vernon Ski Club equipment and facilities (Race Center when open, gates and club equipment, club cabin, local travel in VSC club van when the van is available)
- Dryland facility and coaching costs
- Winter Season's Pass at Silverstar
- Day passes at camps and races
- Race entry fees
- Coach expenses at races
- Team flights (if attending Canadian Nationals)
- Transportation to and from training camps and races in VSC club van or similar
- Accommodation while away from Silverstar at camps and races
- Team food while away from Silverstar at camps and races

Not included in the Alpine Snowsports Academy price:

- Required Personal Equipment: FIS approved helmet, SL skis in very good repair, GS skis in very good repair, SL poles, minimum 4 pairs of ski straps, Vernon Ski Club jacket, black zip off ski pants, well fitted ski boots, minimum 4 pairs of ski socks, minimum 2 pairs of mitts/gloves, Face covering (buff / neck tube), SL shin guards, SL pole guards, SL chin guard, GS speed suit, goggles (ideally with light and dark lens), 87 degree file guide with clamp, edge tuning file, diamond stone, waxing iron, tuning vices, wax, scraper, good pair of outdoor running shoes, good pair of indoor gym shoes, ice skates, indoor and outdoor athletic wear for dryland sessions, transportation to and from the VSC pickup / drop off site, accommodation, food (except when team meals occur in residential house / condo type settings during camps and races)
- Travel / medical insurance
- Recommended Personal Equipment: Back protector (highly recommended to wear at all times), freeski skis for early season and for soft snow days, race shorts, boot warmers, GS poles, SG skis (if planning on competing in speed events), SG poles (if planning on competing in speed events), nylon base brush.

The following is the cost breakdown of the \$21 000 for the Alpine Snowsports Academy program

- 1) Base Program Fee (BPF) of \$7000. This includes all normal group coaching costs, BC Alpine registration, use of the club cabin and club equipment, all dryland facility and coaching costs. Note: roughly half the annual revenue for Vernon Ski Club is generated through the volunteer efforts of the membership and the local corporate sponsors, most of whom are Vernon Ski Club members. As international athletes' families do not have the capacity to contribute in these two ways, the BPF is approximately double the advertised price that is on the Vernon Ski Club website.
- 2) Silverstar Season's Pass of \$539 (or the updated posted rate on the Silverstar website) plus tax.
- 3) Silverstar Gym Pass of \$120 (or the updated cost for a season's pass at the gym at Silverstar).
- 4) Race Account / Coaching Account of approximately \$13000 or the remaining balance after the BPF and the Season's Pass and the Gym pass have been paid for. Funds from the "Race Account" will cover any costs affiliated with attending races or camps, that are on the Vernon Ski Club U16 calendar. If you don't go to any races or camps, there will be no withdrawals from this Race Account. Funds from the "Coaching Account" will cover any additional coaching costs incurred should a skill ability split exist between this athlete and the rest of the team, which requires additional staffing. Note: all U12-U18 athletes in the Vernon Ski Club have their own Race Account which they pay into monthly. The Coaching Account is simply there to ensure the best training is possible for both the international athlete whom, we have not yet seen on-snow, and the rest of the athletes on their team. This gives the coaching staff the ability to provide further resources directly to this new athlete if it is required, as determined from the coaching staff.

**Any portion of the "Race Account / Coaching Account" fees not spent will be returned to the athlete's family on June 30, 2022.** All athletes will stay in similar accommodation to the rest of the team during races and camps and will be accompanied by a chaperone. Only athletes of the same gender will stay in accommodation together. The coaching staff will always stay in separate accommodation and will only meet in public areas, unless multiple staff members or adults are present.

There are a number of challenges unique to Vernon and Silverstar. Vernon has a public bus system but it does not offer reliable early morning service so all transportation to and from the pickup / drop-off needs to be arranged by the host family. Silverstar is a 30min drive from Vernon and the VSC club van is used by all teams (U16, U14, U12) in the club. If the van is out of town with another team, your athlete / host family will need to arrange for their own transportation to and from training venues. This will be communicated a week in advance when possible. The dryland portion of the Alpine Snowsports Academy includes Strength and Conditioning sessions throughout the winter, one day per week. Your athlete / host family will

need to arrange their own transportation to and from these sessions that happen during the ski season.

The following is specifically directed to the host family:

Competitive Alpine Ski Racing requires a large amount of coordination and support on the part of the parent or host family. Club transportation pickup and drop-off is often required early in the morning and late at night to make the most out of training sessions when the team is away from their home hill. The host family will need to ensure a plan is in place with the athlete each time the athlete leaves for a camp or race to coordinate the safe return following the camp or race.

Please sign that you understand and agree with all items listed above:

Athlete

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Legal Guardian(s) / Parent(s) of Athlete in home country

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Host Family in Canada - Representative

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Legal Guardian while in Canada

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Vernon Ski Club – Program Director

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Snowsports Academy Parent Representative

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Vernon Ski Club – Alpine Chair

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_