

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Alberta Freeskiers/CASSC Coach Mentorship Program 2017-18

### Information Package AND Application Form

Dear High School Parents,

Thank you for your interest in the CASSC Coach Mentorship Program at Calgary Academy. The aim of this letter is to serve as an introduction to the program as well as for us to receive information vital to the selection of our CASSC Coach Mentorship candidates.

The main objective of the Coach Mentorship Program is to mentor and train students (15 years and older) in snowboard/ski coaching techniques including technical components, group management, safety, and overall skill development. The students will have an end goal of obtaining their level 1 introduction coaching certifications in skiing or snowboarding. 1-3 high school credits are available per year for this program.

### The program **Includes:**

- Alberta Freeskiers will provide 12 days of on-snow training at Lake Louise (full days) for mentors training them in skills needed to pass their Level 1.
- Individual and Group skill analysis by Level 3 professional coach
- Leadership experience
- Transportation to Lake Louise

### Price options:

**\$1850** \*\*\*Price Includes: All of the above AND a ski ticket for each ski day at Lake Louise\*\*\*

**\$1500** \*\*\*Price Includes: All of the above. Ski tickets NOT INCLUDED\*\*\*

\*\*\*Ski tickets are non-refundable or transferable and will be made available the day of the event. Tickets will be valid for the duration of the coaching session only\*\*\*

(Prices do not include the cost of coaching certification courses.)

\* Coaching courses have yet to be scheduled. A list of available dates will be sent out when they become available.

\* **Minimum/Maximum #'s:** We will need a minimum number of students to start this program. Also, we will have a maximum number of applicants that we handle per year.

Please retain this first page for your information

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

## CASSC Loyalty Rewards Program

### Payment Form

**\*\*\*Deduct \$100/year for every year your son/daughter has been in the CASSC program\*\*\***

Example:

CASSC member since grade 6 entering grade 9 = subtract \$300

### Price:

**\$1850** **\*\*\*Price Includes: All of the above AND a ski ticket for each ski day at Lake Louise\*\*\***

**\$1500** **\*\*\*Price Includes: All of the above. Ski tickets NOT INCLUDED\*\*\***

**\*\*\*Ski tickets are non-refundable or transferable and will be made available the day of the event. Tickets will be valid for the duration of the coaching session only\*\*\***

**Tickets included \$1850 or No \$1500 \_\_\_\_\_**

**Subtract number of years in CASSC x \$100 \_\_\_\_\_**

**Total Paid \_\_\_\_\_**

**Payment** – please submit **2 cheques** along with the complete registration package and payment form - CASSC requires a **\$1000** deposit along with a postdated cheque dated September 1<sup>st</sup> 2017 for the remainder). **Cheques made payable to Calgary Academy.**

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Applicant Information**

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_

Grade (2017-2018): \_\_\_\_\_

Birth date: \_\_\_\_\_(year)\_\_\_\_\_ (month)\_\_\_\_\_ (day)

Phone Number (Home): \_\_\_\_\_

Participant Email Address: \_\_\_\_\_

Ski or Snowboard: \_\_\_\_\_

**Parent/Guardian Contact Info**

Mother Name: \_\_\_\_\_

Phone Numbers: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Mother Email Address: \_\_\_\_\_

Father Name: \_\_\_\_\_

Phone Numbers: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Father Email Address: \_\_\_\_\_

Emergency Contact Name (Non-Parent): \_\_\_\_\_

Emergency Contact Phone Numbers (List All): \_\_\_\_\_

Alternate Contact Name: \_\_\_\_\_

Alternate Contact Phone Number: \_\_\_\_\_

Alberta Healthcare #: \_\_\_\_\_

Medical Conditions (If applicable): \_\_\_\_\_

Medications (If applicable): \_\_\_\_\_

Allergies/Severity: \_\_\_\_\_

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **CASSC-Alberta Freeskiers Coach Mentorship Student Application Form:**

Why do you want to be a Ski Snowboard coach?

The CASSC Coach Mentorship dates will take place on Wednesdays during the school year. During the 12 Lake Louise sessions however, the full day will be used and the Wednesday morning classes will be missed. Do you commit to excellent attendance and being on time during the events you go to? (Circle one)

**Yes No**

Do you commit to staying caught up with your school work and keeping your grades up, so that your teachers will allow you to miss 7 Wednesday mornings?

(Circle one)

**Yes No**

Are there any extra-curricular commitments that you participate in which may conflict with the CASSC trips? If so, what commitments?

List any previous coaching experience/skills/certifications you have:

On a scale of 1 to 5, circle your level of physical activity outside of a Phys Ed class.

1 2 3 4 5 (1=not much 5=very active)

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

What type (kind and duration) of physical activity do you do on a regular basis to maintain your fitness level?

The coach mentorship program involves a great deal of leadership skills. List what qualities are needed for an effective leader? **From this list, which qualities do you possess and practice on a daily basis?**

Sometimes more students apply than there are spaces available. Filling out this form and submitting it by the due date is an essential part of your application to be part of the Coach Mentorship Program, but does not guarantee you a space in the program. Attitude and trustworthiness demonstrated at school, attendance patterns in the past year, and the information you provide in this form will all be factors that are considered. All students who apply will be notified whether they have received a spot in the program or not as soon as the decision is made.

**The next page (letter of reference form) must be filled out by a current teacher of the applicant. Please attach the reference letter to the application and submit to Lanny Donde**

**Thanks for your interest in the CASSC Coach Mentorship Program!**

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please rate the skiing or snowboarding ability of the CASSC participant based on the chart below:

	Ski Ability Ratings	Snowboard Ability Rating
<b>Level 1</b> First Time	-Zero or Little Experience -Unable to Ride Lifts Alone	-Zero or Little Experience -Unable to Ride Lifts Alone
<b>Level 2</b> Novice	-Learning to turn in control on gentle slopes -Progressing to chairlifts & easy green runs	-Experience on gentle green slopes -Some experience with chair -Able to side slip on toe AND heel edge -Balance is shaky, concerned about speed and falling -Hesitant to link turns -Developing confidence with beginner turns
<b>Level 3</b> Comfortable Novice	-Can link strong snow-plow turns or wide parallel on groomed blue runs. CAN "hockey" stop -Comfortably skis groomed blue runs (Lake Louise standards) but cautiously -Skis in Parallel position MOST of the time -Confident riding chairlifts	-Comfortable on any chair -Links turns with ease and engages some edging -Beginning to ride switch -Less concerned with falling -Can perform skills comfortably on blue (groomed) runs at Lake Louise -Is aware of various turns shapes and beginning to try them
<b>Level 4</b> Intermediate	-Able to ski parallel turns with pole plant -Can ski mostly blue runs on varied terrain, black (Lake Louise standards) remain a challenge but can get down -Would like to explore more varied terrain -Comfortable taking small air and willing to learn small features in the terrain park	-Experience with chair lifts including Summit Platter at Lake Louise -Linking turns with edge control (CARVING) -Comfortable on blue (NON-GROOMED) runs -Strong Balance and Speed Control -Developing skills riding switch -Eager to ride varied snow conditions and terrain -Can execute various turn shapes when varied conditions demand -Can use knees to absorb terrain -Can take simple "air" off of small jumps and land flat
<b>Level 5</b> Advanced	-Able to ski strong parallel turns with a pole plant in all blue runs & easy black runs -Learning short turns, off piste, moguls, powder, and more difficult terrain -Working with Small/Medium sized features in the terrain park -Willing to use the Summit Poma lift at Lake Louise	- Can Ride ALL Blue and most black runs at Lake Louise -Rides off piste, moguls, powder -Confidently goes up all types of lifts including summit platter -Can perform 180's working towards 360s. -Developing rail skills - can ride all terrain on any mountain - carving the board on blue groomed runs - working with medium sized features in the terrain Park -ALL level 4 skills can be performed at higher speeds with confidence
<b>Level 6</b> Expert	-Enjoys the challenge of skiing in control in ALL conditions and ALL terrain Willing to refine technique in All Mountain Environments Developing discipline specific skills (ex. Border-cross, half pipe, slopestyle, big mountain competitions), Progressing to Large features in terrain parks	- Progressing to Large features in terrain parks - Can ride ALL terrain on any mountain with confidence - Developing discipline specific skills (ex. Bordercross, half pipe, slopestyle, big mountain competitions, - Either working towards competition OR training to compete

Skiing or Snowboarding: \_\_\_\_\_ Level Rating: \_\_\_\_\_

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

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

### **CASSC Coach Mentorship Program Letter of Reference Form**

To assist CASSC and Alberta Freeskiers personnel in getting to know the student better we would appreciate your evaluation of the student in a few areas, which are important to their success and enjoyment of the program.

Please complete and return the form to the student in a sealed envelope so that he/she can submit it with their application.

Student Name: \_\_\_\_\_

How long and in what capacity have you known the student?

\_\_\_\_\_

Please indicate your assessment of the student's competence in the following areas in comparison to other students whom you have known.

	Below Average	Average	Above Average	Outstanding
Self-Motivation				
Adaptability				
Interpersonal Skills				
Problem Solving				
Leadership				
Organization				
Punctuality				
Empathy				
Ability to attend to instruction				

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

Would you recommend this student to participate in the CASSC Coach Mentorship Program?  
(Circle One): **YES**      **NO**

Please feel free to attach any additional information you feel would help us get to know the student better.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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



Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

CERTIFICATION OF CONSENT AND AUTHORITY  
RELEASE OF LIABILITY, WAIVER OF CLAIMS,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

This Waiver and Acknowledgements Form *must* be completed by a parent or guardian of the minor registering in the CASSC Coach Mentorship Program 2017-2018 Program.

Part One - WAIVER and RELEASE

I, \_\_\_\_\_ (Parent or Legal Guardian) hereby for myself, my heirs, executors, administrators and assigns, waive any and all claims that I have or may have in the future against Calgary Academy and CASSC (Calgary Academy Ski/Snowboard Club), their executive directors, servants, agents, sponsors, supporters, employees, contractors or volunteers (all of whom are hereafter the Releasees) and to release the Releasees from any and all liability for any loss, damage, expense or injury including death that my son/daughter may suffer as a result of their participation in any activity (hereafter the Event), by one or more of the Releasees, due to any cause whatsoever, including negligence, breach of contract, or breach of any statutory or other duty of care owed on the part of the Releasees and further including failure on the part of the Releasees to safeguard or protect my son/daughter from the risks, dangers and hazards associated with the Events scheduled by CASSC.

I further waive and release any and all claims that I may have in the future, on my own behalf, against Lake Louise and Alberta Freeskiers. I agree that my son/daughter will abide by CASSC regulations and the directions of CASSC/Alberta Freeskiers personnel. Failure to do so may result in CASSC terminating my son/daughter from the CASSC activities immediately.

I hold harmless and indemnify the Releasees from any and all liability for any property damage or personal injury to any third party resulting from the participation of my son/daughter in the CASSC Events. I further waive and release any and all recourse which I may now have or may in the future have resulting from any decisions of the Releasees in association with the CASSC Events, including any claims I might have in connection with any cancellation or rescheduling of the Events for whatever reason.

Risks and Dangers: I acknowledge that activities such as skiing/snowboarding or any cross training activities related to CASSC involves risks and dangers including, but not limited to: accidents that occur traveling to and from the event; slips, trips, falls or collisions; encounters with other skiers, obstacles (manmade or natural) or wildlife; steep and varied terrain, uneven snow conditions; falling snow or ice; adverse weather conditions; frostbite; hypothermia; exhaustion. I acknowledge that it is the policy of Calgary Academy to take all reasonable precautions with respect to such activities and to provide a safe environment. I freely accept and fully assume all risks, dangers and hazards associated with my child's participation in CASSC Events and the possibility of personal injury, death, property damage or loss resulting therefrom.

Health: I declare that my son/daughter's physical condition, to the best of my knowledge, is adequate to participate safely in the CASSC Events and that no physician or other medically qualified individual has advised me against participating in the Events. I further acknowledge and agree that it is my choice whether I will obtain a physical examination for my son/daughter prior to participating in the Events, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and am instructed to not allow my son/daughter to participate in the CASSC Event, I hereby assume all risks associated with my son/daughter's participation.

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

Cancellation or Rescheduling: I acknowledge that CASSC, may choose to cancel or reschedule the Events if travel or Event conditions are deemed unsafe (e.g., weather, temperature road conditions, snow conditions, health advisory). I accept that these organizations will not be liable for any costs I may bear as a result of such cancellation or rescheduling.

If my son/daughter becomes ill or incapacitated, I agree to appoint CASSC and its employees to take any action they deem necessary for my son's/daughter's safety and well-being, including securing medical treatment at my own expense (ambulance ride costs approx \$950.00 from Lake Louise to Banff) and transporting my son/daughter home.

I understand that I will be required to pay for my son/daughter, any phone calls or incidental personal expenses that my son/daughter incurs while on the CASSC trips, as well as for any damage my son/daughter may cause while on the CASSC trips.

I understand that CASSC students are under complete supervision while participating in CASSC Events until the scheduled time, after which time they will remain at the school without supervision until picked up by a parent or guardian. Supervision ends at 5:45pm during the Lake Louise trips, after which time, students will be left unsupervised at Calgary Academy until picked up by a parent or guardian.

I understand and consent that Calgary Academy may use any film likenesses taken of my son/daughter and any of my son's/daughter's comments while on the CASSC trips for school and club promotion only.

I have read and understand the above acknowledgements and accept the terms and conditions of my son/daughter's participation in CASSC (2017-2018) and confirm all information is true and accurate. **I understand that the information I provide in regards to the ability level of my son/daughter is very important for the safety of my child.** I verify that the information that I have provided to CASSC – Calgary Academy Ski/Snowboard Club above is accurate.

I, \_\_\_\_\_ (Parent or Legal Guardian), consent and agree to the above terms, conditions and waivers.

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Address and Contact Number

\_\_\_\_\_  
Witness Full Name

\_\_\_\_\_  
Student Signature

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_



#### **Club Cold Weather Policy**

1. We will communicate via email and telephone when training needs to be cancelled due to cold weather or hill closures.
2. We ask that you do your best to check the hills website and the team website before coming if you think that they may be closed due to weather.
3. The decision to cancel a training session will be done on a case by case basis, given the weather conditions at the time.
4. It is the policy not to cancel any training sessions unless it is deemed to be dangerous to the athletes and the coaches to be outside at any given time.
5. Please dress appropriately for any weather that may be encountered outside.

#### **Athlete Code of Conduct Training Policy**

1. It is important that you listen to your coach during training sessions for safety.
2. If there is a situation that arises and an athlete does not listen there will be a verbal warning given to the athlete.
3. If another incident is cited during the same training session the athlete will be removed from training for the day and given a written warning.
4. If another incident is cited during another training session the athlete will be removed from training for 2 weeks and given another written warning.
5. If a 3<sup>rd</sup> incident is cited during the season the athlete will be removed from the program for the season with no refunds given.

#### **Club Safety and Helmet Policy**

To ensure the commitment to the safety, welfare and wellbeing of athletes, volunteers and parents is maintained at all times during their participation in the activities run by Alberta Freeskiers It is our aim to promote a safe environment for all and to endorse the use of best practices and **all safety equipment** to better enhance the enjoyment and promotion of our sport.

#### **Application**

When members are actively participating in Club activities or promotion of the sport, they must wear all appropriate safety gear including an approved helmet and apparel and practice all appropriate courtesy and etiquette expected in pursuit of sporting excellence and general recreational enjoyment for all.

#### **Protective Mechanisms:**

- Assess and be aware of course/slope hazards and conditions
- Proper use of all club required safety related sporting gear
- Demonstrate to and train all participants specifically in the proper care and use of protective helmets
- Lead by example for maintenance of sportsman like behaviour and etiquette at all times

#### **Responsibility:**

Coaches: are responsible to facilitate and/or provide proper instruction to all participants on the personal protection requirements, training, and course condition inspections and enforcement of same.

Participants: are responsible to safeguard themselves and others around them by safely participating in all club activities and properly wear all gear required by the club for their personal protection. They are also expected to adhere to all clubs rules, policies and requirements at all times.

Parents: are responsible to ensure their children understand and adhere to the rules of the club and that the children are **properly and actively** using all protective equipment at all times during club activities.

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Alberta Freeskiers Release Form**

In consideration of Alberta Freeskiers accepting the application of the person identified at the end of this document as the "Member" to become a member of the Club and permitting that person to participate in one or more Club programs, the Member covenants and agrees as follows:

1. If the Member is 18 years of age or over (an "Adult"), the Member represents and confirms that the Member is not legally incapacitated (whether pursuant to the Bankruptcy and Insolvency Act (Canada), the Dependent Adults Act (Alberta) or other applicable legislation) from granting this liability release.
2. If the Member is under 18 years of age (a "Minor"), the person identified at the end of this document as the "Guardian" represents and confirms that the Guardian is 18 years of age or over; is not legally incapacitated (whether pursuant to the Bankruptcy and Insolvency Act (Canada), the Dependent Adults Act (Alberta) or other legislation) from granting this liability release; has the legal capacity and authority to grant this liability release on behalf of the Minor; and this liability release binds and is effective against the Minor.
3. The Member (or, if the Member is a Minor, the Guardian) acknowledges that skiing and snowboarding each involves many risks, dangers and hazards including, but not limited to: boarding, riding and disembarking ski lifts; changing weather conditions; avalanches; exposed rock, earth, ice, and other natural objects; trees, tree wells, tree stumps and forest dead fall; the condition of snow or ice on or beneath the surface; changes or variations in the terrain which may create blind spots or areas of reduced visibility; changes or variations in the surface or sub-surface, including changes due to man-made or artificial snow; variable or difficult snow conditions; streams, creeks and exposed holes in the snow pack above streams or creeks; cliffs; crevasses; snowcat roads; road-banks or cut banks; collision with lift towers; fences, snow making equipment, snow grooming equipment, snowcats, snowmobiles or other vehicles, equipment or structures; collision with other skiers or snowboarders; the failure to ski or board safely or within one's own ability or within designated areas; negligence of other skiers and snowboarders, and negligence on the part of ski area operators and staff to safeguard or protect me from the risks, dangers and hazards of skiing or snowboarding. The Member (or, if the Member is a Minor, the Guardian) is also aware that the risks, dangers and hazards referred to above exist throughout the ski areas and many are unmarked.
4. The Member (or, if the Member is a Minor, the Guardian) acknowledges that ski or snowboard competitive training and competitive events each involves many risks, dangers and hazards including, but not limited to all the risks described in paragraph 3 above, and the additional risks of collision with race start area equipment and structures, race course gates, finish area equipment and structures, fencing, netting and supporting structures, spectators and race officials; and the state and changing state of the race course or terrain itself, including race course jumps and other terrain features.
5. The Member (or, if the Member is a Minor, the Guardian) acknowledges and agrees that, while providing alpine ski and snowboard programs, the directors, officers, employees, coaches, volunteers, members and others providing services to the Clubs are not personally liable for any injury, damage or loss the Member might suffer as a result of the Member's participation in any such program(s).
6. The Member (or, if the Member is a Minor, the Guardian) is aware of the risks, dangers and hazards associated with skiing and snowboarding generally, and freely accepts and fully assumes all such risks in respect of the Member's participation in all Club activities.
7. The Member (or, if the Member is a Minor, the Guardian) hereby waives any and all claims that the Member has or may have in the future against the Clubs, their directors, officers, employees, coaches, volunteers, members and others providing services to them, and their successors and assigns, (all of whom are hereinafter collectively referred to as "the releases") and hereby releases the releasees (and each of them) from any and all liability for any loss, damage, expense or injury (including death) that the Member may suffer resulting from the Member's participation in any Club program (and participation includes all training, races, travel, accommodation and other ancillary involvement in any program) due to any cause whatsoever, including negligence, breach of contract, or breach of any statutory or other duty of care on the part of the releasees or any or some of them, and also including the failure on the part of the releasees to safeguard or protect the Member from the risks, dangers and hazards of skiing and snowboarding referred to above.

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

8. The Member (or, if the Member is a Minor, the Guardian) shall hold harmless and indemnify the releasees and each of them from any and all costs, claims, actions or proceedings arising in respect of any damage to or destruction of property of, or expense or personal injury (including death) to, the Member or to any third party, resulting from the Member's participation in any Club program (and participation includes all training, races, travel, accommodation and other ancillary involvement in any program).
9. This agreement shall be effective and binding upon the Member (and, if the Member is a Minor, the Guardian), and each of the heirs, next of kin, executors, administrators and representatives of the Member (and, if the Member is a Minor, the Guardian). This agreement is governed by and interpreted in accordance with the laws of the Province of Alberta and any litigation involving the parties to this agreement shall be brought within the Province of Alberta. If the Member is a Minor, this agreement is binding upon the Guardian and Minor even if signed only by the Guardian.

In giving this liability release the Member (or the Guardian, if the Member is a Minor) is not relying upon any oral or written representations or statements made by the releasees with respect to the safety of skiing or snowboarding or the nature of the Clubs' programs.

The Member (or the Guardian, if the Member is a Minor) has read and understands this agreement and is aware that by signing this agreement the Member is waiving certain legal rights which the Member or the Member's heirs, next of kin, executors, administrators, and representatives may have against the releasees.

**Signed:**

**Dated:**

<b>Athlete Name:</b>
<b>Guardian Name/s:</b>
<b>Guardian Phone #</b>
<b>Email:</b>
<b>Athlete date of birth:</b>
<b>Home Address:</b>
<b>Home Phone #:</b> <b>Cell#:</b>
<b>Alberta Health Care #:</b>
<b>Emergency Contact Person:</b>
<b>Emergency Contact Phone #:</b>