

TDCAA ALPINE / SNOWBOARDING Booklet 2021

PART A: SAFETY REQUIREMENTS

Ontario Physical Activity Safety Standards in Education (OPASSE)

All coaches must review and follow the most recent copy of the [OPASSE GUIDELINES](#) for the sport they are coaching (under Secondary, Interschool)

Please take special note of the following requirements associated with:

Risk Management

First Aid

Special Rules/Instructions

Supervision

Coaches Expectations & Qualifications (for further information on sport specific NCCP training, visit www.coach.ca)

Excursion/Permission Forms: [TCDSB](#) [OPHEA SAMPLE](#)

Concussion Awareness and Safety

In accordance with Policy/Program Memorandum No. 158, the TDCAA will follow and support the mandates of Rowan's Law. The following must occur annually, at the commencement of the athletic season:

a) coaches must complete the on-line [TDCAA Coaches Concussion Code of Conduct](#)

b) coaches will have student athletes review and follow a Concussion Code of Conduct:

[TCDSB Student Code of Conduct](#) (in section 8)

[OPHEA's Sample Code of Conduct](#)

c) coaches will provide Ontario Concussion Awareness Resources to student athletes and parents:
[Concussion Guides for Athletes and Parents](#)

In the event of a suspected concussion convenors, coaches, and student athletes must follow an established Return to Play Protocol.

Note: TCDSB has established [Concussion Return to Play Protocols](#) for its students and coaches to follow. Non TCDSB participants should reference their Board's or [OPHEA's Concussion Protocols](#)

Coaches may find it useful to have a recognized [Sport Concussion Recognition Tool](#) with them for practices and competition.

PART B : FROM TDCAA CONSTITUTION

TDCAA Alpine Skiing / Snowboarding is an official TDCAA activity. Alpine Skiing / Snowboarding follows OPHEA/OPASSE , OFSAA, and the FIS playing regulations.

REGISTRATION

Schools must register for Alpine Skiing / Snowboarding at the designated time. A school may withdraw its team before distribution of the final schedule. The school will be charged only the \$ 25.00 registration fee.

A school who withdraws its team after the schedule has been distributed will assume the following actions:

- automatic \$100 fine
- automatically ineligible for competition in alpine skiing/ snowboarding the following year. (This can be appealed to the TDCAA executive.)

ELIGIBILITY/TRANSFERS

Eligible athletes must be satisfy the By- Laws and Standing Rules as per the TDCAA Constitution.

- All eligibility shall be completed electronically through Athletic Eligibility List System (AELS) which is coordinated through the OFSAA office. Athletic Directors have the code for their schools to access AELS.
- Eligibility must be completed before the first competition. (It is recommended that registration be completed before first practice).
- Athletes as well as coaches must be included on the AELS site.
- Approved transfers are included on the eligibility form. Athletes who have not been approved must not be included until the athlete has been approved.
- All students who transfer into your school (excluding Grade 9-first year of high school) are ineligible for competition for a period of twelve months from the date of transfer. To become eligible, transfer students must complete the "TRANSFER APPEAL FORM" and forward to the TDCAA Transfer Chairperson (Lorraine Kelly – Senator O'Connor or Tavia Ferreira – St. John Paul II). An athlete awaiting Transfer Appeal decision is ineligible to play in any games (league or exhibition or tournament). This athlete may practice with the team until the transfer has been approved and the athletic director has been notified.
- An student who transfers into your school in second semester is ineligible to compete in winter sports (Alpine Skiing; Snowboarding; Swimming; Jr & Sr. Girls' Volleyball, Boys' & Girls' Hockey, and Jr. & Sr. Boys' Basketball even if their transfer is approved.)

- An athlete whose transfer is denied has the right to appeal the decision to the TDCAA Transfer Appeal Board.

ELIGIBILITY/AGE

- Girls & Boys
- Open Grades 9-12
- Eligibility for the TDCAA and OFSAA is based on the athlete's year of birth. An athlete is eligible to compete in high school sports for five years from the time they entered grade nine and were born in 2000 or later. Athletes must meet both requirements.

There is no appeal to this rule.

Please link to TDCAA website for dates for each new school year.

ELIGIBILITY / ACADEMICS

An athlete must be a bona fide student at their school.

Students With Less Than 22 Credits:

-non-semester schools – must be registered in a minimum of six (6) full day school credit courses.

-semester schools– must be registered in a minimum of three (3) full day credit courses in the semester that Cross Country takes place (Fall).

Students With More Than 22 Credits:

-non-semester schools – must be registered in a minimum of four (4) full day school credit courses

-semester schools – must be registered in a minimum of two (2) full day credit courses in the semester that field hockey takes place (Fall).

PART C: SPORT SPECIFIC INFORMATION

TDCAA ALPINE SKIING & SNOWBOARDING CHAMPIONSHIP 2019 - 2020

MOUNT ST. LOUIS SKI CLUB.

PART 1 -GENERAL INFORMATION

DATE: TUESDAY FEBRUARY 11, 2020

LOCATION: MOUNT ST. LOUIS SKI CLUB

705 – 835 – 2112 snowschool@mslm.on.ca

ENTRY DUE DATE – TUESDAY FEBRUARY 4, 2020

SCHEDULE OF EVENTS – Tuesday February 11, 2020

TIME: 8 :30 - Registration & Distribution of Competitor Bibs

9 :30 - Coaches Meeting

10:00 - Course Inspection - GIANT SLALOM

10:30 or ½ hour after the beginning of Course Inspection

ORDER OF EVENTS - ALPINE – GIANT SLALOM ROUND 1 & 2; Open Division High School Division

- SNOWBOARDING - ROUND 1 & 2

(Round 2 will follow Round 1 immediately for both Alpine & Snowboarding unless the race courses need to be reset)

WE MAY START EARLIER IF ALL SCHOOLS HAVE ARRIVED AND REGISTERED

AWARD PRESENTATIONS

Award presentations will take place after the completion of both events

REGULATIONS : TDCAA FOLLOWS FIS & OFSAA REGULATION

1) At OFSAA & TDCAA, snow sport helmets must be worn by all coaches and officials while on the hill

SLALOM EVENTS AT OFSAA

The following new rule applies for athletes who qualify for OFSAA only since we do not have a Slalom event at our TDCAA Championship.

1. FIS approved slalom helmets which **must have a chin guard attached to the helmet** and which bear the following certification codes (CEE 1077, US 2040, or Snell S98 or R98) are permitted **OFSAA slalom specific events only**. Otherwise, competitors must wear a GS helmet.

PAGE TWO

Hiking to complete passage of a missed gate is only allowed in Slalom events. A competitor who misses a gate in a Slalom event may hike only if no interference with the following competitor will occur; a passed competitor may not continue on course. If a competitor misses a gate in a Giant Slalom event, he/she must immediately exit the course.

Al Hagerman, one of our TDs emailed this to me:

"The no climbing rule is a FIS rule. As GS is a speed event with set time intervals it was decided that if at any time a racer comes to a complete stop and forward motion ends then the racer is done - no climbing. This is for the safety of the racer and the next racer on course. You are still allowed to climb in SL as long as you not interfere with the next racer. If you cannot make the gate in a safe time the racer must ski out .

PART 2 - FEES – 2019 - 2020

LIFT TICKETS : \$ 30 A PER SKIER & SNOWBOARDER

PLEASE MAKE **ONE CHEQUE** PAYABLE TO **"TORONTO DISTRICT COLLEGES ATHLETIC ASSOCIATION"**. INDIVIDUAL CHEQUES FROM ATHLETES WILL NOT BE ACCEPTED. LIFT TICKETS WILL BE DISTRIBUTED AT REGISTRATION UPON PAYMENT. THERE WILL BE A COMPLIMENTARY TICKET FOR COACHES.

IF YOU ARE BRING ING STUDENTS WHO ARE NOT COMPETING BUT JUST SKIING, THEY MUST ALSO PAY THE \$ TBD LIFT TICKET.

TDCAA ENTRY FEE : \$ 30 . 00 PER SKIER & SNOWBOARDER

PLEASE MAKE **ONE CHEQUE** PAYABLE TO **"TORONTO DISTRICT COLLEGES ATHLETIC ASSOCIATION"** TO COVER THE COSTS OF THE TOTAL NUMBER OF COMPETITORS FROM YOUR SCHOOL.

PLEASE BRING THIS CHEQUE TO REGISTRATION.

TDCAA does not accept VISA / Master Card / Debit

Payment must be made by cheque or cash only.

RENTALS

If you need to rent equipment from Mount St. Louis, you must do so as a school. TDCAA is not responsible for payment of rental.

Mount St. Louis Rental Fees – I would recommend that you order ahead of time.

Fees (Include HST)

Skiing: \$ 13.84 (includes Skiis / Boots / Poles)

Snowboarding : \$ 13.84 (includes Snowboard / Snowblade/ Boots)

Helmets: \$ 5.10

PART 3 - ENTRIES

A) ALPINE – GIANT SLALOM

OUR TDCAA ALPINE CHAMPIONSHIPS WILL BE A GIANT SLALOM EVENT ONLY.

Number of Teams: You may enter a second team as long as your first team has eight skiers.

High School (LEVEL 1) & Open (LEVEL 2) - MAXIMUM EIGHT (8) SKIERS TO RACE; THREE (3) TO COUNT

THESE ARE TEAM EVENTS. EACH SCHOOL MAY ENTER A MAXIMUM OF EIGHT (8) COMPETITORS AT EACH OF THE HIGH SCHOOL DIVISION AND THE OPEN DIVISION . THERE IS NO MINIMUM REQUIREMENT.

YOU MAY ENTER MORE THAN ONE TEAM . HOWEVER, TEAM 1 MUST HAVE 8 SKIERS BEFORE YOU CAN START TEAM # 2 .

FOR TEAM AWARDS, THER MUST BE A MINIMUM OF THREE SKIERS COMPETING AND COMPLETE THE COURSE (BOTH ROUNDS).

WE WILL HAVE 2 ROUNDS WHICH WILL FOLLOW EACH OTHER UNLESS WE NEED TO RESET THE COURSE.

WE WILL RUN THE EVENT IN THE FOLLOWING ORDER:

ORDER OF RACES

OPEN BOYS (Level 2); OPEN GIRLS (Level 2) ; HIGH SCHOOL BOYS (Level 1) ; HIGH SCHOOL GIRLS (Level 1)

We will not use Bibbo Rules for the second round. We will use the same order of skiers in both rounds.

ELIGIBILITY

A) ALPINE

HIGH SCHOOL DIVISION – Participants are school trained athletes. They have NO ski league affiliation & race training beyond the U – 12 category

OPEN DIVISION – Participants are those athletes who have ski affiliation and race training beyond U -12 category

B) SNOWBOARDING

SNOWBOARDING IS AN OFFICIAL EVENT AT THE TDCAA SKI CHAMPIONSHIPS.

THE SNOWBOARDING COMPETITION IS OPEN TO ALL ELIGIBLE ATHLETES EXCEPT THOSE COMPETING IN THE ALPINE SKIING EVENT.

THERE ARE TWO LEVELS IN SNOWBOARDING.

HIGH SCHOOL DIVISION (LEVEL 1 – TEAM EVENT – MALE TEAM - MAXIMUM NUMBER OF 12 FEMALES – MAXIMUM NUMBER OF 12

Participants are those snowboarders who are school trained only.

OPEN DIVISION (LEVEL 2) – INDIVIDUALS ONLY – UNLIMITED NUMBER

Participants are those snowboarders who have competed in A.O.S. Stage 4 or higher, and/or trained – to- compete or equivalent club level racing events(including alpine and/or boarder cross). This would exclude slopestyle and half pipe events.

NOTE :

- 1) YOU CANNOT ENTER A COMPETITOR IN BOTH ALPINE & SNOWBOARDING**
- 2) A COMPETITOR MAY NOT BE COMPETING IN A FIS RACE ON THE SAME DAY**

ALL ATHLETES MUST BE ELIGIBLE UNDER TDCAA ELIGIBILITY & TRANSFER REGULATIONS.

ELIGIBILITY FOR ALL TDCAA EVENTS IS DONE ELECTRONICALLY. PLEASE SEE YOUR ATHLETIC DIRECTOR ABOUT SUBMITTING YOUR ELIGIBILITY. YOU MUST SUBMIT YOUR ELIGIBILITY THROUGH THE AELS PROGRAM

PART 4 – REQUIRED FORMS – TDCAA

- 1) PRACTICE ELIGIBILITY FORM – FOUND AT THE BOTTOM OF THE PACKAGE**
- 2) RACER PROFILE FORM – FOUND AT THE BOTTOM OF THE PACKAGE**
- 3) TDCAA RELEASE OF LIABILITY FORM – FOUND AT THE BOTTOM OF THE PACKAGE**

PRACTICE ELIGIBILITY FORM – ALPINE AND SNOWBOARDING

EACH SCHOOL MUST COMPLETE AND SUBMIT THE PRACTICE FORM FOR ALL PARTICIPATING ATHLETES IN BOTH ALPINE AND SNOWBOARDING EVENTS. TO BE ELIGIBLE FOR THE TDCAA CHAMPIONSHIPS.

AN ATHLETE MUST HAVE PARTICIPATED IN A TOTAL OF (4) PRACTICES (AT LEAST ONE MUST BE ON HILL) WITH THEIR SCHOOL TEAM PRIOR TO THE CHAMPIONSHIPS.

TO BE ELIGIBLE FOR THE OFSAA 2020 CHAMPIONSHIPS, AN ATHLETE MUST PARTICIPATE IN A TOTAL OF EIGHT (8) PRACTICES (ONE OF WHICH MUST BE ON HILL).

PLEASE NOTE: COMPETITIONS DO NOT COUNT AS A PRACTICE. AS WELL, YOU CANNOT COUNT TWO PRACTICES ON THE SAME DAY (MORNING AND AFTERNOON) . THIS WOULD COUNT AS ONE PRACTICE.

RACER PROFILE – ALPINE EVENT ONLY

EACH ATHLETE COMPETING IN THE ALPINE EVENT MUST COMPLETE A RACER PROFILE WHICH MUST BE SUBMITTED AT REGISTRATION.

TDCAA RELEASE OF LIABILITY FORM

EACH ATHLETE MUST COMPLETE THE TDCAA RELEASE OF LIABILITY FORM WHICH MUST BE SUBMITTED AT REGISTRATION. THE RELEASE FORM SHOULD ALSO BE SUBMITTED FOR ANY STUDENT THAT IS SKIING BUT NOT COMPETING.

I will distribute the OFSAA Release of Liability Forms to schools that qualify athletes to OFSAA

NOTE: THE THREE FORMS ARE EXTREMELY IMPORTANT . IF ANY ONE OF THE FORMS IS NOT SUBMITTED AT REGISTRATION, YOUR ATHLETES WILL NOT BE ELIGIBLE TO COMPETE AT THE 2020 CHAMPIONSHIPS.

HELMETS

ALPINE SKIING

AT BOTH THE TDCAA & OFSAA CHAMPIONSHIPS . ALL SKIERS MUST HAVE SKI BRAKES.

HARD SHELL CRASH HELMETS (DESIGNED FOR GIANT SLALOM ALPINE SKI RACING) WHICH PROVIDE COMPLETE HEAD PROTECTION (FRONT & BACK) AND FULL EAR PROTECTION ARE MANDATORY FOR ALL HIGH SCHOOL (LEVEL 1) AND OPEN (LEVEL 2) COMPETITORS.

PLEASE NOTE: THE FOLLOWING RULE APPLIES ONLY TO OFSAA IF YOU HAVE AN ATHLETE WHO QUALIFIES SINCE THEY WILL COMPETE IN BOTH SLALOM & GIANT SLALOM EVENTS

FIS APPROVED SLALOM HELMETS MUST HAVE A CHIN GUARD ATTACHED TO THE HELMET AND WHICH BEAR THE FOLLOWING CERTIFICATION CODES (CEE 1077, US 2040, OR SNELL S98 OR R 98) are permitted for OFSAA Slalom Specific Events.

COACHES & OFFICIALS – a snow sport helmet must be worn if you are working on the hill .

SNOWBOARDING

UNIFORM AND EQUIPMENT

- 1) ALL ATHLETES MUST HAVE A SNOWBOARD LEASH
- 2) COMPETITORS MUST WEAR A PROTECTIVE HELMET DESIGNED FOR SNOWBOARDING OR SKIING WHILE ON THE SNOW.

COACHES & OFFICIALS – a snow sport helmet must be worn if you are working on the hill.

PART 5 – ENTRY FORMS

ALL ENTRY FORMS (ALPINE & SNOWBOARDING) ARE DUE NO LATER THAN TUESDAY FEBRUARY 4 , 2020 . ENTRY FORMS WILL BE SENT TO YOU IN JANUARY.

PLEASE SUBMIT YOUR ALPINE ENTRIES ONLY TO PETER MORRIS (morrisis@sympatico.ca) .

PLEASE SUBMIT YOUR SNOWBOARDING ENTRIES TO PETER MORRIS (morrisis@sympatico.ca)

QUESTIONS: PLEASE CALL PETER AT 905. 301. 6960 cell

PLEASE MAKE SURE THAT ENTRIES ARRIVE ON TIME - BY TUESDAY FEBRUARY 4, 2020

IT IS RECOMMENDED THAT YOU BRING A HARD COPY OF YOUR ENTRIES TO REGISTRATION.

PART 6 – REGISTRATION – MEET DAY

REGISTRATION WILL BEGIN AT 8:30 AM .

AT REGISTRATION, YOU WILL BE REQUIRED TO SUBMIT

- **TWO CHEQUES: LIFT TICKET & ENTRY FEE**
- **RACER PROFILE (ALPINE ONLY)**
- **TDCAA LIABILITY RELEASE FORM (ALPINE & SNOWBOARDING)**
- **PRACTICE FORM (ALPINE & SNOWBOARDING)**
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LIFT TICKETS AND BIBS WILL NOT BE DISTRIBUTED UNLESS ALL OF THE ABOVE ARE PROVIDED

PART 7 – SCORING

(a) The competitor with the fastest total time in each event shall receive 1 point; the 2nd fastest time, 2 points; 3rd, 3 points; etc. In case of ties, the competitors will be scored the same and appropriate places left out. The team with the lowest score is declared the winner.

(b) Team scores in each of the Girls' High School Division , Boys' High School Division , Girls' Open Division , and Boys' Open Division , shall be calculated by adding the best three individual scores for that team in the Giant Slalom races. In the case of a tie for first place, the lowest total of individual times of the three racers will be used. If a tie still exists, the place of the tied teams' 4th place finisher shall be used.

c) DQ / DNS/DNF – Round 1 – athlete will be permitted to participate in the second round but would be ineligible for advancement and points.

PART 8 - AWARDS

ALPINE CHAMPIONSHIPS

SNOWBOARDING CHAMPIONSHIPS

MEDALS

MEDALS

Top three place finishers at each level

Top three place finishers

Top three teams at each level

Top three teams

MEDALS WILL BE PRESENTED TO ALL TEAM MEMBERS WHO COMPETED IN THE EVENT.

PART 9 - NEW

PLEASE READ THIS SECTION ON COACHING QUALIFICATION AND FIRST AID CAREFULLY.

YOU WILL BE REQUIRED TO SIGN OFF ON BOTH ISSUES. THE POLICIES ARE THE SAME FOR BOTH ALPINE SKIING AND SNOWBOARDING.

PART 10 – OFSAA CHAMPIONSHIPS

ALPINE SKIING CHAMPIONSHIP

DATE : SUNDAY –TUESDAY , FEBRUARY 23 – FEBRUARY 25 , 2020

LOCATION: OSLER BLUFFS SKI CLUB

REGISTRATION : SUNDAY FEBRUARY 23, 2020.

ALL OFSAA INFORMATION CAN BE FOUND ON THE OFSAA WEB SITE (www.ofsaa.on.ca)

THE OFSAA SITE FOR ALPINE SKIING IS ALREADY ACTIVE.

NOTE : THIS YEAR TEAMS WILL BE RESPONSIBLE FOR ARRANGING THEIR OWN ACCOMMODATION AND MEALS.

ACCOMMODATIONS : ALL MEMBERS OF THE TEAM MUST BE STAYING AT THE SAME LOCATION INCLUDING THE COACHES. THIS RULE APPLIES TO ALL OFSAA CHAMPIONSHIPS.

QUALIFIERS: ALPINE

- 1) EACH ASSOCIATION MAY ENTER ONE (1) TEAM: FIVE (5) TO RACE; THREE(3) TO COUNT IN EACH LEVEL**
- 2) THE TOP INDIVIDUAL IN EACH LEVEL WHO IS NOT A MEMBER OF THE QUALIFYING TEAM (ABOVE) WILL ALSO QUALIFY**

SNOWBOARDING CHAMPIONSHIP

DATE : THURSDAY FEBRUARY 27 , 2020

LOCATION: ALPINE SKI CLUB

REGISTRATION :

WEDNESDAY FEBRUARY 26 (3:00 – 5:00) OR THURSDAY FEBRUARY 27 (7:00 – 8:00 AM)

ALL OFSAA INFORMATION CAN BE FOUND ON THE OFSAA WEB SITE (www.ofsaa.on.ca)

THE OFSAA SITE FOR SNOWBOARDING IS ALREADY ACTIVE.

QUALIFIERS : SNOWBOARDING

HIGH SCHOOL DIVISION (LEVEL 1)

1) TOP 3 MALE & TOP 3 FEMALE TEAMS (MAXIMUM OF 5 RACERS)

TOP 3 MALE & TOP 3 FEMALE INDIVIDUALS (not on a qualifying team)

NOTE: TEAM MUST CONSIST OF THE SAME TEAM MEMBERS THAT REPRESENTED THEIR SCHOOL AT THE TDCAA CHAMPIONSHIP

OPEN DIVISION (LEVEL 2)

1) TOP 5 MALE & TOP 5 FEMALE INDIVIDUALS SHALL BE PERMITTED TO ENTER

RELEASE OF LIABILITY FORM

RELEASE AND INDEMNITY AGREEMENT FOR SCHOOL SKI/SNOWBOARDING COMPETITIONS - RACING - TRAINING - COMPETITIVE PROGRAMS READ VERY CAREFULLY BEFORE SIGNING

I, _____ in consideration of being allowed to participate in the (Name of Participant)

(Name of Competition or Program) and any preparatory training TDCAA

(Name of Ski Area)

at Mount St. Louis/ Moonstone

Therefore do hereby release and agree to hold harmless and indemnify the directors,

officers, shareholders, agents, servants, employees of, _____, Mount St. Louis / Moonstone

and _____, from all claims, actions, or damages without any (Toronto District Colleges Athletic Association)

limitation whatsoever, whether consisting of loss, personal injury, property damage, or death, that does or may result in any way from my participation in these competitive sporting events or programs, assuming myself any and all responsibility and liability for same. I further agree to indemnify and hold harmless all of those above names from any damages or costs or expenses whatsoever which they or any of them may sustain as a result of any claim brought by anyone against any of them as a result of my preparation for and/or participation in these competitive sporting events or programs.

I specifically agree that before any given competition takes place I will, if I so desire, inspect all areas involved in the competition, fully realizing, accepting and understanding that competitive skiing/snowboarding in general and of this type in particular is inherently risky and dangerous, as are preparations, practice, or training for such events.

I, as a participant, completely understand that the above paragraphs constitute a covenant and a promise on my part to fully discharge all of the above named parties from any and all liability of any kind for any injuries, loss, damage, or death which may result from my participation in these competitive sporting events or programs.

This release is binding, and I so understand, not only upon myself but upon my heirs, administrators, executors, and assigns, and I herewith again reaffirm my free and willing intent to exercise it, acknowledging a complete understanding of its terms and conditions and the totality of its effect, and the totalness of the waiver of any rights that I would otherwise have had, had this agreement not been executed

For day skiers/snowboarders: the ski ticket.

Dated at _____

Witness _____

Parent (Guardian) _____

OSBIE Ski Package I

I acknowledge and acceptance is hereby made of the waiver printed on this _____ day of _____, 20

Participant _____

Effective Date - September 2013 | 14



2020 ALPINE SKIING

ALPINE SKI RACER PROFILES

High School Division Racer:

Participants are school-trained athletes. They have NO ski league affiliation race training, beyond the U-12 category.

Open Division Racer:

Participants are those skiers who have ski league affiliation and race training, beyond the U-12 category.
All skiers are eligible for the Open Division unless the skier is a member of the current year’s provincial team or higher. If you are a member of the current year’s provincial team (A, B or C) or higher, you are ineligible for OFSAA competition.

Racer’s Name (Please Print)	Male/Female (M or F)	High School or Open	If Open Division, 2019 - 2020 Club Affiliation (club which you are racing for)	I have read and understand the OFSAA Rules and Behaviour for Participants to OFSAA Championships, and that I agree to abide by them.	

Name of School: _____

Signature of Coach(es) _____

PRACTICE ELIGIBILITY FORM

2020 OFSAA ALPINE SKIING PRACTICE ELIGIBILITY FORM

SCHOOL NAME: _____ ASSOCIATION: _____

DATE: _____

Please list the number of practices attended per week.

ATHLETE'S NAME	Nov. 4 - 8	Nov. 11- 15	Nov. 18 - 22	Nov. 25 - 29	Nov. 26 – 30	Dec.2 - 6	Dec. 9 - 13	Dec 16 - 20	Jan. 6 - 10	Jan. 13 - 17	Jan. 20 - 24	Jan. 27 - 31	Feb. 3 - 7	Feb. 10 - 14	Feb. 17 - 21	Total No. of Practices

Athlete eligibility is based on each participant attending a minimum of eight (8) team practice sessions (there must be one on-hill team training session).

Teacher / Coach _____ Principal _____

