



MEMBER HANDBOOK

2023-2024

Information for Grouse Tyee U8 and U10 Families





Welcome to the Grouse Tyee Ski Club

Grouse Mountain Tyee Ski Club, established in 1929, is one of the longest running ski clubs in Canada and has a rich history.

Tyee is a parent-participation community club; one that is run by members, for members and their kids!

Members participate year-round within a positive, fun and social network that supports our athletes, our coaches and alpine skiing. Our programs are designed to develop the physical and ski-specific qualities of athletes aged 6 to 18.

VISION

The Grouse Mountain Tyee Ski Club provides a family-oriented environment in which members make friends, develop a passion for Alpine Skiing and Alpine Ski Racing, and achieve excellence in a sportsmanlike culture.

MISSION

Create a ski club that excels by being:

- **Athlete Centered.** Providing opportunities to grow as people, athletes, skiers, and racers.
- **Coach Driven.** Committed, professional leadership.
- **Club Supported.** Families participate year-round within a positive, fun, and social network that supports our athletes, our coaches and alpine skiing.

CORE VALUES

Our core values include: Excellence, Expertise, Teamwork, Sportsmanship, Friendship, and Fun.

Club Communication

Coaches and Parent Coordinators communicate directly with families via email sent through SportsEngine. Please ensure that you are signed up on SportsEngine to receive communications from the correct distribution group/s. In addition to receiving your athlete's age group's e-mails (which will include all race information), you will also receive important general announcements and messages about Tyee member and volunteer opportunities.

Club Community

Tyee families can connect and post to the Grouse Tyee Ski Club Facebook group here <https://www.facebook.com/groups/grousetyee> and follow our Instagram channel <https://www.instagram.com/grousetyeeskiclub/>.

Athletes' Code of Conduct

Coaches discuss this with the athletes but it is important to reinforce it at home. Parents are highly encouraged to read through the [Code of Conduct](#) and Rules of Fair Play for Athletes with your child/ren. Both athletes and parents should sign the Commitment form.

No matter what age, all members and athletes are to conduct themselves as respectful and conscientious athletes and as ambassadors for the Grouse Tyee Ski Club and Grouse Mountain Resort at large.

Bullying and disrespectful behaviour are not tolerated. Please do not hesitate to bring any concerns to the attention of any of the Parent Coordinators or to your child's head coach.



Coaches' and Program Learning Objectives

The goal with the U8 and U10 programs is to create happy, strong, agile skiers and to foster and maintain a love of skiing.

Athletes are assigned to coaches in groups. The head coaches will go between groups to assess abilities and improvement opportunities. Think “customized coaching.” If you have any concerns about your child’s progression, please speak directly with the head coach.

Your head coach for U8/U10 is Marouska Smith.

U8 athletes are naturally smaller and have a shorter attention span. Additional attention will be paid to helping them learn to manage their own equipment and learn to follow the rules. Athletes who have attended Dry Land training will have had a head start and all athletes will further develop these attributes on the hill.

Many of the coaches have kids of their own so know how to anticipate and deal with children in these age groups and their needs.

The program is designed by Alpine Canada and is age-appropriate. The Model is “Windows of Opportunity” (agility, coordination, speed, creating a love of the sport, developing a passion for the sport).

There are three layers of skiers:

- First year skiers new to the program: timid and slower for the first two to three weeks.
- First year faster skiers and second year slower skiers: goal is to build confidence.
- Second year faster skiers: ready to push harder, to have fun on Black Diamond terrain and moguls. Not afraid of falling, jumping, trees.

There are three development objectives:

- Technical – Solid skiers on Blue terrain; control of body; obstacles; technical and practical race elements.
- Physical – Agility on a variety of courses; learn to make decisions re: how to safely and effectively handle the unexpected.
- Mental – Positive thinking, imagination, focus, self-assessment; mentally prepared for the lesson, managing equipment; handling peers, taking care of self and peers.

Long-Term Athlete Development

Our program is based on the Long-Term Athlete Development plan from Alpine Canada (this information is excerpted from <https://ltad.alpinecanada.org/>):

Gliding Start: boys 1 to 6, girls 1 to 6

In the Gliding Start stage, children should focus on discovering winter sports in a playful environment where they can learn the fundamental movement skills while playing on skis. Children should ski as often as possible with parents to gain mileage to build confidence on snow.

- Physical activity should be a fun part of a child's life every day and is essential for healthy child development.
- Active play is critical at this stage to build meaningful connections within the brain and between the brain and the child's muscles.
- Children should aim to ski as often as possible with parents and in a formalized setting with a trained or certified ski instructor or coach.
- Children should be provided with opportunities to explore their physical and mental limitations in safe environments.
- Activities should help children feel competent and comfortable with participating in a fun environment, which includes challenging activities and games.
- For children with a disability, access to age and disability-appropriate adapted equipment is an essential contributor to successfully being physically active.
- Children should participate in physical activity daily with an emphasis on having fun.

Skier Essentials: boys 6 to 9, girls 6 to 8

In the Skier Essentials stage, skiers continue to develop fundamental movement and skiing skills in fun, structured and unstructured environments. Providing fun, inclusive and developmentally appropriate physical activity experiences will promote the development of a child's confidence and desire to ski. Skiers at this stage are focused on developing technical skiing skills in a wide variety of training and competition environments.

Skiers are still in the discovery stage while they continue to develop overall movement competency by skiing around obstacles through a variety of terrain including small features in the terrain park. Skiers should focus on maintaining and generating speed using a range of turn shape and radii. Skiers are aiming to symmetrically carve their skis cleanly.

- The focus is on the consolidation and refinement of fundamental movement and skiing skills in various environments on and off the snow.
- The focus remains on the discovery of skiing and fun while consolidating the fundamental technical skiing skills.
- During this stage, a skier's coordination of movement will be inconsistent in a variety of on-snow environments. As skiers gain strength and confidence in their skiing skills, their technical skiing skill execution will become more consistent and appear to be seamless regardless of the environment.
- Skiers should participate in Snow Stars Levels 1 -5.
- In the winter months, children should strive to attain as many days on snow as possible by participating in an introductory structured ski program and skiing with parents as often as possible to increase mileage.
- Children should aim to achieve 180 minutes of activity per day, with 60 of those minutes spent completing some vigorous physical activity.
- Activities should include significant time for repetition, require minimal correction allowing children to test their limits and improve their abilities through self-discovery experiences safely.
- Activities should be helping children build confidence and competence as they engage in physical activity and skiing in structured and unstructured environments.
- Emphasize the overall development of the child's physical capacities, fundamental movement skills and the ABCs of athleticism: agility, balance, coordination, and speed.
- Develop skills by exposing participants to a variety of environments both indoors and outdoors, on land, ice, and snow, in the air, in and on the water.



Getting to the Mountain

Parking at Grouse Mountain

Grouse Mountain Resort and the main parking lot gets extremely busy so it's best that Grouse Tyee families park in Lot D (gravel lot) during the early weekend mornings.

Grouse Mountain Y2Play

Y2Play passes are valid October 1 to April 30 and include the gondola and ski lift ticket.

If you missed the opportunity to purchase a Y2Play in the preceding season, Grouse Mountain will allow Tyee members to purchase a season pass at the Y2Play price during the month of September. In order to take advantage of this, please go to Guest Services, and let them know your name and that you're a member of Tyee Ski Club. This is a limited time offer for September only. Otherwise, members will be able to purchase a full price season pass, and the next opportunity to purchase Y2Play passes will be in the spring for the following ski season.

With a Y2Play pass you may be eligible for discounts at other mountains. Reciprocal arrangements may change from season to season, so please inquire ahead of time with the mountain you are visiting. Keep your pass handy; you may need to show it at the time of purchase.

Tyee Stickers for Grouse Mountain Passes

Tyee stickers will be given to all registered families. The stickers are to be affixed to passes and allow priority gondola boarding on the weekends – kids first, then parents. Stickers will be handed out by the U8/U10 Coordinator and/or coaches on the first event/training days (the stickers can also be reused).

Other Passes

Grade 4/5 SnowPass – Only \$29.99 and these are good for two days of lift tickets at each of the participating ski areas. You only need to apply once for the SnowPass and it is valid until the end of Grade 5 (i.e. up to two years). Learn more and/or register at <https://www.snowpass.ca>.

Whistler/Blackcomb Seasons Passes & Edge Cards

Registration for training days held at Whistler will typically include two options: coaches' fee and (discounted) lift ticket or coaches' fee only (if your athlete has his/her own lift ticket, season's pass, Edge Card, Epic SchoolKids Pass or Grade 4/5 SnowPass). Get 50% off Sun Peaks lift passes with a Whistler/Blackcomb Unlimited Seasons Pass. Learn more at <https://www.whistlerblackcomb.com/>.

Grouse Mountain's Annual Local's Pass – This [annual pass](#) is good year-round for riding the gondola only.



Weather

Inclement weather tends to bother parents more than it bothers the athletes. **Tyee trains in all weather!** Do not assume the conditions on the hill are the same as at the base. There may be a downpour at the base but stellar conditions on the slopes.

A warm and relatively dry child is a happy Tyee athlete. With well-chosen apparel, warm/dry mitts, and snacks in their pockets, they can handle anything! Top it off with a nice hot chocolate at the end of an great training day and your athlete will be beaming with joy and pride at their day's accomplishments. *"Weather? What bad weather?"*

If your child is coming home with wet, freezing hands, please invest in more mitts.

Really Poor Weather

If the weather is really poor, coaches may end the session early. In such cases, a message will be sent via SportsEngine and/or email to Tyee families with details about where and when to pick up your child. Please ensure that you can receive notifications.

Lightning

In the rare event that there is lightning, Grouse Mountain Resort has a protocol to wait 15-20 minutes until lifts and/or the gondola can start up again. Coaches will look after the athletes — not to worry. Just note that such an event may account for a delay at the bottom or a revised meeting time.

No Snow

In the even rarer event that there is no snow on Grouse, training will be shifted to Whistler. Details will be communicated by email as early as possible to allow you to make the necessary arrangements.

Check your team calendar on the Grouse Tyee website and never miss out again! Go to "My Teams" and scroll down to program schedule and calendar where you will discover your whole season ahead!

Equipment & Clothing

Tyee kids ski in all weather, so it's important to be prepared and dressed appropriately for mountain conditions so that your athlete will stay warm and comfortable. Below, you'll find the equipment checklist based on coach recommendations and parent experience. Consult the Tyee website's Equipment Guide (Athletes tab, Equipment) for additional information.

IMPORTANT: Ensure your child is fitted with all of his/her gear before coming to the hill on the first day. Coaches are NOT ALLOWED to adjust gear.

Skis

U8 vs U10 Skis

- For U8: Multi-program/multi-purpose skis (no twin tip, no powder skis)
- For U10: Slalom skis, 40-120 lbs (not multi-program/multi-purpose skis, powder, or twin-tip)

Used skis in good condition are fine.

Length

Length of skis depends on weight.

Bindings

Bindings should be set low at first. If kids are popping out of their skis too easily, the coach will advise the parents and ask to have the bindings tightened. Coaches are not allowed to do this for you due to liability. Do not do them yourself; take them to a ski shop to have them tightened.

Ski Straps

Ski straps are important to keep ski edges sharp after tuning as well as to assist young skiers in keeping the skis together when they carry them. These can be purchased at \$10 per pair (i.e. two ski straps) from Tyee. Email fundraising@grousetyee.com to purchase.

Poles

Expensive and cheap poles are otherwise effectively the same... so splurge on something else.

Use colourful labels/duct tape to uniquely identify your skier's poles – much easier to find them amongst a sea of skis and poles.

Boots

SO important! Not stiff; need to be able to bend ankles while snug in boot. Should be soft, such as a rating of 40 (adult boots, for example, may have a rating of 90 which is harder/stiffer). **NOT rear-entry.** 4-buckle boot preferred, 3-buckle minimum, 2-buckle not OK, rear-entry not OK.

Helmet

All levels must have a hard-shell helmet. Hard ears are not required but preferred (once at U14, hard ears are required). No need for face shield or cage at this level. No need for a toque – helmets have an insulating layer. A balaclava, though, is a good idea, particularly on colder days/inclement weather.

Balaclava or Neck Warmer

A balaclava keeps head and face warm and can be worn with the helmet. Your child will be miserable in sleet without one. Polar fleece neck warmers are preferred; knit neck warmers get soggy quickly. Pack an extra in case your child wishes to switch to a dry one at a break.

Base Layer – Upper body and lower body

The base layer is the layer worn next to the skin on upper body and lower body. It is similar to long underwear. A synthetic material or merino wool is preferred as it wicks away the water from the skin while maintaining a warm layer. Cotton layers tend to soak up water but the water stays next to the skin, having a cooling effect.

Mid-layer

If your athlete has bib-style ski pants, the bib will act as the mid layer. If not, you may wish to add a zip-up, long-sleeved mid-layer between the base layer and the jacket. Your athlete will then have the option of donning or removing it during the day.

Ski Pants

As kids grow quickly, one good option is bib-style ski pants that have the stitching in the shoulders that can be released as your child gets taller. Or go for the pants (no bib) for quicker cabin bathroom breaks!

Waterproof Jacket or Poncho

Look for a jacket that has elastic or velcro at the sleeves, that can be cinched at the wrist to keep snow/rain out, and that extends to mid-leg or cinches at the waist to help keep bottoms dry and moisture from entering the tops of ski pants.

Ponchos are great for inclement weather. Keep your eyes out (likely in the spring) for club ponchos that don't have the big gaping sleeves that allow water in.

Goggles

Goggles are a necessity for all weather. Please prepare two pairs of goggles for your athlete — dark, mirrored, or tinted lenses for bright, sunny days and clear, yellow, or orange lenses for night skiing.

Protect goggles from scratches with goggle covers. These can be purchased from Tyee and are \$8 each. Email fundraising@grousetyee.com to purchase.

Ski Socks

Merino wool is popular. Thin, comfortable, warm, keeps feet dry.

Mittens & Gloves

Gloves and mittens can get wet quickly on training days. Over-mitts can help keep mittens dry. Overmitts can be purchased at Taiga in their store located by PNE or online at www.taigaworks.com

Regular mittens are fine, too, but be prepared to have a few pairs. Extra gloves and mittens should be stowed in your athlete's backpack for changes at break/lunch.

Kids NEED to have TWO pairs of gloves/mittens (so often we have seen little ones with only one pair and their hands are soaked and freezing after one run and can get maybe two runs in total before the coaches have to take them in to wring out their gloves and get warm. They may get another one or two runs in after wringing out their gloves as they are too cold and wet by then).



TOP: Ready from head to toe, with Tyee Club jackets.

ABOVE: Tyee rain jackets in effect. Staying warm and dry makes for better ski days.

Backpack

Small backpack with snacks, water bottle with water, extra mitts, extra socks, lunch and/or lunch money.

Boot Dryer

Available at COSTCO, Canadian Tire. Take the liner out of the boot before drying. Dry mitts using boot dryers.

Towel to Dry Skis

Get your athletes to take ownership of their equipment, early! A simple task an athlete of any age can do is dry their skis at the end of the day!

Label Your Gear

Please label all your children(s) ski equipment...gloves, helmets, skis, poles, jackets, etc! Labels can be purchased through Mabels Labels and Oliver's Labels and 20% of your purchase will be given back to Tyee as a fundraiser.

- https://mabelslabels.ca/en_CA/fundraising/support/ and type in Grouse Mountain Tyee Ski Club (Vancouver)
- <https://www.oliverslabels.com/GrouseTyeeSkiClub>

Tyee Apparel

Tyee club jackets, ponchos, backpacks, and other apparel are sometimes available on the Tyee Buy & Sell (Facebook Group). Watch for email announcements from the Apparel Committee for special orders throughout the year.

Ski Tuning & Waxing

Ski tuning and waxing is HIGHLY RECOMMENDED to allow a smooth progression and skill development in young athletes. It is very difficult to do the skills the coaches are working on with skis that stick and don't turn.

- First tuning and “race tunes” should be done by a ski shop.
- Wax often! Daily (after each ski day) is not too often. At least after every other ski day.
- During events like the Sun Peaks Festival, skis must be tuned for all four days (for training and race days as athletes need to get used to their tuned skis, get used to the same tuning). Athletes need sharp edges and waxed bases. Some of the hotel venues at Sun Peaks offer a common space to tune skis, so bring your tools.
- Home ski tuning with adult supervision is encouraged at this age.
- At least once a season you need to do a full tune up with the base grind.
- The ski edges are not square 90 degrees. Base angle is 0.5 (for more advanced skiers) to 1 degree, and the side angle is typically 2 degrees.
- Ski tuning workshops are the best place to learn the basics and ask questions.
- Ski tuning videos for both children's and adult skis: <https://www.sidecut.com/Tuning-Education.html>

Ski Tuning Tools

You should buy the tools once you are confident that you and your children will continue skiing beyond U8. Before that you are probably OK simply tuning skis at any local shop:

- <https://crystalglide.ca/>
- <https://www.thedestination.ca/>
- <https://shop.northshoreskiandboard.com/>
- <https://www.sidecut.com/>

Minimum set:

- Tuning table — one of the most expensive items; sounds like a luxury, but in fact it is very helpful
- Ski vises
- A few rubber rings to hold the ski brakes
- Base file guide 0.5 degrees
- Brass brush (or combination brass-nylon)
- Nylon brush (hard nylon is fine, can buy soft nylon for u10-u12)
- Side guide 2 degrees
- Spring clamp to hold the file
- Diamond files (stones) grit 100, 200, 400 (great option is “Moonflex”)
- Plexiglass base scraper (two?)
- Ski iron (but you can use your old regular iron)
- Ptex sticks and metal scraper — if you know how to fix small gauges on the skis. Buy the white ones — it is easier to see any impurities in molten Ptex before applying it to the ski and they look better on a coloured ski base
- Fine (metal) file to smooth the back edge of the ski
- Polishing stone. Use it over the edges if your edge caught a rock. The edge metal becomes case-hardened in this spot so you need to polish off any burrs there BEFORE USING DIAMOND STONES.

Add a few good to have's:

- Polishing solution for diamond stones
- Sharpener for plastic scraper
- Fiberline
- Cleaning paper

Words of Wisdom from our U8 Coaches

— Serguei Makarevski, former U8 Head Coach, Grouse Tyee

I have noticed that almost all parents have heard that skis need to be tuned regularly but they are unclear why. For example, most believe that the sole purpose of waxing skis is to go faster; therefore, they limit ski tuning to races. But it is equally important to have tuned skis for training. Some of the most essential skiing skills such as turning with the lower body and edging cannot be done and therefore cannot be learned with skis that have no wax and blunt edges. Given the current (high-moisture) snow conditions, it is important that all athletes at the very least wax their skis on a regular basis.

Apparent indicators that your skis need tuning:

- The base (plastic) surface is not deep black, but rather milky grayish, with lots of scratches;
- Run your finger nail across the metal edge. A sharp edge would scrape your nail all right; dull edge would do nothing (same as you would check ice skates);
- You don't remember when you last tuned your skis.

Get Ski Tuning Resources

Download PDFs and worksheets about ski tuning processes and tips from our Grouse Tyee website here: <https://www.grousetyee.com/athl-tipslinks>

RIGHT: Learning to care for and tune skis at home with adult supervision is encouraged at this age.



Typical Training Day

Saturday/Sunday (7:00 a.m. to TBA)

7:00 a.m.

At the base, near the Starbucks entrance, U8s check with coach that has group assignments to find out which coach your skier is with. Do this each day as they may change. U10s check in, but get into groups at top of hill after warm up. Your athlete needs to be fully dressed, helmet on, ski boots on, carrying their own skis and poles. (Remember those ski straps; they're a lifesaver!) There are washrooms beside the entrance to Guest Services for a last minute washroom visit.

Gondola

Parents, if you plan on going up the mountain, please let the kids go with their coaches first; follow in a subsequent tram. This will allow the maximum number of Tyee skiers to commence their training day.

At the top, U8s warm up at the top of Greenway chair while a parent or coach will take backpacks to cabin. U10s proceed to the Tyee cabin to drop off backpacks, do group warm-up, then proceed to training in groups.

Other than First Tracks skiers (paying customers who have paid to use the runs before they are open to the public), Tyee skiers will be the only ones on the hill. U8 and U10 groups will typically start on the Cut.

Parents who will be skiing are asked to wait until the runs are officially open.

First Break

First break at the Tyee Cabin (washroom break, quick snack, change mitts/gloves if soaked).

Lunch Break

Lunch break at the Tyee Cabin (washroom break, can purchase lunch or eat own packed lunch, change mitts/gloves if soaked).

Note: the older athletes may not stop for a morning break.

Prepare to download

Near the Chalet, groups will prepare to board the gondola.

Meet at courtyard

At the base, groups will arrive and proceed to the courtyard/Starbucks area to meet parents. Please do not pick up your kids at the gondola exit — it's too busy and chaotic at those exits. Also, work in extra time in your schedule for parking. It can get pretty crazy on some days.

Tuesday/Thursday (5:00 p.m. to 8:30 p.m.)

5:00 p.m.

At the base, near the Starbucks entrance. U8 check with coach for group assignment. U10 check in — groups will be formed up top after warm up.

Your athlete needs to be fully dressed, helmet on, ski boots on, carrying skis and poles.

Kids have a much better night of skiing with food in them — skiing is hard work and kids crash by the end if they haven't eaten.

Gondola

Parents, if you plan on going up the mountain, please let the kids go with their coaches first; follow in a subsequent tram (or go with the groups if it looks like the tram will not be full).

During weeknight training, the groups don't normally take breaks. Groups will use the Peak Office across from Ski Wee for washroom breaks. Please pack a snack in their pocket and if inclement weather, an extra pair of mitts/gloves if not wearing over-gloves.

Prepare to download

Near the Chalet, groups will prepare to board the gondola.

Approx. 8:10-8:30 p.m.

At the base, groups will arrive and proceed to the courtyard/Starbucks. (Parents, consider arriving at the base around 8:05 p.m. but not later than 8:25 p.m. please.) Coaches can't control the lineups at the top and so there is sometimes a wait.



ABOVE: U8s and U10s with coaches at the meeting spot, 6:58 am on a Sunday morning in January

Groups

It is very important that the kids start coming to the sessions right from day one, so they can be grouped with other skiers of similar ability. Please note that some switching around may take place and will require your patience. Groups are arranged following the Tyee U8 coaches' assessment and are approved by the U8 Head Coach and Program Director.

The coach to athlete ratio is typically 1:6. It is extremely helpful if at least one parent (tail gunner) accompanies the group to ski behind the group, assist with slower/fallen athletes, and ride the chair lift (the chair lift takes 4 people; 3 kids plus the coach, 3 kids plus the parent volunteer). Parents are welcome to tail gun, but all tail gunners must be able to ski the whole mountain.



ABOVE: Parent tail gunners can help support younger athletes by following and assisting the groups.



LEFT: U8s warming up for night skiing. RIGHT: U10s getting into groups on a weekend morning.

Training Day Tips & Requests

Coaches are Responsible for Your Child

Coaches are responsible for your child until he/she is handed off at the base at the end of the training day.

IMPORTANT: If you want to take your child early, it is imperative that you connect with the coach directly ahead of time to plan/coordinate the hand-off.

Conduct at the Base

- Please do not crowd the Starbucks entrance.
- Please do not lean anything on the Starbucks windows (skies, poles, bodies, etc.)
- Please coach your athletes to respect the base surroundings. Kids generally love to climb and the wood carvings, wall structures and landscaping are all-too inviting; however, an energetic child darting around in ski boots can be unintentionally destructive and such adventures could very well lead to injury... which would certainly put a damper on their skiing!

Conduct on the Gondola

Please coach your athletes to be respectful on the gondola. Consider other guests, keep voices down, and allow the gondola operator to speak (usually when approaching the towers and the top or base).

Once on the gondola, skiers should place backpacks at their feet. This will create much more space to allow the maximum number of athletes and guests to board the gondola (designed to take 100 riders).

Pocket Snacks & Water

Ideas for snacks to tuck in your athlete's pockets: granola bar, fruit pieces/slices, cheese stick. Partially unwrapped and/or in a ZipLoc is probably the easiest for them to handle. Collapsible water bottles that can be packed into a child's ski jacket pocket are also helpful on the hill.

Washroom Breaks

Groups will barely have time for washroom breaks and even less time to change other than mitts and maybe adding or removing a mid-layer.

For the little ones, practice efficient washroom breaks at home. Get your little one used to managing all the various clothing layers at home... before he/she is in a rush on the hill.

Lost & Found

There is a Lost & Found table in the Tyee Cabin. Put a name tag and phone number on all belongings. Best to label everything!

Younger Siblings

If you would like your younger child to pick up some skills and believe he/she can follow their sibling's U8 group, please feel free to do so with your child. The group will not wait if the younger sibling cannot keep up (typically the pace is a bit slower in the morning with drills and this would be the best time).



ABOVE: Quick Club meeting in the Tyee Cabin with athletes, coaches, and parents

Tyee Cabin

Grouse Mountain Resort (GMR) Alpine Cabin is the social hub of the Tyee Club and we do our utmost to take care of “the Tyee Cabin”. It is GMR’s, not ours.

We have a few simple rules about the cabin: keep it clean and clean up after yourself.

To encourage a positive community environment, **we discourage the use of cell phones and mobile devices in the cabin.** Use the time in the cabin to connect with your fellow skiers.

Lunch is available to Tyee families on most program weekend training days. Beverages (coffee, hot chocolate, juice, etc.), snacks, hot dogs, chili, soup, grilled cheese, and much, much more! Please bring small bills (ie \$5 and \$10) and change (loonies, toonies and quarters) as the kitchen may not have enough to make change back for larger bills.

Coaches get a well-deserved break at lunch and do not monitor the kids’ lunches, so parents are welcome to join the groups in the cabin to help with kids’ lunches.

Parents, if you prefer some ski alone time but like to meet up with your U8/U10 athlete at the lunch break, plan to be there not long after 11:30 in case they come in a bit earlier than noon. The energy and the activity in the cabin can be a bit overwhelming at first, particularly for the newer/younger skiers. They’ll be happy to see you and you’ll be thrilled to see their radiant smiles and rosy cheeks.

The cabin can get very busy and crowded, especially on cold and wet days, with groups coming in to warm up. Parents, please be aware that your young athletes may need your assistance on those busy days, however, there is limited seating in the cabin and athletes and coaches have priority in the cabin when it comes to sitting, eating, and getting warm.



ABOVE: U8s getting their first race experience at the Tyee Club Race

Program Training Dates & Special Events

U8 & U10 Program Ski Days

Winter Camps (December 2023)

For U10: complimentary for U10 athletes. Coaches' fees are covered by the program registration fees.

For U8: cost TBD - includes all three days. The program fees cover the coaches' fees beginning January 2024; they do not cover these optional training days.

It will be confirmed closer to the time if the Tyee Kitchen be open during the Winter Camps.

Training Days (Tuesdays/Thursdays/Saturdays/Sundays)

- Tyee athletes train in all weather!
- No snow does not mean "no training," the coaches just get creative.
- The conditions at the base are often not representative of the conditions on the hill.
- Groups are pre-determined so please come on the day your athlete is signed up for. If you know in advance of a schedule conflict, please check with the coach well in advance to see if an alternate arrangement can be made so your athlete does not miss out on a training day.

- Skill development is long-term (in contrast to 2-hour sessions, for example). Groups are formed according to skill levels. At times, groups will change to allow skiers to work on specific skills (i.e. customized training).
- "Free skiing" does not mean skiing on one's own; it means training without gates.

May Camps at Whistler (May 2024)

- There are usually two single day (Saturday or Sunday) camps and one 4-day camp on the May long weekend.
- In May, kids move to skiing with their upcoming winter age groups (e.g. if they were in second year U8 in March, they will be first year U10 in May).
- May camps are encouraged! You will need to make your own transportation and accommodation arrangements.
- Registration will be on the Tyee website. Full registration will include the coach's fee and athlete's lift ticket, with the option to only register for the session (i.e. coach's fee only) and purchase the lift ticket separately.

Additional Training Days

Watch e-mail communications for additional training opportunities.



ABOVE: U8s and coaches at the Sun Peaks Festival in March

U8 & U10 Race Events

Tyee Day & Club Race (most likely April 2024)

Full-day of racing at Grouse Mountain for U8 and U10 athletes. There is no fee to participate, though non-perishable food donations may be requested. Parents can watch and/or volunteer to assist with the races.

Other Local Races (see program calendar to plan ahead)

We will be hosting several race events at Grouse Mountain. Stay tuned — we will need lots of volunteers!

Local Race Registration, Travel/Parking & Meals

- Register your athlete for the ski-racing event on the Tyee website. Watch for e-mails prompting you to register.
- Make your own travel arrangements
- When athletes are on the hill, they will have snack and lunch-breaks with their groups. Prepare to send your athletes with snacks in their pockets and lunch money if you do not plan on meeting up with them for lunch. Check with coaches/parent coordinator about needing parent helpers on the mountain at races.

Sun Peaks Festival (March 2024)

“Festival” means FUN! This event is meant to be fun and social while further developing skills and a love of skiing.

The Annual Hub International Nancy Greene Festival is the biggest Nancy Greene Ski League (NGSL) festival in Canada and hosts over 600 athletes each year! Learn more at <http://www.sunpeaksresort.com>.

IMPORTANT: Book early (i.e. NOW) and budget for your own travel, hotel, food, and additional activities (if you will be skiing as well, lift passes for parents and additional family members/travel companions). Some hotels offer discounts to Tyee members. Inquire before booking.

Registration, Travel & Accommodation

- Register your athlete for the optional training days and ski-racing event on the Tyee website. Watch for e-mails prompting you to register.
- Make your own travel arrangements.
- Book your own accommodation.

Wednesday (details to be confirmed)

- Optional half-day training (half-day only; approx. 11:00 a.m.-12:00 p.m. start)
- Travel up the same morning or plan for accommodation for the night before (Tuesday night).
- Meet at the base at the appointed time and specified location, geared-up and lift tickets obtained (pre-purchased through event registration and picked up at the Sun Peaks ticket office).

Thursday (details to be confirmed)

- Optional full-day training
- Plan for accommodation for the night before (Wednesday night); athletes will have an early start.
- Meet at the base at the appointed time and specified location, geared-up and lift tickets (pre-purchased through event registration and picked up at the Sun Peaks ticket office).

Friday and Saturday (details to be confirmed)

- Sun Peaks Festival
- Plan for accommodation for the night before (Thursday); athletes will have an early start.
- Plan on attending both race days.
- Many families choose to stay over Saturday night rather than driving home Saturday evening.

Meals & Accommodation

- There is no shortage of great restaurants at Sun Peaks! That said, if you prefer to feed your troops at main meal times, consider that some hotel rooms have basic kitchenettes which can be handy for quick hot breakfasts, and others include fridge/freezer, range/oven and dishwasher appliances which can be ideal for meals and groups. Consider this when booking your accommodation.
- Plan on having breakfast and dinner with your athlete/s.
- When they are on the hill, they will have snack and lunch breaks with their groups. Lunch is not

provided. Prepare to send your athletes with snacks in their pockets and lunch money (\$10-15 per day should be adequate). To save time, we suggest you pack a healthy lunch for your athlete so that they don't have to wait in line to buy lunch.

Race-tuning

Tune your athlete's skis with other parents or drop them off at a ski tuning shop a day or two before. There are a few such shops at Sun Peaks but with up to 600 racers on the hill that weekend, they do get busy. Plan early!

Enjoy the magic of watching parents try to find the perfect wax for the conditions (and then have a good laugh when you realize you're doing this for your 6 year old).

Accompanying Adults and Non-racing younger kids

Adults who plan to ski should keep their eyes out for discounts on lift tickets. Spectators who wish to view the events from within the ski area boundaries must be equipped with skis or a snowboard and have a valid area pass. Family members NOT skiing/boarding will unfortunately not be able to spectate.

If you haven't been to Sun Peaks before, the village is serene and lovely. Enjoy the quiet time, socialize, take in some Tube Time, or sign up for some lessons while your athletes are on the slopes.

Sun Peaks has a variety of programs for non-racing younger children.



Parent volunteers in the Tyee Kitchen on Club Race day. Volunteers are essential on race days as well as regular training days!

Parent Volunteer Opportunities

Tyee is a member-driven club and parent volunteers are absolutely essential to run the club! We encourage all families to show their volunteer spirit! **The Club requests each family to contribute 8 volunteer days (including 2 days in the kitchen) throughout the year.** Volunteers are always needed to ferry kids up and down the gondola, sweep the race course, set up courses, assist with races, Cabin kitchen duty, etc. There are plenty of ways to help:

Tyee Kitchen

Volunteer sign-up opportunities for the Tyee Kitchen are sent out via email. As you are booking your kitchen shifts, keep in mind the offsite ski days (e.g. the Hemlock Race event and Sun Peaks Festival) since you can't be in two places at once.

Races

We would love for more new parents to volunteer for races. For each Grouse race event, approximately 100 volunteers are needed per race day! Volunteers are also needed in various capacities in the days leading up to the event.

Racer safety is of the utmost importance. It takes an army of volunteers to prepare a course that is responsibly challenging.

B-netting is maintained for Blazes and additional B-netting is used as required. Parent volunteers are needed to put up B-netting, bunting, etc. (important netting so your kids don't get hurt racing).

Grouse will host several events throughout the season and will need lots of assistance from volunteers (watch for email communications) — the more you volunteer on training days, the better you will feel on race days.

Course Set-Up

Almost every weekend, your fabulous coaches set up a race course for kids to practice on first thing in the morning. The faster they get set up, the more your kids are getting coached. It feels intimidating at first getting out there and helping out, but you will meet parents and have very thankful coaches.

Check for parents in the morning outside the cabin who can help out with things to do.

Stay tuned — we will organize some informal parent training for slipping courses, setting up courses, etc.



ABOVE: The Adult Skills Improvement class — a fantastic way to meet other families in the Club while improving your skiing.

Learning Opportunities

Race Officials Course, Level 1

Consider taking a Race Officials Course (Level 1) to get a better understanding of ski racing and maybe even lend a hand gate judging.

No prerequisites. See the Tyee website for more information and course dates. Race Officials Courses run by Tyee are FREE of charge to Tyee members.

Race Officials Course, Level 2

Interested in higher-level participation as a race organizer and /or race official? Consider taking the two-day Race Officials Course (Level 2).

Prerequisite: Race Officials Course, Level 1. See the Tyee website for more information and course dates.

Entry Level (Level 1) Coaching Course

Interested in becoming a U8/U10 coach? Consider taking the Level 1 Coaching Course. It's always great to have a coach in the family!

Prerequisite: Race Officials Course, Level 1. For Tyee parents and former athletes. For strong, confident skiers with or without a ski racing background. Watch for emails or consult the Tyee website for details.

Adult Skills Improvement Program

- This program is aimed at Intermediate skiers who are looking to improve their on-piste skills under the expert guidance of a Tyee coach.
- The program will offer a mix of drills and free skiing in the friendly, supportive and highly social environment that Tyee is renowned for.

Masters Program (Gates Training)

- open to all adult members with at least an intermediate+ level. No racing experience required!
- a great way to improve your skills in a controlled environment, with feedback from one of our professional coaches
- a good excuse to hang out with other awesome Tyee parents (and coaches). If you're new to the club... even better, a great way to meet awesome people
- a ton of FUN!



Dryland Training & Fitness Testing

Dryland Training

The Tyee program operates year-round so when spring skiing wraps up, we begin dryland training with Tyee's summer strength & conditioning programs.

Across all sports, increasing fitness is unanimously recognized as the most effective element not only for reducing injuries but also for technical progress. Just like more powerful car engines allow for faster driving, athletes improve their physical engines by developing better coordination efficiencies so they can perform highly technical movements with less energy and sustain the same performance level for longer.

Downhill skiing requires executing incredibly high technical skills for very demanding periods of time; therefore, with the above in mind, we can easily realize that skiing also requires above average fitness levels in order to train safely and progress effectively.

But getting fit is hard and getting fit for skiing is even harder. So, the coaches hope that this reflection encourages you and your athletes to embrace the "getting fit for skiing" challenge and invite you to train hard each summer so we can ski better and faster the next season!

Dryland training is for all age groups.

All information about dryland can be found in the Tyee website calendar, including start times, location, and updates for each age group.

For insurance reasons, participation in July requires Tyee membership for 2023-24 to be renewed.

Fitness Testing

Fitness testing is performed 2 to 3 times a year to gauge the fitness improvements during the dryland training season. The first test is at the beginning of the dryland season (usually in June). There are then intermediate tests in September with a final test in November before getting back on snow.

Although the kids like comparing their scores to each other, the main focus is to benchmark and measure own fitness improvements in each training block. The coaches also look at the various tests to identify any potential weaknesses and imbalances in the racer's bodies. The focus for U10 aged kids is mostly on practicing and losing fear of testing.

Individual fitness testing results may also be used by the coaching staff as a guideline for program selections or training recommendations.