

## 2023-2024 Larch Hills Ski Team Structure

### Leadership

#### Head Coach

Glenn Bond

#### Parent Admin Team

Darcy Calkins  
Mhairi Russel  
Angela Parker

#### Treasurer

Karen Neil

### Group Coaches

Track Attack ( u12) ( ages 9-11)	Race Team (U14/16/18 Plus)	Rec Group	Para
Lead Kris M (16 athletes?)	Lead Glenn (28 athletes)	Lizzy V	Donna F.
Phil W	Sheila Corbett	Abbi M.	( 2 athletes)
Emily	Jeff Orchard	Marie	
Brad C.	Megan B.		
Jan T	John T. Lead U 14		
Geoff S.	Kim J	(10 athletes)	
Mark	Dirk U 14		
	Robin U14		

### Group Info

U12	LTAD	
9/10/11 ages	Practices	2x/wk - begin in September
	Races	RKS loppet, school loppet, Santa Cruise, fun race, OK Cups
		working on Track Attack targets (L2T) technique, regional camps, events, waxing
		2x/wk dryland, 3x/wk on snow - begin in September
		Track Attack Champs, OK Cups, BC Cup events nearby

U14	LTAD	completing Track Attack targets (T2T-1), BC Talent Squad
12/13 Years	Practices	3x/wk (add rollerskiing) beginning in July
	Races	Track Attack Champs, BC Cup aggregate, Westerns, BCWG

U16+	LTAD	T2T-2 and L2C-1, BC Development Squad, BC Ski Team
14-19+ Years	Practices	4x/wk (add strength), yearly training plans
	Races	BC Cups, Westerns, Nationals

### Criteria

<p>willing to work hard/put in best <b>effort</b>                      positive <b>attitude</b>/enthusiasm                      basic fitness (eg. Can run for 30- 90 min continuous)                      desire to improve</p>
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### Expectations

<p>attends practices regularly - at least 2x/wk otherwise little progress and get left behind by peers                      parents to volunteer in some capacity (coaching, fundraising, clothing, media...)                      arrive at practices and events prepared with proper equipment and wax (check the website!)                      be on time                      let coaches know in advance if you aren't going to be there</p>
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