

# ALPINE ONTARIO

## EDUCATION & SKI RACING

A Resource Guide for Ontario Athletes



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## ALPINE ONTARIO - EDUCATION & SKI RACING

### Introduction

*“I know that many parents look at the commitment that comes with competitive ski racing and see it as a possible detriment to the future development and job prospects of their children. I, however, wholeheartedly disagree with that. It allowed me to be educated at one of the top universities in the United States, and has been both a talking point and differentiator in job interviews. There must be commitment from your children, but done properly it can be the most positive experience possible”.*

*-Shannon Campbell, past OST Member, Williams College '14 and current Analyst at Deloitte in NYC*

Alpine Ontario Alpin (AOA) is dedicated to our vision of promoting lifelong enjoyment and excellence in ski racing. As part of our commitment to understanding the challenges and needs of our athletes who pursue competitive ski racing as they reach high school and beyond, AOA has undertaken an education initiative to provide a framework to consider so that success in academics and ski racing can happen simultaneously. This applies equally at the top levels of competition where commitment levels will be greater and for those who simply take time off here and there for extra training and recreational racing.

To ensure academic and racing success during the high school years, there are numerous options and strategies to consider as well as a variety of opportunities later on at the university and collegiate levels in Canada and the United States, respectively. Fortunately, making the choice to ski race does not mean having to compromise academic success, preparation time for competition or social wellbeing. It is not an all or nothing game – you can do both. It is a question of balance. In fact, in many ways being a racer can enhance time in school by capitalizing on the unique life experiences that will present themselves and which would not otherwise arise.

Committing to being a ski racer requires absences from school for training and competition. The amount of time away will depend on the level at which your child is competing. It is safe to assume that by U14 beginning in the late fall and throughout the winter months, most athletes will begin to log absences from the classroom more frequently. This is especially true in Ontario given our short training season, which necessitates training on weekdays and travelling to venues for training camps and competitions, often at locations outside the Province. Balancing academic and racing success will become more and more challenging as your child progresses to U16 and eventually U18/FIS (International Ski Federation – FIS is short for Federation Internationale de Ski), when the intensity of training and number of race starts to increase dramatically.

AOA's goal is to provide information and guidance to families as to their options within Ontario's education system to enable athletes to succeed at both academics and racing. As parents you need to know what choices you have so you can carefully determine what environment best suits your child's individual academic and sporting goals and plan accordingly.



Success begins with a systematic and detailed plan. Taking the time early on in developing a proposed education plan and athletic roadmap will start you down the right path. Deciding what is right for your child is a process where you have to plan step by step yet at the same time think long term. It will be important to use common sense and reflect on your family values, current lifestyle and what may require compromises but not sacrifices. Often, there are very simple ways to balance both pursuits without disrupting normal routines too much, particularly in the early years of high school.

A good first step might be to explore flexible scheduling options at your local school. Most often, the school is willing to sit down with athletes and their parents to discuss ways to create a flexible schedule and be supportive. If your local school is unable to make these accommodations you may need to look at alternatives. AOA has compiled information on elite athlete/high performance programming offered by various public school boards, private schools, academies and alternative learning schools throughout the Province.

As your child reaches the end of high school and wants to continue on in ski racing, there are exciting opportunities in the post-secondary phase of education that include programs at some Canadian universities in addition to the complex world of National Collegiate Athletic Association (NCAA) or United States Collegiate and Ski and Snowboard Association (USCSA) racing programs. There is an overview of these programs later on in this document.

The benefits of experiencing life as a student-ski racer can be exponential and hard to replicate. Some of the major life skills athletes develop include: time management, independence, performing under pressure, handling success as well as failure, dealing with home sickness, teamwork, organization, communication, budgeting, travel, self reliance and relationship management. These athletes become major contributors in society whether they stay in the sport as professionals or pursue other careers.

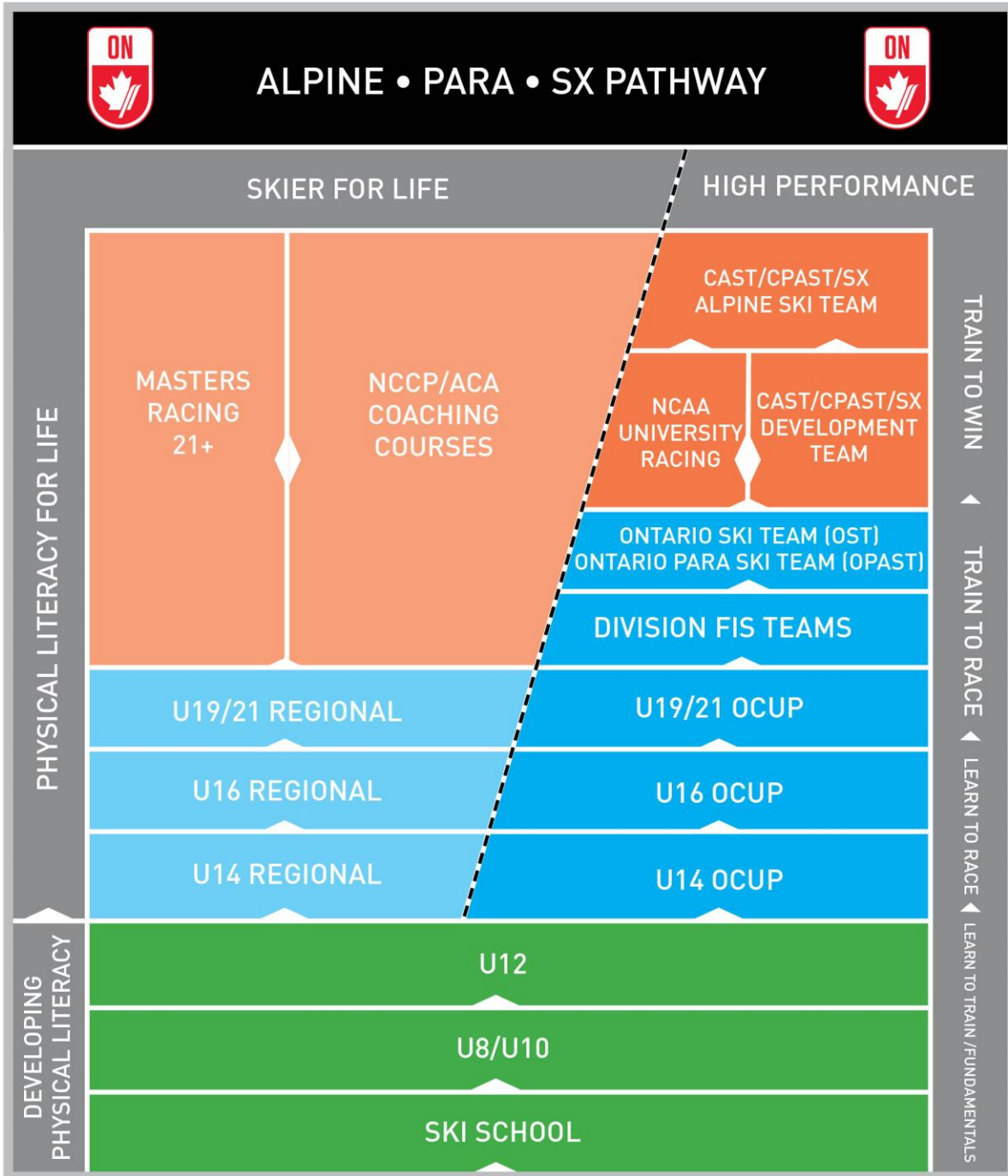
AOA is extremely proud of its athletes and their potential and firmly believes today's ever-changing world affords them more opportunities than ever before to benefit from quality education and high level racing. We are equally proud of our Alumni and all of their perseverance and notable accomplishments. They are excellent role models and trailblazers for our upcoming athletes to learn from.

As you go through the document, we hope you find the information thought provoking. This education initiative is intended to convey our understanding that academic success is a critical component in ski racing to becoming a lifelong success and putting Ontario Athletes on the world stage. Please feel free to contact our office with any questions:

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## ALPINE ONTARIO SKI RACING PATHWAY





**U8/U10 Racing Program** – The U8/U10 Racing Program caters to racers up to age 9.

Class	Age	LTAD Stage	Principles	Competition & Rankings	Performance & Benchmark Events	ACA/AOA Initiatives/ Programs
U8/U10	Ages 5-9 as of 12/31 of current season	Gliding Start/Skier Essentials	SL/GS/K – Dual/ Shorter Gates Intro to Ski Cross Focus on Balance/ Movement/FUNDamentals	Zone & Club Competitions Snow Stars Festivals Skills & Games Station	Local Skills Events & Festivals, Club Races	Snow Stars Levels 2, 3, & 4

The U8/10 Entry Level program is aimed at providing athletes aged 5 to 9 years old the ‘FUNDamentals’ of skiing as defined in the ACA LTSD Phases of Skier Essentials. In coordination with the ACA Snow Stars Program focusing on skill levels 2, 3, and 4, the AOA program is intended to foster the development of the athlete. U10 competition events are to be focused on the development of ski racing skills while continuing to promote the development of overall skiing skills. Normal competition days will pair a traditional “RACE” event, (i.e. SL/GS/Kombi) with a skills festival. These additions should foster the development of overall skills while maintaining participant enjoyment, focusing on the FUN of competition. U8 age athletes as young as 5-6 can participate in ACA sanctioned programs in the U8 age programming.

**U12 Racing Program** – The U12 Racing Program caters to racers aged 10 & 11.

Class	Age	LTAD Stage	Principles	Competition & Rankings	Performance & Benchmark Events	ACA/AOA Initiatives/ Programs
U12	Ages 10 & 11 as of 12/31 of current season	Skier Essentials/ Learn to Train	SL/GS/K – Dual/ Shorter Gates SX Elements Focus on Movement and Sport 4 Life	Regional & Zone Competitions Snow Stars Festivals Skills Competitions	Zone & Club Races, Local Skills Competition	Snow Stars Levels 3, 4, & 5

The U12 Entry Level program is aimed at providing athletes aged 10 and 11 the ‘FUNDamentals’ of skiing as defined in the ACA LTSD phases of Skier Essentials and Learn to Train. In coordination with the ACA SnowStars program focusing on skill levels 3, 4 and 5, the AOA program is intended to foster the development of the athlete. U12 competition events are to be focused on the development of ski racing skills while continuing to promote the development of overall skiing skills. Normal competition days will pair a traditional “RACE” event, (i.e. SL/GS/Kombi) with a skills festival. These additions should foster the development of overall skills while maintaining participant enjoyment, focusing on the FUN of competition.

**U14 Racing Program** – The U14 Racing Program caters to racers aged 12&13 and replaces the former K1 program.

Class	Age	LTAD Stage	Principles	Competition & Rankings	Performance & Benchmark Events	ACA/AOA Initiatives/ Programs
U14	Ages 12 & 13 as of 12/31 of current season	Learn to Train/ Learn to Race	SL/GS/K/SX SG/DH Elements Alpine Specific Motor Skill/ Coordination	Provincial, Regional & Zone Races Snow Stars Festivals ACA National Points	U14 CanAm Championships U14 Provincial Championships	Snow Stars Levels 6 - 7

The U14 age program is aimed at providing athletes aged 12 and 13, the ‘FUNDamentals’ of skiing and truly progress into the Learn to Train phase as defined in the ACA LTSD phases of Skier Essentials and Learn to Train. The ACA SnowStars program continues to offer athletic guidance at levels 6 and 7. U14 competition events are to be focused on the development of ski racing skills while beginning to promote performance on demand. Athletes will ski SL, GS, Speed and Ski Cross either in competition or at Skills Camps.

**DIVISION 1 and DIVISION 2**

This age group is divided into two separate divisions, OCUP and SOD Cup in SOD. OCUP is aimed towards athletes who wish to pursue ski racing at a more competitive level while SOD Cup is aimed at athletes who wish to continue to develop skiing skills and compete at a more recreational level. SOD Cup athletes are able to try OCUP competition events with specific limitations (see Race parameters/SOD Cup for details).



ALPINE ONTARIO – EDUCATION RESOURCE

**U16 Racing Program** – The U16 Racing Program caters to racers aged 14&15 and replaces the former K2 program.

Class	Age	LTAD Stage	Principles	Competition & Rankings	Performance & Benchmark Events	ACA/AOA Initiatives/ Programs
U16	Ages 14 & 15 as of 12/31 of current season	Learn to Race/ Train to Race	SL/GS/SG DH/SX Development	National, Provincial & Regional Races ACA National Points	Whistler Cup, U16 CanAm Championships, Canada Games, U16 Provincials	Team Canada Camp at Whistler Cup/Gold Cup/ Rising Stars Speed Camps/ Summer Super Camps

The U16 age program is aimed at providing athletes, aged 14 and 15, the continuation of the ACA LTSD Learn to Race phase and progress into ACA LTSD Train to Race phase. U16 competition events are to be focused on the development of ski racing skills and promoting the performance on demand.

**U19/U21 Racing Program** – The U18/U21 Racing Program caters to racers aged 16-20 and replaces the former J program.

Class	Age	LTAD Stage	Principles	Competition & Rankings	Performance & Benchmark Events	ACA/AOA Initiatives/ Programs
U19	Ages 16, 17 & 18 as of 12/31 of current season	Train to Race	SL/GS/SG DH/SX Development Competition/ Skill focus	National, Provincial & Regional FIS Races FIS Points	World Junior Championships, U19 National Championships, US U18 Championships	Team Canada at US U19's Youth Olympic Games/Speed Camps/ Prospect Camp

Class	Age	LTAD Stage	Principles	Competition & Rankings	Performance & Benchmark Events	ACA/AOA Initiatives/ Programs
U21	Ages 18, 19 & 20 as of 12/31 of current season	Train to Race/ Train to Win	Mastery of SL/GS/SG DH/SX	Continental Cup, National & Provincial FIS Races FIS Points	World Junior Championships, NorAm & Junior Nationals Titles	Europe Exposure, WJC, Prospect Camp

The U19/U21 Racing Program caters to racers aged 16 & 20 and replaces the former J age program.

The U19+ age program is aimed at providing athletes, aged 16 years or older with programming based on the ACA LTSD Learn to Race phase and progressing to the Train to Race and Train to Win phases of the ACA LTSD. The U19+ age group provides the most diversity for an athlete to compete. U19+ is the age where not only can an athlete ski race domestically within Canada but can also register as an international athlete with the International Ski Federation (FIS). AOA/SOD operate 2 separate racing programs based on the Athlete Registration (NATIONAL or FIS).

With a National Card, athletes may only ski in events sanctioned by ACA however FIS carded athletes can ski in both FIS and ACA sanctioned events.

At this level, athlete performance becomes a strong focus of the competitions; while the development of strong skiing skills remains a crucial element of the program.

Athletes may ski SL, GS, Speed (DH and Super G) and Ski Cross either in competition or at skills camps dependent on registration.



## ESTABLISHING AN EDUCATION PLAN

**NOTE:** *The information that follows and links provided were current at the time of writing.*

**First and foremost student-athletes need to understand the importance of academic success now and for the future, whether it includes ski racing or not.**

The information contained in this document is based on our research and on previous Ontario athlete’s experiences. There are several high school options available to you in Ontario to combine racing and academics. We have also set out some of the post-secondary options should your child wish to continue with their commitment to racing.

In high school there are several directions to go within Ontario in order to pursue academics and ski racing simultaneously. Students may:

- Enroll or stay at their local high school (public or private) and develop a flexible academic program that accommodates their ski racing and training schedule
- Attend a public or private school that offers a specific “Elite Athlete/High Performance” program that has flexibility and accommodations already built into the curriculum
- Enroll in a sport specific academy. The National Ski Academy (NSA), based in Collingwood, is the only ski racing academy option in Ontario

The majority of Ontario student-athletes pursue post-secondary education immediately following graduation from high school however; some choose to take a gap year. A “gap year” is usually one year between finishing high school and beginning university or college in order to travel, take a break, pursue an interest or pursue sports, like ski racing. Student-athletes have a number of post-secondary academic options that combine ski racing recreationally or at higher levels and will vary depending on:

- Athletes that choose to continue racing in a club program at the FIS Regional level
- Athletes who are on the Provincial Team - Ontario Ski Team (OST) or OST Development Team
- Athletes who are on the Canadian Alpine Ski Team (CAST) or CAST Development Team
- Athletes that are interested in a Canadian university with an alpine ski team or interested in U.S. scholarship opportunities and/or the experience of NCAA and/or USCSA racing

These are some of the post-secondary school options and questions your child may wish to contemplate to continue with their ski racing:

- Canadian universities with alpine ski teams (e.g. Lakehead, UBC, McGill, Concordia, Laval)
- Universities and colleges in the United States that are members of NCAA or USCSA and offer alpine ski racing programs and/or athletic scholarships
- Canadian, U.S. or International colleges and universities offering on-line and/or distance learning courses, diplomas or degree programs that can be completed remotely
- Deferred acceptances (from 1-2 years) at a university or college in the athletes preferred program in order to pursue racing for a period of time without juggling academics
- What is the time limit your child setting for themselves to reach post-secondary goals? By what age is your child hoping to enter the work force or skiing professionally?





## BEFORE YOU BEGIN PLANNING

For many athletes, the early years of high school are when the most drastic adjustments need to be made. As the volume and complexity of schoolwork intensifies, so will training and competition requirements for racing. For these reasons, taking the initiative in developing a detailed plan to manage both schedules from season to season will be critical to success.

Before you can even begin to plan, it is essential to sit down with your child and talk about why they are racing and what they want out of it. Is their dream to be on a Provincial Team, National Team or Olympic Team? Do they see themselves earning a scholarship and competing at the exciting Collegiate level in the United States? Or are they just taking their racing to the FIS Regional level? Knowing what your child's goal is will enable all parties to have a good perspective on how to help your child reach that goal. Whatever their athletic goals, your child needs must be motivated to be academically goal-driven as well. As parents with a child who is a competitive athlete you will need to consider these various factors before you narrow down your academic options and begin to make education plans.

It is important that you and your child clearly understand time commitments for training and racing, which vary depending on the level of competition (high level or recreation). It is essential to have realistic expectations of what your child can truly accomplish in a day while away from the classroom, bearing in mind the physical and mental toll of travel, stress of long days on the hill followed by added activities such as tuning skis, video review, team meetings and everyday bedtime routines.

It is crucial to have the foundation of an open dialogue with your child so that they are able to talk to you about how things are going. This channel of communication means you can make sure they are maintaining a healthy attitude and balance about their academic and athletic commitments, and it will enable you to ascertain how your child is managing emotionally and with time management and help them to make any changes. You need to make sure that they realize not every day will be easy and that this endeavor is a process that takes time, adjustments and modification of their approach as needed. Beyond any athletic or academic achievements your child's wellbeing is paramount.

On a practical level, today's world of technology such as laptops, tablets and cellular phones enable your child to easily stay in contact with school, friends and home. In the end however, your child is responsible for his/her own learning. Parents can help set the stage but athletes must be accountable themselves for implementing and making the balance between academics and ski racing work.

Once you have laid the groundwork as outlined above, you and your child are ready explore what accommodations can be made at your current school by arranging a meeting to discuss how you can enable your child to simultaneously pursue their academic and athletic goals. If it becomes clear that your current school cannot accommodate your child's dual requirements, then there are other options to consider, such as specific elite athlete/high performance programs at other public or private schools nearby or possibly a ski academy. Understanding goals very early on will also naturally lead to starting to think longer term such as prospects for college or university.



ALPINE ONTARIO – EDUCATION RESOURCE

**PROJECTED NUMBER OF DAYS ABSENT FROM SCHOOL**

Source: Projected Days Absent from the Classroom/Academic Options is based on Alpine Canada's LTSD for Alpine Racing - Aim 2 Win

<b>PROJECTED ABSENCES</b>				
<b>Racing Level</b>	<b>U14</b>	<b>U16</b>	<b>U19</b>	<b>U21/FIS</b>
<b>Age</b>	12, 13	14, 15	16, 17, 18	18, 19, 20, /21+
<b>School Grade (Ontario)</b>	Grade 7, 8	Grade 9, 10	Grade 11, 12	University/College
<b>Target Total Ski Days (12 months)</b>	75+ Days on snow	100+ Days on snow	115-127+ Days on snow	147+ (18, 19) 130-167+ (20 yrs+) Days on snow
<b>LTSD - Aim 2 Win Development Stage</b>	Learn to Train/ Learn To Race	Learn to Race/ Train to Race	Train to Race	Train to Race/ Train to Win
<b>Competition &amp; Ranking</b>	Provincial, Regional & Zone competitions Snow Stars Festivals ACA National Points	Provincial, Regional & Zone competitions ACA National Points	NorAm, Provincial & Regional FIS Races FIS Points	NorAm, Provincial & Regional FIS Races FIS Points
<b>Projected Absences</b>				
<b>Scheduled School Days Missed (Excludes Holidays &amp; Weekend Training)</b>	<u>Division 1</u> Train – 10 to 15 Days Race – 5 to 10 Days  TOTAL: 15 to 25 Days  <u>Division 2</u> Train – 0 to 8 Days Race – 0 to 2 Days  TOTAL: 0 to 10 Days	<u>Division 1</u> Train – 12 to 18 Days Race – 8 to 12 Days  TOTAL: 20 to 30 Days  <u>Division 2</u> Train – 2 to 8 Days Race – 2 to 4 Days  TOTAL: 2 to 12 Days	To be determined by: FIS - Club Programs SOD Team OST/OPAST Women OPAST - Men CAST -Development CAST  APPROX 40-50+ DAYS	To be determined by: FIS - Club Programs SOD Team OST/OPAST Women OST/OPAST Men CAST - Development CAST NCAA/USCSA FIS International  APPROX 50+ Days
<b>ACADEMIC OPTIONS</b>				
High School Public	✓	✓	✓	
High School Private	✓	✓	✓	
Alternative School/On-Line Learning	✓	✓	✓	✓
Canadian Ski Academy (Boarding?)	✓	✓	✓	✓
U.S. Ski Academy (Boarding)	✓	✓	✓	✓
GAP YEAR (Academy?)				✓
Deferred Acceptance University/College				✓
University/College Canada				✓
University/College United States/Abroad				✓

For information on Alpine Canada's (ACA) Long Term Skier Development - Alpine Integration Model – Aim 2 Win please refer to ACA's website: <http://www.alpinecanada.org/alpine/development-alpine>



## WHAT HAPPENS IN HIGH SCHOOL? – SCHOOL CHOICES & OPTIONS

### High Schools – Province of Ontario

There are a variety of academic options including your current school, specific elite athlete/high performance programs within the public and private school system or ski academies. AOA recommends first looking into how the high school your child currently attends may be supportive to minimize disruptions to their regular routine, social network and family life as they go forward with their ski racing commitments. Here are some basic considerations to build upon when determining how to manage time away during high school. These recommendations apply whatever level your child is currently at or may reach during high school and beyond.

### Getting Started

Education must be your and your child's top priority, so you need to determine how training and racing fits in. Challenges will present themselves as students juggle to keep up with assignments, being away from their friends and missing important dates for tests or exams because of skiing commitments. It may also be challenging to deal with teachers who may not be entirely cooperative because they simply do not have a full understanding of the benefits of competitive ski racing for a child's development and future success. Establish your goals and define how you as parents, your child as the student and school team move forward. No later than Grade 9 or 10 is when you need to start goal setting. Here are some considerations to help get you started.

### Establish Goals

The purpose of goal setting is to provide a framework to determine what steps are needed to achieve what you want to accomplish.

- What is the ultimate **academic** goal?
- What is the ultimate **athletic** goal?
- Who has to take what actions and when to reach those goals?

### Where to Start? Students, Parents, School Administrators and AOA

#### Students

The student-athlete will need to know their group training (including away camps) and racing schedule and when and for how long they will need to be away (example: in U14, U16, or U18/FIS). Students must also know their class schedule, assignment, test and exam dates ahead of time as much as possible and must be in a position to prioritize and determine alternative arrangements when they will be away for key academic dates. Students will need to be proactive and communicate frequently with the school (teachers, guidance, administrators) to keep them updated on season achievements or on challenges in meeting academic requirements and deadlines. Consider these strategies:

- Communicate your commitment to academics
- Reassure your teachers that you intend not to simply stay on track but excel
- Obtain a detailed training/racing schedule as early on in the school year as possible
- Indicate openness to teachers' suggestions on how to optimally combine schedules



### **Parents**

Parents are the foundation to help make it all possible. You will be the key link with school. You will also need to ensure your child’s wellbeing: (social, academic, athletics, emotional stability, contingency plans). Above all, you must actively support your child’s commitment to both academic and athletic success. Strategies to consider are:

- Establish a dialogue and connect with other families for mutual support and exchange your experiences and information about combining academics and athletics
- If your school is unable to accommodate you seek out parents of athletes attending other academic options (i.e. INTERACT, NSA, etc.) for their insight and experience
- You need to be prepared for contingencies that may affect ski racing such as injury, loss of interest or simply being overwhelmed by trying to manage both athletic and academic demands.

### **School Administrators (Principal, Vice-Principal, Guidance Counsellors and Teaching Staff)**

School Administrators, depending on their expertise and level of authority are crucial. They will insure academic integrity including measuring success and shortcomings. Parents need to establish the best way to communicate (for example: group email). Establish a “primary contact” person who will advocate for your child if necessary and decide what levels of support are needed to transition to university. Strategies to consider are:

- Confirm whom the key or primary contact person will be at the school. This is often the Principal or Guidance Counsellor. Once they are onside with what the needs of the student-athlete are, their expertise and authority can help insure those needs are met.
- Schedule your first meeting with the school in the very early weeks of the school year

### **Alpine Ontario (AOA)**

AOA is committed to supporting athletes through programming initiatives and provide information and guidance as to their academic options in order to graduate from high school within the policies set forth by the Ministry of Education. To do so, AOA will:

- Understand what the Province offers as academic options with flexibility for student-athletes within the AOA divisions (SOD, NCO, LSDA, NOD) including key dates
- Provide the AOA membership with general information on academic resources that are available for student-athletes throughout the Province choosing to race competitively
- Provide timely training and racing schedules in order for students to plan ahead
- Provide development pathways for athletes at various levels and estimate the number of school days to be missed to fulfill the on snow requirement as stated in ACA’s Long Term Skier Development – Alpine Integration Model – Aim 2 Win. Website as follows:  
<http://www.alpinecanada.org/sites/community/ltd>  
<http://alpinecanada.org/community/development>
- Be available to speak with the school to endorse the athlete’s potential and skill level
- Ensure coaches provide reference letters if necessary for school administrators confirming the athlete is suitable for the accommodations and flexible options they are requesting
- Provide guidance in developing and Athletic Resume to include racing highlights (which will be needed later for NCAA or USCSA school applications) see Appendix G.



Parents will need to initiate a dialogue with the appropriate school representative and should take place early in the academic year. It is very important to have your child attend this meeting with you.

This initial meeting will be crucial in opening the door for further discussion and collaboration efforts and it will help secure cooperation from subject teachers. At the meeting, provide a detailed overview of your child's athletic activities and bring a copy of your child's athletic resume. Make it clear that you have given a great deal of thought to what you as parents are willing and able to do to support your child and that you understand that it takes a network of people to make this happen. No matter how organized and proactive you might be you need to understand that making these accommodations is a disruption and extra work for teachers and other students, particularly in the case of group work. Explain that your hope and intention is that your child will continue to contribute to the school as a student, athlete, friend and member of the community. In the course of your discussion you may wish to provide examples of success stories from other Ontario athletes - see Appendix E.

You could conclude your initial meeting by emphasizing how skills learned through ski racing can be transferred to the school environment whether in the classroom or in school sporting activities, and these skills will serve the student-athlete well throughout their lifetime, no matter what their path.

#### What are you asking the school to do?

- Agree to and support a flexible schedule for absences
- Explore curriculum choices best suited to the athlete
- Determine your child's learning needs (strengths/weaknesses)
- Decide on strategies to set a pace and stay on top of work while away, for example:
  - ⇒ Tutoring (e.g. single subject or dual subject tutors - i.e. English/French & Math/Science)
  - ⇒ Access to teachers for extra help, extra review or work ahead sessions when not absent
  - ⇒ Alternative dates or arrangements for writing tests or exams or extended deadlines for handing in assignments or completing labs
  - ⇒ Email, remote access to lessons, notes from classmates from missed lessons
  - ⇒ If in a semester system, plan less difficult course load during winter months
  - ⇒ Course credits for physical education and replace that class time with a spare period
  - ⇒ Summer school or on-line learning courses to reduce course load throughout school year
  - ⇒ In some cases, extend length of time to complete Ontario high school graduation requirements (for example: spread the course load over 5 years versus 4 years)

#### Spell out the benefits for the student as a competitive athlete:

- Helps with maturity, personal development and skills to manage successes and/or failures
- Honors an understanding of the need to adapt and continually evaluate and implement change
- Develops superior time management skills, the ability to prioritize and to think bigger picture
- Teaches responsibility, accountability, develops ability to cope and perform under pressure
- Develops strong communication skills on many levels, understands the value of teamwork



### High School – Elite Athlete/High Performance Programs (Ontario Public and Private Schools)

For some athletes, managing the academic demands presented while attending a regular public/private high school and ski racing competitively can become an overwhelming proposition. There are several schools across the Province with specifically created elite athlete/high performance programs to support athletes with their busy academic and athletic schedules. These schools, or programs within some traditional high schools, offer flexible timetables and dedicated support from teachers while away for weekday training, training camps or at races. A number of Ontario athletes have attended these programs for high school and have been able to successfully graduate, with some athletes securing scholarships at top U.S. universities. We are not suggesting your child should have to leave their local high school in order to compete at a high level. There have been many Ontario Athletes, including current World Cup racer Erin Melzynski, who have successfully graduated from their local high school. These special programs may just be a better personal fit for some athletes.

We have compiled a quick reference list below of schools in Ontario that have specific elite athlete/high performance programs should you wish to explore this option. Please refer to Appendix A for more details including program descriptions, contact and website information. The list of schools is not exhaustive for the entire Province but highlights several of the programs that are available. ***If none in your area are shown below, use the following website for the Ministry of Education in Ontario to find your local school board*** and see if there are any types of these programs near to you: <https://www.edu.gov.on.ca/eng/sbinfo/boardList.html>.

School Board	Name of School	Program
<b>Toronto District School Board</b> <a href="http://www.tdsb.on.ca">www.tdsb.on.ca</a>	Vaughan Road Academy Northview Heights Academy Birchmount Park Collegiate Institute Silverthorn Collegiate Institute	Interact Program Academic Program for Gifted Athletes Exceptional Athlete Program High Performer Program
<b>Toronto Private Schools</b> <a href="http://www.cisontario.ca">www.cisontario.ca</a>	Branksome Hall (All-Girls School)	Elite Athlete and Artist Program
<b>York Region District School Board</b> <a href="http://www.yrdsb.ca">www.yrdsb.ca</a>	Bill Crothers Secondary School King City Secondary School Markham District High School Newmarket High School Sir William Mulock Secondary School Stouffville District Secondary School Thornhill Secondary School Dr. G.W. Williams Secondary School Markville Secondary School	High Performance Athlete Profile High Performance Athlete Profile High Performance Athlete Profile High Performance Athlete Profile High Performance Athlete Profile High Performance Athlete Profile High Performance Athlete Profile High Performance Athlete Profile High Performance Athlete Profile
<b>Halton District School Board</b> <a href="http://www.hdsb.ca">www.hdsb.ca</a>	Oakville Trafalgar High School	Extra Step Elite Athlete Support
<b>Ottawa Carlton District School Board</b> <a href="http://www.ocdsb.ca">www.ocdsb.ca</a>	John McCrae Secondary School	High Performance Athlete Program



### High School - National Ski Academy (Collingwood, Ontario)

The National Ski Academy (NSA) in Collingwood is the only ski specific academy of its kind in Ontario. The NSA has been in operation for nearly 30 years and is a fully accredited private school (inspected by the Ministry of Education). The purpose of the NSA is to provide an environment allowing athletes to remain highly committed to academics, train at more intense levels, maintain a consistent dry land program and board (if so desired) all under one roof. The NSA provides pre-season training in the fall in Switzerland for several weeks and other training venues outside of Ontario throughout the season that incorporates classroom time while travelling. Enrollment is not entirely dependent on race results for qualification but rather the athlete's high level of motivation and determination.

The NSA also offers the option to student-athletes whereby they can remain at their existing high school during the season and NSA's academic staff will liaise with their home school, supervise their academic study time and provide tutoring and study assistance as needed. These accommodations enable the athlete to reintegrate seamlessly to their home school once ski season ends in the spring.

The NSA also has a post graduate program for athletes who have completed the Ontario Secondary School Graduation (OSSG) requirements but wish to continue racing before they go to university or college in Canada, the United States or elsewhere. More details can be found on the NSA website: <http://www.nsa.on.ca>

### High School – Blyth Academy, Alpine Athlete Program (Various Campus Location in Ontario)

Recently, Blyth Academy has created an academic program tailored to the specific needs of the ski and snowboard community. Blyth has a four-term block teaching structure for elite skiers and snowboarders. Blyth offers a customized and individual teaching approach that accommodates their rigorous training schedule. This program is offered in Grades 9-12 at the London, Mississauga, Lawrence Park, and Ottawa campuses.

Alpine athletes take three academic courses in term 1 (starting September) and term 4 (starting April). The academic course load will be reduced to one course during term 2 (starting November) and term 3 (starting February) to accommodate schedules. The school week will be reduced during Term 2 and 3 to Monday, Tuesday and Wednesday only, so athletes can spend time on race and training hills. <https://blytheducation.com/blyth-academy/programs-offered/athletic-program/>

### High School – Grade 10 National Literacy Test (MANDATORY IN ONTARIO EVERY MARCH)

The **Ontario Secondary School Literacy Test (OSSLT)** is a compulsory standardized test for secondary school students in Ontario who want to obtain the Ontario Secondary School Diploma. The OSSLT is **written every year in March** in all public, private and Catholic secondary schools in Ontario. **NOTE THE DATE EARLY ON FOR A GRADE 10 ATHLETE – you may need to make alternative arrangements due to race schedule conflicts.** <http://www.eqao.com/en/assessments/OSSLT/Pages/OSSLT.aspx>

### PLANNING AHEAD - Continuing with Ski Racing and Attending University or College





Once high school is complete, your child will be faced with the decision of what they want their future to be. You and your child will need to sit down early on (as early as Grade 9 or 10) and discuss what they may want to pursue for post-secondary education and what they need to do in order to make that happen and prepare in the long run for life after ski racing.

Your and your child will need to discuss the following in order to start planning:

- ⇒ Is your child hoping to attend university in Canada only and ski race?
- ⇒ Is your child interested in attending university or college in the U.S. or abroad?
- ⇒ If your child plans to ski race on a school team at the post-secondary level, where can they go? There are limited options at Canadian universities and numerous in the U.S. at NCAA and USCSA member schools (see Appendix B and Appendix D for school listings).
- ⇒ Is your child considering an athletic scholarship in Canada, the U.S. or elsewhere?
- ⇒ Is your child on the Ontario Ski Team/Development Team (OST) currently or a prospect?
- ⇒ Is your child on the Canadian Alpine Ski Team (CAST) or Canadian Alpine Ski Team - Development (CAST-Development) or a prospect for either?
- ⇒ Will your child take a gap year between high school and university/college? (A gap year is a year or two between high school and university or college – some students travel, learn a language, upgrade academic courses or pursue sports. The view is a year or two before entering the post-secondary phase of education can allow students more time to mature. Students may gain more real-life experiences in hopes of becoming more responsible and self-reliant and have a better understanding of what they want and who they are.

No matter what path your child chooses, you will need to be prepared to move forward with a transition plan to the post-secondary phase that requires detailed research and involvement from your child, yourself and others. Here are some ideas and guiding questions to consider:

- ⇒ Has your child established their specific post-secondary academic goals?
- ⇒ Work very closely with the guidance department at your high school and work with a counsellor your child feels very comfortable with to advise them of choices that lead them in the right direction including where, how and when to apply?
- ⇒ Has your child narrowed down programs that include their long-term career aspirations and are they aware of the grade cut off for specific programs they are interested in? See Appendix C for general grade cut off information for Canadian universities
- ⇒ Has your child identified schools they are interested in attending, if so, do these schools even have an alpine ski team/program?
- ⇒ Does your child have their sights set on scholarships at any schools, if so, what criteria will they need to meet? Are your child's grades at the level they need to be to be awarded?
- ⇒ Has your child taken the appropriate courses they need in high school for admission requirements into the programs they are interested in? *Important note: NCAA eligibility is determined based on a grade point average from courses completed in grades 9 to 12 rather than grade 12 grades only*





- ⇒ What, if any, entrance exams will your child need to complete, particularly when applying to schools in the United States (i.e. Standardized Academic Testing (SAT) or the American College Testing (ACT):  
website for SAT: <https://sat.collegeboard.org/home>  
website for ACT: <http://www.act.org>
- ⇒ Prepare a high school Athletic and Academic resume (in the case of athletic scholarship and desire to join a varsity team). See Appendix G for example.
- ⇒ Has your child obtained reference letters from high school team coaches, clubs, and ski teams?
- ⇒ Have you considered geography – where would you like to go to university/college?
- ⇒ What can your family afford to pay for post-secondary education?
- ⇒ Do the schools your child is interested in offer financial assistance and would they qualify?
- ⇒ When will you and your child visit prospect schools to narrow down choices?



## CANADIAN UNIVERSITIES WITH SKI RACING OPTIONS

Ski racing after high school can be an exciting time for those athletes that wish to remain competitive in the sport while pursuing their academic goals attending university. Canada is fortunate to be home to many world-class universities, some with alpine ski racing teams. The reality is not every student-athlete wishes to travel abroad, or too far from home in Ontario, for the post-secondary phase of their education and there are opportunities to be part of a university ski racing team in several Provinces.

In Ontario, athletes hoping to be part of a ski racing team at university currently have two possible options. Lakehead University in Thunder Bay, Ontario formed a ski racing team in 2012 building on the opportunity to retain high performing athletes in Thunder Bay, since there are very few university alpine ski teams in Canada. This team competes in the USCSA race series in the American Midwest (MCSA). New for the upcoming 2015-2016 season is the announcement of the Ottawa-Gatineau region “University Ski Team”. Students enrolled at Carleton University, Ottawa University and L'Université du Québec en Outaouais (UQO) wanting to race on a university alpine ski racing team, will have the opportunity to participate in FIS ski racing competitions around the Province of Québec.

In the Province of Québec, there are several universities that have alpine ski racing teams including McGill, Concordia, University of Montreal, Laval, L'Université du Québec à Montréal (UQAM). These teams race in the Québec University Alpine Ski Circuite. For information consult the website <http://www.sportetudiant-stats.com/universitaire/ski/index.php>.

The University of British Columbia (UBC) is the only university in western Canada with an alpine ski racing team. The 2015-2016 team is currently in a transition phase and has recently cut alpine skiing (women and men) as a varsity sport but remains a club sport. It is best to contact the UBC recreation department for more information or see coach contact details in Appendix B.

There is an AOA initiative underway with the NZ Foundation for a proposed university league in Ontario. The long-term goal would be to have alpine ski racing once again become a varsity recognized program supported by many institutions across the Province of Ontario. Our sport has hit a breaking point in that we continue to lose many young racers at various development stages because we lack a sufficient amount of long-term opportunities. The main goal of this proposed program is to engage the community and build a pathway for all levels of athletes who would like to stay in the sport while receiving a great education here in Ontario. We all know and believe in the benefits of combining academics in a post-secondary setting and we are confident that a program such as this will not only offer a long term solution to creating skiers for life, but also our sport will continue to produce world class people and the leaders of tomorrow. Stay tuned for further news on this initiative in the near future.

Canadian universities with ski racing teams have been outlined in more detail in Appendix B including website and contact information. In Appendix C, you will find a list of the top universities in the country and the average grade needed for acceptance combining all programs. The information is not program specific, however, merely a reference to illustrate how competitive academically your child must be to be considered for admittance to top Canadian schools.



U.S. UNIVERSITIES & COLLEGES - COLLEGIATE SKI RACING OPTIONS

INTRODUCTION TO U.S. COLLEGIATE SKIING

The organization of collegiate ski racing in the U.S. is quite complex and, as with ski racing around the world, is both dynamic and political. What follows is an overview of how the system is organized at the present time. There are two organizations that define the type of ski racing that occurs at the college level – the college affiliation with the National Collegiate Athletic Association (NCAA) or United States Collegiate and Ski and Snowboard Association (USCSA).

NCAA primarily hosts FIS-U events and the USCSA hosts USSA (United States Ski and Snowboard Association) or USCSA sanctioned events. The level of competition varies from region to region and from club to club for both the NCAA and USCSA. Please refer to Appendix D for a U.S. collegiate ski racing school information guide.

Below is a simplified comparison to help define the differences between NCAA and USCSA racing.

<p>NATIONAL COLLEGIATE ATHLETIC ASSOCIATION NCAA</p>	<p>UNITED STATES COLLEGIATE SKI AND SNOWBOARD ASSOCIATION USCSA</p>
<ul style="list-style-type: none"> <li>• The nation is divided into 3 Regions: East (EISA), Central (CISA) and Rocky Mountain (RMISA).</li> <li>• Maintain about 12% of the skiing programs in the United States.</li> <li>• Schools are Division I, II, III NCAA institutions.</li> <li>• Varsity funded activities (to varying degrees).</li> <li>• All schools are 4-year institutions.</li> <li>• Division I and II offer athletic scholarships; Division III is &gt;need-based= financial aid; Ivy League programs are Division I but do not offer athletic scholarships.</li> <li>• Alpine and Cross Country, Men and Women.</li> <li>• Scoring is as an <b>INDIVIDUAL</b></li> </ul>	<ul style="list-style-type: none"> <li>• The nation is divided into 5 Regions; Eastern, Mid-Atlantic, Mid-West, Far West and West.</li> <li>• The 5 Regions are split into 11 conferences: Eastern, Mid-East, Allegheny, New Jersey, Southeast, Midwest, Southern California, Northern California, Northwest, Rocky Mountain and Grand Teton.</li> <li>• Maintain about 88% of the skiing programs in the United States.</li> <li>• Many schools are Division I, II, III NCAA and NAIA institutions but are also USCSA members and chose to compete in the USCSA. They may compete in NCAA events and attempt to qualify individuals to the NCAA Nationals. These teams may also compete in USCSA races and attempt to qualify a team for the USCSA Nationals.</li> <li>• Teams may be varsity (fully funded or partially funded) or club sports or individuals. If a school of your choice does not offer skiing (alpine or cross country) as a varsity or club sport, you can start a program.</li> <li>• 4 year and 2 year institutions compete in the USCSA.</li> <li>• Some offer athletic scholarships, however, most do not.</li> <li>• Alpine, Cross-Country, Snowboard, Men and Women.</li> <li>• Scoring is as a <b>TEAM</b></li> </ul>

SOURCES: [ncaa.org](http://ncaa.org), [uscsa.com](http://uscsa.com) - USCSA vs. NCAA comparison, [epicski.com](http://epicski.com), [wmsc.info/parent-resources.com](http://wmsc.info/parent-resources.com)

National Collegiate Athletic Association (NCAA) Program Overview



NCAA Website:

<http://www.ncaa.org>

NCAA 2014-2015 Guide for the College-Bound Student-Athlete:

<http://www.ncaapublications.com/productdownloads/CBSA17.pdf>

The most competitive ski racing occurs between colleges that are members of the NCAA and who choose to race against other NCAA affiliated schools. The NCAA is made up of three membership classifications that are known as Divisions I, II and III. Each division creates its own rules governing personnel, amateurism, recruiting, eligibility, benefits, financial aid, and playing and practice seasons – consistent with the overall governing principles of the Association. Each College Athletic Department must affiliate its core program with one of the three divisions. Division I schools may offer athletic scholarships, Division II is intermediate while Division III is a non-scholarship level. Skiing is “divisionally blind” as all NCAA classification compete together towards the same championship. So while the colleges may be at different NCAA levels, this has no impact on ski racing in which Level I NCAA schools compete equally with NCAA Level II and III schools.

NCAA races are organized into two regions. The Eastern region is known as the **Eastern Intercollegiate Ski Association (EISA)** and the Western region is **Rocky Mountain Intercollegiate Ski Association (RMISA)**. Alongside Alpine races are Nordic races, also run under the umbrella of the EISA or RMISA. The EISA annually hosts six Winter Carnival competitions starting in mid-January while the RMISA hosts five. Regional Championships are then held which lead to the National NCAA championships.

Schools in the NCAA Alpine Divisions:

**Eastern Intercollegiate Ski Association**

Division 1	Division 2	Division 3
Boston College Dartmouth College Harvard University University of New Hampshire University of Vermont	Saint Michael’s College	Bates College Colby College Colby-Sawyer College Middlebury College Plymouth State University St. Lawrence University Williams College

**Rocky Mountain Intercollegiate Ski Association**

Division 1	Division 2	Division 3
University of Colorado University of Denver Montana State University University of New Mexico University of Utah	University of Alaska Anchorage	Westminster College

SOURCES: [ncaa.org](http://ncaa.org), [uscsa.com](http://uscsa.com) - USCSA vs. NCAA comparison, [epicski.com](http://epicski.com), [wmsc.info/parent-resources.com](http://wmsc.info/parent-resources.com)

National Collegiate Athletic Association (NCAA) Program Overview (Continued)



NCAA ski races are FIS races operating under the United States Ski and Snowboard Association (USSA) guidelines. The caliber of the field is extremely high with most athletes being competitive at the NorAm level and some being current or former National Team members. With such a high level of racing, it is important for athletes to recognize that College level skiing can offer a very attractive alternative to the athlete remaining competitive while at the same time earning an undergraduate degree. As one coach put it, “Athletes need to know that college skiing is by no means an end game and in no way precludes the option of racing for a national team following graduation.”

Morgan Megarry, (Craigleith, OST and CAST Development) added this about going to University of Vermont, “People underappreciate how competitive it is, by no means is going into collegiate skiing giving up on the dream”.

Colleges are restricted in the number of athletes they can bring to NCAA races. Only six men and six women are allowed to “score” (although a team may race perhaps as many as ten athletes per gender) and these must be the same for both slalom and GS.

**SOURCES:** [ncaa.org](http://ncaa.org), [uscsa.com](http://uscsa.com) - USCSA vs. NCAA comparison, [epicski.com](http://epicski.com), [wmsc.info/parent-resources.com](http://wmsc.info/parent-resources.com)



## United States Collegiate Ski and Snowboard Association (USCSA) Program Overview

USCSA Website:

<http://www.uscsa.com>

USCSA College Handbook:

[http://www.uscsa.com/uploads/8/1/3/9/81394138/uscsa\\_competition\\_and\\_rules\\_2017.v.1.1\\_1.pdf](http://www.uscsa.com/uploads/8/1/3/9/81394138/uscsa_competition_and_rules_2017.v.1.1_1.pdf)

The United States Collegiate Ski and Snowboard Association (USCSA) is another organization, separate from the NCAA that puts on ski races for several US Universities. The USCSA has a broad membership of over 420 Alpine programs. However, by far the majority of these programs are club teams, which are not funded through Colleges' athletic programs. Many club teams are quite social and rely on fundraising to support their activities. While athletes may race, it is not generally at the same elite level as those that race within the NCAA program. The exceptions to this are those USCSA colleges who operate a varsity (as distinct from club) program. Varsity programs are funded by the Colleges' athletics departments may recruit athletes and may offer some athletic scholarships.

The USCSA is divided into 11 regional conferences and races are organized within these conferences culminating with regional championships and the National USCSA championships. USCSA races have a different feel to them as compared with NCAA since in USCSA races the scoring is done as a team and not individually.

Within some of the USCA conferences there are a few NCAA colleges who choose to compete under the umbrella of the USCSA. One of the main reasons for this is that they are allowed 10 athletes per gender at USCSA races versus the 6 at NCAA races. Conversely, some of the USCSA affiliated colleges' race as guest teams at NCAA races. These USCSA teams will choose to do this because they are looking for a higher level of competition than is available in their USCSA regional conference.

In order to ensure a healthy degree of competition, in the Eastern conference all NCAA schools who choose to compete in the USCSA do so within the same division known as the MacConnell division. Thus, although they compete under the USCSA umbrella, schools competing in the MacConnell division are in many ways nearly as competitive as members of the NCAA Eastern Division.

Varsity USCSA Programs:

MacConnell Division	Grand Teton Division	Nor Cal Division	Northwest Division
Babson College Clarkson University Castleton State University	St. Olaf College Rocky Mountain College	Sierra Nevada College	College of Idaho

**SOURCES:** [ncaa.org](http://ncaa.org), [uscsa.com](http://uscsa.com) - USCSA vs. NCAA comparison, [epicski.com](http://epicski.com), [wmsc.info/parent-resources.com](http://wmsc.info/parent-resources.com)



**APPENDICES**

Appendix A	Ontario Public Schools – Specific Elite Athlete Programs
Appendix B	Ontario/Canadian University Ski Team Options
Appendix C	Ontario/Out of Province University – Average Entering Grade Requirements
Appendix D	U.S. Collegiate Ski Racing Schools –NCAA/USCSA School Directory
Appendix E	Graduates of the Ontario Development Ski Team and Ontario Ski Team Academic and Professional Achievements – Women and Men
Appendix F	Alumni Section – Athlete Interviews
Appendix G	Athletic Resume Sample
Appendix H	Parent Resources



## Appendix A Ontario Schools with Specific Elite Athlete/High Performance Programs

### Toronto District School Board – Specific Elite Athlete Programs

**Vaughan Road Academy** 9 Vaughan Rd, York, ON M6C 2R1 (Eglinton and Bathurst)  
Program Director: Marta Smodis  
Telephone: 416-394-3222 ext. 20040

**Program:** INTERACT <http://schoolweb.tdsb.on.ca/vaughanroad/Interact.aspx>

INTERACT is a unique, alternative secondary school program designed to recognize the special needs of students involved in dance, music, theatre and athletics whose out-of-school commitments makes either attendance at, or excelling in, a traditional high school difficult. It is an academic, university-preparation program, geared to meet the special requirements of each student. We offer course work that is consistent with the Ontario Curriculum but that offers unique flexibility of learning for students who are self-motivated, independent and responsible learners.

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**Northview Heights Secondary School** 550 Finch Ave W, Toronto, ON M2R 1N6 (Finch and Bathurst)  
Program Director: Julian Fiorio  
Telephone: 416-395-3290 ext. 20139  
Email: Julian.fiorio@tdsb.on.ca

**Program:** Academic Program for Gifted Athletes <http://www.northviewheights.ca/academic-program-for-gifted-athletes-apga.html>

The Academic Program for Gifted Athletes has a 25+ year history of success. They have guided many of their athletes to academic and athletic scholarships. The program provides academic support, timetabling support, and key SAT & Clearinghouse counseling. The integration of the athletes with regular high school students in compulsory and elective classes, as well as having them take specialty academic sports related courses with like-minded athletes has provided a winning combination. Teacher support to maintain the academic standard is critical. The blended learning classes have out of school components and some may be completed at the athletes' training centre.

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**Birchmount Park Collegiate Institute** 3663 Danforth Avenue, Toronto, ON M1N 2G2 (Danforth and Birchmount)  
Telephone: (416) 396-6704  
<http://schoolweb.tdsb.on.ca/birchmountpark/>

**Program:** Exceptional Athlete Program

The Birchmount Park Exceptional Athlete Program began in September 1988. The seed, however, was planted in 1982. Ivan Pintaric, a former Olympic discus thrower and Canada's throwing coach for four Olympic Games, envisioned a high school that would physically train young talented and motivated athletes, while providing strong academic challenges. After seven years of planning, presenting and debating the concept, the Scarborough Board of Education gave it's blessing for the program, to be housed at Birchmount Park Collegiate Institute. The doors opened to thirty-eight athletes in September of 1988 and the program currently has an enrollment of over 200 students in grades 9 - 12. Students have represented over 30 different sports throughout the years in the program. Eligibility to Apply - Interested Grade 8\* students who meet the following criteria are eligible to apply to the Birchmount Exceptional Athlete Program (BEAP):

- Athletes are self-motivated and willing to do the extra physical and academic work needed to excel in sport and educational pursuits. Athletes compete at a provincial championship or higher, outside of school, individually or as a member of a team. Athletes have a minimum average of 60% in the following subjects: English, Math, Science, History or Geography and Physical Education on the Grade 7 Final Report Card. Athletes have no multiple N's in the learning skills category on the Grade 7 Final report card.





**Toronto District School Board – Specific Elite Athlete Programs (Continued)**

**Silverthorn Collegiate Institute** 291 Mill Road, Etobicoke, Ontario M9C 1Y5 (Burnhamthorpe & Hwy 427)  
Program Director: Emanuel Arduini  
Telephone: 416-394-7010 ext. 20043  
Email: emanuel.arduini@tdsb.on.ca  
**Program:** High Performer Program <http://silverthorncollegiate.com/>  
<http://silverthorncollegiate.com/about-the-program/>

The High Performer Program is an academic program for students who are elite athletes involved in regional, provincial, national or international competition. Silverthorn offers students with intense training schedules, the opportunity for a more flexible timetable in order to balance out school commitments, so that they can strive for both academic and athletic excellence.

**Features & Benefits of the Program:**

- Earn school credits while training
- Semester timetable offered to students in grades 9 to 12
- Open to students outside of school/TDSB boundaries
- Customized courses with flexible timetables
- A dynamic and supportive learning environment
- A dedicated staff guidance counsellor
- Enriched level courses and AP designation course opportunities
- NCAA Clearinghouse (PSAT/SAT/ACT) official test writing centre and support
- Access to community mentors & motivational workshops
- Convenient access to training facilities

**Ottawa Carlton District School Board – Academic Program for Gifted Athletes**

**John McCrae Secondary School** 103 Malvern Drive, Ottawa, ON K2J 4T2  
Program Director: Joe Barnabe  
Telephone: 613-823-0367 ext. 212  
Email: joe.barnabe@ocdsb.ca  
**Program:** Academic Program for Gifted Athletes <https://sites.google.com/a/ocdsb.ca/johnmccraess/academics/special-programs/hpa>

John McCrae is also the only school in the OCDSB to offer the High Performance Athlete program, which "supports the educational accommodations of students who are striving to compete at the Provincial, National and International level in their respective sports.

The Academic Program for Gifted Athletes has a 25+ year history. It was put in place in recognition that these talented student athletes required unique programming accommodation and flexibility so that they may attain the high standards demanded in their field and still receive a high quality education."



## York Region District School Board – High Performance Athlete Programs

### York Regional District School Board (YRDSB) – High Performance Athlete Program (HPA)

York Region offers a HPA at several schools within the York Region district. HPA is a specialized cooperative education program for students who compete at a provincial, national and/or international level. In HPA, students perform and exhibit, through a cooperative education program, the knowledge and skills acquired in the classroom, to their training/competition setting.

#### YRDSB HPA Program Information and School Listing Website:

<http://www.yrdsb.ca/Programs/Coop/Pages/HPA-General-Information.aspx>

#### What is the HPA Co-op Program about?

<http://www.yrdsb.ca/Programs/Coop/Pages/default.aspx>

#### HPA Co-op Program Admittance Criteria and Coaches Reference Form:

<http://www.yrdsb.ca/Programs/Coop/Documents/HPACriteriaForAdmittance.pdf>

<http://www.yrdsb.ca/Programs/Coop/Documents/HPACoachsReferenceform.pdf>

#### The following YRDSB schools provide HPA programming:

**Bill Crothers S.S.** - 44 Main Street, Unionville, L3R 2E4 /Head of Athletics: Derrick Stryker/(905) 477-8503

<http://www.yrdsb.ca/schools/billcrothers.ss/athletics/Pages/default.aspx>

**Dr. G.W. William S.S.** - 39 Dunning Ave, Aurora, ON L4G 1A2/(905) 727-3131

<http://www.yrdsb.ca/schools/drgwilliams.ss/DeptPrograms/coop/Pages/default.aspx>

**King City S.S.** - 2001 King Road, King City L7B 1K2/(905) 833-5332

<http://www.yrdsb.ca/schools/kingcity.ss/DeptPrograms/coop/Pages/default.aspx>

**Markham District H.S.** - 89 Church St., Markham, L3P 2M3/(905) 294-1886

<http://www.yrdsb.ca/schools/markhamdistrict.hs/DeptPrograms/coop/Pages/default.aspx>

**Markville S.S.** - 1000 Carlton Rd., Markham L3P 7P5/(905) 940-8840

<http://www.yrdsb.ca/schools/markville.ss/sp/Pages/default.aspx>

**Newmarket H.S.** - 505 Pickering Cres., Newmarket, L3Y 8H1/(905) 895-5159

<http://www.yrdsb.ca/schools/newmarket.hs/DeptPrograms/hpa/Pages/default.aspx>

#### **Richmond Green S.S.**

<http://www.yrdsb.ca/schools/richmondgreen.ss/programs/Pages/High-Performance-Athlete.aspx>

**Sir William Mulock S.S.** - 705 Columbus Way, Newmarket, L3X 2M7/Ms. Ahrens or Ms. Dickson/(905) 967-1045

<http://www.yrdsb.ca/schools/mulock.ss/programs/Pages/High-Performance-Athlete.aspx>

**Stouffville District S.S.** - 801 Hoover Park Dr., Stouffville, L4A 0A4/(905) 640-1433

<http://www.yrdsb.ca/schools/stouffvilledistrict.ss/DeptPrograms/coop/Pages/default.aspx>

**Thornhill S.S.** - 167 Dudley Ave., Thornhill, L3T 2E5/(905) 889-5453

<http://www.yrdsb.ca/schools/thornhill.ss/DeptPrograms/coop/Pages/default.aspx>



**Halton District School Board – Extra Step Athlete Support Program**

**Oakville Trafalgar  
High School**

1460 Devon Road, Oakville, ON L6J 3L6

Guidance Counsellor: Mrs. Raleigh

Telephone: (905) 845-2875 ext. 335

Email: [raleighk@hdsb.ca](mailto:raleighk@hdsb.ca)

**Program:** Extra-Step  
Athlete Support

<http://oth.hdsb.ca/home/students/extra-steps>

Oakville Trafalgar High School (OTHS) has many students who excel at activities outside of school. Extra Step supports elite athletes and performance artists that are training, competing and performing at the provincial level and above. The typical extra-step student spends 20 hours or more per week training, practicing or competing.

In order to assist these students the extra-step counsellor will work with the student and his or her parent(s) to ensure that their timetables support their extracurricular activity as much as possible. Absences and periods of intensive training, competitions, or performances are accommodated primarily with flexibility in deadlines for tests and assignments as well as academic assistance. Arrangements are usually made between the individual teachers and the student, but the extra-step counsellor will support the students where needed.

Teachers at O.T.H.S. are very supportive of Extra Step students, but it does require that the students take responsibility for their own success at school. This means that extra-step students must be proactive with respect to informing their teachers about upcoming absences and work out arrangements with the teacher for the completion of any work that will be missed. Students should make sure that they clearly understand the teacher's expectations and complete all work assigned during an absence by the date established.



## Appendix B

## Canadian University Options – Ski Racing Teams

**ONTARIO**

<b>Lakehead University Thunder Bay, ON</b>	<b>Established</b>	1965
	<b>Type</b>	Public University
	<b>Students</b>	7,848
	<b>Undergraduates</b>	7,254
	<b>Postgraduates</b>	594
	<b>Location</b>	Thunder Bay
	<b>Campus</b>	Rural/Suburban
	<b>Sports</b>	Lakehead Thunderwolves
	<b>Faculties</b>	Business, Education, Natural Resource Management, Health and Behavioural Science, Environmental Studies, Social Sciences, Humanities, Medicine, Law
	<b>Website</b>	<a href="http://www.lakeheadu.ca">www.lakeheadu.ca</a>

Located in Thunder Bay Ontario, Lakehead University is a good option for racers who want to continue high level ski racing while attending an Ontario University. The Lakehead Club Ski Team competes in the USCSA (United States Collegiate Ski Association) with races taking place in Minnesota, Wisconsin and Michigan. The USCSA is a U.S. Collegiate Series that emphasizes team racing and is a really fun atmosphere for participants. The team trains at Loch Lomond Ski Club in association with the LSDA FIS team. Training takes place during the late afternoon allowing students to stay on top of academics while continuing to ski race.

**Contact:** Dave Bradley - [vicealpinechair@lsdalpine.com](mailto:vicealpinechair@lsdalpine.com)

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<b>University Ski Team Ottawa/Gatineau Area</b>	<b>Established:</b>	2015
	<b>Schools:</b>	Carleton University, Ottawa University and The Université du Québec en Outaouais (UQO)
	<b>Contact:</b>	Gabriel Bouffard
	<b>Telephone:</b>	(819) 968-1626
	<b>Email:</b>	<a href="mailto:universityskiteam@outlook.com">universityskiteam@outlook.com</a>
	<b>Website:</b>	<a href="http://universityskiteam.ca">http://universityskiteam.ca</a>

New in 2015-2016 is the launch of the University Ski Team. Student-Skiers in the Ottawa-Gatineau region enrolled in post-secondary institutions have the opportunity to participate in FIS ski racing competitions around the province of Quebec. Skiers enrolled at Carleton University, Ottawa University and UQO now have the opportunity to participate in inter-university ski racing competitions around the province of Quebec on the RSEQ University ski circuit. The team mission is to promote academic success through the development of skilled, fit and exemplary athletes. The program hopes to provide a stage for the Ottawa/Gatineau skiers to shine and show that they are amongst the most driven and ambitious students in Canada.



## QUEBEC

<b>McGill University</b> <b>Montreal, QC</b>	<b>Established</b>	1821
	<b>Type</b>	Public University
	<b>Students</b>	39,497
	<b>Undergraduates</b>	27,035
	<b>Postgraduates</b>	9,246
	<b>Location</b>	Montreal, Quebec
	<b>Sports</b>	McGill Redmen (Men), McGill Martlets (Women)
	<b>Faculties</b>	Agriculture and Environmental Sciences, Arts, Dentistry, Education, Engineering, Law, Management, Medicine, Music, Religious Studies, Science
	<b>Website</b>	<a href="http://www.mcgillathletics.ca/index.aspx?path=ski">www.mcgillathletics.ca/index.aspx?path=ski</a>

Located in Montreal, McGill is a good option for Ontario athletes that want to attend a top level Canadian University and continue to ski race. The McGill Ski Team is made up of student athletes who remain serious about their education while interested in continuing to pursue competitive ski racing at a high level. The McGill Ski Team consists of a 25-person (male and female) varsity roster based on previous experience and achievement in the sport of competitive alpine ski racing, but also strongly based on which athletes show the most commitment to dryland/off-season fitness, fundraising, attendance and the team in general. McGill competes on the Quebec University Ski Circuit run by the RSEQ, which consists of university FIS races and standard university races spanning the Quebec region at hills such as Mont Saint-Sauveur, Mont Sutton, Le Relais, Le Massif and more. During many of these races, athletes will be competing against counterparts from top NCAA schools. For the 2014-2015 season, there were five males and two females from Ontario on the McGill Ski Team. For more information about the program, please reach out to coach David APap at [david.apap@mail.mcgill.ca](mailto:david.apap@mail.mcgill.ca)

<b>Laval University,</b> <b>Quebec City, QC</b>	<b>Coach – Francois Bourque</b> <b>Email:</b> francois.bourque@sas.ulaval.ca <b>Team Website :</b> <a href="http://www.rougeetor.ulaval.ca/sports/ski-alpin/">http://www.rougeetor.ulaval.ca/sports/ski-alpin/</a>
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This may be the most competitive ski program at any of the Canadian Universities. They had several skiers take part in the World University Games and placed very well. It is a French language University may not be an option for some Ontario racers. Most racers come from a Quebec Ski Team background and whose first language in French.

<b>Concordia University,</b> <b>Montreal, QC</b>	<b>Contact</b> Email: <a href="mailto:stingers@concordia.ca">stingers@concordia.ca</a> . <b>Team Website:</b> <a href="http://stingers.ca/skiing.php">http://stingers.ca/skiing.php</a>
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Concordia has a small team that was comprised of 4 racers in 2015. They do take part in all of the high level Quebec University Races.

<b>University of Montreal,</b> <b>Montreal, QC</b>	<b>Coach – Michel Huot (514) 343-7772</b> <a href="mailto:michelhuot@artimage.ca">michelhuot@artimage.ca</a> <b>Team Website:</b> <a href="http://www.carabins.umontreal.ca/pages/Sports/ski-alpin.aspx?lang=FR-CA">http://www.carabins.umontreal.ca/pages/Sports/ski-alpin.aspx?lang=FR-CA</a>
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University of Montreal is similar to Laval in terms of talent present on the team, high level with many past Quebec Team athletes. It is also a French-language university suitable for those who fully bilingual. The Quebec University Ski Circuit consists of university-F.I.S. races and standard university races spanning the Quebec region at hills such as Mont Saint-Sauveur, Mont Sutton, Le Relais, Le Massif. Website: <http://www.sportetudiant-stats.com/universitaire/ski/>

**BRITISH COLUMBIA**

<b>University of British Columbia “UBC”</b>	<b>Established</b>	1908
	<b>Type</b>	Public University
	<b>Students</b>	58,284
	<b>Undergraduates</b>	39,984 (Vancouver), 7,748 (Okanagan)
	<b>Postgraduates</b>	9,912 (Vancouver), 640 (Okanagan)
<b>Vancouver, B.C.</b>	<b>Location</b>	Vancouver and Kelowna, B.C.
<b>Kelowna, B.C.</b>	<b>Campus</b>	Urban/Rural
	<b>Sports</b>	UBC Thunderbirds
	<b>Faculties</b>	Engineering, Arts, Business, Dentistry, Education, Forestry, Health, Interdisciplinary Studies, Law, Medicine, Pharmaceutical Sciences, Science
	<b>Website</b>	<a href="http://www.ubc.ca">www.ubc.ca</a>

The University of British Columbia (UBC) is the only university in western Canada with an alpine ski racing team. UBC has cut alpine skiing (women and men) as a varsity sport but remains a club sport. For more information **contact Kayla Johnson, Head Coach** at [alpineski.sc@ubc.ca](mailto:alpineski.sc@ubc.ca) or visit the website at <http://www.recreation.ubc.ca/sport-clubs/alpine-skiing/>.



## Appendix C

## Ontario and Out of Province Average Entrance Grade Requirements

<b>Ontario University</b>	<b>Location</b>	<b>Average Grade for Acceptance</b>
Queen's University	Kingston	88.7%
University of Waterloo	Waterloo	88.4%
Western University	London	88.2%
McMaster University	Hamilton	86.8%
University of Toronto	Toronto	85.5%
Carleton University	Ottawa	83.0%
University of Ottawa	Ottawa	82.9%
Ryerson University	Toronto	82.4%
Wilfrid Laurier University	Waterloo	82.3%
University of Guelph	Guelph	82.1%
York University	Toronto	82.1%
Brock University	St. Catherine's	81.2%
Laurentian University	Sudbury	81.0%
Trent University	Peterborough	80.0%
University of Windsor	Windsor	79.7%
Lakehead University	Thunder Bay	79.3%
Nipissing University	North Bay	79.3%

Source: <http://www.macleans.ca/education/uniandcollege/average-entering-grade-now-85/>

<b>Out of Province Universities</b>	<b>Location</b>	<b>Average Grade for Acceptance</b>
McGill University	Montreal	90.3%
University of British Columbia	Vancouver	89.6%
University of Saskatchewan	Saskatoon	88.1%
Simon Fraser University	Burnaby	87.9%
University of Montréal	Montreal	87.6%
University of Manitoba	Winnipeg	87.4%
University of Alberta	Edmonton	86.6%
Mount Allison University	Sackville, NB	86.3%
Acadia University	Wolfville, NS	85.7%
St. Francis Xavier University	Antigonish, NS	85.4%
Laval University	Laval	85.3%
University of PEI	Charlottetown	85.1%
University of Regina	Regina	85.1%
University of Cape Breton	Cape Breton, NS	84.4%
University of Moncton	Moncton, NB	84.4%
University of New Brunswick	Fredericton, NB	84.4%
St. Thomas University	Fredericton, NB	84.3%
University of Victoria	Victoria, BC	84.3%
University of Calgary	Calgary	84.1%
Bishop's University	Sherbrooke, QC	83.4%
Mount Saint Vincent University	Halifax, NS	82.9%
Concordia University	Montreal	82.7%
Memorial University	St. Johns, NF	81.5%
University of Lethbridge	Lethbridge, AB	80.7%

Source: <http://www.macleans.ca/education/uniandcollege/average-entering-grade-now-85/>



Appendix D

**U.S. Collegiate Schools with Ski Racing Teams/NCAA and USCSA  
DIRECTORY**

(Justin Firth – March 2015)

*NOTE: The information that follows and links provided were current at the time of writing.*





**NCAA Division 1 (Eastern Intercollegiate Ski Association)**

## Boston College

**Location:** Boston, Massachusetts  
**Division:** NCAA Division 1 (Eastern Intercollegiate Ski Association)  
**Distance from Toronto:** 885 km  
**Number of Undergrads:** 9,110  
**US News Ranking:** #31 National University  
**Team Website:**  
<http://www.bceagles.com/sports/c-ski/bc-c-ski-body.html>



### Program Requirements

Women's FIS Points:

- GS: 80 and under
- SL: 60 and under

Men's FIS Points:

- GS: 40 and under
- SL: 40 and under

**SAT/ACT:** 1700/28

**High School GPA:** Depends on school weighting, but high

### Program Info

**Coach:** Scott MacPherson (scott.macpherson.1@bc.edu)

**Scholarships:** No

**When/how athletes should contact ski coaches to get the best results?**

Via email during their junior spring (grade 11). I encourage athletes to contact me senior year (grade 12) if they are applying during a gap year.

**Coach's opinion on taking a gap year?**

It is nearly a requirement for us. I highly encourage it. We see more mature athletes which is critical for success in collegiate competition.

**Other information about the Boston College ski program?**

We don't support early decision applications. We do have a likely letter. Foreign students are not eligible for Financial Aid. One of the top Academic Universities in the United States located in one of the premier cities on the east coast.

**Past Ontario Athletes who have/are attending:**

Jak Kennedy (Devils Glen) OST Member, Finance Major – Ridley College



## University of Vermont

**Location:** Burlington, Vermont

**Division:** NCAA Division 1 (Eastern Intercollegiate Ski Association)

**Distance from Toronto:** 687 km

**Number of Undergrads:** 10,459

**US News Ranking:** #85 National University

**Team Website:**

<http://www.uvmathletics.com/index.aspx?path=ski>



### Program Requirements

Women's FIS Points:

- GS: 55 and under
- SL: 55 and under

Men's FIS Points:

- GS: 35 and under
- SL: 35 and under

**SAT/ACT:**

**High School GPA:**

### Program Info

**Coach:** Bill Reichelt ([william.reichelt@uvm.edu](mailto:william.reichelt@uvm.edu))

**Scholarships:** Yes

**When/how athletes should contact ski coaches to get the best results?**

**Coach's opinion on taking a gap year?**

**Other information about the University of Vermont ski program?**

### **Past Ontario Athletes who have/are attending:**

Darquise Denis (Devil's Glen) OST member – Vaughan Road

Morgan Megarry (Craigleith) OST and CAST member – Collingwood Collegiate Institute

Kate Ryley (Craigleith) OST and CAST member – Lawrence Park CI/ Vaughan Road

Scott Barrett (Osler) OST and CAST member, Executive Director AOA – Vaughan Road



## Dartmouth College

**Location:** Hanover, New Hampshire

**Division:** NCAA Division 1 (Eastern Intercollegiate Ski Association)

**Distance from Toronto:** 837 km

**Number of Undergrads:** 4,276

**US News Ranking:** #11 National University

**Team Website:**

[http://www.dartmouthsports.com/SportSelect.dbml?DB\\_OEM\\_ID=11600&SPID=4723&SPSID=48891](http://www.dartmouthsports.com/SportSelect.dbml?DB_OEM_ID=11600&SPID=4723&SPSID=48891)



### Program Requirements

**Women's FIS Points:**

- GS: 35 and under
- SL: 35 and under

**Men's FIS Points:**

- GS: 35 and under
- SL: 35 and under

**Minimum SAT/ACT:** 1800/26

**High School GPA:** 3.0 (B average)



### Program Info

**Coach:** Chip Knight (W) ([Howard.Knight@Dartmouth.edu](mailto:Howard.Knight@Dartmouth.edu))

Peter Dodge (M) ([Peter.D.Dodge@Dartmouth.edu](mailto:Peter.D.Dodge@Dartmouth.edu))

**Scholarships:** No, do however offer academic scholarship and financial aid

**When/how athletes should contact ski coaches to get the best results?**

Athletes can contact us as early as the start of their junior year and should contact us by the spring of that year. Email is the best for initial contact. They can email or phone us at any time. We cannot meet directly with them off campus until after July 1 of their junior year.

**Coach's opinion on taking a gap year?**

Most skiers do take a gap year to improve their rankings to the team level. Prospect can also consider delaying their application until the end of their senior year if they will be taking a gap year.

**Other information about the Dartmouth College ski program?**

Upon initial contact we can send them additional current information. Additional formation on Dartmouth College and the application process is available on line.

**Past Ontario Athletes who have/are attending:**

Dylan Fisher McCarney (Georgian Peaks) OST Member – Blyth Academy, Majoring in Economics

Heather Beatty (Georgian Peaks) OST Members, currently Category Implementation Specialist at Canadian Tire

Meg Currie (Osler) OST Member – Vaughan Road

Braden Long (Georgian Peaks) OST Member, currently Analyst at BMO Capital Markets – Pretty River Academy



## University of New Hampshire

**Location:** Durham, New Hampshire  
**Division:** NCAA Division 1 (Eastern Intercollegiate Ski Association)  
**Distance from Toronto:** 978 km  
**Number of Undergrads:** 12,531  
**US News Ranking:** #99 National University  
**Team Website:**  
<http://unhwildcats.com/sports/mskiing/index>



### Program Requirements

Women's FIS Points:

- GS: 45 or below
- SL: 45 or below

Men's FIS Points:

- GS: 35 or below
- SL: 35 or below

**SAT/ACT:** 1640/24 (average accepted students)

**High School GPA:** 3.0 (some leeway dependent on points)

### Program Info

**Coach:** Brian Blank (brian.blank@unh.edu)

**Scholarships:** Yes

**When/how athletes should contact ski coaches to get the best results?**

Anytime! Email is the best place to start. The deadline to apply to UNH is February 1st. But admissions has flexibility with late applications for skiers.

**Coach's opinion on taking a gap year?**

Yes, it's encouraged, especially since the age change.

**Other information about the University of New Hampshire ski program?**

None.

**Past Ontario Athletes who have/are attending:**

Curtis Lush (TSC)  
Charlie Kidd  
Charles McConville (Devil's Glen)  
Laura Rozinowicz (Georgian Peaks)  
Randa Teschner (NCO) -  
Katie Farrow (Craigleith) – Bishop Strahan School



## Harvard University

**Location:** Cambridge, Massachusetts

**Division:** NCAA Division 1 (Eastern Intercollegiate Ski Association)

**Distance from Toronto:** 880 km

**Number of Undergrads:** 6,722

**US News Ranking:** #2 National University

**Team Website:**

<http://gocrimson.com/sports/skiing/index>

HARVARD  
UNIVERSITY



### Program Requirements

Women's FIS Points:

- GS: 75 and under
- SL: 75 and under

Men's FIS Points:

- GS: 85 and under
- SL: 85 and under

**SAT/ACT:** 2100-2400/ 31-35 (Middle 50%)

**High School GPA:** Extremely High

### Program Info

**Coach:** Tim Mitchell (tmitchel@fas.harvard.edu)

**Scholarships:** No, there are academic scholarships and financial aid

**When/how athletes should contact ski coaches to get the best results?**

**Coach's opinion on taking a gap year?**

**Other information about the Harvard University ski program?**

**Past Ontario Athletes who have/are attending:**

Rebecca Nadler (Ottawa, Ontario) - École secondaire publique Louis-Riel





**NCAA Division 1 (Rocky Mountain Intercollegiate Ski Association)**

## University of Denver

**Location:** Denver, Colorado  
**Division:** NCAA Div. 1 (Rocky Mountain Intercollegiate Ski Association)  
**Distance from Toronto:** 2,424 km  
**Number of Undergrads:** 5,517  
**US News Ranking:** #88 National University  
**Team Website:**  
<http://www.denverpioneers.com/sports/c-ski/denv-c-ski-body.html>



### Program Requirements

#### Women's FIS Points:

- GS: 30 and under
- SL: 30 and under

#### Men's FIS Points:

- GS: 30 and under
- SL: 30 and under

**SAT/ACT:** 1100 (2 subject)/ 25

**High School GPA:** 3.3

### Program Info

**Coach:** Andy LeRoy (aleroy@du.edu)

**Scholarships:** Yes

#### **When/how athletes should contact ski coaches to get the best results?**

They should contact me at any time throughout the year, I am always actively recruiting. I make all roster decisions in March/April, after the season is complete so that athletes have as many opportunities as possible to earn a spot.

#### **Coach's opinion on taking a gap year?**

I have no opinion positive or negative on them taking a gap year. I evaluate every recruiting class separately and some years it may be easier or harder to make our team depending on the level of our current team, who I have graduating, and the talent pool looking to join us.

#### **Other information about the University of Denver ski program?**

None

#### **Past Ontario Athletes who have/are attending:**

Nat Knowles (Osler) OST member, Anthropology Major – Vaughan Road Academy

## University of Alaska - Anchorage

**Location:** Anchorage, Alaska

**Division:** NCAA Div. 1 (Rocky Mountain Intercollegiate Ski Association)

**Distance from Toronto:** 6,481 km

**Number of Undergrads:** 16,577

**US News Ranking:** #68 Regional Universities West

**Team Website:**

<http://www.goseawolves.com/SportSelect.dbml?SPID=6369&SPSID=58421>



### **Program Requirements**

Women's FIS Points:

- GS: 50 and under
- SL: 50 and under

Men's FIS Points:

- GS: 40 and under
- SL: 40 and under

**SAT/ACT:**

**High School GPA:**

### **Program Info**

**Coach:** Sparky Anderson (sparky@uaa.alaska.edu)

**Scholarships:** Yes

**When/how athletes should contact ski coaches to get the best results?**

**Coach's opinion on taking a gap year?**

**Other information about the University of Alaska-Anchorage ski program?**

**Past Ontario Athletes who have/are attending:**

None, but there has been a multitude of skiers from Quebec, Alberta and British Columbia that have attended



## University of Colorado

**Location:** Boulder, Colorado

**Division:** NCAA Div. 1 (Rocky Mountain Intercollegiate Ski Association)

**Distance from Toronto:** 2,447 km

**Number of Undergrads:** 16,577

**US News Ranking:** #88 National University

**Team Website:**

<http://www.cubuffs.com/SportSelect.dbml?SPID=273>



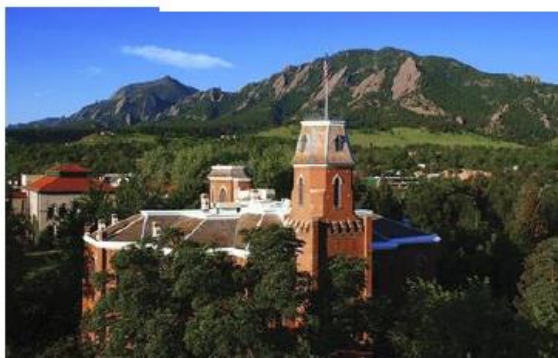
### Program Requirements

Women's FIS Points:

- GS: 50 and under
- SL: 50 and under

Men's FIS Points:

- GS: 35 and under
- SL: 35 and under



**SAT/ACT:** 1060-1280 (2 subjects)/ 23-30 (middle 50%)

**High School GPA:** 3.0

### Program Info

**Coach:** Richard Rokos (richard.rokos@colorado.edu)

**Scholarships:** Yes

**When/how athletes should contact ski coaches to get the best results?**

**Coach's opinion on taking a gap year?**

**Other information about the University of Colorado ski program?**

**Past Ontario Athletes who have/are attending:**

None, some skiers from Alberta

Roger Carry (Fernie) BC Provincial Team





## University of Utah

**Location:** Salt Lake City, Utah

**Division:** NCAA Div. 1 (Rocky Mountain Intercollegiate Ski Association)

**Distance from Toronto:** 3,059 km

**Number of Undergrads:** 24,492

**US News Ranking:** #129 National University

**Team Website:**

<http://www.utahutes.com/sports/c-ski/utah-c-ski-body.html>



### Program Requirements

Women's FIS Points:

- GS: 24 and under
- SL: 26 and under

Men's FIS Points:

- GS: 20 and under
- SL: 25 and under

**SAT/ACT:** 1100/25

**High School GPA:** 3.5

### Program Info

**Director of Skiing:** Kevin Sweeney ([ksweeney@huntsman.utah.edu](mailto:ksweeney@huntsman.utah.edu))

**Scholarships:** Yes

### **When/how athletes should contact ski coaches to get the best results?**

Email is the best way for an introduction. Also arranging meetings at Nor Ams, when it works in the athletes schedules.

### **Coach's opinion on taking a gap year?**

At the moment, it is essentially necessary to take a gap year in order to develop the appropriate point profile at high level races. Also, the academic, physical and athletic demands are very high in our program - maturity and experience are invaluable tools in this environment.

### **Other information about the University of Utah ski program?**

#### **Past Ontario Athletes who have/are attending:**

None, some skiers from BC and Alberta

Andy Trow, Alberta Ski Team and CAST, major in Geoscience  
Sasha Zaitsoff (Nelson, BC)



## Montana State University

**Location:** Bozeman, Montana  
**Division:** NCAA Div. 1 (Rocky Mountain Intercollegiate Ski Association)  
**Distance from Toronto:** 3,075 km  
**Number of Undergrads:** 13,264  
**US News Ranking:** Unranked  
**Team Website:**  
<http://www.msubobcats.com/index.aspx?path=ski>



### Program Requirements

Women's FIS Points:

- GS: 50 and under
- SL: 50 and under

Men's FIS Points:

- GS: 30 and under
- SL: 30 and under

**SAT/ACT:** 1400/20

**High School GPA:** 3.28 (Average all applicants)

### Program Info

**Coach:** Kevin Francis (kevin.francis1@msubobcats.com)

**Scholarships:** Yes

**When/how athletes should contact ski coaches to get the best results?**

Email in the fall or spring.

**Coach's opinion on taking a gap year?**

Not necessary.

**Other information about the Montana State ski program?**

You will have opportunities to race in the premier circuit in North America (Nor-Ams) and the Western College Races. The Nor-Ams almost always produce a minimum penalty of 6 points and the FIS-University races in the mid-teens to single digits. We are lucky enough to have 2 distinct ski resorts within an hour of campus. Training is split between Bridger Bowl (25 minutes away) [www.bridgerbowl.com](http://www.bridgerbowl.com) and Big Sky Resort (1 hour away) [www.bigskyresort.com](http://www.bigskyresort.com).

**Past Ontario Athletes who have/are attending:**

Marissa Riopelle (Craigeith) OST Member, Finance Major





## University of New Mexico

**Location:** Albuquerque, New Mexico  
**Division:** NCAA Div. 1 (Rocky Mountain Intercollegiate Ski Association)  
**Distance from Toronto:** 2,890 km  
**Number of Undergrads:** 34,793  
**US News Ranking:** #189 National University  
**Team Website:**  
<http://www.golobos.com/>



### Program Requirements

Women's FIS Points:

- GS: teens to 30's
- SL: teens to 30's

Men's FIS Points:

- GS: teens to 30's
- SL: teens to 30's



**SAT/ACT:** 1060/23

**High School GPA:** 2.5

### Program Info

**Coach:** Joe Downing (downingj@unm.edu)

**Scholarships:** Yes

**When/how athletes should contact ski coaches to get the best results?**

Students should email coaches showing interest in the school.

**Coach's opinion on taking a gap year?**

Most athletes that come into our program need to take one.

**Other information about University of New Mexico ski program?**

**Past Ontario Athletes who have/are attending:**



**NCAA Division 2 & 3 (Eastern Intercollegiate Ski Association)**

## Colby College

**Location:** Waterville, Maine  
**Division:** NCAA Div. 3 (Eastern Intercollegiate Ski Association)  
**Distance from Toronto:** 940 km  
**Number of Undergrads:** 1,820  
**US News Ranking:** #15 Liberal Arts Colleges  
**Team Website:**  
<https://www.colby.edu/athletics/sport/alpine-skiing/>



### Program Requirements

Women's FIS Points:

- GS: 65 and under
- SL: 65 and under

Men's FIS Points:

- GS: 55 and under
- SL: 55 and under

**SAT/ACT:** 1880-2150/ 27-34 (Middle 50%)

**High School GPA:** 3.5

### Program Info

**Coach:** Danny Noyes (dwnoyes@colby.edu)

**Scholarships:** No

**When/how athletes should contact ski coaches to get the best results?**

<https://www.colby.edu/athletics/sport/alpine-skiing/?view=recruitinginformation>

**Coach's opinion on taking a gap year?**

**Other information about the Colby College ski program?**

**Past Ontario Athletes who have/are attending:**

None





## Colby-Sawyer College

**Location:** New London, New Hampshire  
**Division:** NCAA Div. 3 (Eastern Intercollegiate Ski Association)  
**Distance from Toronto:** 875 km  
**Number of Undergrads:** 1,415  
**US News Ranking:** N.R.  
**Team Website:**  
<http://www.colby-sawyerathletics.com/>



### Program Requirements

Women's FIS Points:

- GS: 100 and under
- SL: 100 and under

Men's FIS Points:

- GS: 80 and under
- SL: 80 and under

**SAT/ACT:** Showing scores optional

**High School GPA:** 2.5

### Program Info

**Coach:** Jake Fisher ([jake.fisher@colby-sawyer.edu](mailto:jake.fisher@colby-sawyer.edu))

**Scholarships:** No

**When/how athletes should contact ski coaches to get the best results?**

[http://www.colby-sawyerathletics.com/sb\\_output.aspx?form=7&path=alpine](http://www.colby-sawyerathletics.com/sb_output.aspx?form=7&path=alpine) and emailing the coach.

**Coach's opinion on taking a gap year?**

If it helps to get the points down and the student mature physically, Coach Fisher is all for it.

**Other information about the Colby-Sawyer College ski program?**

Located 15 minutes from Mt. Sunapee where they have training rights on their GS hill which is FIS sanctioned.

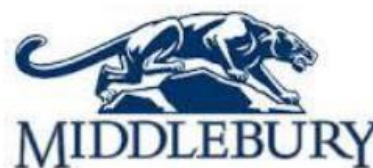
**Past Ontario Athletes who have/are attending:**

None



## Middlebury College

**Location:** Middlebury, Vermont  
**Division:** NCAA Div. 3 (Eastern Intercollegiate Ski Association)  
**Distance from Toronto:** 670 km  
**Number of Undergrads:** 2,495  
**US News Ranking:** #7 Liberal Arts College  
**Team Website:**  
<http://athletics.middlebury.edu/sports/alpineski/index>



### Program Requirements

#### Women's FIS Points:

- GS: 50 and under
- SL: 50 and under

#### Men's FIS Points:

- GS: 40 and under
- SL: 40 and under

**SAT/ACT:** 1850-2250 / 31-33

**High School GPA:** High

### Program Info

**Coach:** Stever Bartlett (shbartle@middlebury.edu)

**Scholarships:** No

### **When/how athletes should contact ski coaches to get the best results?**

Spring of Junior year (grade 11) by e-mail.

### **Coach's opinion on taking a gap year?**

It is fine and we communicate with them about that option and work with them on the decision.

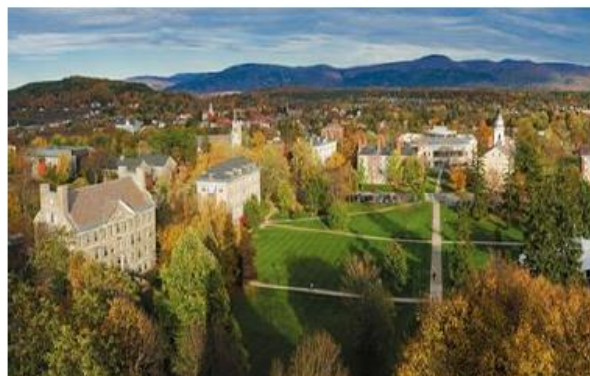
### **Other information about the Middlebury College ski program?**

The alpine team does the majority of its training at the Middlebury College Snow Bowl. On-snow training begins over Thanksgiving break with a training camp in Colorado for the alpine team. In late December and early January, competition begins with Nor-Am and Eastern Cups for the alpine team.

In mid-January, the carnival season begins and continues through the NCAA Championships in March. Middlebury's top alpine skiers compete in the intercollegiate carnivals, while development teams ski on the FIS and USSA/NENSA circuit. Middlebury skiers compete at local, regional, national, and international levels, with several skiers having been selected to compete on Olympic and national teams

### **Past Ontario Athletes who have/are attending:**

David Donaldson (Georgian Peaks) OST and CAST







## St. Lawrence University

**Location:** Canton, New York  
**Division:** NCAA Div. 3 (Eastern Intercollegiate Ski Association)  
**Distance from Toronto:** 397 km  
**Number of Undergrads:** 2,398  
**US News Ranking:** #56 Liberal Arts Colleges  
**Team Website:**  
<http://saintsathletics.com/index.aspx?path=alpine>



### Program Requirements

Women's FIS Points:

- GS: 50 and under
- SL: 50 and under

Men's FIS Points:

- GS: 45 and under
- SL: 45 and under

**SAT/ACT:** 25 ACT

**High School GPA:** 3.0 (B Average)

### Program Info

**Coach:** Willi Steinrotter (wsteinrotter@stlawu.edu)

**Scholarships:** No

**When/how athletes should contact ski coaches to get the best results?**

They should be contacting coaches when they start their FIS years.

**Coach's opinion on taking a gap year?**

Most of the athletes entering now have taken a gap year. For most student-athletes it helps them mature and get ready for the challenges of being a student-athlete.

**Other information about the St. Lawrence College ski program?**

They can always reach out and contact the coaching staff with any questions they might have. I would also strongly suggest that the student-athletes visit the schools they are interested in the spring of their junior year (grade 11) so they can potentially narrow their search

**Past Ontario Athletes who have/are attending:**

Ashley-Kate Durham (Timmins, Ont)

Graham Scott (Chealsea. Ou)





## St. Michael's College

**Location:** Colchester, Vermont

**Division:** NCAA Division 2 (Eastern Intercollegiate Ski Association)

**Distance from Toronto:** 630 km

**Number of Undergrads:** 1,998

**US News Rankings:** #99 Liberal Arts Colleges

**Team Website:**

<http://smcathletics.com/sports/skiing/index>



### Program Requirements

Women's FIS Points:

- GS: 70 and under
- SL: 70 and under

Men's FIS Points:

- GS: 50 and under
- SL: 50 and under

**Minimum SAT/ACT:** Not required for admission

**Minimum High School GPA:** 3.0

### Program Info

**Coach:** Gus MacLeod

**Athletic Scholarships:** No

**When/how athletes should contact ski coaches to get the best results?**

The best is to email the coach directly and you can find his direct email on the school athletics website. <http://www.smcvt.edu/Admissions/Apply/prospective-athlete-profile-form.aspx>

**Coach's opinion on taking a gap year?**

I would recommend for our school to apply and then after acceptance deferring the admission for a year. The school will hold the financial package and a spot for you to the following year.

**Other information about the St. Michael's College ski program?**

I think it is always good to visit the school and meet the coach face to face to get a good sense of the school and the program.

**Past Ontario Athletes who have/are attending:**

JD Levine (NSA), Business Administration Major





## Plymouth State University

**Location:** Plymouth, New Hampshire

**Division:** NCAA Div. 3 (Eastern Intercollegiate Ski Association)

**Distance from Toronto:** 883 km

**Number of Undergrads:** 4,238

**Team Website:** <http://athletics.plymouth.edu/sports/skiing/index>



### Program Requirements

Women's FIS Points:

- GS: 70 or lower
- SL: 70 or lower

Men's FIS Points:

- GS: 45 or lower
- SL: 40 or lower

**SAT/ACT:** Not Required

**High School GPA:** 2.5 to be considered for Academic Award



### Program Info

**Coach:** Andrew Gannon ([asgannon@plymouth.edu](mailto:asgannon@plymouth.edu))

**Scholarships:** No Athletic Scholarship but Academic Merit Scholarships up to \$10,000 per year

**When/how athletes should contact ski coaches to get the best results?**

1. Fill out recruitment form at <http://athletics.plymouth.edu/information/Recruiting/Index>
2. Send Email showing initial email expressing interest or direct contact by potential athletes coach

**Coach's opinion on taking a gap year?**

Good if it will satisfy the athletic/maturation needs- but not necessary.

**Other information about Plymouth State University ski program?**

PSU offers a unique opportunity, similar to being in a ski academy. They have the entire month of January off and only train and race. The university is within 20-45 minutes of 5 top notch training sites.

**Past Ontario Athletes who have/are attending:**

Kyle Farrow (Craigleith) OST Member, Biology Major – Collingwood Collegiate Institute

Jonny Kellock (Georgian Peaks), Business Admin Major

Brandon Sutton (TSC), Business Admin Major

## Bates College

**Location:** Lewiston, Maine  
**Division:** NCAA Div. 3 (Eastern Intercollegiate Ski Association)  
**Distance from Toronto:** 914 km  
**Number of Undergrads:** 1,791  
**US News Ranking:** #19 Liberal Arts College  
**Team Website:**  
<http://athletics.bates.edu/sports/alpineski/index>



### Program Requirements

Women's FIS Points:

- GS: 50s and lower
- SL: 50s and lower

Men's FIS Points:

- GS: 40s and lower
- SL: 40s and lower



**SAT/ACT:** Not Required

**High School GPA:** 3.5 on average, can go down to 3.0 if skier has really low FIS points

### Program Info

**Coach:** Rogan Connell (rconnell@bates.edu)

**Scholarships:** No

### **When/how athletes should contact ski coaches to get the best results?**

Spring, summer or fall. Email or phone is fine. Strongly encourage on campus visit. Preferably in the spring or fall when students are on campus. Note that the first application deadline is November 15th (Early Decision 1) and January 1st (Early Decision 2 and Regular Decision).

### **Coach's opinion on taking a gap year?**

If they apply and are accepted before their gap year Bates allows an automatic one year deferral. We have had a number of athletes defer for 2 years. Some athletes will also apply in their gap year.

### **Other information about Bates College ski program?**

We train at Sunday River which is the earliest opening ski area in the east. We typically are able to start training the first week of November. Typically we are looking for 1-2 men and 1-2 women per year. In addition to the FIS-UNI races we support a full regional FIS and NorAm schedule.

### **Past Ontario Athletes who have/are attending:**

NONE



## Williams College

**Location:** Williamstown, Massachusetts  
**Division:** NCAA Division 1 (Eastern Intercollegiate Ski Association)  
**Distance from Toronto:** 674 km  
**Number of Undergrads:** 2,052  
**US News Ranking:** #1 Liberal Arts College  
**Team Website:**  
<http://ephsports.williams.edu/sports/skiing/index>

# Williams



### Program Requirements

Women's FIS Points:

- GS: 30-60
- SL: 30-60

Men's FIS Points:

- GS: 30-60
- SL: 30-60

**SAT/ACT:** Not a definitive number but very high

**High School GPA:** Very, very strong. Again, not definitive.

### Program Info

**Coach:** Kelsey Levine (Kelsey.Levine@williams.edu)

**Scholarships:** No

**When/how athletes should contact ski coaches to get the best results?**

Send an email to set up a visit. Plan to visit in the spring of your junior year or early fall of your senior year.

**Coach's opinion on taking a gap year?**

I am open to and excited about any path to fast ski racing. You just also have to know how to work hard in the classroom to be successful here.

**Other information about the Williams College ski program?**

The class schedule at Williams allows for a lot of training in January. We are 20 minutes from training and have a large variety of terrain. This program will allow you to become a faster ski racer throughout your time here.

**Past Ontario Athletes who have/are attending:**

Shannon Campbell (Georgian Peaks) OST Member, Consultant Deloitte – National Ski Academy

Marissa Thiel (Alpine) Toronto French School, Consultant at Oliver Wyman



**Other Varsity Collegiate Programs (NAIA & USCSA)**

## Westminster College

**Location:** Salt Lake City, Utah

**Division:** NAIA (Rocky Mountain Intercollegiate Ski Association)

**Distance from Toronto:** 3,059 km

**Number of Undergrads:** 2,295

**US News Rankings:** #20 Regional College West

**Team Website:**

<http://www.westminstergriffins.com/index.aspx?path=mskiing>



### Program Requirements

Women's FIS Points:

- GS:
- SL:

Men's FIS Points:

- GS:
- SL:

**Minimum SAT/ACT:**

**Minimum High School GPA:**

### Program Info

**Coach:** Chris Hendrickson (chendrickson@westminstercollege.edu)

**Athletic Scholarships:** Yes

**When/how athletes should contact ski coaches to get the best results?**

[http://www.westminstergriffins.com/sb\\_output.aspx?form=7&path=mskiing](http://www.westminstergriffins.com/sb_output.aspx?form=7&path=mskiing)

**Coach's opinion on taking a gap year?**

**Other information about the Westminster College ski program?**

**Past Ontario Athletes who have/are attending:**

Devon Clarke (Craigleith) OST member

Kendall Brown (Craigleith)



## Rocky Mountain College

**Location:** Billings, Montana

**Division:** USCSA

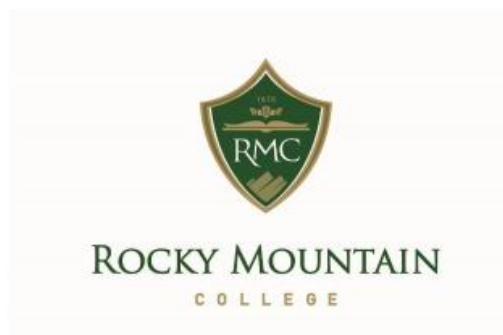
**Distance from Toronto:** 2,850 km

**Number of Undergrads:** 988

**US News Rankings:** #13 Regional College West

**Team Website:**

<http://www.rocky.edu/athletics/mens/ski-racing/>



### Program Requirements

Women's FIS Points:

- GS: 60 and under
- SL: 60 and under

Men's FIS Points:

- GS: 50 and under
- SL: 50 and under

**Minimum SAT/ACT:** 1330-1750/ 18-25 (Middle 50%)

**Minimum High School GPA:** 2.5

### Program Info

**Coach:** Jerry Wolf (wolfj@rocky.edu )

**Athletic Scholarships:** Yes

**When/how athletes should contact ski coaches to get the best results?**

Email, anytime, and often.

**Coach's opinion on taking a gap year?**

Doesn't really matter, if your points are lower you may be able to get a little bump in scholarship. Maybe you can get into a school that won't take you otherwise, based on points. If someone has to pay personally for the gap year, forget it. Let a school pay.

**Other information about the Rocky Mountain College ski program?**

My program doesn't really have a minimum profile. I have athletes from 20 to 100 FIS points, scholarship are based on academics and athletics, depending on your abilities.

**Past Ontario Athletes who have/are attending:**

None





## College of Idaho

**Location:** Caldwell, Idaho

**Division:**

**Distance from Toronto:** 3,578 km

**Number of Undergrads:** 1,095

**US News Rankings:** #159 Liberal Arts College Rankings

**Team Website:**

<http://yoteathletics.com/index.aspx?path=wski>



### Program Requirements

Women's FIS Points:

- GS:
- SL:

Men's FIS Points:

- GS:
- SL:



**Minimum SAT/ACT:**

**Minimum High School GPA:**

### Program Info

**Coach:** Ron Bonneau (rbonneau@collegeofidaho.edu)

**Athletic Scholarships:** Yes

**When/how athletes should contact ski coaches to get the best results?**

<https://www.collegeofidaho.edu/prospective-athlete-information>

**Coach's opinion on taking a gap year?**

**Other information about the College of Idaho ski program?**

**Past Ontario Athletes who have/are attending:**

None

Kare Tonning (New Brunswick)





## Sierra Nevada College

**Location:** Incline Village, Nevada

**Division:** USCSA

**Distance from Toronto:** 3,942 km

**Number of Undergrads:** 547

**US News Rankings:** NR

**Team Website:**

<http://www.sierranevada.edu/athletics/eagles-skiing/>



### Program Requirements

Women's FIS Points:

- GS:
- SL:

Men's FIS Points:

- GS:
- SL:

**Minimum SAT/ACT:**

**Minimum High School GPA:**



### Program Info

**Coach:** Branko Zagar (skicoach@sierranevada.edu)

**Athletic Scholarships:** Yes

**When/how athletes should contact ski coaches to get the best results?**

<http://www.sierranevada.edu/athletics/request-information/>

**Coach's opinion on taking a gap year?**

**Other information about the Sierra Nevada College ski program?**

Has a major in Ski Business and Resort Management.

**Past Ontario Athletes who have/are attending:**

None

Emilie Lamoureux (Mont Tremblant)

## Babson College

**Location:** Babson Park, Massachusetts

**Division:** USCSA

**Distance from Toronto:** 866 km

**Number of Undergrads:** 2,106

**Bloomberg Business Week:** #26 Undergrad Business Program, #1 for Entrepreneurship

**Team Website:**

<http://www.babsonathletics.com/sports/c-ski/index>



### Program Requirements

Women's FIS Points:

- GS: 50-125
- SL: 50-125

Men's FIS Points:

- GS: 50-100
- SL: 50-100

**Minimum SAT/ACT:** 1750/28

**High School GPA:** 3.5

### Program Info

**Coach:** John DeWit ([jdewit@babson.edu](mailto:jdewit@babson.edu))

**Scholarships:** No, can get academic scholarship or financial aid

**When/how athletes should contact ski coaches to get the best results?**

Email coach or fill out recruit form on Babson Athletics website.

[http://www.babsonathletics.com/information/recruitingforms/mens\\_skiing](http://www.babsonathletics.com/information/recruitingforms/mens_skiing)

[http://www.babsonathletics.com/information/recruitingforms/womens\\_skiing](http://www.babsonathletics.com/information/recruitingforms/womens_skiing)

**Coach's opinion on taking a gap year?**

Gap year is not necessary.

**Other information about the Babson College ski program?**

If you are looking for a great business education and a high level of ski racing then Babson is a great option. I always ask recruits first about their business thoughts because Babson is a unique environment where students focused and interested in business thrive. While team competes in USCSA, they also take part in multiple FIS-University races during the season.

**Past Ontario Athletes who have/are attending:**

None. A few Athletes from Quebec, Anne-Frederic Duval (La Villa Ste-Marcelline, Qb)







## Clarkson University

**Location:** Potsdam, New York

**Division:** USCSA

**Distance from Toronto:** 415 km

**Number of Undergrads:** 3,110

**US News Rankings:** #121 National University

**Team Website:**

<http://www.clarksonathletics.com/index.aspx?path=alpine>



### Program Requirements

Women's FIS Points:

- GS: 70-125
- SL: 70-125

Men's FIS Points:

- GS: 50-125
- SL: 50-125

**Minimum SAT/ACT:** 1100 (Math and Critical Reading)

**Minimum High School GPA:** 2.8

### Program Info

**Coach:** Skip Fox ([afox@clarkson.edu](mailto:afox@clarkson.edu))

**Athletic Scholarships:** No, some academic and financial aid available

**When/how athletes should contact ski coaches to get the best results?**

Simply email [afox@clarkson.edu](mailto:afox@clarkson.edu) to get a dialogue going.

**Coach's opinion on taking a gap year?**

Not worth it.

**Other information about the Clarkson University ski program?**

We are a varsity team racing in the MacConnell Division of the USCSA the second level of collegiate racing in the US. We have USSA and FIS races in our division. We take it seriously but academics come first. Clarkson is an engineering school mainly but sciences (pre-med, pre-vet) and business are also strong. Men 2<sup>nd</sup> USCSA 2014 National Championships, Women 6<sup>th</sup>.

**Past Ontario Athletes who have/are attending:**

None, some Quebec, Jean-Phillipe Phaneuf & Cedrik Proteau-Dubois





## St. Olaf College

**Location:** Northfield, Minnesota

**Division:** USCSA

**Distance from Toronto:** 1,488 km

**Number of Undergrads:** 3,125

**US News Rankings:** #54 Liberal Arts Colleges

**Team Website:**

<http://athletics.stolaf.edu/index.aspx?path=malp&>



### Program Requirements

**Women's FIS Points:**

- GS: 100 and under
- SL: 100 and under

**Men's FIS Points:**

- GS: 100 and under
- SL: 100 and under

**Minimum SAT/ACT:** 1800-2100/ 26-31 (Middle 50%)



**Minimum High School GPA:** 3.0

### Program Info

**Coach:** Jacob Olsen (olsenj@stolaf.edu)

**Athletic Scholarships:** No

**When/how athletes should contact ski coaches to get the best results?**

Email is the best for our program. St. Olaf College is unique in the Midwest as it is the only varsity program with significant funding.

**Coach's opinion on taking a gap year?**

I would love to get more gap year students into our program. I believe the extra year allows the athlete to mature and hopefully gain more perspective on their sport and school.

**Other information about the St. Olaf College ski program?**

St. Olaf alpine is one of a handful of Varsity USCSA programs in the country. My goal is to create a competitive atmosphere on the team that allows a skier, of nearly any talent, to improve and thrive while getting an incredible education at St. Olaf. Throughout the season I seek to provide the best training, coaches, and opportunities for success without taking away from the reason the athletes attend St. Olaf; to get a stellar education. St. Olaf College is continually ranked in the top 50 liberal arts colleges in the nation and offers a lot more beyond an incredible ski program.

**Past Ontario Athletes who have/are attending:**

None





## Castleton State College

**Location:** Castleton, Vermont

**Division:** USCSA

**Distance from Toronto:** 703 km

**Number of Undergrads:** 2,069

**US News Rankings:** NR

**Team Website:**

<http://castletonsports.com/sports/mskiing/index>

### Program Requirements

**Women's FIS Points:**

- GS: Under 125
- SL: Under 125

**Men's FIS Points:**

- GS: Under 125
- SL: Under 125

**Minimum SAT/ACT:** 400 in each section (1200)

**Minimum High School GPA:** 2.0

### Program Info

**Coach:** Chris Eder ([christopher.eder@castleton.edu](mailto:christopher.eder@castleton.edu))

**Athletic Scholarships:** We do not offer athletic Scholarships as Castleton is a NCAA III institution. However, the cost of attendance is reduced by \$10,000 for international students (US students pay \$35,000, while International \$25,000 per year). We do offer other merit-based scholarships that range from full-tuition down to \$4,000 per year based on academics.

### **When/how athletes should contact ski coaches to get the best results?**

E-mail or phone would be best. The best time to contact would be during the prospective student-athlete's junior and senior year. [http://www.castletonsports.com/sports/wskiing/recruit\\_me](http://www.castletonsports.com/sports/wskiing/recruit_me)

### **Coach's opinion on taking a gap year?**

If an athlete decides to attend Castleton immediately following high school or takes a year off to PG and/or race on their own, it really does not matter to us.

### **Other information about the Castleton State College ski program?**

Castleton is considered a small college with 2,000 students and over 35 academic programs, which translates to small classes (17-18 students per class is our average).

We train at a variety of mountains including Killington, Okemo, Pico, and West Mountain.

We are a member of the USCSA (United States Collegiate Ski Association) and ECSC (Eastern Collegiate Ski Conference) MacConnell Division. The MacConnell Division is known as one of the most competitive divisions in the country. Our division hosts USSA and FIS sanctioned events.

Our men's team has qualified for the USCSA National Championships seven years in a row and finished 3rd last season. Our women's team has qualified the past two seasons (and in 2010) and finished 5th out of 20 teams in 2014.

### **Past Ontario Athletes who have/are attending:**

None





Appendix E Recent Graduates of the Ontario Development Ski Team and Ontario Ski Team  
Academic and Professional Achievements – Women and Men

**WOMEN**

<b>Athlete</b>	<b>Years on OST/Team</b>	<b>Total Seasons</b>	<b>Undergraduate University</b>	<b>Ski Team</b>	<b>Current Career</b>
Emma Kitchen	2006-2010	4	Middlebury College	Yes	Summer Analyst
Julia Roth	2008-2011	3	University of Western Ontario		Student
Samantha Bisnaire	2008-2011	3	University of British Columbia	Yes	Student
Randa Teschner	2007-2012	5	University of New Hampshire	Yes	Student
Emily Goad	2006-2011	5	UWO – Ivey School of Business		Student
Christine Barrett	2007-2010	3	Dalhousie – Business		Territory Sales Rep Pepsico
Katie Farrow	2008-2013	5	University of Vermont	Yes	Student
Mary Beth Hemphill	2009-2013	4	University of Toronto		Student
Devon Clarke	2009-2014	5	Westminster College	Yes	Student
Ella Both	2009-2011	2	University of British Columbia	Yes	Student
Natalie Knowles			University of Denver	Yes	Student
Gilliam Chisolm	2008-2010	2	University of Western Ontario		Student
Marissa Riopelle			Montana State	Yes	Student
Carly Jordan	2010-2012	2	UWO – Nursing		Student
Meg Currie	2010-2013	3	Dartmouth College	Yes	Student
Darquise Denis	2010-2013	3	University of Vermont	Yes	Student
Shannon Campbell			Williams College		Consultant Deloitte
Heather Beatty	2006-2009	3	Dartmouth College	Yes	Category Specialist Cdn Tire
Bronwyn Oatley			Middlebury College	Yes	Sr. Associate MaRS
Brooke Bunston	2004-2007	3	Queen's University		Business Analyst RBC

**MEN**

<b>Athlete</b>	<b>Years on OST/Team</b>	<b>Total Seasons</b>	<b>Undergraduate University</b>	<b>Ski Team</b>	<b>Current Career</b>
Dylan F-McCartney	2007-2011	4	Dartmouth Economics	Yes	Student
Richard Hogarth	2007-2010	3	UWO – Ivey Business School		IB Analyst Jeffries
Andrew Solomon	2007-2012	5	UWO – Ivey Business School		Summer Analyst Firm Cap
Kelby Halbert	2005-2010	5	UBC Okanagan		Student
Tommy Grand	2008-2010	2	Dalhousie – B. Commerce		Mktg Coordinator UFC
Morgan Megarry	2008-2012	4	University of Vermont	Yes	CAST Development Team
Mike Bisnaire	2006-2010	4	University of British Columbia	Yes	Student
Partrick Firth	2008-2010	2	University Southern California		Intern – Gersh Agency
Nick McLeod	2008-2010	2	UBC – B. Commerce		UBC Student Rep Whistler
Ben Weiler	2008-2011	3	Laurier BBA		Staff Accountant EY
Jak Kennedy	2009-2014	5	Boston College	Yes	Student
Jonny Kellock	2010-2013	3	Plymouth State	Yes	Student
Jordan Scherer	2009-2011	2	UWO Finance		CI Investments Summer
Charles McConville	2010-2012	2	University New Hampshire	Yes	Student
Kyle Farrow	2010-2013	3	Plymouth State	Yes	Student
Mike Welton	2006-2009	3	University of Western Ontario		
Cameron Day	2005-2009	4	Queens University Economics		Intl Corp & Commercial Banker
Andy Joyce	2005-2009	4	Queens Mining Engineering		Rubicon Minerals Corp
Benjamin Williams	2006-2010	4	UBC Okanagan Civil Engineering		Student
Mike Bunston	2006-2009	3	University of British Columbia		
Mike Turnbull	2007-2010	3	University of Western Ontario		Student



## **INTERVIEWS**

**Dylan Fisher McCarney** Interview (4 years Ontario Ski Team, 4th year at Dartmouth)

**Where did you start out middle school or high school? How was it in your early ski racing years? How importantly did you take getting good grades? Did you make a change to a different school? Why did you do this?**

I started off at Upper Canada College and attended until grade 8 at which point I made the decision to change school because of the time away from school. I moved to Vaughan Road Academy for grade 9-10 and was part of the Interact Program for elite athletes. For skiers, they front load math and science courses so that they do not have to deal with heavy attendance courses in the winter. The teachers and advisors there are involved in your learning while you are away, you get support from the school and they stay on top of you to make sure you are not falling behind. After this I moved to Blyth Academy in Toronto for the final 2 years of high school. They run on a 4 terms system so I would take the winters off and go to school in the summer. Often I would do some of the summer courses abroad. That was one of the options that are available through Blyth.

**How did you first decide to explore the NCAA route? How has your experience been at Dartmouth?**

I decided that I wanted to take a GAP year and my parents said that if he was going to take one, I had to have a backup plan in case I didn't make the national team. I applied in grade 12 and ended up getting into several schools in the US. They gave me the option to differ for up to two years after I was accepted. A big reason why I ended up picking Dartmouth was that I was able to talk to past Ontario Racers Mike Dea and Braden Long who had both attended the university. I decided to only do one gap year because I thought that I would fall too far behind going into an Ivy League school after being away from school for 2 years. I have really enjoyed my time at Dartmouth both academically and ski-wise. The U.S. College circuit is really competitive and only getting better.

**What Traits Outside of Athletic Ability have you picked up from your time ski racing?**

I think that is a unique sport in that you become a real team player in a sport that is ultimately individual. This creates great sportsmanship and ability to work in teams effectively. It has also been huge in helping me with time management and work ethic. Lastly the sport gives you the ability travel to some of the most beautiful places on earth. This aids to develop an international perspective. I have had the privilege of meeting and becoming friends with people from around the world because of ski racing.

**Any Last Thoughts?**

I would recommend to ski race as long as you can in Ontario, but looking South for College skiing is also a good option. It has allowed me to continue racing competitively while also getting a great education



## **INTERVIEWS CONTINUED**

**Shannon Campbell Interview** (Georgian Peaks, NSA, OST and Williams College Grad)

-Currently working at Deloitte in NYC

**Where did you start out middle school or high school? How was it in your early ski racing years? How importantly did you take getting good grades? Did you make a change to a different school? Why did you do this?**

I moved up to Collingwood when I was 11, and started ramping up skiing around then to about 4 days a week. I was lucky throughout my schooling to live close to the mountain and have an incredible support system. To ensure I kept up with school, I would meet with the principal and teachers at the beginning of each year and go over my calendar for the season. I always made sure to have my parents onboard and engaged as this showed teachers/administration that there will be accountability in the home. I attended Georgian Bay Secondary School in Meaford where the principal had a daughter that ski raced which made him very accommodating to my situation. In high school, I started to ski with at the NSA. I would do some summer classes (organized through the NSA) and used this for my most difficult classes (chemistry, calculus etc.) where attendance was important and long breaks away from the material made it difficult to keep up. I would also take 3 courses at the NSA during fall classes where they would teach while away on trips.

**Do you have any advice on how to get difficult teachers on your side?**

The biggest thing I would say is to build trust with teachers. For me, the best way I found was through a history of being a strong diligent student. How you act and perform in school during the rest of the year has an effect on how much help administration and teachers are willing to lend you when winter comes along. I would always offer to have check-ins with teachers where we talk about school, challenges I was facing, results in racing etc. Lastly I'd say to always make sure you turn in assignments at the agreed upon time and always do your best work. Skiing can be an intensive time commitment but forcing yourself to always do your best work even when tired really shows to teachers.

**Did you take a GAP year? When did you start thinking about skiing in the NCAA?**

I took a gap year because I didn't really know what I wanted to do with my life after high school. I had been accepted to the University of Waterloo in Sciences and deferred and decided to take a year to race. I hadn't really thought about the NCAA as a potential option, but one of the girls at the Academy (Marissa Thiel) had been accepted to Williams and often spoke about it with me. During my gap year, on a whim, I decided to take a trip down to visit her at Williams. Wasn't sure about the school, but I loved the liberal arts curriculum and found the offering really interesting. I talked to the coach while there and decided to apply to Williams largely because of how good the school actually was. I wrote the SATs while in Calgary for a Norm Am in Nakiska was accepted (only school applied to) and decided to attend the following year



**Do you have recommendations for others looking stateside to continue Racing/go to University?**

I would try to start planning and looking into it earlier on (not during gap year). You should look into schools, academic requirements and ski programs so that when the time comes to apply, you are prepared for acceptance. You need to realize that you are competing against Americans that have gone to ski academies, ski wise Ontario athletes are just as good if not better, and the NCAA Division 1 has many talented skiers. However the way that they prepare to get in starts early on and it gives them a step up when it comes to acceptance to college later on. They visit universities much earlier on in high school and start to develop relationships with the coaches. They seek out races to attend where NCAA coaches will be present and watching and begin to practice and write SATs in grade 9. This means they are aware at the beginning of high school what type of grades they will need to be accepted to college.

**Is there skills/traits that you have learned from being a competitive ski racer that you think will help you succeed in any career?**

You join a sport that you are thrown all in to, massive commitment compared to other endeavors, which helped with my maturity and development. The ability to really commit yourself to something from a young age. It also really helped me to control my time and with the ability to prioritize. It teaches accountability early on to many parties like teachers, family, coaches (trust building). Often helps me to get through difficult situations and with confidence, “When I go into a difficult situation like a job interview, I think back to being in the start gate of a Norm Am and think about how that’s a hell of a lot scarier than what I have to do now”



## Appendix G

### ATHLETIC RESUME – SAMPLE

#### PERSONAL INFORMATION

**J. Jones**  
123 Maple Lane  
Collingwood, Ontario  
L1S 1S2  
Email: [jjones@collingwood.ca](mailto:jjones@collingwood.ca)

**Alpine Ski Racer, U18**  
**Height: 5'7**  
**Weight: 135 lbs**  
**Date of Birth: June 1, 2000**

#### OBJECTIVE

As part of my post-secondary experience, I would like to pursue my academic interests and continue ski racing at the highest level possible. It is my objective to do so while attending at a highly reputable, competitive educational institution where my academic and athletic achievements to date and future goals are the best fit. I hope to contribute to the success and reputation of the school in both academic and athletic programs offered. I also wish to represent my Provincial and National programs in Canada.

#### ACADEMIC INFORMATION

Rocky Mountain High School  
1 Oak Street, Collingwood, Ontario L1T 1T2/Tel: (705) 555-1111  
Current Grade: 11 Current Average: 90%  
SAT/ACT SCORE: SAT – 2100, ACT - 26  
CURRENT YEAR COURSES: Math, English, Science, Art, Music, History, French, and Physical Education  
ACADEMIC AWARDS & HONORS: Honour Roll Student (2013,2014,) Duke of Edinburgh Bronze Award, Spirit Award  
CLUBS & VOLUNTEER WORK: Junior Editor Year Book, Rose School Gr.2 Reading Buddy, Terry Fox Run Organizing Committee

#### ATHLETIC INFORMATION

**High School Sports**  
Rocky Mountain High School

**Field Hockey – Forward**  
Team Member since 2012  
Division Champions 2014  
**Awards:** MVP 2013 & 2014  
Team Captain 2014  
Coach: Miss Smith/Tel: 705-555-1111  
Email: [msmith@school.ca](mailto:msmith@school.ca)

**Track & Field – Long Jump & 100M Hurdles**  
Team Member since 2011  
2014 – 3<sup>rd</sup> Long Jump OFSAA  
2013 – 2<sup>nd</sup> Hurdles OFSAA  
Coach: Mr. Bell/Tel: 705-555-1111  
Email: [mbell@school.ca](mailto:mbell@school.ca)

**Other Sports – Alpine Ski Racing**  
Home Club: Alpine Ski Club, Collingwood, ON  
Coach: John Doe, Jane Doe/Tel: 705-555-5555  
Email: [coach@skiing.ca](mailto:coach@skiing.ca)

U18 – 2015/2016 - SOD Team (FIS Southern Ontario Division)

#### Past Racing Highlights:

##### U16 – 2014/2015 Season

2<sup>nd</sup> Overall Provincial Champion (SG-3<sup>rd</sup>, GS-2<sup>nd</sup>, SL-1<sup>st</sup>)  
6<sup>th</sup> Overall CanAm (SG -4<sup>th</sup>, GS – 6<sup>th</sup>, SL – 5<sup>th</sup>)  
9<sup>th</sup> Overall Whistler Cup (SG – 6<sup>th</sup>, GS – 8<sup>th</sup>, SL – 11<sup>th</sup>)  
**Achievements/Awards:** SOD Series Points Leader, Dave Murray Award, Best Overall Canadian U16 Performance, Whistler Cup 2015, Team Canada Whistler Cup

##### U14 – 2013/2014 Season

3<sup>rd</sup> Overall Provincial Champion (SG-3<sup>rd</sup>, GS-2<sup>nd</sup>, SL- 2<sup>nd</sup>)  
6<sup>th</sup> Overall CanAm (SG -4<sup>th</sup>, GS – 4<sup>th</sup>, SL – 5<sup>th</sup>)  
8<sup>th</sup> Overall Whistler Cup (SG – 5<sup>th</sup>, GS – 7<sup>th</sup>, SL – 10<sup>th</sup>)  
**Achievements/Awards:** 2<sup>nd</sup> in SOD Series Points, Nancy Greene Award, Best Overall U14 Canadian Performance, Whistler Cup 2014, Team Ontario Whistler Cup

#### OTHER INTERESTS

Music – Piano, Gr. 8 Practical Exam Complete (Royal Conservatory of Music, Pass 2014)  
Tennis, Swimming, Travel, Reading, Photography

#### REFERENCES

John Doe, Coach Coach: John Doe - Tel: 705-555-5555/Email: [coach@skiing.ca](mailto:coach@skiing.ca)  
Jane Doe, Coach Coach: John Doe, Jane Doe/Tel: 705-555-5555/Email: [coach@skiing.ca](mailto:coach@skiing.ca)  
Miss Smith, High School Field Hockey Coach - Tel: 705-555-1111/Email: [msmith@school.ca](mailto:msmith@school.ca)





Appendix H **PARENT RESOURCES**

**Educational Consulting Services – Transitioning to Canadian & US Schools and Reintegrating After Ski Racing**

**Susan Lawson Consulting** - Susan is an Educational Consultant with a high level of expertise in advising students on post-secondary options in both Canada and the US.

<http://susanlawsonconsulting.com/index.html>

**Judy Libman** - Ambitions Educational Consulting is a private counseling service, dedicated to helping young adults find their personal academic pathway to success. The admissions process for US colleges is complex. Judy is a recognized expert in this highly specialized field.

<http://ambitions.ca>

**Melinda Harrison** – Moving Beyond is a coaching service that allows you to see beyond what you have already accomplished and define who you are yet to be.

<http://tealandco.com>

**Education & Ski Racing Story Links**

When Does Canada Get Serious About Sport and Education?

<https://skierone.wordpress.com/2015/08/04/when-does-canada-get-serious-about-sport-education/>

How to Race Your Way Into College

<https://www.skiracing.com/premium/how-to-race-your-way-into-college/>

How College Ski Racing is Changing

<http://www.skiracing.com/premium/from-whiteface-to-the-white-circus-how-college-skiing-is-changing/>

**Ontario Ski Racing Community - Parents Available for Discussion**

Name	Email	School	Location
Lowell Kamin	<a href="mailto:lowellkamin@gmail.com">lowellkamin@gmail.com</a>	Upper Canada College	Toronto
Linda McGregor	<a href="mailto:lmcgregor@rogers.com">lmcgregor@rogers.com</a>	Blyth Academy	Burlington
Kevin Purkiss	<a href="mailto:purkiss@sympatico.ca">purkiss@sympatico.ca</a>	Vaughan Road Academy	Toronto
Nancy Phillips	<a href="mailto:nancy@smphoto.com">nancy@smphoto.com</a>	Blyth Academy, Westmount College	Thornhill
Eric Cohen	<a href="mailto:Eric.Cohen@sunnybrook.ca">Eric.Cohen@sunnybrook.ca</a>	Lawrence Park C.I., NSA, McGill	Toronto
Patrick Biggs	<a href="mailto:patrick.r.biggs@gmail.com">patrick.r.biggs@gmail.com</a>		Ottawa
Dave Bradley	<a href="mailto:dbradley@outland.ca">dbradley@outland.ca</a>		Thunder Bay



**NOTES:**