



Hollyburn Cross Country Ski Club Athlete Development

CCBC Annual General Meeting

May 2, 2015

Kamloops BC

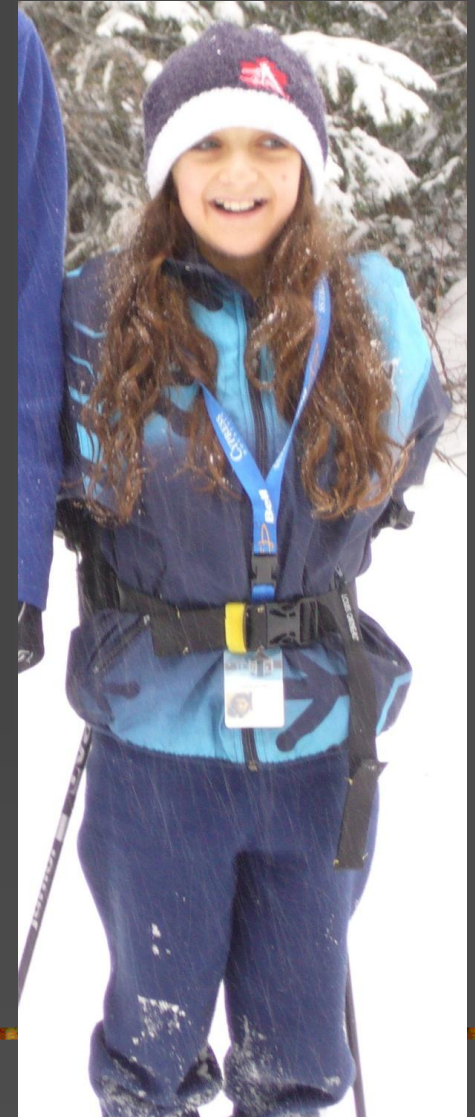
Hollyburn Cross Country Ski Club

- Formed 30 years ago (1985) as Hollyburn Jackrabbit SC
 - Family based club
 - Up until 2002 Jackrabbit program only
 - 2003 started racing program with 12 kids 8 -11 years old
 - Now full service club
 - Based at Cypress Mountain in West Vancouver and use Whistler Olympic Park
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Where Did We Start?

Pre 2002

- Jackrabbit Program only (age 4-12 years)
- one session per week
- 7 sessions total
- no race participation
- no connection to the provincial ski community



Where Are We Now ?

2014/2015

- Full service club
(Bunnies, JR, TA, Race Team, Rec. Teens, Masters)
- 40+ Race Team members
- Nationals 6th ranked club
(12 medals, several top 10's)



Reasons For Our Success

1) Strong Leadership

- A group of keen families
- Took leadership roles in the club in 2002
 - Executive board
 - Coaching
- Vision to improve the club
- Made connection with CCBC

2) Vision

■ Mission

We support skiers to develop to their potential and encourage life-long skiing in a fun, social environment.

We strive to achieve excellence by providing a wide variety of programs delivered by qualified coaches.

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3) Focus On Athletes

- Start young and grow with the athletes
- Anticipate their needs at the next level



4) Program Excellence

- Best athletes can choose between sports
- They are looking for a program that will allow them to achieve their goals.
- Offer a program that will allow the next Becky Scott to develop to her full potential.
- LTAD principles = Road map
- 4-5 practices/week x 11+ months.
Athletes choose their level of participation.

5) Coaching Development

- Volunteer coaches
 - Continue learning as much as you can
 - Coaching courses
 - Mentors
 - Paid coaches. Prepare for when they leave.
 - Volunteer coaches must stay involved.
 - Learn as much as you can from the paid coaches.
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6) Involvement in the System

- BC Teams – camps, race trips – coaches and athletes participate
 - Coaching courses, facilitators
 - Volunteering for CCBC, CCC
 - Cooperation with other clubs and coaches
 - Work together with sport partners (Cypress, WOP, Pacific Sport)
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7) Hosting Races

- No races, no race team
 - Recruitment - Local races encourage more athletes and families to participate.
 - As athletes improve they need higher level races.
 - Club building
 - Working together to achieve a goal
 - Develop officials/volunteers
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8) Continuity

- Only 2 club presidents since 2002 (both at least 7 years)
 - Race Team Director/Head coach (over 10 years)
 - Parent volunteers follow their kids - Plan for succession.
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Challenges (Bumps in the Road)

- Program slippage – Fewer good racers moving up from Track Attack
 - Midget Champs participation and results as indicator for the future Race Team
 - Refocus Jackrabbit and Track Attack
 - Local race participation part of program
 - Athletes should become comfortable with race environment by age 8-10
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We are all aiming for the podium
but...



Focus on the real goal.



“People think we are coaching skiing... but we’re really coaching life.”

Abi Holt