

# Next Step

Full-Time Athlete  
Canmore

Combining Education and  
High-Performance Training  
Calgary

Program Guidelines  
2019-20





# Good Luck in PyeongChang



**Dahria Beatty**  
2012 - Present



**Jess Cockney**  
2008-2015



**Knute Johnsgaard**  
2015-2017



**Russell Kennedy**  
2012-2014



**Graeme Killick**  
2011-2015



**Emily Nishikawa**  
2009-2015

**OUR JOB WAS TO PREPARE THEM FOR  
CROSS COUNTRY SKIING'S BIGGEST STAGE  
Mission Accomplished!**

**OUR ATHLETE  
DEVELOPMENT  
PARTNERS:**







## PROUD OF OUR PROGRAM

*We pride ourselves at welcoming new athletes to the Alpine Insurance Alberta World Cup Academy (Alpine Insurance AWCA) by ensuring that we focus on the athlete's current fitness and racing profile when joining our organization. Each of our athlete's Yearly Training Plan (YTP) is a reflection of their unique personal training and racing goals. Our two full-time coaches continue to monitor and adjust the YTP throughout the year to the athletes' needs.*

**"OUR GOAL IS TO TAKE SKIERS FROM THEIR CLUB TO THE OLYMPICS. WE THINK THAT WE ARE PRETTY GOOD AT IT!"**

***Take a look at our track record below:***

- Official Cross-Country National Training Centre (1 of 3 in Canada)
- World-class coaching and training for young aspiring skiers 18 to 28 years old
- 10 Alpine Insurance AWCA athletes participated in the Olympic Winter Games from 2010 to 2018.
- 5 Alpine Insurance AWCA athletes had a cumulative 48 starts on the World Cup circuit for the 2016-17 season
- 7 Alpine Insurance AWCA athletes have made it to top 30 or better at a World Cup or the Winter Olympics
- 10 Alpine Insurance AWCA athletes were top 30 at World Juniors U23, including two athletes in the top 6

# WORLD-CLASS ORGANIZATION

ESTABLISHED IN 2008







# WORLD-CLASS PROGRAM

We welcome a group of 16 athletes from 18 to 28 years old. Our programs run from May 1, 2018 to March 30, 2019. The training Centre in Calgary will be operational from September to April. Outside of camps and recovery periods, training will be conducted in Canmore or Calgary (based on the location of your training centre), Monday to Sunday, comprised of approximately 6-8 weekly practises.

## OUR CAMP SCHEDULE

### CANMORE PROGRAM

May - Sunshine Mountain Spring  
Ski Orientation Camp (on snow)

July - Intensity Revelstoke

July - Alignment Competitions  
Camp

August - Haig Glacier Camp -  
Altitude and Technique Training  
On Snow

September- Intensity -  
Revelstoke

### CALGARY PROGRAM

End of August - Orientation Camp  
Canmore

Oct 18-20 - Northern Alberta  
Camp

Nov. 10-17 - Early Snow Camp

\*\* The Coaching team will go through the YTP with each athlete at the beginning of the training season to determine the best camp and competition schedule to fit the athlete's needs and goals





## MEET OUR COACHING / SUPPORT TEAM



**Chris Jeffries**  
**High Performance Program Director**

Chris is a former Olympian (2006), and has been in a lead role with the Alpinr Insurance AWCA since 2012. His enthusiasm and experience as a coach and as a former elite athlete continue to provide the necessary tools to help athletes reach their full potential.



**Allison McArdle**  
**High Performance Coach**

Allison has over 15 years of experience in both domestic and international coaching roles in Australia and Canada. In addition, she currently sits on the FIS Ladies Cross Country Sub-committee, is the Chair of CCC's Women's Committee and is the Alberta Ski Team Director.

"OUR TEAM BRINGS A CONFIDENT, POSITIVE ENERGY THAT HELPS BRIDGE THE GROUP FROM TEAM TO FAMILY. THEIR OPEN MINDEDNESS HELPS OUR TEAM CREATE A FLEXIBLE, PROCESS DRIVEN APPROACH."

**THEY ARE GOOD PEOPLE, JUST LIKE OUR ATHLETES!**

"We work with specialists in massage therapy, nutrition, osteopathy, sport psychology, nutrition yoga, pilates and technical services to enhance our programs."

**Jessica Kryski**  
**Physiologist- Canadian Sport Institute**

"Jess' knowledge in her field and commitment to her athletes allows us to push ourselves to be the best possible everyday."  
-Dahria Beatty



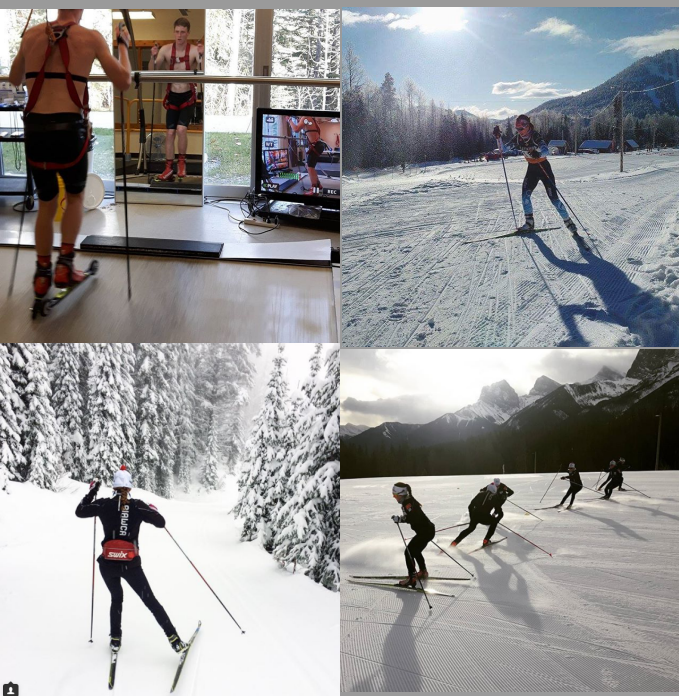
**Kelly Draeger - Nutritionist- Canadian Sport Institute**

**Alayne Hing - Mental Performance Consultant- Canadian Sport Institute**

**Judy and Mike Mappin - Ski Fleet Consultant- Canmore Nordic Sport**

**Shelley Kuhn**  
**Strength Consultant - Canadian Sport Institute**

"Shelley is demanding in a way that I like. She will correct you until you do the movement well and won't let you perform exercises without proper technique."  
-Delphine Duvernay-Tardif





# TRAINING LOCATIONS



## Canmore

Every possible scenario for training and competition can be accommodated at the world-renowned "Canmore Nordic Centre Provincial Park"

### WinSport Bill Warren Training Centre

*With over 75 pieces of strength training and cardiovascular machines, functional and strength training equipment, spin bikes, TRX suspension training, showers in the accommodating locker rooms and dry sauna.*

- Strength training
- Roller skiing treadmill for testing



## Calgary

We look forward to introducing our team to the variety of training possibilities that Calgary has to offer.



Confederation Golf Course - 10 minutes jog from University of Calgary with 4 km of groomed for skate and classic.

Nose Hill Park - Hill bounding and running work  
Bragg Creek Ski Area - 45 minutes drive from the University.

University of Calgary for strength work



# Our Fee Structure



Thanks to the generous support of our Partners and Sponsors our program is subsidized at approximately 70%!

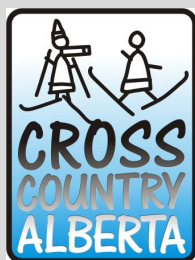
*Below are our fees from last year, fees for the 2019-20 will be confirmed on April 1st*

		Canmore 11 months program	Calgary 8 months program
<b>Coaching Fees</b>	Core program cost as well as YTP camp programming (not including travel, accommodations and food costs)	\$3,500	\$2,550
<b>Team Fees</b>	Contribution to include the following: <ul style="list-style-type: none"> <li>Team clothing: Swix summer and winter training and racing clothing</li> <li>Gym Membership at BWTC</li> <li>Local transportation in team van for training</li> <li>Integrated Support Team (IST): Physiology/Testing, Sport Psychology, Strength, Physiotherapy, Nutrition</li> <li>Race Wax: Supplies and technician</li> </ul>	\$2,000	\$1,450
Athlete's total yearly costs including team fees, travel to camps and races are between: <b>\$11,000 and \$13,000</b>			

**Excluded from team fees:** Canmore Nordic Centre trail pass; race licenses and registration; travel, accommodation and food costs for camps and competitions; equipment and training wax; coaching/support personnel costs including travel, accommodation and food. (All individual camp and competition costs will be budgeted and invoiced in advance of trips. Payment is required before the trip begins.)

*We can assist in finding sponsorships and support.*

## Together Supporting Future Olympians



[www.albertaworldcup.com](http://www.albertaworldcup.com)