

Zone 5 AWG's Playoff Sunday January 15, 2006
Update January 11, 2006 by: Vaughn McGrath Zone 5 Sport Rep

Where? Edmonton Ski Club – By Muttart Conservatory – 9626 – 96A Street Edmonton *

Hosted By Edmonton Nordic Ski Club with volunteers from Fort Sask. Nordic, St. Albert Nordic and Athabasca Nordic

In Person Registration: 8:00 am Sunday January 15, 2006 at 8 am at Edmonton Ski Club. To check in, provide your AWG's Form/Cheque, and Waiver/Form for the Playoff, Get your Bib –

If you are trying out for the Winter Games you email Vaughn McGrath by Friday at 10 pm, I will then sent this to Paul Saturday

vmcgrath@telusplanet.net with Name, Birth Date - age, Category and Male or Female

Glen Cowper to send in St. Albert

Henrik – Has sent in Athabasca's

Vaughn will do Fort Sask AWG Skiers

Jonathan A – Please send a list of your skiers to Paul directly

Non AWG Skiers – send directly to Paul by Sat at 12 noon - please email Paul Zimmermann zimmer4@telusplanet.net stating your name, age and category.

If your are in the open category please also state the number of laps you would like to ski.

Everybody needs to fill out a waiver or consent form (waiver form attached).

It's easiest for registration if you print it at home, fill it out and bring it along Sunday morning.

Fee - \$5 this includes your ski pass

Everyone is welcome.

Non-AWG athletes may race up.

Entry Fee: Payment of fee's for Zone 5 skiers Juvenile and younger will be done by Vaughn using the CCA AWG's Grant Money we have for a camp/playoff

First race: Planned for 8:30 am with racing to 11 am Site will be open at 7:30 am with course to be open around 8 am after set up that morning

Format:

- Wave starts (mass starts) by category
- Free Technique – not expecting to have a classic track

Results: Will be posted by age group & by male/female categories.

Eligibility: Any interested skier

Awards: No awards

Food and Drinks: Please bring your own food and any other drinks you want.

Waxing: No special waxing room, etc that we are aware of so recommend to wax at home

Tentative schedule of events:

Adams 1 lap (ca.800m)

Pee wee 2 laps (ca.1600m)

Mini midgets 3 laps (ca.2400m)

Midget 4 laps (ca.3200m)

Juvenile 4 big laps (ca.4km)

Open 4 (4km)

Open 6 (6km)

Open 8 (8km)

1 big lap = 1 km.

AWG's Ages, Playoff Distance and Zone Team Composition Number				Team
Mini – Midget male/females	2.4km	12	1994	2 males,2females
Midget Males	3.2 km	13 or 14	1992 & 1993	3
Midget Fwmales	3.2 km	13 or 14	1992 & 1993	3
Juvenile Females	4.0 km	15 or 16	1990 or 1991	3
Juvenile Males	4.0 km	15 or 16	1990 & 1991	3

Selection Criteria AWG's Zone 5 – Athletes- All selections will be based on race results, with the fastest skier in the category being the first selected.

Note due to wave starts/mass starts - : Skiers can change or get poles in the race and also skis - this so all skiers can finish the race. In general all other CCC race rules apply.

Fill Policy and Procedures for 2006 were published on the CCA web site for extra skiers – see the December archive news to find it.

AWG's Registration Form/Fee of \$25.00. The form is available from Vaughn McGrath and copies will be available on Sunday – Please fill out the form, have parents sign it and bring form and cheque to the race Sunday

Coaches/Chaperones: The basic requirements of each zone is listed in the technical package and states:

We need a min of 1 male and 1 female, each zone to have a minimum of 2 coaches fully certified to Level 1 NCCP in XC skiing, Level 2 recommended for the Head Coach, min of 18 years old, by the start of the games, I suggest we use the same guidelines for selection as last time; It was:

COACHES: To select our coaches/chaperones - I suggest

NOTE: Zone 5 Coaches Selection Criteria will be:(in order of priority)

- a) NCCP 1 Full Coaching Certification by Jan 15/05
- b) Currently coaching skiers attending the Zone 5 2006 AWG's
- c) Attendance and assistance at the Zone 5 playoff
- c) Experience coaching development level skiers
- d) Representation from across clubs and the zone will be taken into consideration- will try to have a coach/chaperone from each of the larger clubs who have qualifying skiers.

Coaches interested in coaching at the AWG's 2006 please send an e-mail indicating your interest to Vaughn McGrath @ vmcgrath@telusplanet.net

I will review possible coaches/chaperones on Sat with everyone and we can maybe work out who is going at that time- coaches just need to fill out the form

Meeting AWG's Planning - Plan for a get together/meeting to go over introductions, announcement of skiers who qualify/questions and answers for about 1 hour after the race at the ski centre at Edmonton Ski Club - We will find a corner and do this.

Volunteers: if you can help out - Let Vaughn know by E-mail – Paul and I will coordinate this.