

Parent Handbook





Who We Are & What We Do



Jozo Weider Volunteer Committee (JWVC) **Blue Mountain Racing (BMR)**

Jozo Weider Ski Club is a joint effort between JWVC and BMR.

JWVC is a group of parent volunteers who work to enhance the experience of our athletes and our parents by helping with the social aspects of the Ski Club. They organize most social events including Opening Weekend, Saturday Apres, Men's Day, Ladies Day, Family Day and Year-End Awards Banquet as well as assisting with Race Day volunteer roles such as gate judges and bib collection.

It is important to know that the JWVC is not responsible for what takes place "on the snow". Anything that is related to on snow is the responsibility of BMR.

If you would like more information on Jozo Weider Ski Club or the JWVC, or if you are interested in joining or getting involved click [here](#). To join our newsletter mailing list, click [here](#). To view archives of our newsletters, click [here](#).

Blue Mountain Racing (BMR) is responsible for "on snow" experience. Their responsibilities include technical training, assigning team coaches, selecting teams and organizing both home and away races.

If you would like more information on BMR and the Race Programs they offer, click [here](#).

To sign up for a Race Program or Camp, click [here](#).

Everything you need to know about Race Schedules and Race Results can be found on the [Racing at Blue Website](#)

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Season Overview

Jozo Weider

Where every athlete comes first!

For families new to the Jozo Weider Racing Program, Welcome! Your first season with us can be a bit overwhelming, so we thought it would be helpful to outline what you can expect over a typical season.

Season Overview

Core Program runs 9-10 weeks

Up to 4 league races + Invitationals (optional) - dates are throughout the Season

Club Championships - last weekend of the Core Program in early March

Optional Christmas and New Year's Camps before Core Program

Optional Friday Gate Training - every Friday during the Core Program

Optional Muskoka Rodeo (U10/U12) - after Core Program in mid March

Optional Mastermind (U12) - after Core Program in mid March

Opening Weekend

Annual General Meeting

Appetizers & Cash Bar

Ski Swap

Family Day Weekend

Child / Parent Races

Organized Pot-luck

Sponsored Appetizers & Cash Bar

Men's & Ladies Day

Typically held in February

Year-End Banquet - Last weekend of Core Program, on the Saturday night

Apres Cash Bar - In the Kandahar Room every Saturday afternoon

Jozo Team Gear & Apparel - available for sale on our online store, try-ons during select lunch times

Important Administrative Matters

In addition to registering and paying your Blue Mountain Race Program fees, you will need to:

- Register with Jozo Weider Ski Club and pay Membership Fee [here](#)
- U12+ Racers are required to register with Alpine Ontario and pay fee [here](#)
- Sign a BMR liability waiver for Adults participating in "on-ski" activities during Family Day, Men's Day and/or Ladies Day

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Jozo Membership

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Where every athlete comes first!

The Jozo Weider Volunteer Committee (JWVC) is a group of parent volunteers who work to enhance the experience of our athletes and our parents by helping with the social aspects of the ski club. They organize most social events including Opening Weekend, Saturday Apres, Men's Day, Ladies Day, Family Day and Year-End Awards Banquet as well as assisting with Race Day volunteer roles such as gate judges and bib collection.

Jozo families are asked to pay a Jozo Weider Racing Club membership fee of \$30 per U10 Racer and \$60 per U12, U14, U16, U19 and Masters Racer and Alumni.

Some of the benefits that are paid for with the Membership Fees include:

- Jozo Branded Gift and Membership Cards
- Free Sponsored Events - Opening Weekend (AGM, Ski Swap and Appetizers), Family Day event with Appetizers
- Subsidized Events - Year-End Awards Banquet
- Organized Events - Apres Saturday Cash Bar in Kandahar room, Men's Day, Ladies Day, Family Day Pot-Luck
- Subsidized Gear - Jozo Team Jackets and Jozo Branded Apparel & Merchandise
- Raffle Prizes - BMR Give-aways for Earlybird draw, Pratte Ski Camp, Jozo Branded Merchandise
- Club Awards - Club Championship and Season Awards
- Race Day Gear - Racer Warm-up Ponchos, Gate Judge Packages

In addition, as a Member, and showing your Membership card, you are entitled to an exclusive Discount Program (10-15%) at the following Blue Mountain Retailers as well as other Local Independent Vendors including:

Blue Mountain Supply Co.
The North Face
Red Devil Sports
Columbia
Lifted Sports

Hillside Outfitters
Bull Wheel
Jozo's Apres Ski
Pottery Restaurant
Grand Central Lodge

South Base Lodge
Kombi Warming Centre
Demo Hut @ Central
Kaytoo Restaurant
Ricks Ski Pro Shop

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Equipment Requirements



Not sure what equipment your ski racer needs? Here is what Alpine Ontario suggests:

2018/19 AOA Equipment Reference Sheet		Snow Jacket/Pants	Race Suit	Slalom Helmet with soft ear guards	Helmet with hard ear guards	FIS approved helmet with hard ear guards	Slalom chin guard	Shin guards	Pole guards	Mouth guard	Back Protector	Skis - *See relevant age group page for details		
U8-U10	Slalom											Recommended: 1 Pair - Wood Core Kombi		
	Giant Slalom													
	Kombi													
U12	Slalom											Recommended: 1 - 2 Pairs		
	Giant Slalom													
	Kombi													
U14	Slalom											Recommended: 1 Pair - SL, 1 Pair - GS		
	Giant Slalom													
	Super-G													
U16	Slalom											Recommended: 2 Pairs - SL, 1 Pair - GS, 1 Pair - SG		
	Giant Slalom													
	Super-G													

Legend				
	Permitted	Recommended	Mandatory	Not Permitted

Home Races

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What to Expect on Race Day

- Everyone is to meet at Blue Mountain Inn at a designated spot & time given by the Coaches
- Team Manager to issue race bibs to each Racer
- Course inspection times are given to the Teams
- 1st Run to start at designated time
- After 1st Run, Racers should have their lunch*
- After 1st Run is completed, 2nd Run starts in reverse order
- Depending on course condition, there may be a reset between 1st & 2nd Runs
- Once Race has finished, ALL racers are encouraged to stay for Awards regardless of personal results to support your Team!

* It is suggested that Racers bring/buy a lunch at Central Lodge as there may not be enough time to get to and from the Inn before their 2nd Run

Volunteers Are Needed for Home Races!!!

- Volunteers are **VERY** important for Home Races
- While we encourage all Parents to come out and cheer for all of our Racers, we also need Volunteers to be able to safely and effectively run Home Races
- Please remember that we cannot run Home Races without Volunteers and are required to have a minimum number of Volunteers on the course to safely and effectively run Home Races
- You don't have to have an Athlete in the Race to Volunteer. In fact, you may prefer to Volunteer for a Race where your Athlete is not participating, so you can then watch your Athlete's Race.
- Team Managers and Coordinators will be asking for Volunteers, so please raise your hand
- Volunteer Positions may include:

Start organizer

Gate judges (8 to 12 depending on Race type)

Finish line judge

Bib collectors

Timing judge

Announcers

Coat Runners

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Away Races

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What to Expect on Race Day

- Everyone is to meet at the Host Hill at a designated spot & time given by the Coaches
- Team Manager to issue race bibs to each Racer
- Course inspection times are given to the Teams
- 1st Run to start at designated time
- After 1st Run, Racers should have their lunch*
- After 1st Run is completed, 2nd Run starts in reverse order
- Depending on course condition, there may be a reset between 1st & 2nd Runs
- Once Race has finished, ALL racers are encouraged to stay for Awards regardless of personal results to support your Team!

* It is suggested that Racers bring their lunch as not every Host Hill offers a Cafeteria to purchase lunch

Volunteers Are Needed for Away Races!!!

- Volunteers are **VERY** important for Away Races
- While the Host Hill is responsible to provide Volunteers to safely and effectively run their Home Races, they may require additional Volunteers
- Host Hills sometimes provide a few extra lift tickets for each Visiting Team
- If provided, these tickets are to be used by Parent Volunteers who will be Coat Running for their Team

Parent Volunteers

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Every season, the Jozo Weider Racing Program has counted on the enthusiasm and strength of Parent Volunteers for its success.

It is not possible for the Racing Programs to exist without the continued and enthusiastic support of Parent Volunteers. Whether it is on the hill, gate-keeping to managing teams, or helping organize Club events, there is a place for every parent to help with the Club.

If you are interested in becoming involved in your child's sport, please step forward and introduce yourself to one of our JWVC Executives and rest assured that your interest will be most welcomed and utilized to the benefit of your child's team and the entire racing program.

JWVC Can Always Use More Volunteers!!!

- Helping organize Club events like Opening Weekend, Men's Day, Ladies Day, Family Day and Year-End Awards Banquet
- Helping with Race events by being a Team Manager, Manager of Managers, U10 Coordinator or Race Day Volunteer
- Helping with Club activities like Memberships, Communications, Awards & Trophies, Team Gear & Clothing, Sponsorships and Treasury

Volunteers Are Needed for Home & Away Races!!!

- Volunteers are **VERY** important for Home & Away Races
- While we encourage all Parents to come out and cheer for all of our Racers, we also need Volunteers to be able to safely and effectively run Home & Away Races
- Please see Home & Away Races pages for more details

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Team Managers

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In addition to Team Coaches, every Team needs at least one Team Manager. It is not possible to run a Team effectively without the continued and enthusiastic support of Parent Volunteers becoming Team Managers.

If you are interested in becoming a Team Manager for your child's team, please step forward and introduce yourself to one of Coaches or a member of our Volunteer Committee and your volunteerism will be utilized to the benefit of your child's team.

Role & Responsibilities of Team Managers

This is a summary of the main responsibilities of a Team Manager:

- Attend a meeting, hosted by the Manager of Managers, at the beginning of the season to learn what to do, and throughout the season connect with the Manager of Managers, Race Administrator or Head Coach to resolve any issues
- Hold a Parents Meeting during the first weekend of Programs to discuss Parent responsibilities to their Child & Team; i.e., get to races on time, assist on hill when your team is hosting, become acquainted with the Racing Rules etc.
- Organize a team social event near the beginning of the season to get to know team members and their families
- To offer administrative support to Team Athletes & their Families
- Manage Team Member contact details through TeamSnap
- Be a source of communication between the broader Club and the Team
- Coordinate travel for Away Races if needed – car pools – directions & maps
- Confirm schedules and contact information as well as any rules & procedures that need to be observed at other Host Clubs and communicate same to team families
- Coordinate Parent Volunteers to contribute to your Team's Hosted Race i.e.; gate keeping, collection of bibs, etc.

Code of Conduct

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Parents should:

- Look out for their child's interests as they enter, participate in, and exit from the program
- Monitor their own expectations of their child's performance and progress, realizing that athletes who feel they cannot meet their parents' expectations, quickly lose motivation
- Communicate with coaches and administrators as needed/requested on aspects of the program pertaining to their child and the program in general
- Behave in a sportsperson-like manner at all times – observing the principles of honest, fair play, and adherence to the rules of competition

All Athletes should:

- Behave in a fashion that brings credit to themselves, their families, teammates, coaches, the Club and the sport of alpine ski racing/snowboarding & freestyle
- Behave in a sportsperson-like manner at all times – observing the principles of honest, fair play, commitment and adherence to the rules of competition
- Show respect to teammates, competitors, coaches, volunteers and officials
- Participate and commit to the training and racing plans as designed and presented by the coaching staff – respect the decisions of their coaches
- Speak to their coaches regarding all aspects of their teams' program and in particular when they are unclear as to what they are expected to do
- Learn to maintain their equipment in a safe and prepared manner so as to get the best use of it for training and competitions – including skis, boards, boots, poles, helmets, guards, etc.
- Show respect for the property of others including Blue Mountain Resort and when visiting other ski clubs or facilities
- Free ski/board under control and at a speed and distance so as not to scare or endanger other skiers
- Obey all posted signs and all verbal or written instructions received from the ski patrol, coaches, race officials and club staff and pertain to skier/boarder/racer conduct
- Refrain from the use of profanity, abusive language, disruptive behavior, bullying, smoking, the use of illegal or banned drug products, and/or the consumption of alcohol

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Concussion & Sport

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Concussion & Sport

Concussion awareness and sports is becoming all too real and Snow Sports are no exception. As a Parent, we all have a responsibility to ensure the safety of our Athletes.

Recognize Symptoms of a Concussion

Everyone can help recognize a possible concussion if they know what to look for. A person with a concussion might have any of the signs or symptoms listed below. They might show up right away or hours, or even days later. Just one sign or symptom is enough to suspect a concussion. Most people with a concussion **do not** lose consciousness.

Common Signs and Symptoms

Physical – Headache, Pressure in the head, Dizziness, Nausea or vomiting, Blurred vision, Sensitivity to light or sound, Ringing in the ears, Balance problems, Tired or low energy, Drowsiness, “Don’t feel right”

Emotional - Irritability (easily upset or angered), Depression, Sadness, Nervous or anxious

Sleep-related – Sleeping more or less than usual, Having a hard time falling asleep

Cognitive (Thinking) – Not thinking clearly, Slower thinking, Feeling confused, Problems concentrating or remembering

What to do if you Suspect a Concussion

Follow these three steps if you — or someone you know — experiences a blow to the head, face, neck or body and you suspect a concussion. Call 911 if you are concerned the injury is life threatening, such as the person is unconscious or they had a seizure.

1. Recognize signs and symptoms of a concussion and remove yourself or the athlete from the sport/physical activity, even if you feel OK or they insist they are OK.
2. Get yourself or the athlete checked out by a physician or nurse practitioner.
3. Support gradual return to school and sports.

Websites:

Blue Mountain Resort:
<https://www.bluemountain.ca/>

Jozo Weider:
<http://www.jwracers.com/>

Alpine Canada:
<https://alpinecanada.org/>

Alpine Ontario:
<https://www.alpineontario.ca/>

Blue Mountain Racing:

Luc Belanger, Recreation Programs:
lbelanger@bluemountain.ca

Anna Gerol, Head Coach:
agerol@bluemountain.ca

Nikki Wait, Race Administrator:
nwait@bluemountain.ca

Abigall Gallagher, Race Administrator:
abgallagher@bluemountain.ca

Volunteer Committee:

General Information:
info@jwracers.ca

Memberships, Events & Banquet:
memberships@jwracers.ca

Gear & Team Clothing:
clothing@jwracers.ca

Race Coordination, Volunteering,
TeamSnap:
stefan@jwracers.ca

Concussions:

These resources are not intended to provide medical advice relating to health care. For advice on health care for concussion symptoms, please consult with a physician or nurse practitioner.

Rowans Law
<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

Alpine Ontario's parent / athlete policy around concussion protocol / code of conduct.
https://www.alpineontario.ca/download/aoa-concussion-athlete-code-of-conduct_july2019/?wpdmdl=17965