



#### TSC ALPINE SKI STANDINGS

2017-2018 season:

- 2nd Place: USCSA Regionals  
(Jackson, WY)
- Top 10, Cameron Hale: USCSA  
Nationals (Lake Placid, NY)
- Top 15, Samantha Boughner:  
USCSA Nationals (Lake  
Placid, NY)

## Interested?



Contact the UBC Thunderbirds  
Alpine Ski Sport Club Executive  
[alpineski.sc@ubc.ca](mailto:alpineski.sc@ubc.ca)



[RECREATION.CA/SPORT-CLUBS](https://recreation.ca/sport-clubs)

# UBC THUNDERBIRDS ALPINE SKI SPORT CLUB



THE UNIVERSITY OF BRITISH COLUMBIA

**UBC THUNDERBIRDS SPORT CLUBS**

➤ [RECREATION.UBC.CA/SPORT-CLUBS](https://recreation.ubc.ca/sport-clubs)







# UBC TSC: Your Community on Campus

UBC Thunderbirds Sport Clubs are opportunities for highly competitive students to officially represent the university in sports at the non-varsity level, to build community, and to gain leadership and sport management skills. If you trained in one of the available sports in high school, or are looking to diversify your athletic skillset find out more about how to join at [sportclubs.ubc.ca](https://sportclubs.ubc.ca).



### TRAVEL FOR COMPETITION

Teams travel locally, across Canada and internationally to compete against other universities and clubs.



### STUDENT LED TEAMS

Each Sport Club is managed by a team of student executives that take care of all the administrative tasks, finances, marketing, travel and safety logistics, and everything in between.



### TRAIN AND COMPETE WITH FRIENDS

Most Sport Clubs athletes train and compete on a weekly basis with their teammates during the year. UBC TSC also hosts socials and events to mingle with 300+ student athletes.



## THE SPORT CLUBS EXPERIENCE

*"If you want to still be involved in alpine ski racing, while studying as a full time student at one of the best schools in Canada, look no further. The Thunderbirds Sport Clubs program is one of the newest and most innovative team structures in Canada, offering great opportunities to get involved with our team, giving our student-athletes transferrable skills and leadership experience that will allow them to succeed in their future endeavours. As well the campus is beautiful, and as alpine skiers we are able to travel to and explore many more amazing ski resorts!"*

— Michele Warner

# UBC Thunderbirds Alpine Ski Sport Club

## ACADEMICS

UBC Thunderbirds Sport Clubs (UBC TSC) is open to any Undergraduate, Graduate, or Exchange Students across all faculties and disciplines. Participants must enroll in at least 9 credits per semester (three courses) with minimum good academic standing, both semester and cumulative.

### Practices/Competitions and Academics

Thunderbirds Sport Clubs athletes are students first, and athletes second. While the Alpine Ski Sport Club schedules dryland and on-snow training around classes, competitions have conflicted with class attendance in the past. For the regular conference season races, the team typically drives down to the competition on Friday morning. Athletes attending these races are likely to miss class on Friday. Furthermore, athletes attending Nationals will miss a full week of school. It is not required of any athlete to miss class for competition, it is ultimately up to the individual athlete to choose how to manage their time. It is important that the athlete works with their professors to make up for any missed assignments or exams in advance.

## COMPETITION AND TRAINING

UBC TSC Alpine Ski's off-season takes place during the fall semester, where the team focuses on physical conditioning with dryland training twice a week. Race season begins in the winter semester. The team competes at 4 consecutive regular season races starting in the third week of January, leading up to reading week. During reading week, the team attends Regionals, a 3-day competition. Pending qualification, the team competes at Nationals, which takes place in the first week of March and is a week-long competition. It is not necessary for athletes to attend all of these competitions. The athlete may attend as many or few races as desires.

### Yearly Calendar

**Practices:**

Sept - Mar

**Competitions:**

Late Jan - Mar

### Time Commitment

**Team Activities:**

2 to 6 hours per week

**Individual Activities:**

2 to 6 hours per week

### Try-outs and Requirements

All prospective athletes are required to attend the first meeting in September. Following the meeting, the team determines seeding at races based on: commitment to dryland training, performance at training camps on snow, and previous racing experience.

## OUTSIDE OF THE SPORT

### Fundraisers

The team hosts a number of fundraisers throughout the year, most of which are bar nights, as well as online funding campaigns to raise money for big events such as Nationals. All the money raised goes towards reducing team fees paid for races, training camps, and investing in equipment and student coaches.

### Philanthropic Work

As part of the Thunderbirds Sport Clubs community, Alpine Ski Sport Club partakes in a number of events run by the TSC community including Lace up for Kids and Spin-a-thon, from which the proceeds go to Right to Play. The team also partners with Grouse Mountain to help out with races and positively influence their athletes.