



## MASTERS / MAÎTRES

### Frequently Asked Questions

#### **I'd like to get back into racing, but don't know where to start?**

*The best way to start is to contact your ski hill to see what they offer in the way of adult racing and training. If your ski hill has an adult race programme then this is the best starting point. If your ski club does not offer any adult racing or training, then you could check out the adult training options at other ski hills. There are a number of options for mid-week and weekend training and/or racing in most provinces with an adult racing programme. Check out your provincial ski organization (PSO) website for more information on Masters racing in your area or better yet, contact your provincial Masters rep listed on the National Committee page*

#### **How would I find out about Masters racing news in Canada?**

*The best way is to go to the Alpine Canada website—Masters section  
<http://www.alpinecanada.org/canada-alpine-team/programs>*

*and subscribe to our national database. As a subscriber you will automatically be emailed any relevant information to your home province and nationally and internationally.*

*We also have a Facebook Page “Canadian Alpine Masters Group” and a twitter feed “Cdn Alpine Masters” The Facebook page has photos and race notices as well as links to interesting articles to help you meet your goals.*

#### **Do I need a competitor card?**

*For races within your home province it may only be necessary to purchase a Regional or Weekend competitor card. You will need to check with the race organizers a few weeks prior to the relevant race to find out what kind of card you require. If you would like to race outside your home province, you will need a National Masters card. It is best to just purchase the National Masters card from your PSO (Provincial Sport Organization—like Alpine Ontario).*

#### **What is the difference between the National competitor card and the FIS Masters competitor card?**

*There is only a \$10 difference in the price, but the difference is in the races you can enter in. The National card allows you to enter any Masters race across Canada—including the Canadian Masters Championships. The FIS Masters card allows you to not only enter any Masters race in Canada, but also allows you to enter FIS Masters races internationally. There may be local card registration fees if you are entering races in the US, but these are nominal and not always needed.*

### **How do I get a competitor card?**

*For all levels of competitor card, you simply go to the Masters section on your PSO website or contact your PSO directly. There will be online forms to complete and authorize or forms to print and send in. The FIS Masters card no longer requires a medical form, but they do require 3 forms: (1) the ACA Athlete Declaration form, (2) the ACA waiver, and (3) PSO Registration form along with payment. Each PSO collects these differently and you will discover this during the registration and payment process. The National card only requires the PSO registration form along with payment. There is no physical card issued, but a couple of weeks after sending in your registration forms you should be able to go to the Alpine Canada points website [www.acapoints.ca](http://www.acapoints.ca) and search for your name. Beside your name will be your competitor number. You will not receive a notification from Alpine Canada that you have a number.*

### **Is there any special equipment required to compete in Masters?**

*The only requirement, along with the usual ski equipment, is to have an approved Competition race helmet which has the sticker “Conforms to FIS Specifications RH 2013” affixed in a visible and non-removable way. Soft sided helmets are NOT acceptable for any GS, Super G, or downhill events in Masters racing. Once you familiarize yourself with Masters racing, you can determine what other equipment changes you’d like to make to meet your goals—if any.*

### **Is it costly to race Masters?**

*There is a cost to purchase your National Masters card, which varies slightly by province. The equipment you chose to use for racing is up to you, but if you’ve had kids in racing you know that race equipment is not inexpensive. You will see a variety of equipment amongst Masters racers, so it’s not necessary to purchase the best race equipment out there. There are also race entry fees. Some are nominal, and some are more expensive depending on the event. If you choose to travel to races, there will also be the travel and accommodation costs to factor in. There is absolutely NO pressure to enter any races. This is a fun sport we do to keep active, have fun, be social, and get some of that competitiveness we like to experience!*

### **How can I be competitive against the younger racers—especially those just off the FIS circuit?**

*Masters racing in Canada and internationally use 5 year age categories for determining place. In Canada our first age category is 18-29, then 5 year increments past that for each gender, all the way up to 90+. Internationally, FIS Masters start at age 30.*

### **What are World Cup Points and how do I earn them?**

*Every Master who starts in one of the races on our National Masters calendar will earn World Cup points. The more races you enter, the more points you will accumulate. At the end of the season the National Masters Committee selects the Canadian Masters Alpine Team using World Cup points as one of the main criteria. For additional qualification criteria go to the Team Selection Criteria section on the ACA Masters webpage or the Canadian Alpine Masters facebook page “Canadian Alpine Masters Group”*

**If I'd like to participate in FIS Masters internationally, how do I do that?**

*First indoctrinate yourself to Masters racing in your province or Canada and within that forum you will meet a number of Masters who compete internationally. This answer will naturally follow.*

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