

# **WILD MOUNTAIN DEVELOPMENT TEAM-ALPINE**

## **FAMILY HANDBOOK**

Welcome to the Wild Mountain D-Team. This handbook will help answer many of the questions that parents may have regarding this year's racing season. Please review the information included in this packet and discuss it with your racer(s). If you have any questions, please feel free to inquire at the snowsports desk, or speak directly with the Head Coach.

We hope that your year with the D-Team will be a positive and enriching experience for your entire family. We'll see you on the hill.

Kevin Rivard	Head Coach, Saturday
Mark Krey	Head Coach, Sunday
Julie Johnson	D-Team Administrator

### ***D Team Philosophy:***

The D-Team is designed for developing young athletes' skiing abilities

- Small children learning solid skiing technique as a follow up to ***Wild Cats***
- Kids that love to ski and want to give racing a try.
- Prospective high school racers that are looking for an opportunity for more practice and Gate/race experience.
- Established high school racers that cannot make the time or financial commitment to race ***USSA***.

Therefore, we try to remain very flexible and spend time with groups that will give all racers what they need. We do this while trying not to make this experience an intense "do or die" situation, or one that is lazy with low expectations. We do not lose sight of the fact that this experience is supposed to be fun, safe, and educational.

We expect our racers to be committed to practicing and racing. We expect them to listen to coaches and try to get better each week. We also hope to hear laughter and see enjoyment in the kids' faces.

### ***Race Age:***

***Question: What age group should my child be racing?***

***Answer:*** D-Team racers practice and compete within their age group. The cut off date is ***September 1<sup>st</sup>***. Let's use a 9-year-old as an example. This nine-year-old turns 10 on September 2<sup>nd</sup>. Even though the racer is now 10, they can compete with the 9-year-olds since their

birthday is after September 1. A racer can elect to move up and compete in the next older age class. The groups are as follows:

- 1) 6 & under
- 2) 7 year olds
- 3) 8 year olds
- 4) 9 year olds
- 5) 10 year olds
- 6) 11 year olds
- 7) 12 year olds
- 8) 13 year olds
- 9) 14 year olds
- 10) 15 year olds and older (must be in high school)

***Practice Days:***

***Question: What time should I have my Child ready for practice?***

***Answer:*** Our practices start promptly at 10:00am on Saturday and 12:00pm on Sunday. For skiers to get the most out of D-Team, they must be at practice and ready to go ***on time***. Age groups will depart from the ski school bell at 10:00 am or 12:00 pm to warm up and work on various skills.

***Question: What if my child is late for practice?***

***Answer:*** For skiers that are a few minutes late, a coach will remain at the ski school bell to direct them to the appropriate group. If you are more than a few minutes late and there is no coach at the snowsports bell, go to the ticket counter for further directions. Again, to get the most out of the program all skiers should be at the snowsports bell and ready to ski by 10:00am or 12:00pm.

***Question: How are practices run at Wild Mountain?***

***Answer:*** Practice runs in 2 sessions. The first, from 10:0am-11:30am Saturday, or 12:00-2:00pm on Sunday, involves skill development and gate training in giant slalom. The second session, from 12:30pm-3:00pm on Saturday, or 2-3:30pm on Sunday, involves skill development and gate training in slalom. This is a long day for the skiers; parents make sure they get a good night sleep and a healthy breakfast.

***Question: When does my child eat lunch?***

***Answer:***

***Saturday:*** The Saturday D-Team breaks for lunch from 11:30-12:30pm. During this time your child will not be supervised. Children will be expected to get themselves lunch, use the bathroom and get warmed up and ready to meet their coach at the ski school bell at 12:30pm.

**Sunday:** The Sunday D-Team does not break for lunch. If the weather is cold, they may take a 15-minute break. But the coaches do expect the children to have had a hearty lunch before Sunday D-Team begins.

***Set Up/Take Down.***

***Question: Is it my child's responsibility to help set up and take down race courses?***

***Answer:*** Setting up courses, taking them down and grooming the hill after practice sessions is a huge task. It is the responsibility of ***every team member*** to take part in these "chores" each day. We try to provide as many training courses as needed to keep our skiers skiing, and not standing. To accomplish this we need the cooperation of everyone.

***Cold Weather:***

***Question: What happens if we experience cold weather?***

***Answer:*** D-Team practices and races are never called off for any weather-related circumstances. On days of extreme cold, we try to move the training courses closer to the chalet and take frequent breaks. We often take these opportunities to review videotape and have "chalk talks". No days are wasted!! Just make sure your racers have the appropriate clothing including a facemask.

***Conduct:***

***Question: What is expected of my child when it comes to conduct?***

***Answer:*** As a member of the D-Team you are representing not only yourselves, but the coaches and Wild Mountain as well. Racers are expected to conduct themselves in a respectful manner at all times, and understand the public's right to ski on the same hills on which we train. Wild Mountain D-Team is expected to display good sportsmanship at all times.

***Race Days:***

***Question: When do we register for races and what is the schedule like for race day?***

***Answer:*** While race days are exciting ones for the racers, it can also be a long and draining day. The following is the typical race day schedule.

- 8:30 am Registration for the race.
- 9:30 am the courses are available for inspection.
- 10:00 am Start 1<sup>st</sup> race (usually slalom).
- 1:00 pm Start 2<sup>nd</sup> race (usually giant slalom)
- 4:30 pm Awards presented

\*\*\*\*The championship race for Saturday D-Team starts 1 hour earlier (1<sup>st</sup> race begins at 9:00)

It is important that the racers get a proper chance to warm up, inspect courses, and prepare without feeling rushed. Get to the ski area in plenty of time for them to do these things. We would suggest you arrive at the area no later than 8:30am for regular races and 7:30am for the championships. Understand that this can be a stressful time for inexperienced racers. Also, try to help the racers eat a good breakfast and continue to eat good foods throughout the day; more carbohydrates and less sugar (good luck).

***Registration:***

***Question: What happens at registration and where do we register?***

***Answer:*** You need to register in the chalet prior to each race. There are generally separate stations for each age group. Here you will receive a bib number that must be displayed throughout the day so that race officials can see it. While registering, try to get a feel for where your bib number lies in the running order so you know approximately when to be at the top of the hill for your runs. Racers that show up late for their run will have to run at the end of their age group.

***Course Inspection:***

***Question: Does my child get to inspect the course before a race?***

Course inspection is an important part of ski racing. All experienced and successful racers inspect, study, and memorize each course before they ski it. It is a skill that needs to be learned and practiced just like a carved turn. All riders should inspect every training and slopestyle course and hone inspection skills. Use your coaches to learn what to look for and how to inspect courses on your own. Our philosophy is that course inspection should become part of a pre-racing routine and be used to start focusing on the race, and this is best accomplished alone. We provide group inspection for younger racer (12 and under) only as a learning tool. This is also true for any older racers that are just starting ski racing. Again, we feel this is a very important part of ski racing.

***Race Format:***

***Question: What is the race format that is followed and which is first, Slalom or Giant Slalom?***

***Answer:*** Slalom is generally the morning race and will consist of 2 timed runs. For the second run, the run order will be reversed. In other words the first skier from the first run will ski last in the second run.

The afternoon race is usually Giant Slalom. The racer run order will return to its original order for the first run, and again be reversed for the second (as in the morning).

**Scoring:**

**Question: How is the race scored?**

**Answer:** When all four runs are complete, scorers will add your one fastest slalom time and your fastest giant slalom time together for your total time. This time will be placed in order among the appropriate age and gender group.

Team points are calculated as follows:

- 1<sup>st</sup> place      5 points
- 2<sup>nd</sup> place     4 points
- 3<sup>rd</sup> place     3 points
- 4<sup>th</sup> place     2 points
- 5<sup>th</sup> place     1 point

Participating teams are ranked by the total points earned by their racers.

**Awards:**

**Question: Will all the children participating receive awards?**

**Answer:** Individual awards will be given up to 10 places for the 6 & under age group. The rest of the age groups will have awards for 8 places.

- For the championship race, awards will be given to 10 places

- In any race, should the total number of racers in an age group exceed 30, awards will be given to 15 places in that age group

**Posting of Results:**

**Questions: How soon will my child's race time be posted?**

**Answer:** While it's fun to see who wins these races, it is more beneficial to most riders to see how they personally did against the entire field. This is a good way to watch your improvements. Therefore, the results from each race will be posted the following week in the chalet at Wild Mountain and on our website.

**Home Races:**

**Questions: What can I do to help on race day?**

**Answer:** While it's always fun to have a race on your home hill, it is also a lot of work to put one of these races on. For these races to operate successfully it requires cooperation between the ski area, the coaches, and the parents. Wild Mountain has always run outstanding races and

this has largely been due to the involvement of the parent group. There are far too many jobs to do to be handled by the area and coaches.

We ask that you volunteer to help on the day of our home race. You can sign up at the ski school desk. A list of job descriptions has been included with this packet to help you. When you sign up, it's very important that you list the age of you racer(s) so that you can be assigned to the course on which they compete.

Thank you in advance for your help and cooperation.

Wild Mountain Team