

WILD MOUNTAIN DEVELOPMENT TEAM- **FREESTYLE** **FAMILY HANDBOOK**

Welcome to the Wild Mountain D-Team. We hope this handbook will answer many of the questions that parents typically have about this year's riding season. Please take the time to review the information included in this packet and discuss it with your rider(s). If questions do arise, feel free to inquire at the snowsports desk or speak 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.

Sunday Team

Andrew Tolzman	Head Coach
Julie Johnson	Snowsports School Administrator

D Team Philosophy:

The D-Team services a very broad band of riders.

- Youth wanting to learn solid riding technique as a follow up to their Wildcat experience.
- Skiers that love to rip and want to learn all disciplines of Freestyle competition.
- Experienced freestylers who want to hone their skill in the park.
- Skiers who are looking for quality coaching to take them to the next level.

Our coaches will work with each skier to improve technique in all areas of freestyle. We do this while trying not to make this experience an intense "do or die" situation, or one that is lazy with low expectations. And we do not lose sight of the fact that this experience is supposed to be fun, safe, and educational.

We expect our riders to be committed to practicing and ripping. We expect them to respect coaches and try to get better each week. We also hope to hear lots of laughter and see enjoyment in the faces of all.

Age Groups:

Question: What age group should my child be riding?

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

their birthday is after September 1. A rider can elect to move up and compete in the next older age class.

The groups are as follows:

Boys and Girls

Ages 10 & Under

Ages 11 & 12

Ages 13 & 14

Ages 15 & Over (in High School)

Practice Days:

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

Answer: Our practices start promptly at 12:00pm thru 3:30pm on Sunday. For riders 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 12:00 to warm up and work on various skills.

Question: What if my child is late for practice?

Answer: For riders 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 riders should be at the snowsports bell by 12:00pm.

Question: How are practices run at Wild Mountain?

Answer: Practice will be broken up into all three disciplines, Alpine, Slopestyle, and Big Air. An Alpine course will be set up on various runs and will be announced on each Sunday. The slopestyle and big air aspects of practice will take place within our terrain park. Practice should not only take place within the Alpine course or terrain park but over the entire area to create a well rounded rider.

Remember this is a long day for the riders; parents make sure they get a good night sleep and a healthy breakfast.

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 riders riding, 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 shredders 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. Riders are expected to conduct themselves in a respectful manner at all times, and understand the public’s right to ride 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 competition and what is the schedule like for the day?

Answer: While comp days are exciting ones for the riders, it can also be a long and draining day. Schedule for comp days are on separate hand out

***The championship comp for Sunday Dteam scheduled starts 1 hour earlier (1st comp begins at 9:00am)

It is important the riders get a proper chance to warm up, inspect courses, and prepare themselves without feeling rushed. Get to the ski/snowboard 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 comp and 7:30am for the championships. Understand that this can be a stressful time for inexperienced riders. Also, try to help the riders 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?

You need to register in the chalet prior to each comp. 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 comp 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. Riders that show up late for their run will have to run at the end of their age group.

Course Inspection:

Questions: Does my child get to inspect the course before a competition?

Answer: Course inspection is an important part of the comp. All experienced and successful riders inspect, study, and memorize each course before they ride 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-riding routine and be used to start focusing on the comp, and this is best accomplished alone. We provide group inspection for younger riders (12 and under) only as a learning tool. On comp days there will be at least one coach assigned to each course. If you have questions, look for them and talk to them if you need to. They will be able to help you with any questions that you may have. For age groups 12 and under, group inspections will be available.

Competition Format:

Questions: What areas will my child be judged?

Riders will be judged on Slope Style, Big Air, and Alpine. The scores are added to each event to determine age and class winner.

Scoring:

Questions: How is the Competition scored?

Answer:

Team points are calculated as follows:

1 st place	5 points
2 nd place	4 points
3 rd place	3 points

The total points earned by their riders rank participating teams.

Awards:

Questions: Will all the children participating receive awards?

Answer: Individual awards will be given up to 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 competition be posted?

Answer: While it's fun to see who wins these comps, its 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 comp will be posted the following week in the chalet at Wild Mountain and on our web site.

Home Competitions:

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

Answer: While it's always fun to have a comp on your home hill, it is also a lot of work to put one of these races on. For these comps to operate successfully it requires cooperation between the ski/snowboard area, the coaches, and the parents. Wild Mountain has always run outstanding comps 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 comp. You can sign up at the ski school desk. When you sign up, it's very important that you list the age of you rider(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