

# *WILD MOUNTAIN ALPINE DEVELOPMENT TEAM*

## *PARENT HANDBOOK ~ 2020/21*

Welcome to the Wild Mountain D-Team. This handbook is designed as a reference that will answer many of your questions regarding the D-Team program. Please take some time to review the information in this packet. If you have any questions, feel free to call the D-Team Administrator, or speak directly with your Head Coach.

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

Kyle Oberg	Head Coach, Saturday
Fred Feirn	Head Coach, Sunday
Natalie Gebur	D-Team Administrator/SnowSports Director

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

The Development Team (D-Team) is designed to introduce young athletes to the joy of skiing through racing. Our primary focus is to develop strong skiing skills in each racer while providing a fun-filled experience for all. Our coaches work with each of the racers to develop their technique, help set a race strategy and work on long-term goal setting. This makes the D-Team the perfect platform for:

- Wild Cat graduates looking for more of a challenge
- Young skiers who are ready for the challenge of competition
- Prospective high school racers seeking more practice and gate/race experience
- High school racers who are looking for an alternative to USSA racing

It is a priority of the D-Team coaches to remain flexible, and to make sure all of our racers have the opportunity to work on their skills in a fun and safe environment. We understand that everyone learns new skills in different ways and at different paces, and our coaches take this into consideration.

It is also important that our racers are committed to practicing and racing. We trust that racers will listen to their coaches and work hard to improve each week. We also hope that each racer genuinely enjoys the experience and looks forward to coming back each week.

The following are some frequently asked questions about specific topics related to the Wild Mountain D-Team.

### **Race Age**

***Question: In what age group should my child be competing?***

***Answer:*** D-Team racers practice and compete within their age group. The cut off date is **September 1<sup>st</sup>**. We'll use a racer who turned 10 on September 2<sup>nd</sup> as an example. For registration purposes this

racer will be eligible to practice and compete as a 9 year old, since their birthday is after September 1. A racer can elect to move up and compete in the next older age class, however once they elect to move up, they may not move back down.

The groups are as follows:

- 6 & under
- 7 year olds
- 8 year olds
- 9 year olds
- 10 year olds
- 11 year olds
- 12 year olds
- 13 year olds
- 14 year olds
- 15-18 year olds (must still be in high school)

### **Practice Days**

***Question: What time should my child be 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 snowsports bell at 10:00am (Sat.) and 12:00pm (Sun.) to warm up and work on various skills.

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

***Answer:*** For skiers who are a few minutes late, a coach will remain at the SnowSports 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, it is very important that all skiers be at the snowsports bell and ready to ski by 10:00am on Saturday or 12:00pm on Sunday.

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

***Answer:*** Practices are split up into 2 segments. GS training for the first half, slalom for the second half

***Saturday:*** The first training session begins at 10:00am. This segment focuses on skill development and gate training in giant slalom. Then the skiers have a one hour unsupervised lunch break. The second session begins after lunch, and runs until 3:00pm. This segment focuses skill development and gate training in slalom.

***Sunday:*** The first session begins at 12:00pm and will go for roughly half of practice. It involves skill development and gate training in giant slalom. The second session will begin immediately after the first session, and will end at 3:30pm. This segment involves skill development and gate training in

slalom. At some point the coaches may allow for a short break, however the skiers should plan to be out on the hill the entire length of the class.

This can be a long and exhausting day for these athletes. Parents, try to make sure your skier gets a good night's sleep and a healthy breakfast.

**Friday:** Optional Weekday Practice. This session is 6:00PM – 8:00PM. You must be a registered D-Team skier to participate in optional practices.

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

**Answer:**

**Saturday:** The Saturday D-Team has a one hour lunch break mid-day. The time will vary. During this time your child will be unsupervised. Children are expected to get their own lunch, use the bathroom, warm up in the chalet and get ready to meet their coach at a predetermined location in time for their afternoon session.

**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.

### **Course Set Up/Take Down**

**Question: *Is my child responsible for helping set up and take down race courses?***

**Answer:** Setting up courses, taking them down and slipping out the course after practice 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 active, and not standing around. To accomplish this, we need the cooperation of everyone.

### **Safety Equipment – Helmets**

**Question: *Does my child need to wear a helmet during practice/competitions?***

**Answer:** Helmets are required for all D-Team practices and competitions. Concussions are a growing concern in youth sports, and helmets significantly reduce the risk of concussions in athletes. SnowSports specific helmets are available for sale at all local ski and snowboard shops. Wild Mountain also offers helmet rentals for \$8 per day.

More information on how to reduce the risk for concussions, recognize concussion symptoms, and treat concussions, can be found on the Centers for Disease Control and Prevention website.

Concussion in Sports: <http://www.cdc.gov/concussion/sports/index.html>

### **Cold Weather**

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

**Answer:** D-Team practices and races are never cancelled 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!! Make sure your racer comes prepared with appropriate clothing for all conditions, including a facemask. **“NEW”** This Season there is a “No Strip” ruling for race day. The Hosting team will make the call no later than 8:30AM on race day based on temperature, and post it at the registration table. In temps <-10 degrees F Ambient Temp or -40 F wind chill, a ski jacket and minimum ski shorts will be required attire for ALL racers.

### **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 also the coaches and Wild Mountain Ski Area. 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. The 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 on race day?**

**Answer:** While race days are exciting for racers, they can also be long and draining. The following is a 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> run (usually slalom)
- 1:00 pm Start 2<sup>nd</sup> run (usually giant slalom)
- 4:30 pm Awards presentation

It is important that the racers get a proper chance to warm up, inspect courses, and prepare without feeling rushed. Arrive at the ski area in plenty of time for them to do these things. We suggest you arrive at the area no later than 8:30am. Understand that this can be a stressful time for inexperienced racers. Try to help your racer by encouraging them to eat a good breakfast and continue to eat healthy foods throughout the day; more protein and less sugar (good luck)!

### **Registration**

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

**Answer:** You need to find the registration table 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?***

***Answer:*** 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. 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 racers (12 and under) only as a learning tool. This is also true for any older racers that are just starting ski racing.

### **Race Format**

***Question: How are the races formatted? And which comes first, Slalom or Giant Slalom?***

***Answer:*** Every meet will consist of two slalom runs and two GS runs. Slalom is usually in the morning and will consist of 2 timed runs. For the second of these two runs, the run order will be reversed. In other words the first skier from the first run will ski last skier in the second run. This “flip” of the run order is only within each age group, not the entire group on each course.

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

### **Scoring**

***Question: How are the races scored?***

***Answer:*** When all four runs are complete, the scorers will add the time of your fastest slalom run with the time of your fastest giant slalom run. This makes up your “total” time. The skiers in each age group are placed in order of their total time.

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 8 & under age group. The rest of the age groups will have awards for 8 places. If the total number of racers in an age group exceeds 30,

awards will be given to the top 15 places in that age group. For the championship race, awards will always be given to the top 15 places.

### **Posting of Results**

***Questions: How soon after a competition will the results be posted?***

***Answer:*** The results from each race will be posted as soon as possible on our website. While it's fun to see who wins these races, it is more beneficial to most skiers to see how they personally did against their peers. This is a good way for racers to measure their improvement and stay motivated to improve.

### **Home Races**

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

***Answer:*** While it is always fun to have a race on your home hill, it is also a lot of work for the host hill to organize and run a D-Team event. 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 our dedicated group of parents. There are far too many responsibilities for races to be run by only the Wild Mountain staff and coaches.

We encourage all D-Team parents to volunteer at one of our home races. You can sign up at the parent meeting in December. If you wish to sign up but can't make the meeting, or have to change your plans mid-season, please contact Natalie (the D-Team Administrator/SnowSports Director) in the main office. When you sign up, it's very important that you list the age of your racer(s) so that we can assign you to the course on which they compete. This will allow you to work, and not give up the opportunity to watch your child ski!

We hope this handbook is helpful in familiarizing you with our D-Team program. We strive each season to keep our skiers and parents informed through this handbook and periodic updates. If you have any further questions that were not answered in this handbook, please feel free to talk to your Head Coach, or contact Natalie the D-Team administrator/SnowSports Director in the main Wild Mountain office at (651)465-6365.

Glad to have you on the D-Team!

The Wild Mountain Team