

WILD MOUNTAIN DEVELOPMENT TEAM-SNOWBOARD **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 year with the D-Team will be a positive and enriching experience for your entire family. We'll see you on the hill!

Sam Friberg
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Head Coach
D-Team Administrator/SnowSports Director

D Team Philosophy:

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

- Wild Cat graduates looking for more of a challenge
- Snowboarders that love to rip and want to learn all disciplines of Freestyle
- Experienced snowboarders who want to hone their skills in the park
- Accomplished shredders who want more coaching and slope timed to step up to the next level

It is a priority of the D-Team to remain flexible, and to make sure all of our riders 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 riders are committed to practicing and competing. We trust that riders will listen to their coaches and work hard to improve each week. We also hope that each rider 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.

Age Groups:

Question: What are the different age groups? And what is the cut-off date?

Answer: D-Team snowboarders practice and compete within their age group. The cutoff date is ***September 1st***. We'll use a snowboarder who turned 10 on September 2nd as an example. For registration purposes this rider will be eligible to practice and compete as a 9 year old since their birthday is after September 1. An athlete can always 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 age groups are as follows:

<u>Boys</u>	<u>Girls</u>
Ages 8 & Under	Ages 10 & Under
Age 9	Ages 11 & 12
Age 10	Ages 13 & 14
Age 11	Ages 15 & Over (in high school)
Age 12	
Age 13	
Age 14	
Ages 15 & Over (in high school)	

Practice Days:

Question: What time should my child be ready for practice?

Answer: Our practices start promptly at 12:00pm. 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 snowsports school bell at 12:00pm 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 snowsports 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 ready to shred by 12:00pm.

Question: How are practices run at Wild Mountain?

Answer: Practices will be broken up into three segments; slopestyle, big air and boardercross. The slopestyle and big air portions of practice will usually take place in the terrain park. Practices will not only take place in the terrain park. It is important to our coaches to use the entire ski area and its terrain to create well rounded snowboarders.

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 competitions are never called off for any weather-related circumstances. On days of extreme cold, we try to take frequent breaks. We often take these opportunities to review videotape and have “chalk talks”. No days are wasted!! Make sure your rider comes prepared with appropriate clothing for all conditions, 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.

Competition Days:

Question: When do we register for competition and what is the schedule like for the day?

Answer: While comp days are exciting for everyone, they can also be long and draining. It is important that each snowboarder gets a chance to warm up, inspect courses, and prepare themselves without feeling rushed. Try to arrive at the ski area with plenty of time for your child to do these things. We suggest that you arrive at the area no later than 8:30am. Understand that this can be a stressful time for inexperienced riders. Also, try to help your child eat a healthy breakfast and continue to eat healthy foods throughout the day; more protein and less sugar (good luck)!

Registration:

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

Answer: You need to find the registration table 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 competition 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. Athletes 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 every 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. All riders should inspect every training and competition course before riding it. 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 your “pre-game” 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, find one of your coaches on the side of the hill. They will be available to answer your questions.

Scoring:

Questions: How will my child’s performance be judged?

All Riders will compete in three events, Big Air, Slope style and Boardercross. The competition schedule will include 2 big Air/slope style events, 1 Boardercross event and 1 season championship event consisting of big air and slope style (no boardercross).

- Big Air - One trick preformed over a man-made jump.
- Slopestyle – Multiple tricks preformed during a single run
- Boardercross - Multi-rider race on a terrain course

Scoring:

Questions: How are the “Team Points calculated?

Answer:

Team points are calculated as follows:

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

The total “Team Scores” for each area are calculated by adding up the individual scores of all of their riders.

Awards:

Questions: Will all the children participating receive awards?

Answer: Individual awards will be given up to 8 places. If the total number of competitors in an age group exceeds 30, awards will be given to the top 15 places in that age group.

Posting of Results:

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

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

Home Competitions:

Questions: What can I do to help with a home competition?

Answer: While it is always fun to have a comp 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 events to operate successfully it requires cooperation between the ski area, the coaches and the parents. Wild Mountain has always run outstanding events and this has largely been due to the involvement of our dedicated group of parents. There are far too many responsibilities for these events to be run by only the Wild Mountain staff and coaches.

We encourage all D-Team parents to volunteer at one of our home competitions. You can sign up at the parent meeting we host 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 in the main office. When you sign up, it's very important that you list the age of your child 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 compete!

We hope this handbook is helpful in familiarizing you with our D-Team program. We strive each season to keep our riders 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 Gebur 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