



Alpine Racers Playbook **U16 and Older** 2013-2014 Season



Welcome to the Winter Park Competition Center. We look forward to sharing new experiences as well as having you share all of your own experiences, talents and passion that each of you bring with us. Ahead of all of us are fun, exciting and challenging experiences and memories. We are confident that your time here will be fulfilling. In the following pages you will find information about why we do what we do, who we are, what we expect from our athletes, as well as additional information to help our athletes reach their full potential.

Please be aware that skiing is a dangerous sport. One of our main objectives at Winter Park is to develop young athletes who are self-sufficient on the mountain and can handle the wide variety of situations that they may encounter while participating in athletics in an outdoor mountain environment.

Please take note that when you sign your child up for a program, your child must be ready both physically and mentally to be in an outdoor mountain environment and have the ability to be comfortable skiing at least double blue runs. They must also be comfortable riding the lift without an adult and be able to ride the lift with other children in their group.

OUR VISION:

To promote life-long enjoyment in sport.

OUR MISSION:

To provide high quality opportunities that promote life-long enjoyment of sport.

Our primary mission is to ensure lifelong enjoyment of sport. We want to help every person that has the desire to participate in our programs the opportunity to do so...and have a fulfilling experience. We want your fulfilling experience to include us aiding you become a good and responsible individual; and to achieve your personal goals through participating in our community based programs.

Our programs will offer tools for success in skiing and in life. Therefore we will strive to fulfill the following goals utilizing the athletic programs we provide:

1. **Develop Good Responsible Persons**

What is a good and responsible person? In our eyes it is a person that has developed a character with an instilled a set of values that include, but may not be limited to, passion, courage, sportsmanship, teamwork, self-confidence, honesty, integrity, perseverance, work ethic, dedication, loyalty, morality, and the strength to follow one's heart. These values and others can help you reach your full potential and be successful and responsible members of this earth. What we must remember most it is extremely difficult to reach such goals such as the National Team, yet your athletic career can still be full of positive memories and learning experiences.

2. **To Allow our Athletes Reach Their Full Athletic Potential**

What matters most to you? We ask because we want to gain an understanding of your goals...and in turn we can help you make a plan to reach them. A later section will cover some basics of goal setting. We also want to help you realize that winning is not everything, but doing and achieving your personal best is. When you know you have done your best, then it is really easy to have fun...and the accomplishments and successes that you achieve in reaching your potential are equally important.

3. **To Instill Lifelong Enjoyment of Sport**

We are easily pleased...but are you? We love skiing and we hope that you love it as well. We are sure that it is the single biggest motivator to continue to do it. Regardless,

the experience has to remain fun and challenging. Our programs will provide this type of atmosphere and we hope you will enjoy the personal rewards that come with it...boosting your enthusiasm and eagerness for learning. The experiences we offer can be one of the core reasons for your successes in life. Skiing is a lifelong sport and the programs we offer are designed to enrich the lives of our participants long after their involvement.

ATHLETIC CODES AND EXPECTATIONS

There is no doubt that all of us want to have fun no matter what we are doing...but we want everyone to have fun in a responsible manner, while respecting and being true to your goals, as well as others. The first step we all shall take is committing to the Competition Center's Code of Competition.

COMP CENTER COMPETITION CODE

As a member of the Winter Park Competition Center, I alone am responsible for doing my best. I accept the principle that competition will aid in my growth as a successful person. I will draw strength from the intensity of the competition. I will endeavor to raise my level of competition to the highest possible level through these behaviors:

- **When I train and when I compete, I owe it to myself and my competition to put forth my best maximum effort.**
- **I will trust the principle of the 4 'P's'...Proper Preparation will lead to Prime Performance.**
- **I accept that victory is more than the top step of the podium.**
- **I will learn from my defeats...and realize it can be more beneficial than victory.**
- **I will assist a fellow competitor in need as long as it does not sacrifice my own performance.**
- **I will recognize the achievements and contributions of my fellow teammates, competitors and those who make it possible for us to compete.**

COACHING PHILOSOPHY

So you may have a better understanding of what our programs are about, we would like you to know what our main objectives are to reach our outlined goals and yours. It is important to us to help you develop technical skiing skills as well as develop interpersonal life skills and values. To do this we will include the following objectives when establishing our training environment.

SAFETY

FUN AND CHALLENGING

NEW EXPERIENCES

TEAMWORK

SAFETY

Safety will always be your number one priority. Our training environments will match the ability levels of the groups...yet push the envelope enough to challenge you. We expect all of our athletes to act responsibly and appropriately so they may respect their own and others safety. Do not hesitate to talk to your coach about anything you feel uncomfortable about. We will not judge you...remember, your safety is our number one priority.

FUN AND CHALLENGING

We understand that most of you participate in our programs to have fun, to get better, to win and/or to be with friends. We will constantly strive to keep it fresh, exposing you to a variety of challenging training experiences. Our mountain provides a unique opportunity to develop technique and motor skills just by free skiing. You will become a versatile, spontaneous athlete while all of us are having fun.

“Nothing Great was Ever Achieved without Enthusiasm”

Ralph Waldo Emerson

NEW EXPERIENCES

New experiences will include new terrain, drills, games, courses, as well as movements and skills...and we have a great environment to provide that. Applying those new movements and skills allows elevated learning for everyone involved. We encourage you to be independent in your pursuit of learning...you really are your own best coach.

“No one knows what it is that he can do until he tries”

Syrus

TEAMWORK

An effective program requires the efforts of all of us. Setting courses, protection, carrying gates, coaching, support, events, etc.; all cannot happen if we don't work together. Sharing the experience and working together contribute to the development of interpersonal skills. We are all a part of a team. All of us need to make every effort to always be on the same page; in terms of plans, details, technique, tactics, reward, discipline, coaching style, etc.

Developing a strong team begins with all of us. Team building was defined by Beer in 1980 as ‘the deliberate process of facilitating the development of an effective and close group’. Some of you may argue that this is an individual sport...as noted above, it is not. To improve the team, we will strive to improve the individuals on the team.

“Adding value to a Teammate is Invaluable”

John C. Maxwell

If you ever have a question, or a concern, or another opinion...anything that you believe we as a team should be doing which would benefit the team...DO NOT hesitate to talk to your Coach...the door is always open.

“None of Us is as Smart as All of Us”

Ken Blanchard

ADDITIONAL ATHLETE RESPONSIBILITIES

In addition to your responsibilities of fulfilling the Competition Code and Comp Center Code of Conduct, you will also be expected to act respectfully and responsibly. Here are some guidelines and responsibilities which you will be expected to be familiar with.

- Understand and perform assigned tasks to the best of your ability
- Ask for assistance at any point that you feel you may need it
- Be familiar with and abide by this document and the Comp Centers' policies.
- Abide by all rules, regulations, and procedures of Winter Park Resort and the Colorado Skier Safety Act.
- Respect Teammates and their property.
- Be on time. Team Schedule will be posted on your teams Google Calendar. Please let us know if you need assistance setting this up...it allows for you to set notifications which can email, text or both when we make modifications to the schedule.
- Be faithful in attendance. Notify your coach if you are unable to attend.

- To care for and protect Comp Center property.
- Care for and tune your equipment every time you use it.
- Conduct yourself in a manner that will bring credit to yourself, your parents and the Comp Center
- Make every reasonable effort to meet with coaches, parents, and other interested parties as required.
- Direct any criticism of coaches, staff or teammates to the Program Director or the Comp Center Director. Withhold any criticism from other teammates. Again your reports will be kept in confidence.
- Abide by the rules of the **locker/waxroom** as follow:
 - Athletes are responsible for the cleanliness of the locker room and waxroom – the locker room and waxroom must be kept clean on a **daily** basis
 - Absolutely **no food or drink may be consumed in the locker room or waxroom.**
 - Only Comp Center members and their parents will be permitted in the locker room and waxroom.
 - Participants will not be allowed to access the locker room and waxroom during certain off-business hours (late night/very early morning). Exact times for access will be posted.
 - Irons must be turned off after use.
 - Benches and irons must be swept clean after use.
- Abide by the following rules while traveling in **team vehicles**:
 - Athletes are responsible to keep all team vehicles clean. All team vehicles will be cleaned at the conclusion of each trip.
 - All **athletes must wear seatbelts** at all times while riding in team vehicles.
 - Rude, disruptive, or dangerous behavior while traveling in team vehicles will not be tolerated.
- Abide by the Comp Centers’ **Drugs and Alcohol Policy**:
 No participant shall indulge, partake, or use any alcohol or drug other than those prescribed by a physician while under the supervision of Comp Center staff or attending a Comp Center activity. **The use of illegal drugs, controlled substances, or alcohol by participants while attending training sessions or competitions; or during national, regional, or divisional training projects while representing the Comp Center; will result in suspension from Comp Center programs.** The duration of the suspension will be determined by the severity of the offense. Any participant found to have violated this policy during a training or competition trip will be sent home immediately at the responsibility and expense of the parent(s). Program fees will not be refunded for suspended members.

“Think about the Big Things while you are doing the Small Things, so all the Small Things go in the Right Direction”

Alvin Toffler

GOAL SETTING GUIDELINES

What matters most to you? Have you ever thought about it? Have you ever thought about how you are going to get or do what matters most to you? Have you heard the quote from ‘Star Wars Episode I’ by the Great Jedi Master, Qui-Gon Jinn:

“Your Focus Determines Your Reality”

What does this mean? It means set your priorities about what matters most to you and focus on them. Setting goals helps you achieve what matters most to you, whether it is in life in general or in ski racing. Our philosophy to set and achieve goals is a three-step process:

1. Discover what matters most.
2. Plan what matters most.
3. Act in accordance to what matters most.

So the first thing you should do when trying to set and achieve goals is to think about (brainstorm) and write down the answers to the following questions:

1. What matters most to you?
2. What things do you want to have?
3. What kind of person do you want to be?
4. What are the things you want to DO?
5. What contributions do you want to make in life?

Next it is your responsibility to take all the things you wrote about to your coach and our Sports Performance Mental Skills Director. Set up a time to meet and go over these things. We will then help you prioritize and turn your brainstorming activities into easily definable long-range goals. We encourage you to write about all the things that matter to you, not just ski racing. When you meet with us, you will then enter into our specific Sports Performance Goal Setting Process. We will ask more specific questions and then help define outcome, process and performance goals. We will even put a timeline on them. We will also determine a method to keep track of everything that works for you.

Below is some additional information to help you start your brainstorming session. It includes a number of definitions and ideas to aid you in determining what method of setting goals, keeping track of goals, keeping track of schedule, keeping track of school, keeping track of things you want to do outside of skiing, how you want to act or what you want to do at a race or training, or anything else.

“Destiny in no matter of chance. It is a matter of choice. It is not a thing to be waited for; it is a thing to be achieved.” William Jennings Bryan

BENEFITS OF PRODUCTIVE GOAL SETTING:

1. Increases commitment and motivation to training, racing and the things that matter most to you.
2. Enhances your feeling of control over what you want to do with your life and your ski racing, which will improve confidence and reduce anxiety.
3. Provides deliberate steps toward attaining what matters most to you.
4. Motivation is not enough to be successful:
 - a. Motivation without goals is like knowing where you want to go without knowing how to get there.
 - b. Goals act as the road map to the destination; they tell you how to get there.

MOTIVATION + GOALS = PROGRESS

“Spectacular Achievements come from Unspectacular Preparation”

Roger Staubach

PSYCHOLOGICAL PREPARATION

***“It's not the will to win that matters -- everyone has that,
It's the will to prepare to win that matters”.***
Paul (Bear) Bryant

Key Terms

Motivation: The ability to initiate and persist at a task.

- Work hard in the face of boredom, fatigue, pain, and the desire to do other things.
- Is controllable
- Will influence
 1. Physical conditioning
 2. Technical training
 3. Mental preparation
 4. Lifestyle: diet, sleep, school, relationships

Confidence: The strong belief that you can learn or execute a skill, race at certain level, or win.

- Most important mental factor in racing.
- Even if you have the ability to do well, but do not believe you have that ability, you will not use that ability.
- Confidence affects every other mental factor.

- You can positively change your confidence using methods such as positive self-talk.
- Confidence is **EVERYTHING!**

Intensity: The amount of physiological activity.

Level of Intensity

- How you experience intensity: heart rate, breathing, adrenaline, strength, endurance and quickness.
- Too much or too little will hurt performance.
- Every racer has an ideal level at which they perform best.

Direction of Intensity

- Whether you view the intensity as positive or negative will affect your performance.

Prime Performance: To perform at a consistently high level under challenging conditions

- Skiing your best consistently
- Skiing well with minimal peaks and valleys
- Skiing your best under pressure when it really counts
- Racing as well as you train

PUT THE KEY TERMS TO WORK FOR YOU!

Psychological preparation is critical to ski racing success. Mental skills benefits sometimes aren't as visible as physical strength benefit, making it difficult to put the effort in improving that is necessary. Therefore we are presenting a model of sport psychology skills to help you understand what happens during training and competition when you are strong in some mental skills and weak in others, aiming to make mental skills become more visible.

OFFENSIVE/DEFENSIVE MENTAL SKILLS

Offensive Mental Skills:

Offensive skills, whether physical or mental, let an athlete dominate competition.

<i>Offensive Mental Skills</i>	<i>Impact on Performance</i>
Competitive desire	Helps motivate you to improve skills and 'battle' for the win in a tight contest.

Drive to set and achieve goals	Helps you achieve personal bests, keep intensity and focus high and constantly improve the process of training and competing.
Imagery skills	Allows you to see and feel a path to success and keeps your thoughts simple during competition. Lets you practice excellence.
Positive self-talk	Athletes skilled in self-talk are aware of the language in their heads and actively adjust it to stay positive and action oriented.
Competition planning	Helps you make decisions before competition, so that during the event you simply can execute rather than decide.
Ability to commit	Allows you to give 100 percent during competition and lets you stay with a new approach long enough to see a benefit in training (such as changing technique).
Comfort with risk	Athletes with this skill understand that taking appropriate risks can reap rewards, and that a winning approach sometimes requires a willingness to lose (fear of losing may prevent risk taking).
Relaxed athletic approach	When athletes are athletic, they are relaxed, mainly visual, looking for opportunities, rather than danger, and they avoid hesitation. They do not over-think their situation.
Confidence	Confidence is the offensive skill that makes it easier to set high goals, see and believe success and execute good competition plans.

If you have these offensive mental skills you are a predator. You are focused, intense, athletic, looking to win and ready to take advantage of the opportunity for success.

Defensive Mental Skills:

Defensive mental skills help athletes succeed on a consistent basis and handle adversity, winning big and small events.

<i>Defensive Mental Skills</i>	<i>Impact on Performance</i>
Desire for excellence in training	Train like you compete, practically and efficiently, avoiding the problems of over-training and under-recovery.
Controlling competitive anxiety	Allows you to stay in control, which is especially critical as the events get bigger and you become vulnerable to anxiety.
Controlling anger and frustration	Allows you to save energy for competition, control thoughts and stay on task, even when real problems exist.
Energy management (raising intensity)	Allows you to ‘ramp up’ energy when the situation calls for it.
Energy management (recovery between efforts)	Allows you to use the recovery time available so you have needed energy at the finish.
Energy management (adjusting energy)	Allows you to be aware of the correct energy level needed for a given situation and make quick adjustments, up or down, for physical and mental readiness.
Recovery from performance	Allows you to quickly ‘bounce back’ from mistakes, defeats or bad luck and yet retain positive and useful thoughts.

setbacks	
Flexible when environment changes	Allows you to quickly adapt to change, tolerate disruptions to your routine, and see all changes as opportunities.
Focus despite distractions	Allows you to stay on task, keeping all five senses oriented only towards useful signals, even when all five senses could get pulled away from the task.
Mental maintenance skills	Allows you to be self-aware, noting changes and variations, making adjustments needed to keep thoughts simple and effective.

Offensive mental skills allow you to achieve greatness. Defensive mental skills give you consistency and resilience. Combining these two will make you a dominant ski racer.

***"It's OK to have butterflies. Just get them flying in formation." –
Francisco Lopez***

PRE-RACE PREPARATION

Prime Laws of Race Preparation

Don't Do Anything in a Race You Haven't Done in Training

- Adding anything new will disrupt the skills and habits you have developed.
- Trying something different, no matter how much you think it will help, will interfere with consistent preparation.
- Plan ahead, and if you think something might help your race preparation, test it first in training.

Control Anything Within Your Control That Impacts Performance

Things that affect your performance on race day should not be left to chance or for someone else to do (for example, a new stone grind, different skis, different bevel, what you eat/drink, etc.)

Identify and Adapt to Changes

1. Every ski race presents new and different things that could affect your preparation; for example, weather, snow conditions, length of lifts, start times, warm-up space, start area, etc.
2. To ensure these things do not interfere with your preparation identify them as soon as possible.
3. By knowing what changes are present at a race, you can adapt your race preparation to fit those changes.

Follow Your Pre-Race Routine

1. Your pre-race routine is a connection between the hours of off-snow training, technical training and race preparation you have done and your race performance.
2. Your pre-race routine consists of all the physical, technical and mental skills and habits you have learned and ingrained in your training.

Focus on Speed

1. On race day you should focus on only one thing: ski as fast as you can.
2. Any other thinking or preparation you engage in is directed at that single focus.
3. Any other thoughts or distractions about technique, other racers, or anything else will detract from that focus.
4. Throughout the day you should remind yourself of that focus on speed.



Pre-Race Focus

FOCUS: Attentional field: everything outside of you, such as sights and sounds, and everything inside of you, such as thoughts, feelings, physical responses, that you could focus.

- Focus is the ability to attend to cues in your attentional field

Why?

You need to achieve prime focus on race day in order to ski fast. Your ability to achieve prime focus when you get into the starting gate depends on three things.

- a. How well you manage your pre-race style.
- b. How well you manage your time.
- c. How well you manage your pre-race environment.

Focus Styles

1. **External Focus (broad):** This style of focus is primarily used leading up to the race.

- Examples**
- What time do I wake up?
 - What type of morning warm-up do I do?
 - What do I eat?
 - What time do I need to be at the ski area?
 - How many warm-up runs do I need?

- When should I be at the start?

2. Internal Focus (narrow): This style of focus is primarily used before the start of the race.

- E.g.**
- Specific stretches and warm-up routines
 - Visualization/Imagination of course as inspected
 - Positive thinking and self-talk
 - Use cue words to help with imagery.

PRE-RACE ROUTINES

WHY?

- Pre-race routines help you control focus, intensity, and confidence.
- To ensure equipment is properly prepared.
- To ensure that your body is warmed-up and at prime intensity.
- To actively control your time before the race.

Value of Pre-Race Routines

- Routines ensure completion of every important aspect of pre-race preparation.
- Routines enhance familiarity of situations.
- Routines reduce the likelihood of unexpected things occurring.
- Routines build consistency of thought, feeling and action.
- Routines increase feelings of control.
- Routines raise confidence and lessen anxiety.

IMAGERY

Imagery involves using all the senses to recreate or create an experience in the mind. There are three keys to understanding imagery.

- 1. Use All the Senses:** Try to see, feel, hear, smell, and taste the experience. Using all of these senses will help you create more vivid images. The more vivid the image the more effective it is.
- 2. Creating the Image:** Through imagery we are able to recreate or create experiences in our mind. We are able to imitate actions of others because our mind “takes a picture” of the skill that we use as a blueprint for our performance. Imagery is based on memory, and we experience it internally by reconstructing external events in our mind.
- 3. From mind to body:** It is believed that well imagined images will allow the brain to send down a signal to the muscles and develop the sense of a motor pattern.

Therefore teaching the muscle how to perform the task and what the successful outcome of the task should feel like. Richard Suinn (1980) "tested this phenomenon by having a downhill skier recreate a race by using imagery. Suinn monitored the electrical activity in the skier's leg muscles as he imagined the downhill run. Suinn found that the muscle firings mirrored the terrain of the ski run". There is also theory suggesting that imagery assists performance by helping athletes to blueprint or code their movements into symbolic components, thus making the movements more familiar and perhaps more automatic. For example when you inspect the course prior to the race you are actually trying to encode the information presented to you with regards to terrain, turn radius, snow conditions, rhythm etc. and then determine what will be the appropriate physical response at each section.

Image Control

Only imagine positive performances. If mistakes occur in your imagery, stop and rewind so you are not rehearsing mistakes in your mind.

Imagine Total Performance

Imagine all aspects of the actual performance.

1. Sights: course, terrain, snow conditions.
2. Sounds: skis on snow, breathing.
3. Thinking: thoughts, images.
4. Emotions: excitement, anger, joy, fear.

Perspective

You can visualize your image as if you are watching yourself from outside your body, or as if you are seeing everything from your eyes while you ski. Choose the perspective that you are most comfortable. Generally it is easier to incorporate all the senses from the perspective of your own eyes.

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ALPINE SKI PREPARATION

Tools

Files	Iron (no holes)
8” Mill Bastard	True Bar
100 mm mini for file guide	
File Card (file cleaning brush)	Tuning Gloves
Scraper (plastic – keep sharp)	Side Wall Edge Scraper
File Guides 2-3°	Brushes (nylon, brass, horse hair)
Vises (a must)	Stones (gummy, ceramic, diamond)
Wax (HC for training/flouro for race)	Scotch Bright
Sandpaper (320, 220, 120)	Panzer File

Most of these items are available at very good prices through the shop or one of our suppliers. Contact your coach or ask the shop for ordering info.

1. Remove burrs (rough spots) from edges with diamond stone. Rub on base edge first, then on side with stone in file guide.
2. Base Edges -Base bevel determines how ski rolls into turn
 - Recommend slight bevel (.5 – 1°) at tip and tail
 - Be exact and consistent with work and use file guide
 - Should only do once when skis are new. Check regularly with True Bar
3. Side Edges -Determines ski grip in turn
 - Be exact and consistent with work
 - Remove excess side-wall first
 - Tune to appropriate bevel (2-3°) using file guide
 - Polish/fine tune with ceramic stones
4. Base Preparation -Stone grind base when needed (rarely...consult coach)
 - Hand structure sand paper...can remove small scratches as well
 - Use Steel Brush to prep and clean base
 - Use continuous long strokes from tip to tail
5. Clean Base -Hot wax. Hot Scrape with Hydrocarbon or base cleaning wax
 - Do not use Wax remover or base cleaner
 - Keep skis as clean as possible while tuning by wiping them with a **clean** rag frequently
6. Waxing -Skis should be at room temp for ideal waxing
 - Keep in mind the following when waxing: event, speed, weather, temperature (snow & air), humidity, snow crystals
 - New skis should be waxed a minimum of 10 times before using. Use a good middle of the road HC wax for this.
7. Protect tune with ski straps or ski diaper
8. Skis should be tuned and waxed after each use
9. Keep a notebook as to document all work that you do to your skis (i.e.: results of tune, bevels, waxes, what works and what does not, snow conditions at events...)

EQUIPMENT RULES

(SEE THE 2014 USSA ALPINE COMPETITION GUIDE)

EQUIPMENT RULES WILL ALSO BE POSTED ON THE USSA WEBSITE

- Discuss how these rules should affect your equipment purchasing for this season with the coaching staff.

U18 and Older Athletes Are Responsible To Ensure Their Equipment Meets FIS Regulations

IMPORTANT RACE RULES

- Poles must remain in the snow when starting. They cannot rise up when you push off.
- You can leave the start five seconds before or after “GO” in GS/SG/DH and within ten seconds after “GO” in SL. If you leave the start outside of this window, you can be disqualified.
- Running through any gates or shadowing a course during race inspection will result in disqualification.
- Protests must be filed within 15 minutes of the posting of the DQ list. The list can be found on the result board. Protests cost money (usually \$25 for USSA and \$75 for FIS races – if you win the protest you will get your money back) and are filed both verbally and in writing to the jury. Only coaches may file protests.
- Foul language in the race arena may result in sanction.
- The top 30 will normally be reversed at **FIS and USSA scored** races.
- To be eligible to compete an athlete must have a valid USSA and/or FIS (older than 15) membership card. All release forms must be signed. This is the racer’s responsibility.
- First year F.I.S athletes are limited to 25 F.I.S starts in tech events per season.
- You must exit the course immediately after any disqualification.
- If you are interfered with (and it causes you to lose time) you must stop immediately and request a re-run to the nearest jury member. Interference may include a worker or object in the course, a sudden whiteout with no visibility, overtaking the racer in front of you, being yellow-flagged, or other situations.
- No hiking is allowed in GS or speed events. (USSA rules 614.2.2, and 614.2.3)
- If while hiking in SL to make a missed gate and the next competitor is fast approaching, allow that racer to pass without interfering. You are not allowed to continue if passed by the next competitor. If hiking you must also completely hike around the gate you missed for correct passage. (USSA rules 614.2.2, 614.2.3, 661.4.1)

WP COMP CENTER's ROLE IN ACCADEMICS

The Comp Center and our cooperating school systems have a unique relationship which allows our athletes to have outstanding training and competition opportunities. We support our student athletes in this challenge so they are able to receive the best possible training and not let their academic responsibilities slip. We encourage academic success. Here are a few of our requirements we expect from our student athletes:

1. We require traveling athletes to show a prearranged absence form prior to departure.
2. Participate in study time for 1 and ½ hours every week night while on the road.
3. Student athletes must maintain a 2.5 GPA with no failing grades.
4. Know and respect the ineligibility requirements of the school

DISCIPLINE PROCEDURES TOWARDS ATHLETES

Our primary objective in all discipline procedures will focus on respect for coaches, parents, teachers, teammates, personal and Comp Center equipment/facilities as well as each other. Respect is the foundation from which we will develop our relationships both on and off the hill.

We as coaches will always make every effort to set up our groups and you as an individual for successful experiences. The objective of discipline and follow up of unacceptable behavior is to teach acceptable alternative behavior. If you are subjected to disciplinary action, then we want you to learn from disciplinary experiences in a positive manner, which will result in your continued growth within the Comp Center. Our task here is to work with you so you may be able to build character and sportsmanship, and to become strong individuals. This goal will always be kept in mind when suspension of privileges or disciplinary action is enforced.

This manual outlines our expectations of our athletes. If they fail to meet their expectations, then we are obligated to act. No matter what the degree of offense, parents will be notified of the behavior. Based on the offense, parents may be asked to help us determine the appropriate level of discipline. The Comp Center has specific guidelines to abide by for disciplining the athletes. Any suspension of Comp Center activities will not constitute a refund of program fees.

TRAVEL PROCEDURES

Communicate closely with your coaches as to what races you will be attending. What we all must understand is that this time is the most demanding time on coaches and athletes. The well being of our athletes under our direct supervision is our number one priority. Everything in this document still applies and you will be expected to act with common

sense. Parents will be expected to chaperone U14 and younger athletes. Athletes will be expected to sign up for races a minimum of 2 weeks prior to the race. If you are a U16 or older, we encourage you to travel with the team, so you will also need to sign up for lodging and van rides when you sign up for the race if you plan on traveling with the team. We have a new procedure to enter races:

1. In most cases you will enter yourself in a race by doing an on-line entry through USSA.
2. We will invite you to an event/race using Google calendar invitations (you will need a Gmail account...contact Bowman or Julie if you need assistance setting this up). You will then accept the invitation if you are attending, or decline if you are not attending.
3. Then we will also schedule a departure time for the van and send an invitation for this as well. You will need to accept or decline this invitation. By accepting this invitation we will assume you will also be lodging with the Team. If you are not lodging with the team but you are riding in the van, you will need to contact your coach and communicate this immediately.
4. You will then go to the Comp Center front desk and fill out and turn in any required releases for the event/race.
5. After the race the Comp Center will bill you retroactively for van and lodging expenses.

Tickets will be handles on an individual race basis.

General Procedures while at an away race:

1. Get your Yearly Calendar early. Check what races you may be attending and confirm this with your lead coach or the program director. It may be beneficial to try to coordinate some of the travel and lodging arrangements early to avoid excessive travel expenses.
2. Make sure you know who is going to be the lead coach at the race. This is usually posted on the Google calendar event. Make sure you have their contact info.
3. Take a copy of your USSA card with you.
4. Make sure you understand when and where you need to meet. Also know if there will be a team meeting, either the morning of the first day of competition, or the night before. This is usually posted Google calendar. Tickets, bibs and schedule will be typically be given then. Please be on time. Contact the lead coach if you are going to be late so arrangements so can be made.
5. Be a Fan! Root for great performances, good skiing, good recoveries, not just for the winner.

NOTE: Sometimes Race Organizers are looking for parent volunteers. This is a good way to earn a ticket, or even your athlete's ticket. Check the Fact Sheet for details.

HOME RACES AND EVENTS

This will be a challenging time for all of us...as well as a great opportunity to compete on our home hill and show off our great program. This is also our greatest test of teamwork. The events we host will require everyone to participate. Make sure that you understand what needs to be done before, during and after the event from your coach. Be assured that we will do whatever it takes to make sure that you are prepared if you are competing. But we would also like you to understand that the attention you receive from us may be limited. We all will be very busy...so we might as well make the best of it and have some fun while doing it.

Parents, please volunteer. This is a great way to earn your work deposit back and show support of your athlete and their teammates. There are many opportunities: gatekeepers, timers, course crew, race admin, volunteer lunches, etc. Please contact the Comp Center Volunteer Coordinator to see how you can help.

HELMET POLICY

Helmets are required for participation in the following Comp Center activities:

1. Any training or activity while on snow.
2. Any Slalom, Giant Slalom, Super G or Downhill training or competition.
3. As per USSA, USASA, and FIS rules. Please see Page 131 of the USSA Comp Guide for additional info. The Comp Center will adhere to the USSA Helmet guidelines.

The Comp Center neither specifies nor recommends any particular helmet design and undertakes no responsibility or liability in connection with the requirement that helmets be utilized. It is the sole responsibility of the participant to select an appropriate helmet for accident protection. The helmet used must be designed for the sport in question.

COACHING STAFF

Mike Bowman	Alpine Program Director	970/726-1597 mbowman@winterparkresort.com
Julie Pierce	Age Class Head Coach (U14 and under)	970/726-1593 jpierce@winterparkresort.com
Brandon Wood	U18 and older Lead Coach	
Steve Gordon	U18 Coach	
John Krone	U18 Coach	
Ivana Arnold	U16 Lead Coach	
Rick Foster	U16 Coach	
Scott Shepard	U16 Fill-in Coach	

Brian Enebo	U14 Lead Coach
Kylie Kroneburger	U14 Coach
Jeff Oxley	U12 Lead Coach
Anders Wollan	U12 Coach
Erik Boye	U10 Lead Coach
Dave Bunn	U10 Coach
Fred Nolting	“The ultimate Coach”

All coaches can be reached through Mike Bowman or Julie Pierce.

Important Contacts

Comp Center Office		970/726-1590
Sylvia Isaacs	Office Assistant Manager	970/726-1590
Jerady Zunno	Business Manager	970/726-1589
Jeff Burrows	Comp Center Director	970/726-1591

USSA CONTACTS

Ian Dunlop Rocky/Central Regional Coach	435/714-8720 idunlop@ussa.org
Darlene Nolting Rocky Alpine Manager	435/640-8510 dnolting@ussa.org
USSA National Office USSA Membership Department	435/649-9090 www.ussa.org 435/647-2666 membership@ussa.org
Athlete Ranking Page	www.ussa.org
Rocky Mountain Division Website	http://alpine.usskiteam.com/alpine-programs/regions/rockycentral-region/rocky-mountain-division
FIS Home Page	www.fisiski.com
Ski Racing Magazine On-Line	www.skiracing.com
Universal Sports	http://www.universalsports.com/