

# **TEAM GILBOA** **ALPINE SKI RACING**

Please mute your microphone

2022-2023 Jr Race Parent Meeting

BUILDING SKIERS INTO RACERS, AND RACERS INTO CHAMPIONS

# AGENDA

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- Vision, Mission, Values
- Team Gilboa Leadership
- Jr Race Coaching Structure
- Athlete Age Group Structure
- Equipment
- Typical Training Day
- Typical Race Day
- Race Scoring
- Communication
- Questions

# Team Gilboa Leadership

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- Non-profit 501(c)3 organization, est. 1985
- Dedicated Board of Directors
  - Josh Kinzer, President
  - Elizabeth Monico, VP
  - Ben Johnson, Treasurer
  - Andrea Switz, Secretary
- Team Gilboa has the following Sub-Committees
  - HR/Risk Management
  - Development/Fundraising
  - Finance
  - Programming
  - Communication and Culture

# Team Gilboa Leadership

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- Management Team
  - Scott Skavanger (Scully)
  - Joe Paul
  - Trevor Davis
  - Jr Race Director - Krissy (McNeill) MacMahon

# VISION & MISSION

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**VISION:** Excellence and Innovation in Youth Development.

**MISSION:** Through alpine ski racing, we develop and inspire a community of young athletes who strive for excellence, compete with integrity, and pursue a lifelong love of skiing.

# CORE VALUES

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**PASSION FOR SKIING** // The love of the sport encourages our athletes to show their best qualities: determination, perseverance, and courage.

**STRONG COMMUNITY** // We aren't just teammates – by sharing our time, effort, experiences, and joy, we become lifelong friends.

**CONSTANT IMPROVEMENT** // The drive to get better and compete harder keeps our athletes motivated - year after year.

# Jr. Race Coaching Structure

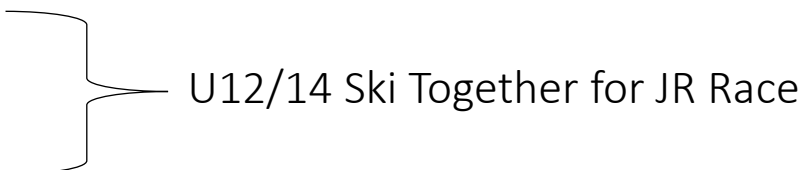
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- Jr. Race **RED** Team (MON/WED)
  - Lead U8 coach – Ellen
  - Lead U10 coach – Bre
  - Lead U12/14 coach – Sarah
- Jr. Race **BLUE** Team (TUES/FRI)
  - Lead U8 coach – Shari
  - Lead U10 coach – Ryan
  - Lead U12/14 coach – Page
- Jr. Race **ORANGE** Team (THURS/SAT)
  - Co-Lead U8 coach – Johnny/Hannah
  - Lead U10 – Bennett
  - Lead U12/14 coach – Jimmy
- Jr. Race **TRANSITION** Team (WED, THURS, SAT)
  - Lead Coach for U10/12 combined – Scott

# Age Group Structure

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Three training groups: U8, U10, U12/14

- U8 = YOB 2015, 2016
  - U10 = YOB 2013, 2014
  - U12 = YOB 2011, 2012
  - U14 = YOB 2009, 2010
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- U12/14 Ski Together for JR Race

- *NOTE: For Transition Team athletes (3 days per week) the U10/12 train as one group*

# Required Gear Checklist

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- Hyland Season Pass *(this is not included in your membership with Team Gilboa)*
- Skis (the smaller the Radius the better)
  - *We prefer SL specific skis if your athlete is big enough (some U8's will not weigh enough to be on this size)*
- Ski Boots
- Bindings – **which have been properly adjusted for the athlete**
- Poles *(U8's will NOT start with these, all other age groups can start with them – if you have a U8, leave their poles at home)*
- Helmet
- Goggles w/ CLEAR or YELLOW lenses
- Warm Mittens
- Rope tow guards (or suitable mittens/gloves for a rope tow)



# Additional Recommended Gear

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- Strongly Recommended Gear:

- Warm Clothing

- Snow Pants
    - Jacket
    - Long Underwear (dress in layers)

- Neck Warmer

- Warm Skin – personally love it and great for kids that get cold →



- Optional Gear

- Shin Guards
  - Pole Guards
  - Chin bar (if your athlete is hitting SL gates you SHOULD buy)
  - GS Suit



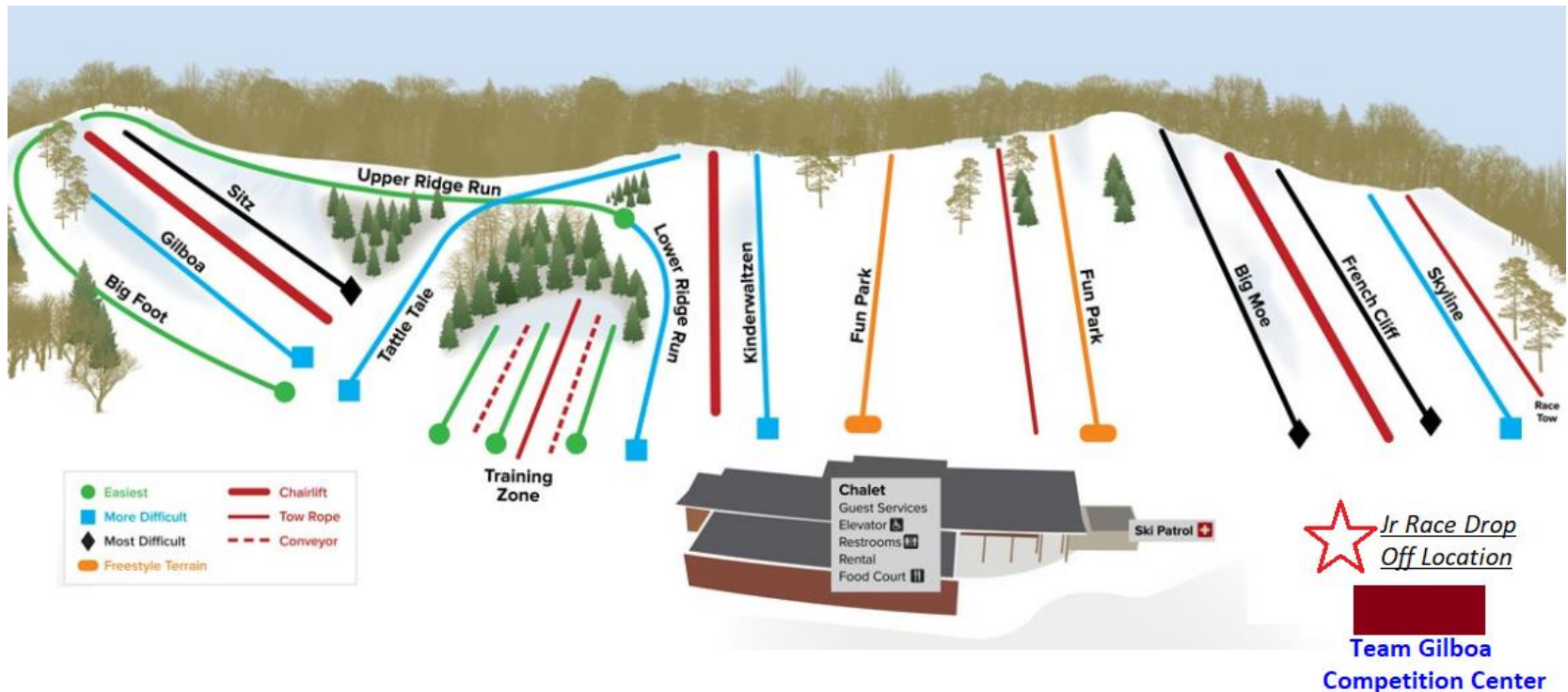
## TEAM GILBOA SKI SWAP

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- Sale Hours:
- 10/28: 4pm-8pm
- 10/29: 10am-5pm
- 10/30: 10am-12pm

# Typical Training Day

- Drop off athlete **WITH LIFT TICKET** at age group signs in front of the competition center



# Training day continued...

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- Drop off athletes at age group signs by 6:00pm with all gear on (in front of comp center)
- Athletes meet coaches at age group signs: U8, U10, U12/14.
- 15 minutes after practice has begun, parent or guardian must bring your child to the TG comp center with a lift ticket, to find a coach for a radio
- Pick up athlete at age group signs at 8:00pm (or noon for Saturday practices)

# Training day continued...

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- On average, athletes will FREESKI with coaches for ½ the practice and be in GATES for the other ½ of training
- Eat/hydrate before training session
- Bathrooms available in the chalet
  - We do not have bathrooms in the competition center.
- Parents will be required to be 15 minutes away from Hyland at all times, should your athlete become sick, you will receive a call from a coach and need to pick your athlete up immediately.

# What do we do at training?

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General Guidelines – keep in mind, we are working with a variety of ability levels

## U8's

- Introduce Outside ski dominance
- Introduce Rotary Skills
- Introduce Carving
- Introduce Angulation / Separation
- Understand Attack Position
- Introduce Poles (for some)

## U10's

- Introduce Outside ski dominance
- Understand Pole Plant (How/When)
- Introduce Carving
- Introduce Angulation / Separation
- Understand Attack Position
- Introduce gate clearing (w/ cross blocker)

## U12/14's

- Understand Pole Plant (How/When)
- Learn to gate clear w/ pole guards
- Learn to build angles with Upper/Lower body Separation
- Understand Outside ski dominance
- Carve Through all phases of the turn
- Strong Attack Position

# Check List, Before First Practice

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- **SEASON PASSES:** Purchase your season pass with Hyland
  - Do this BEFORE November 1<sup>st</sup> to receive a discounted rate
- **EQUIPMENT:** Make sure that your athlete's boots, bindings, and skis are all adjusted properly
  - Even if your athlete did NOT get new equipment, it's always good to double check that their boots still fit into their bindings
- **LABEL EVERYTHING**
  - ANYTHING AND EVERYTHING!!!!
  - Include your athletes FIRST and LAST NAME
  - Include a parents cell phone number
  - **AGAIN LABEL EVERYTHING** (skis, boots, poles, mittens, jackets, etc.)

# FAQ's for Training Day

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**QUESTION: What if my athlete misses a practice can we make it up**

Answer: No, unfortunately, we are not able to offer this in Jr Race due to many factors including safety, staffing, and lane space availability.

# Training Aids

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## Course Training Aid:

- Brushes
- Stubbies
- 60 inch SL Pole
- GS Panel Gates

## Athlete Training Aids:

- Cross blocker (Team Gilboa will provide)

# Races

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- **Jr Race Dates (all Programs):** 1/15, 2/5, 2/12, 2/26
  - No additional race day fee for the Hyland Races

## **Transition Team ONLY**

- Transition Team Athletes will have the opportunity to ski in our Hyland Jr Races and also compete at 1 USSA races
- USSA Race Dates:
  - Race 1 – date will be communicated soon
- To compete in the USSA races, you must purchase a temporary license, details will be emailed out in a few weeks if you plan to participate

# Typical Race Day at Hyland

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- All at Hyland on Select Sundays
  - 1/15, 2/5, 2/12, 2/26
- TIME: athletes should arrive by 8:00 – stay tuned for updates on race start time later this year.
- Check in outside Comp. Center to get your bib on the morning of the race
- Check your weekly updates for further race details – week prior to race.
- Red, Blue, Orange, and Transition Teams race together.
- Competition center will be closed to spectators and athletes on race day to run the Race office.

# Typical Race Day at Hyland

- 3 Courses:
- Big Moe (skiers right)
  - U10 Girls & Boys
  - U12/14 Girls & Boys
- French Cliff (skiers left)
  - U8 Boys & Girls

Each athlete will take 3 runs in their designated course.



# Typical Race Day – Scoring at Hyland

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- U10/12/14 Athletes:
  - Scoring – fastest time of all 3 runs
  - Awards: Top ten athletes from each age/gender will receive a ribbon

# Typical Race Day – DQ

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- Athletes must ski around all gates properly
- **WHAT IF MY ATHLETE MISSES A GATE?**
  - They will have the opportunity to hike and correctly ski around the gate they missed.

# Cumulative Overall Scoring

(4 Race Days)

- U8, U10, U12, U14 Overall Standings – based on performance from all 4 races.
  - Jr Race Overall Scoring: points for 1<sup>st</sup>-30<sup>th</sup> place in each gender and U Classification

U10 Ladies									
Ranking	AGE	FIRST NAME	LAST NAME	YOB	Race 1	Race 2	Race3	Race 4	Total
1	L10			2007	100	100	100	13	313
2	L10			2007	80	80	80	16	256
3	L10			2006	60	36	32	80	208
4	L10			2007		45	45	100	190
5	L10			2007	50	40	60	36	186
6	L10			2006	45	50	26	29	150
7	L10			2006	32	60	36	12	140
8	L10			2006		24	50	60	134
9	L10			2007	40		40	50	130
10	L10			2007	29	20	29	32	110
11	L10			2006		29	18	45	92
12	L10			2007	36	18	22	14	90
13	L10			2007	24		10	40	74
14	L10			2006	18	16	14	22	70
	L10			2006	26		24	20	70
16	L10			2006		22	11	24	57

# Race day continued...

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- Parent volunteer group organizes:
  - Bib handout (before race)
  - Course crew
  - Gate Keepers
  - Results board
  - Bib collection (after race)
    - Lost bibs cost \$50 billed to family

Contact Krissy if you are interested in volunteering:

[Krissy@TeamGilboa.com](mailto:Krissy@TeamGilboa.com)

# Communication

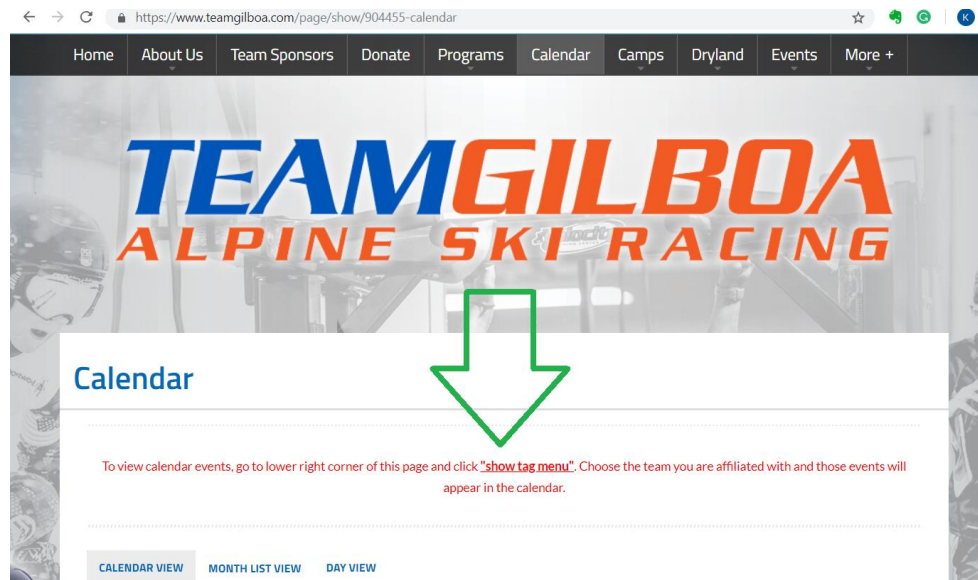
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- Please read the weekly email communications from the Jr. Race Director
  - Consistently sending updates – last week in November
- If you would like to add you spouse, significant other or babysitter – please send me an email and I will add to my list – email: [krissy@teamgilboa.com](mailto:krissy@teamgilboa.com)

# TeamGilboa.com

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- Calendar: *YOU MUST USE THE TAG MENU TO SEE THE CALENDAR EVENTS FOR YOUR ATHLETES TEAM (instructions are located on the website – see example below)*



# Apparel

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- **SPIRIT WEAR:** Team Gilboa will have an online store that will open soon. You will receive an email with additional details ASAP.
- **TEAM WINTER JACKETS:** Team Gilboa Families will have the ability to purchase jacket in the Spring of 2023 (January) for a Fall 2023 delivery (THIS IS FOR NEXT YEAR)



# FAQ's

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## **QUESTION: Does my athlete need a Hyland ski pass?**

Answer: YES!!! – please make sure you have purchased and pick up your pass before the first day of practice.

## **QUESTION: What does U8, U10, U12, U14 stand for?**

ANSWER: The 'U' stands for 'under.' The U10 program is for athletes under the age of 10. Athletes are in an age group for 2 years (1<sup>st</sup> year U10 or 2<sup>nd</sup> year U10)

## **QUESTION: What are the prerequisites for the Team Gilboa Jr Race program?**

ANSWER: No race knowledge is needed, but we do require that your athlete is chairlift proficient

# FAQ's

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**QUESTION: Will my child have the same coach all season long?**

ANSWER: The same group of coaches and athletes generally stay together for the entire season. We break the athletes into different sub groups once the season gets going based on age, ability and personality

**QUESTION: My athlete lost his pole (or glove, or helmet, etc.), will you send out an email to help us get it back?**

ANSWER: No, not initially. Please note that if I did this everytime a parent asked me to, you all would get an email every day. The best way to avoid this, is to LABEL EVERYTHING with you name and phone number.

# FAQ's

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**QUESTION: If challenging weather is in the forecast how will we know if we have practice?**

**ANSWER:** Team Gilboa will notify you via email if practice is going to be canceled or shortened due to weather.

A large group of people, including children and adults, are posing for a group photo on a snowy mountain slope. They are wearing colorful winter clothing and hats. In the background, ski lifts and a building are visible under a blue sky with some clouds. The text "Questions??" is overlaid in white on the left side of the image.

Questions??

**Ski fast and have a  
great season!!!**