Alpine Athlete/Parent Playbook
U14 and Younger
2018-2019 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 an in 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 VALUES:

INTEGRITY – TEAM – EXCELLENCE

OUR CULTURE:

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. We also want to make sure you know our values…and we will ask what your values are in your goal setting sessions. The goal being we all share the same values.

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 integrity, team, excellence. Other values that you may be familiar with and we would argue fit into our definitions of our big 3 are: passion, courage, sportsmanship, teamwork, self-confidence, honesty, 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 to 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.

With all of that said, here are some things to think about and apply when being a part of our Culture:

1. **Fearless**:
    a. Not afraid of failing (because you can know our team will always care about you no matter what).
    b. Not afraid of letting someone down (because we all know you gave it your best effort).
    c. Not afraid of trying something new (because you know it can help)
    d. Not afraid of being genuine (we all accept you as a human being, faults included because we all have our faults…but we will love you anyway).
    e. Not afraid to communicate (the essence of understanding).
2. **Awareness**:
    a. Being able to have an honest assessment of self. Am I doing everything I can to be the best person I can be? Am I being respectful to others as well as myself? Am I being understanding? Are my thoughts and actions based on a positive attitude?
3. **Competitiveness:**
    a. Win the day, for yourself, for your team.
    b. Be your best self.
    c. Understand we are better together.
    d. Love, honor, effort…respect.
    e. Example: will you do anything for the people you love? Think about that. I would do anything for my family. I would also do anything for this team. Love this team, commit to doing your part to be your best self and in turn it will raise the whole team.
4. **Thoughtfulness**:
    a. Act with purpose.
    b. Be conscious of the way your thoughts take shape.
    c. Commit to positive attitude.
    d. Be mindful of your internal dialog.

e. Be thoughtful of the messages you send to others. (Is it positive?)
f. Be mindful of the messages you receive from others. (Find positive message first, seek to understand in a respectful manner).

5. **Selflessness**:
   a. What can I give to others, to the sport…instead of what can I get.
   b. Giving feels good…think about how you feel when you get a special gift for someone you love and how excited you are for them to get it.
   c. Understand that giving will build connections and relationships.

We have to want to make each other better…in turn it will help us (athletes, parents, coaches, community) be better. And it is up to all of us to own this culture.

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, my competition, and my support system to put forth my best maximum effort and:**
  - **DARE to be EXCELLENT today**
    - **I will work every day to better myself as a competitor, a teammate, and a human being.**
    - **I will learn from my defeats, recognizing these are moments making me stronger.**
  - **DARE to be a great TEAMMATE today**
    - **I will embrace the true meaning of competition, taking pride in striving TOGETHER to push myself, my fellow competitors, and the sport to greater heights.**

        - **I will be humble, including in times of victory, and grateful in times of defeat.**
    - **I will DARE to have INTEGRITY today**
        - **I will compete with everything I have, start to finish.**
        - **My actions will be driven by values and my team's values.**

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"
*Sy*rus

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'. The US Ski Team defines TEAM as: Individual humility and collective pride. 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 clubs' 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 and Sports Engine 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 family 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 **clubhouse** as follow:
    - Athletes are responsible for the cleanliness of the locker room and wax room – the locker room and wax room must be kept clean on a **daily** basis
    - Athletes are responsible for cleaning up any food or drink consumed in the locker room. This should be done in a timely manner and athletes should be proactive in keeping the locker room clean.
    - Locker room is for Athletes Only who have been assigned a designated locker. Parents should wait in the area outside unless it is an emergency.
    - Participants will not be allowed to access the locker room and wax room 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.
    - Athlete is responsible for wearing seatbelt and remaining seated at all times while riding in team vehicles.
    - Rude, disruptive, or dangerous behavior while traveling in team vehicles will not be tolerated.
    - **NOTE**: The above is for your info, but our policy is for U14 and younger athletes to travel with parents to events.
- 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; may 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 you 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 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 to want to make in life?

Next it is your responsibility to take all the things you wrote about to your coach. 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 your coach, you will break up your long-range goals into intermediate steps and then into short-range goals. You will even put a timeline on them. You will also determine a method to keep track of everything that you are comfortable with.

"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

ALPINE SKI PREPARATION

Tools

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

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

1. Remove burrs (rough spots) from edges with 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 diamond stone then ceramic stone
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 2019 USSS ALPINE COMPETITION GUIDE)

EQUIPMENT RULES WILL ALSO BE POSTED ON OUR WEBSITE AND THE US SKI & SNOBOARD WEBSITE

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

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 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 USSS – 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.
- To be eligible to compete an athlete must have a valid USSS membership card. All release forms must be signed. This is the racer's responsibility.
- You must exit the course immediately after any disqualification.
- No hiking is allowed in GS or speed events. (USSS 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 in SL you must also completely hike around the gate you missed for correct passage. (USSS 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 (U16 and older) 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 is 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. **Please refer to the Travel Handbook for more information on signing up for events.**

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 SportsEngine site and the Google calendar event. Make sure you have their contact info.
3. Take a copy of your USSS 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 in the 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, coarse 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 USSS, USASA, and FIS rules. Please see Page 127 of the USSS Comp Guide for additional info. The Comp Center will adhere to the USSS 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	FIS coach	970/726-1593 jpierce@winterparkresort.com
Nick Zigich	Age Class Supervisor and U14 Head Coach	970/726-1331 nzigich@winterparkresort.com
Heidi Gordon	U10/U12 Lead Coach	hegordon@winterparkresort.com
Ivana Arnold	U19 and older Weekend Lead Coach	
Rick Foster	U16 Coach/Team Tech	

Fred Nolting	U14 Coach/"Ultimate Coach"
Amanda Ulrich	U14 Coach, Full Time
Jeff Burrows	U16 Coach
Anders Wollan	U16 Coach
Travis Wagner	U14 Coach
Brett Matissen	U12 Coach
Dave Bunn	U14 Coach
Steve Myers	U10 Lead Coach
Heidi Hathorne	U12 Coach

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

Important Contacts

Comp Center Office		970/726-1590
Lauren Stokes	Office/Business Manager	970/726-1590
Tonia Shaw	Events Manager	970/726-1589
Jeff Burrows	Comp Center Director	970/726-1591

US Ski and Snowboard CONTACTS

Ian Dunlop Rocky/Central Regional Coach	435/714-8720 idunlop@usskiandsnowboard.org
Darlene Nolting Rocky/Central Director	435/640-8510 dnolting@usskiandsnowboard.org
USSA National Office USSA Membership Department membership@usskiandsnowboard.org	435/649-9090 www.usskiandsnowboard.org 435/647-2666
Athlete Ranking Page	www.usskiandsnowboard.org
Rocky Mountain Division Website	https://usskiandsnowboard.org/sport-programs/regions-divisions/rocky-central-alpine-region/rocky-alpine-division-calendar
FIS Home Page	www.fisski.com
Ski Racing Magazine On-Line	www.skiracing.com
Universal Sports	http://www.universalsports.com/