

# Crotched Mt. Racing

## Parent & Skier Guide 2008/2009

**Our mission is to help our athletes achieve their athletic goals while fostering individual responsibility and good sportsmanship.**

### **Programs:**

**Race Program:** Ages 8-19. Meets Saturday and Sunday all day, plus optional mid-week nights. For athletes interested in competing in New Hampshire Alpine Race Association (NHARA) races. Racers must have NHARA and United States Ski Association (USSA) membership.

**Train to Race Program:** Ages 7-12. Meets Saturday and Sundays 9:30-12:30. Plus option of one mid-week night. For the athlete who is not quite ready to make the time commitment to full race schedule but wants more race training than the Tiger program.

**Tigers:** Ages 5-9 Meets Saturday **Or** Sunday 9:30-12:30. Our introductory program.

### **Daily Training Program**

Season training begins on the second or third weekend Crotched Mt. is open. "Race team" and "Train to race" train Saturdays, Sundays and one or two mid-week nights plus Christmas week. An e-mail will be sent out confirming these dates. "Tigers" schedule is slightly different. Check all schedules at [www.crotchedmountain.com](http://www.crotchedmountain.com) [www.crotchedmountainracing.org](http://www.crotchedmountainracing.org)

From time to time we will do early morning speed training. For safety reasons this type of training needs to be done before the mountain is open to the skiing public. You will be given notice of these opportunities the week before.

Racers meet promptly at **9:00 AM** in front of the Alpine Training Center(ATC) and train until **2:00-3:00 or 9:30 -12:30 in the case of Tigers and Train to Race**. If racers are late parents are responsible for escorting the racer to his/her group.

If a racer gets separated from their group, they should proceed to the deck of the Alpine Training Center and await their group.

Traditionally, focus for the beginning of the season is on mileage, balance, fundamentals and reviewing basic skills. Except for the J I & II racers (who actually have races in December) we will not be training gates until approximately the Christmas holiday.

*In Preparation for Race Days:* The day prior to a race Coaches will inform parents of the race location, meeting time, recommended waxes, etc. For home races, racers should meet at 8:00 AM outside the main lodge.

## Age Class General Philosophies & Technical Focus

Our basic philosophy is the same for the J I's as it is for the J V's and Tigers. We teach children, young or old proper athletic skeletal position, balance, correct hand and upper body position, mental strategies and tactics and the latest discipline technique used on the World Cup Circuit by today's greatest alpine racers.

Here at the CM we have a large variety of talents, athletic abilities and competitive desires among our group of young athletes. We are trying to teach them all the same thing: how to become the best skier they have inside of themselves. Our belief is that if we provide all our athletes with a strong foundation in technique and skill they will then have the ability to tap their own individual potential on demand.

If you think about it no turn is ever quite the same as another. The turn you use in a flat slalom is not even close in body position, edge angle, or hand position in a high speed steep Super G turn. It is our job and our pleasure to give these young athletes the different turns and tools they will need to ski every type of condition and race course they will ever face.

We can only do this by teaching fundamentals, balance, and body position and at the same time have a **BLAST** doing it. Each of our coaches has a different personality. Each of our coaches is as skilled in the art of ski racing as they are in the art of keeping your child's attention and teaching --while having fun.

The United States Ski Association (USSA) has come up with some different terminology to help the parents better understand the phrase "free skiing". USSA now uses the terms "directed" and "undirected" in front of "free skiing". Training at CM will encompass both directed and undirected free skiing.

We believe in the importance of free skiing. Many people have a misconception about free skiing. To us it just means we are not in the gates. Some people take the term "free skiing" as another way of saying, "goofing off". Directed free skiing is just as beneficial to your child's development and as valuable as skiing gates.

Our program follows the USSA recommendations, suggestions and guidelines as we have paraphrased below.

## Technical Training -Overview

### Technical Skill Focus

- Athletic stance – Balanced - Efficient - Athletic Position
- A pole plant that encourages smooth edge transition and assists transferring pressure from ski to ski
  - Dynamic Balance – Maintaining balance in motion
  - Re-centering – Returning to the balanced athletic stance during transitions
  - Early pressure – Weight transfer under the center of mass to apply early pressure to the new ski
  - Proper body direction and angulation

## **Technical Season Goals**

### ***The athlete will be able to:***

- Ski linked turns of varying size and speed through all terrain and conditions relying primarily on skeletal support at all times.
- Exhibit appropriate balance and stance while skiing a complete variety of terrain, conditions, turn shape and size.
- Is able to pressure the skis into the fall line in short radius turns and exit the fall line with a carved arc.
- Exhibits knowledge of pressure and demonstrates how to manage it during changes in terrain.
- Has refined the ability to ski and compete in all types of snow conditions and terrain with equal success.
- Has been exposed to, and is adaptable to, all of the variables of terrain, snow conditions and course types.
- Will be able to use appropriate edging and pressure control to ski effectively in all types of course length and conditions.
- Utilize the entire space available between gates to complete the required change of direction and minimize the effect of ski/snow friction to link turns with the minimum amount of traverse possible.

## **Technical Training JI & II**

### **JI 17-19 years old/JII 15-16 years old**

#### **Training and Competition time percentages\***

- Undirected free skiing 10%
- Directed free skiing 25%
- Technical drills 35%
- Race simulation 30%

#### **Race simulation break down\***

- Giant Slalom 65%
- Slalom 30%
- Super G 5%

#### **Competition Starts\***

- Giant Slalom - 8
- Slalom - 5
- Super G - 2

- These percentages change with age class and ability.

## **Technical Training JIII**

### **13 & 14 years old**

### **Training and Competition time percentages**

- Undirected free skiing 10%
- Directed free skiing 25%
- Technical drills 35%
- Race simulation 30%

### **Race simulation break down**

- Giant Slalom 70%
- Slalom 25%
- Super G 5%

### **Competition Starts**

- Giant Slalom – 5
- Slalom - 2
- Super G - 2 Plus Open/Championship events

## **Technical Training JIV**

### **11 & 12 years old**

### **Training and Competition time percentages**

- Free Skiing (directed or undirected) 65 %
- Technical drills/Race Simulation 35%

### **Race simulation break down**

- Giant Slalom 70%
- Slalom 25%
- Super G 5%

### **Competition Starts**

- Giant Slalom - 4
- Slalom - 2
- Super G - 1 Plus Open/Championship events

## **Technical Training JV**

### **8-9-10 years old**

### **Training and Competition time percentages.**

- Free Skiing (directed or undirected) 75 %
- Technical drills/race simulation 25%

### **Race simulation break down**

- Giant Slalom 80% GS -- drills help building a strong technical foundation.
- Slalom 20% SL - Minigates, brush markers etc.
- Super G 0%

### **Competition Starts**

- Giant Slalom – 4
- Slalom-2 Plus open/Championship events

## **Technical Training JVI & Tiger**

### **JVI 6 & 7 years old, Tigers 5-9 years old**

#### **Percentage of gate versus free skiing**

- **Free skiing (directed & undirected) 90 %**
- **Gates (Nastar & Brush gates) 10%**

### **Competition Starts**

#### **Giant Slalom – 2**

(On rare occasion a seven year old athlete will benefit from a more rigorous race schedule. These exceptions need to be discussed with the athletes coach. We try to impress upon all members of the Crotched Mt. race community that a vigorous race schedule for our youngest athletes tends to be counterproductive in developing both the desired skills and fostering a long term desire to race.)

### **General Racing Rules**

In a Slalom, Giant Slalom, Super Giant Slalom or Downhill course an actual gate is made up of two points in the snow marked by pole(s). This is different from the courses we train on or a Nastar course where only single pole(s) are set.

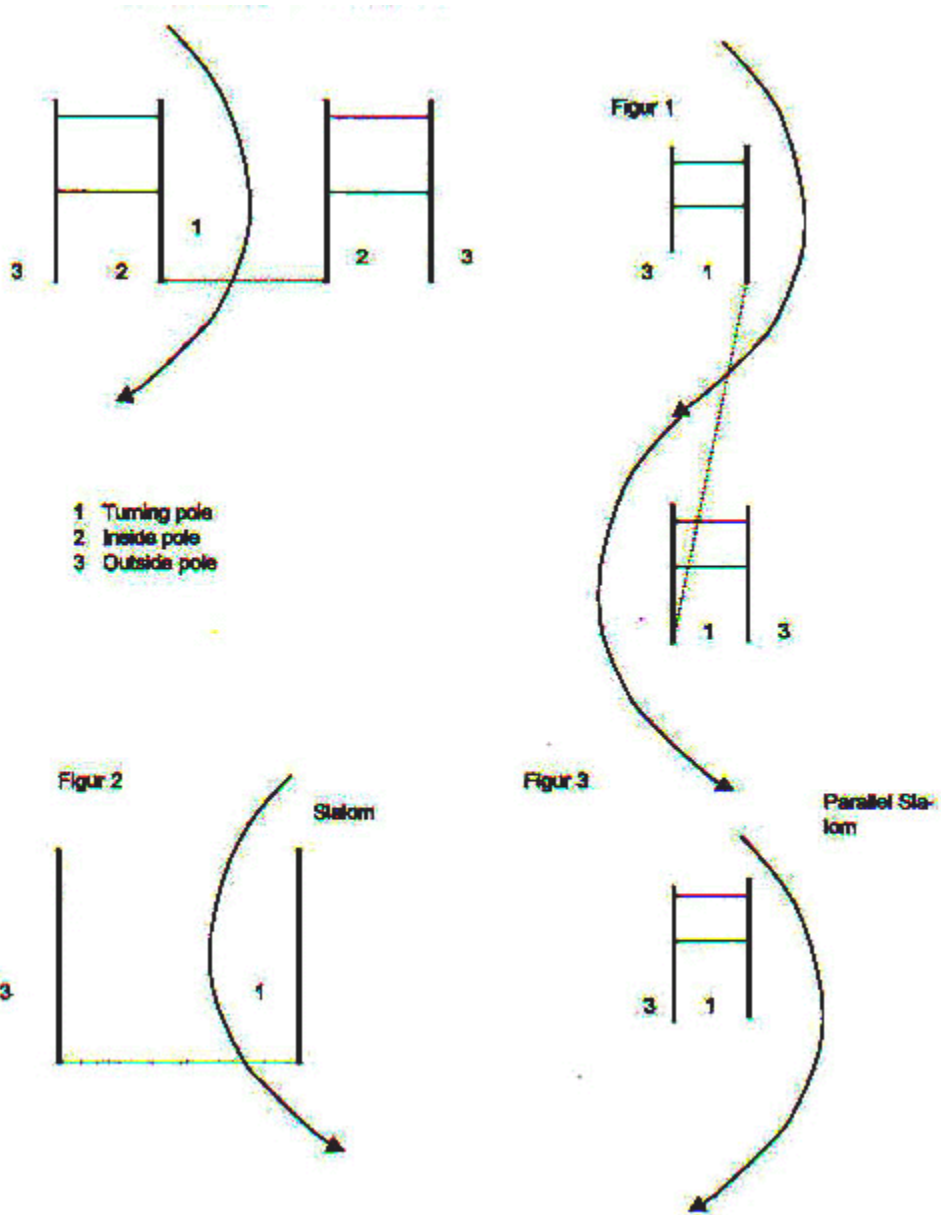
In slalom, a gate is made up of two single poles of the same color drilled into the snow no more than 6 meters apart from each other.

For GS, SG and DH a gate is made up of four poles and two gate panels, all the same color. Two poles and one gate panel each represent one side of the gate. The gates are placed no more than eight meters apart.

All gates alternate in color -- red and blue, except in Downhill.

The rule states a racer's ski tips and feet must pass through the imaginary line between the inside and outside pole(s). The inside pole(s) versus outside pole(s) of the gate can be oriented across the slope or vertically up and down the slope. The racer's body may pass on either side of the pole as long as his/her feet cross the imaginary line between the pole(s).

From FIS:



During a race a racer's time begins when any part of his or her body touches the starting wand at the top of the course. A racer's time stops when the racer breaks the electronic eye beam set at the finish line.

\*\*If a racer is interfered with during his/her run they must pull out of the race course immediately and go to the nearest official and request a provisional re-run. If they continue on in

the racecourse they will not be allowed a re-run no matter how blatant the interference.

We will race in a variety of New Hampshire Alpine Racing Association (NHARA) events. Plus fun events like NASTAR, Mt. Dew etc. You and your coach need to discuss which races to attend.

NHARA events are split between "Open" events and "League" (J3 regionals, J3 states, BWL)

For open racers a voucher and payment must be sent to the race organizers. Entry to league events are submitted by the club and payment is made day of race. Always remember to bring your USSA and NHARA membership cards to any event you attend.

## **Helmets**

It is required that helmets be worn in a competition and when training.

## **Skis**

For JI & JII athletes skis must be in compliance with USSA/FIS regulations. See the USSA competition guide or [www.nhara.org](http://www.nhara.org) . For younger athletes parents must decide whether to invest in one or two pairs of skis.

J3's will benefit from one set of SL and one set of GS skis. J4-5-6 and Tigers really only need one set of skis. Of higher importance for our younger athletes is to have a ski that suits their size and ability. Please feel free to contact their coach or a reputable "race" oriented ski shop.

Whether training or racing your athlete's skis should always be in "tune". Many of our coaches are expert at ski tuning and will gladly assist you in learning how to properly maintain your athlete's skis.

## **Poles**

Poles should be proper length: hold the pole upside down and grip the pole under the basket and place the handle on a flat surface. The racers elbow should come to a right angle. The poles should be in good condition with straps and baskets intact.

## **Boots**

Athlete's boots should be well fit, non rear-entry, overlap 3-4 buckle style. Careful consideration should be given to correct fit and the stiffness of the boot. The boot should not be too stiff as to prevent easy flexing of the boot in cold temperatures. This should be noted when fitting boots in the ski shop- cold plastic is much stiffer than warm plastic! Correct fitting encompasses comfort, flex, and leg alignment. It is imperative that the height of the boot be correctly matched to the leg height of the athlete. An athlete may have specific needs that may be met/corrected by a professional bootfitter. A proper boot fit and correct alignment is critical in the performance and development of junior ski racers.

## **Bindings**

Binding purchase is highly a matter of personal choice. All bindings must be equipped with ski brakes. It is recommended that the DIN level of the athlete should register midway on the

binding DIN range scale (an athlete with a DIN of 3 should be in a binding with DIN range scale of 1-5).

### **Miscellaneous**

We ski in New Hampshire. The weather can be far from ideal many training days. We will ski except under unsafe conditions. If the resort is open we plan to run our program. We will alter our training plans to suit the weather. Heavy snow = free skiing. Cold weather= more warm-up breaks, rain=no gates but directed free skiing, etc.

Please be prepared for the day. Such items as neck warmers, hand warmers, warm mittens, proper eye protection, sunblock, rain protection, extra socks and running shoes for non-skiing days are recommended. PLEASE remember to bring your ski pass to avoid long, unnecessary delays. A water bottle and handy snack is also recommended.

### **SAFETY ISSUES:**

#### Directed Free Skiing/ Training Days

We ski using the BUDDY RULE - you must ski with and be responsible for your buddy.

If an athlete gets split from their group, they are first to ski to the bottom of the nearest lift and WAIT; if the group does not arrive shortly, the athlete is to ski to the ATC. If the athlete is unable or uncertain on how to get to the ATC they are to contact the nearest lift attendant or Ski Patrol for instructions.

Be prepared for the day's activities - be prompt and dress appropriately!

Ski slowly in "slow" marked zones. These zones will be monitored by Ski Patrol and racers can lose their privileges if the safety rules are not followed.

LOWER SAFETY BAR ON LIFT EACH TIME!

DO NOT RAISE THE SAFETY BAR UNTIL THE CHAIR REACHES THE STATION UNLOADING AREA.

Know and observe Skiers Responsibility Code.

Specific training exercises- Jump, Tuck, One-Ski, Hop, etc. with coaches approval ONLY.

When skiing in a group, ALLOW ADEQUATE DISTANCE between skiers in the group & the public.

Take a warm-up run, stretch and exercise, and then begin training.

DO NOT ski a course that is being set.

DO NOT ski a course without permission from the coaches.

Report any injury/ailment to coaches immediately.

## Program Descriptions 2008-2009

### Development Programs

#### **Tigers.**

Ages 5- 9

Skier Can: Ski Green Circle Trails confidently.

Parents can assist if athlete needs help loading lifts.

15 week program

Choose: Saturday **OR** Sunday. 9:30-12:30

One parent work day required.

Fundamentals program using brush gates, Nastar gates and various drills to support a balanced athletic stance and develop carving skills.

**Fee \$399.00**

**\*\*Season Pass also required.**

#### **Train to Race Program.**

Ages 7-12 6 year olds, with approval from Snowsports Director or Education Director

Skier Can: Ski blue square trails confidently.

Must be able to load lifts **independently**.

15 week program

Saturday **and** Sunday 9:30-12:30

plus one mid-week night.

Tiger program goals with addition of Giant Slalom training with race team.

Helmut required.

Two parents work days required.

**Fee \$479.00**

**\*\*Season Pass also required.**

### **Race Program**

Ages 8-19

Athletes must be able to ski entire mountain, load lifts by themselves and operate independently.

Season long program Approx. 17 weeks.

Saturday and Sunday 9:00 -2:30

Plus mid-week nights and three day vacation camp.

Slalom and GS training plus speed elements. Fundamentals athletic stance, parallel position and carving skills.

- Must have USSA and NHARA memberships.
- Racers attend particular races as an age group.
- On race days for a particular group there will be no training for those racers not choosing to attend that race.
- Typically there will be 7-9 races that fit this category
- Exception to the above for the BWL Champs BWL Finals weekends.
- Four parent work days required.

**Fee \$549.00**

**\*\*Season Pass also required.**

## **Parent Work Days**

In order for CMCC to keep costs down parental involvement is a must.

Most activity supports the various races we run. College, masters or children's racing up to age19.

Parents can opt out of their work day by paying \$100.00 per day committed.

Duties to fulfill this obligation can be:

Race day workers: timers, gate judges, referees, course set-up and maintenance.

Course marshals, race administration, and timing

Further there are on-going duties that can fulfill this obligation:

Volunteer coordinator, videography, web-site management, maintenance of fencing and supplies and cleaning the Alpine Training Center.

