

RMST 2011-12 - PARENT INFORMATION– J5 (next year U12)

Race Schedule:

Jan. 1 – Krantz Open (SL) at Pat's (to prepare for Feb. 5 qualifier) **(P)**

Jan. 14 – Cote Open at Ragged **(P)**

Jan. 29 – BWL Qualifier (GS) at Ragged

Feb. 5 – BWL Qualifier (SL) at Pats

Feb. 12 – Buttinger Memorial (GS) at Gunstock (to prepare for Feb. 26 qualifier) **(P)**

Feb. 26 – BWL Qualifier (GS) at Gunstock

Mar. 3, 4, 5 – State Finals* at Gunstock (Fri is optional training day.)

Mar. 10, 11, 12 – State Championships* at Cranmore (Fri is optional training day.)

(P) Parents must register the athletes for these races. For all other races, registration will be handled by the coaches.

**Athletes must qualify for State Championships. Those athletes who do not qualify for Championships will compete at Finals. We encourage all athletes to participate in these end-of-season events where they meet and compete against ski racers from throughout New Hampshire. It's an exciting experience!*

Notes re: Race Schedule

At this age, we should be focusing on fun and fundamentals. With an eye on the long-term development of our athletes, we want to participate in races that help us to move forward toward our individual and collective goals.

Our race schedule includes 3 qualifiers (Ragged, Pats and Gunstock) as well as a weekend-long finale (either State Finals or State Championships.) We also have the Cote Open at Ragged on January 14, 2012. We have decided to add two additional races to our schedule this year: the Krantz Open at Pats on New Years Day and the Buttinger Memorial at Gunstock on Feb. 12. We decided to have the J5 athletes participate in these races as practice for the qualifiers that will be held on the same race hills. The slalom hill at Pats is steep and can be intimidating to our racers. Also, the Buttinger Memorial is a GS race only two weeks before the qualifier at Gunstock. We feel that participation in these two open races could have a direct benefit to our athletes and increase their confidence at the qualifiers. This schedule will result in eight race days for our J5 athletes. That is more than enough for skiers of this age. We recognize that not all families will want to travel to all of these races. Please speak to Coach Mary if you have any questions about your child's participation in the various races.

Race Registration

The coaches will submit a start list for the three BWL qualifiers. Parents will pay the race fee on the morning of the race. The athletes are automatically registered for the end of year races in March (State Finals and Champs) based on their performances in the qualifiers. Again, you will pay the registration fee at the event.

You must register your child for the open races: Krantz, Cote and Buttinger. Check the NHARA website (www.nhara.org) for on-line registration.

How You Can Help: Videotaping

Would one parent take the responsibility to videotape our racers at each race? It is nearly impossible for the coaches to get the athletes ready for the race and watch their runs. It would be a huge help to all of us if we could do some video analysis of race day. Perhaps a different parent could film each race. Please speak with Coach Mary if you can help with this.

Some Important “Dos and Don’ts” for Parents on Race Day

Do get your child to the ski area in plenty of time to go up with the coaches for inspection and warm- up prior to the race.

Do be supportive of the end result, keeping in mind the difficulty of this demanding individual sport. Every great run has an element of luck in it. Some days we have it... some days we do not.

Do not add to the confusion and stress of race day by trying to coach your child. If you sense your child needs more attention during the race experience, bring it to the attention of the coaches and let them attend to your child.

Do support all racers during the race and especially in post- race ceremonies. Include all team members in photo opportunities, not just the top finishers.

Do encourage your children to be humble in victory and graceful in defeat.

Finally, it goes without saying that Ragged Mt. Ski Team expects all parents and participants to continue our positive, can- do attitude. Negative attitudes and derogatory comments have not been a problem with our team, and will not be permitted. The coaches and the alpine director welcome your feedback in the appropriate manner. The RMST coaching staff thanks you in advance for your cooperation.

Communication

We coaches will do our best to maintain regular communication with parents. Please, please, please do not hesitate to talk to us if you have any problem, concern or question about your child’s experience on ski team. It is much better to address a small problem before it becomes a big problem. Most things can be resolved through active listening and open communication. We promise to do the same and to keep you apprised of our work with your children.

Schedule

We are going to stick to a daily schedule (see below.) In order to make the most of our time on snow, we need to have a good block of time during which we are all together working on our skills. If our teammates constantly have to go inside for a snack or to use the bathroom, we lose our rhythm and the day is less productive. The plan is to have a block of time for training, then come in for a snack, then return for another block of training before lunch. After lunch, we'll practice what we learned in the morning under the guidance of the coaches, and we'll do more free skiing. We'll remind the children to use the bathroom before we go out. Please encourage your child to eat a good breakfast. It may help to have a granola bar or other easily-accessible snack in her/his pocket. Needless to say, we'll be sensible about extreme weather conditions – safety first.

Daily Schedule

8:45 am	Meet on snow – Warm-up with one or two runs free skiing Training (skills/drills/gates)
10:15 am	Break
10:30 am	Meet on snow – Training (skills/drills/gates)
12:00 noon	Lunch
12:30 pm	Meet on snow – Guided practice/feedback
2:00 pm	Break if needed
2:15 pm	Meet on snow – Independent practice/free-skiing
3:00 pm	Check in and Wrap-up

Skills and Training

USSA has identified three skills that are most necessary for the development of a ski racer. Those skills are: (1) pole-touch (pole planting); (2) one-ski skiing; and (3) apex drills. We began to work on all of these skills last year, but we have to make them even more of a priority this year. This means that we may be spending more time on Barnyard than you would expect for ski racers, especially in the early season. That is the best terrain for them to ski on one ski. It's amazing how challenging the green slopes are when you try to turn with only one ski. Pole planting is an important component of successful slalom skiing, so we'll be working on that quite a bit as we approach our first slalom qualifier. Ryan set some nice apex drills for us last year and we'll be doing those again this year as well.

At the beginning of the year, the coaches will work with each athlete to identify specific goals for the season and develop a plan to achieve those goals. Each athlete will be able to articulate the specific skills he or she is working on at any given time. Training for each athlete will focus on his or her specific goal. This individual attention is one of the

benefits of a small team. Each week, usually on Wednesday, you'll receive an update with details of the previous weekend's training and the plan for the upcoming weekend. In general, we'll follow this outline of our training:

December

Goal-setting

Focus on Basics:

- Self-sufficiency
- Stance and balance (one-ski)
- Pole swing/pole touch
- Turn shape and size
- Arcing and edge angles

Regular 1:1 feedback

January to early Feb.

Continued focus on basics as noted above, gradually increasing speed & complexity

Also : Hip/body alignment

- Arcing & edge angles (significantly increased emphasis)

- Gate progression focused on line & tactics

Race day readiness preparation

More individualized feedback

Feb. - March

Gate-training, individualized feedback

Increased focus on race day readiness

Introduction to cross-blocking as appropriate

Coaches' contact information:

Coach Mary Stevens

Email: mtgstevens@comcast.net

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Coach Ian Martinson

Email: imartinson@yahoo.com

We look forward to a fun and productive season with your children.

~Coach Mary and Coach Ian