

Wintergreen Race Program Team Guide for Parents 2011



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Program Overview

The Wintergreen Race Program (WRP) is designed to give athletes who love to ski and ride an opportunity to improve their technical and general skiing/riding skills. The competitive nature of the program can be as relaxed or as intensive as each individual chooses, but all athletes are expected to work at improving their skiing/riding skills. The program includes three different areas of focus.

Development Team (D team)

The D Team is open to skiers ages 7-13. No previous racing experience is required, however, participants *must* be comfortable skiing all types of terrain and they *must* be able to ski independently. To join, all first time athletes must meet the D team requirements after which they are placed on the D team or Race team in collaborative agreement between the athlete, parents and coaches.

Race Team

The race team accepts athlete's ages 9-19 as well as Adults referred to as Masters. The race team offers and increased focus on competition.

Free Ride Team

The Freeride team is for all athletes riding snowboards as well as skiing athletes wishing to participate in air, park and skier/boarder cross events.

Philosophy and Objectives

The goal of the WRP is to provide a safe and fun environment which facilitates the holistic growth and development of young athletes through the winter sports experience while focusing on improvement of skills. Strategically, this is accomplished through the team experience where athletes set and achieve performance goals, learn self respect, respect for others and increasingly demonstrate discipline and focus.

Many team members join the program simply to improve their skills and to ski/ride as much as possible. They begin competing on an introductory level. Some team members are serious competitors who train hard and participate in regional and post season events.

Even though alpine skiing/riding is an individual experience, the highest levels are attained through team training activities. Therefore, the team aspect of WRP is paramount in importance as athletes train together and learn to support each other.

Skiing/riding is a sport in which athletes will be able to participate throughout their lives. Our program is designed to provide athletes with solid basic skills, which will allow them to ski all conditions and terrain. The goal is to help all skiers/riders reach their full potential. We want them to understand the relationship that dedication and hard work have to the successful accomplishment of their individual and team goals. It is our ultimate objective that all athletes gain a true love of skiing/riding whether their future

holds simple recreational enjoyment or medal hopes. After a few years of focused effort in our program, an athlete will likely become an expert skier/rider who is able to handle any terrain in any conditions. Wherever they go, for the rest of their lives, these young athletes will be among the best skiers/riders on the mountain. We believe that this is a wonderful gift.

General Information

Communication

Positive, collaborative communication between parents, coaches and athletes is a major goal of the coaching staff and the WRP. If a parent or athlete has something on their mind, they are encouraged to communicate with a coach or the director, sooner, rather than later. A problem cannot be solved if it is unknown. Feedback all the way around is a positive process and improves the program. Athletes are encouraged to provide feedback during training. This helps close the communication loop and better insures that each learning exercise has the proper context. In other words, is the coach getting through to the athlete and does the athlete understand!

Information

While this document is intended to be a good start it will in no way answer all your questions. Many parents in the program did not grow up ski racing and will seek out much information. Just like soccer or basketball there are rules, processes and procedures as well as equipment. Do not be afraid to ask questions. Most every parent in the program started from the beginning. However, unlike most sports, racing is dynamic, complex and very dangerous. The BEST place to get information is from the coaching staff. They have extensive experience as well as access to many resources including experts at the national and international level.

Parent Organization

In addition to the WRP, the team parents have formed a 501c-3 organization called the Wintergreen Race Team Boosters. The boosters help support the program by raising money to help cover additional expenses such as safety equipment, racer supplies and development fees and dues for coaches. The boosters play a vital role in the success of the program through coordinating events and facilitating communication among the parents. Parents also must volunteer in some capacity during the season as it takes a significant number of resources to conduct the program and host a competition.

Boosters Membership and Volunteering

The WRP requires that all racers join the Boosters in order to help fund these objectives. Dues are \$50/athlete or \$100/family. Volunteer duties and positions for parents are listed below. Parental participation by way of volunteering (in some capacity) is a requirement of the program. Booster leaders and WRP coaches provide detailed instructions and training for all positions. Below is a sample list of volunteer positions.

Clothing Runners (warn up gear)

Hand Timers

Announcer
Gate Keepers
Score Board Administrators
Bib Collectors
Registration Administrators
Base Communications (away events)
Event Coordinators
Fund Raising
Board Service
Committee Service

WRP Contacts

Chris Shepard, Alpine Teams Director 434-325-8282 cshepard@wintergreenresort.com
Robert Sandy, Alpine Race Team Head Coach, 434 287 8017 robert_sandy@comcast.net

Boosters Contacts

Steve Schulte President 703 7222862 <mailto:Steve.Shulte@brambleton.com>
Sara Davidson VP <mailto:Sarahtdavidson@gmail.com>
Patrick LeFloch Treasurer 571 233 0047 <mailto:patrick@leflo.ch>
Ellen Wyly Secretary <mailto:ecwyly1@gmail.com>
Kerstin LeFloch Free-Ride Rep 202 329 0628 <mailto:kerstinlf@gmail.com>
Erik Troan D-Team Rep <mailto:ewt@troan.org>
Paul Given SARA Rep 434 960 9616

Additional Contacts

Heidi Crandall, SARA Secretary 434-760-3360 hatcreek@nelsoncable.com

Parent's Code of Conduct (Training)

All parents want the best for their athlete and all members of the WRP. Support along with positive encouragement is the key role of the parent. This code of conduct outlines appropriate behavior, so that parents know how to best support the development of their young athlete and also the team. As in other youth sporting events, there is a need for a buffer between athletes and nonparticipants during training and competition. We cannot put a fence or a field between the athletes, and the parents and fans, so there is a need for clearly defined roles between parents, coaches and athletes.

The role of parents on training and race days is just that: Parent, not coach. Parents have entrusted the coaching staff with the job of coaching their athletes. The coaches are professionals and work hard to help each athlete reach their goals as ski racers. The athletes and coaches need support by way of parental confidence, positive encouragement and volunteerism. That said if a parent has an issue that they wish to raise with the coaches, please raise it with them directly, privately and in a timely manner. On hill involvement of parents during training should include supportive comments and

encouragement. Parents on the hill watching or skiing are welcome to help with logistics such as course maintenance and breakdown, when appropriate and as directed by the coaching staff. We ask that parents have no technical interaction with athletes other than their own, and then only with coach direction and involvement. Negative interactions including arguments between parents and athletes will not be tolerated.

Training

The WRP requires that all first year team members attend the holiday race camp. D-Team members are encouraged to attend at least half of all scheduled practices and race team members are encouraged to attend most practices. The level of participation depends on the desire and commitment of each athlete and their family. We hope that this desire and commitment increases with each year, and we encourage each athlete to attend as many practices as possible. As a courtesy, please let the coaches know, via email, when a practice will be missed.

Holiday Camp

Over the December holiday the WRP conducts a five day camp. This camp is particularly important to attend for many reasons. Most importantly, it is the time when coaches focus intensely on honing the basic skills that athletes will build on all year. Additionally, this is when the group starts to come together as a team, which makes it very important socially.

Training Details

Listed below are some details and suggestions regarding the daily training activities for all athletes and parents.

- It is imperative that all athletes arrive on time for all training activities. Morning training sessions begin with warm-ups at 7:45 and on most days, training continues until 11:00 for all age groups.
- Training/competition schedules will be listed on the team calendar. These schedules may change due to snow related issues, or to take advantage of a special opportunity.
- Parents and athletes will be notified of schedule changes by e-mail.
- The Race Team, D-Team and Freeride Team train/compete on weekends and vacations come rain, shine, cold or snow. (Dryland training/activates are conducted when snow is not accessible)
- If there is inclement weather you can use your own judgment as to whether to attend or not, but your athlete will always remember the times he/she skied in the rain and in the cold, and they will be stronger for it.
- During training, parents should provide a nutritious snack for your athlete to stick in their pockets and eat during breaks. Recommended snacks include dry and fresh fruit, crackers, and granola bars—all much better than setting them loose in the land of cinnamon buns and candy.
- WRP skiers will not be allowed to participate in free skiing/riding, training or competitions without the proper clothing and equipment including a helmet and

goggles. Slalom face guards are required when athletes obtain a skill level resulting in gate contact and may NOT be worn at any other time other than gate training and competition.

- Functioning goggles must be worn during all training and competitions. Athletes will NOT be allowed to participate in training without them. Sunglasses should only be used on the chair or when not skiing/riding. Goggles should be the correct size for the athlete, and ideally skiers should have at least two pairs of goggles, one for night and flat light conditions, and one darker for sunny days.

On Hill Activities

During training days, given appropriate terrain and surface, coaches assign training environments to different groups of athletes based on different tasks to be accomplished for that particular training session. When gate training is one of the tasks, gates are usually set up from 8 to 10am. During this time all of the race team athletes practice in the course according to specific training regiments. Athletes are required to help remove all training equipment and apparatus at the end of the gate training session. From 10 - 11am coaches will lead small groups around the mountain, allowing time to work on individual technique in a fun, low pressure, high interaction environment. The structured elements taught in these sessions can be utilized while free skiing in the afternoon or while out at other mountains on family outings.

During morning gate training, athletes will be getting specific input to their needs, as identified by the coaches. This will include two-way conversations on the lift and in the course start and finish areas. This interaction will follow a plan set for the athletes based on their individual development plan, past experience and performance, and the athlete - coach- parent communication loop. The quantity and visibility of this feedback will vary depending on the individual needs, specific situations, logistics and training /competition schedules.

Daily Schedule:

7:45: Meet at ski school ready to go for warm-ups

8-9:50: training session

9:50-10: Pull and slip course

10:00- 11:00: Directed skiing with the coaches

Equipment and Clothing

It is vital that your athlete is properly dressed and has equipment that is properly tuned and maintained. If you have questions regarding your athlete's equipment, please ask one of the coaches. It is much better, and cheaper, to ask questions first so your racer can start the season on the right equipment. When dealing with equipment acquisition, parents will be exposed to a variety of knowledgeable people such as ski shop employees, veteran parents and other ski industry professions. However the BEST resource is the coach. Poor equipment decisions or miss guided assumptions which lead to poor equipment selection will not only have a negative impact on the athletes' performance but could create a more dangerous environment for the athlete!

What Clothing Does An Athlete Need?

The best strategy is the application of layers. When it is warm fewer layers are needed and when it is cold more layers are needed. Most athletes use a jacket or shell and then select layers to fit underneath. Sweat pants are almost as effective as high tech long johns and much less expensive. A warm parka is needed for very cold days. Warm-up pants (side zip to take them off at races) are ideal and gloves or mittens, neck warmer, one pair of wool or polypro socks, long underwear, turtleneck, sweater or fleece. While it is not required, many racers have a team jacket, the red Spyder Rival jacket, which can be purchased new from Freestyle sports shop. At the end of each season, Freestyle organizes a bulk order from Spyder and many items may be purchased for a discount at this time. In addition, we also hold a team swap of good quality, used equipment and clothing at the beginning of the season.

Weather in the mid Atlantic fluctuates significantly. The temperature can be 10 degrees at 8:00 AM and 50 degrees at Noon. The valley temperature can be 45 degrees while at the same time the mountain top temperature can be 18 degrees. Or the valley temperature can be 22 degrees and the mountain top temperature can be 45 degrees. Please make every effort to determine the weather conditions and make sure athletes are well equipped for the weather. Athletes that come to practice with improper equipment and/or clothing will not be allowed to participate for that training session.

Helmets

The WRP requires that all athletes of all ages wear a helmet for all training sessions, race events and private lessons. Helmet regulations are stipulated by the United States Ski and Snowboard Association (USSA) and the Southern Alpine Race Association (SARA). While there are many types of helmets on the market, few are correctly suited for alpine racing. Race helmets are hard to come by and need to be fitted correctly. Freestyle sports shop has and can obtain race helmets for WRP athletes. They know what the athlete needs and how to insure a proper fit.

Does An Athlete Need a Competition Suit?

Studies suggest that the aerodynamic benefit of a young racer wearing a comp suit is negligible. The speed advantage is almost purely psychological. As investments go, buying a comp suit pales in value when compared to dedicating money to keeping an athlete's skis tuned. However older athletes need a comp suit because it provides vital padding and protection. When an athlete is skilled enough to make contact with the gates during training or in a race, the suit becomes a requirement.

How Many Pairs of Skis Should An Athlete Have?

The WRP provides training in the Slalom (SL) and Giant Slalom (GS) disciplines and race skis are specifically manufactured to each discipline. All races in SARA are SL or GS. The athletes age, size and skill level are the foundation for determining equipment size, type and inventory. New athletes and ages 7 to 10 typical do fine with one pair of SL

skis. After the first year of racing, there needs to be a discussion between the racer, coach and parent in order to determine the best answer to this question. In some instances, the coaches may recommend that a racer have two pairs of skis even if it is their first year racing.

Equipment Rules and Regulations

For all athletes the age of 15 years or older USSA and SARA enforce equipment rules for both SL and GS races. The rules include measurements on ski length, width, radius, binding stack height and boot stack height. These measurements vary according to discipline, age and gender. The WRP provides Freestyle with an updated equipment rule matrix each season, however it is always best to check with the coaches to be sure. This matrix can also be found at ussa.org

Do Athletes' Skis Need To Be Tuned?

YES!!! Sharp edges and properly functioning equipment are essential for both training and racing. The WRP coaches will do all they can to give parents and athletes the opportunity to learn tuning skills through clinics and mentoring. However, most young athletes do not have the strength and/or fine motor skills to take care of their own skis, and we suggest utilizing the expertise of the technicians at Freestyle. The WRP also provides minor boot and equipment adjustments for a nominal fee. This service is provided to insure that athletes can flex their boots and that their equipment is performing correctly.

Parent's Code of Conduct (Competition)

At races, parental assistance should be focused on volunteer roles, cheering for all athletes from all teams and providing positive encouragement. Parents are neither welcome nor allowed on the race course during inspection and preparation unless they are fulfilling a volunteer function. The coaches and athletes work together in developing a race-day routine and strategy that will serve them for many years to come. Consistency in coaching techniques, language and priorities can only be achieved if the coaches are allowed to do their job. This is not to say that we do not want parents in the start area with their athlete. We do ask, however, for discretion and deferral to the coaches' wishes prior to race starts. Please know that the coaches do understand a parents desire to be helpful. More importantly, parents need to understand that the athletes want to please all and that the pressure associated with that desire is substantial.

Dos and Don'ts

Below is a list of suggestions to support a positive competition day experience for the athlete and the whole family.

- Do get the athlete to the ski area in plenty of time to go up with the coaches for warm-ups and inspection 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 athlete. If you sense that your athlete needs more attention during the race experience, *bring it to the attention of the coach and let them attend to the athlete.*
- Do not ski down the race hill while your athlete is racing. Focusing on the course is tough enough without the added pressure of being followed.
- 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 athlete to be humble in victory and graceful in defeat.
- Finally, it goes without saying that the WRP expects all parents and participants to maintain a positive, can-do attitude. Negative attitudes and derogatory comments will not be permitted. There are clear communication channels in place **for providing feedback to coaches and program heads, and participation in the WRP requires that they be used.**
- The WRP coaching staff and program heads thank you in advance for your cooperation.

Athlete Etiquette

Below is a list of etiquette requirements for all WRP athletes during competitions (and training). These requirements are communicated to all athletes by the WRP coaches. Parents should review these with the athlete.

- Be courteous and sportsmanlike at all times. Remember that you wear the “Wintergreen Race Team” jacket and as you travel to other mountains you are representing Wintergreen: Do so with pride!
- Be cooperative with and responsive to coaches, ski area personnel and volunteers, and to the other skiers on the hill.
- Encourage and support your teammates and other competitors. Put downs of others are not allowed.
- Respect other’s belongings. Fooling around with another athlete’s equipment or belongings will not be tolerated.
- Profane or abusive language or bad behavior is not allowed at any time (on the race course, in the lodge, after a race, in training, or any other time we have not specifically indicated).
- **Respect the ski areas. Be aware of your behavior, and ski courteously so those skiers who do not race may also enjoy the slopes. Those around you may not have your skills but respect their ability and love of the sport.**
- Know the skier responsibility code and practice it at all times in all locations.
 - Always stay in control.
 - People ahead of you have the right of way.
 - Stop in a safe place for you and others.
 - Whenever starting downhill or merging, look uphill and yield.
 - Use devices to help prevent runaway equipment.
 - Observe signs and warnings, and keep off closed trails.
 - Know how to use the lifts safely.
 -

- Follow any and all special rules that are put in place to govern conduct on race days, including methods of inspection, and limitations on fast skiing on public trails.
- Take time to thank at least one person who helped make your ski day possible, whether it is a ski area worker, patroller, race volunteer or parent.
- **YOU ARE NOW A MEMBER OF A TEAM, AND YOUR BEHAVIOR REFLECTS UPON EVERYONE ON THE TEAM!**

Competitions

Throughout the winter athletes will have the opportunity to compete in several races. In order to participate, a racer must be a member of the Southern Alpine Racing Association (SARA), as well as the United States Ski and Snowboard Association (USSA). Membership registration for each organization may be done on line at each respective web site. There is no late fee for first time USSA members. SARA registration typically starts in October and late fees start in later December.

Race Registration

Race registration is electronic, through the SARA website. Registration for any race will be active from 15 days before, until 5 PM on the Thursday immediately preceding the race. No late registrations allowed. Registering early insures that you're athlete will be on the start order. Links to these sites are found at the end of this guide. The entry fees, \$35/race, should be paid to the race secretary the morning of the race. In addition, lift tickets may also be purchased, usually at a discounted price. Usually these cost are, \$25/racer and \$35/ family member, but the cost of lift tickets may vary slightly depending on the resort. Championships are by invitation only, and if your athlete qualifies, they will receive special registration instructions. Please refer to the SARA website for qualifying guidelines.

Race Schedules

With the many different team/resort relationships and the short season in this region, the SARA race schedule typically presents more races than an athlete can participate in. Therefore the WRP coaches carefully select which races the WRP will participate in as a team. The WRP race schedule is determined using a significant list of criteria (including USSA guidelines) intended to provide the optimum training to race participation ratio. Each racer ultimately (with input from coaches and parents) chooses his, or her, own race schedule. As a courtesy, we request that racers let the coaches know if they do not intend to participate in one of the team scheduled races.

It is not recommend that racers attend additional races outside the team schedule during December, January and February. These core months of the season are extremely busy, and we feel that extra races during this time are not beneficial. We would always rather have the athlete's hungry to race more than to get tired of racing. Also, please be aware that if an athlete chooses to attend a race that has not been designated by the coaches as a team race, WRP cannot guarantee coaching resources for that race. If an athlete ever has

a question about which races they should attend, they should talk to one of the race team coaches.

Competition Details

Parents (or someone designated by the parent) are responsible for transportation to the ski area and back home after the awards at the end of the day. Families should plan on arriving 1.5 hours, before the start of the race. Please refer to the SARA website for race start times.

Course Inspection

Course inspection is always scheduled one hour before the start of the race. Racers should plan to meet their coaches 10 minutes before the course inspection time and be ready to go with boots on and equipment in hand. Coaches will be responsible for supervision of the racers during course inspections and at that time, the coaches will inform the racers how much time they have before their run.

Race Arena

The race arena is the area which includes the start area, the race course and the finish area. Everyone wants to be in a great spot to view the race. However parents and athletes must keep in mind that most if not all of the race course itself is restricted. This allows each athlete unencumbered access to the course, free of obstructions.

Competition Categories

Athletes are placed into completion categories according to age and gender. Athletes compete only within a category. Each category is labeled as a junior class. Coaches, parents, athletes and race organizers refer to athletes by their junior class. "Billy is a J4, Sally is a J2" etc. Parents and athletes should know the athlete's class so they can understand assignments and schedules as well as respond to communications regarding class.

Class Definitions Are determined based upon the Athletes age of as of Dec. 31 for that season

J1 = 17, 18 & 19 yrs

J2 = 15 & 16 yrs

J3 = 13 & 14 yrs

J4 = 11 & 12 yrs

J5 = 9 & 10 yrs

J6 = 7 & 8 yrs

Competition Details Continued

Below is a list of key information which parents and athletes need to be aware of.

- Athletes should know the start order and be at the start on time. It is the racer's responsibility to be at the start on time! Coaches will be at the start, and when necessary, along the course and at the finish.

- Athletes should be aware of all “on course” procedures or rules as they compete. Coaches provide this information through extensive training and documentation.
- If an athlete has an issue with their run (missed gate, fall, interference, equipment problem) they should contact a coach immediately.
- Once the athlete has finished their first run, the parent (or designee) is responsible for the athlete until the next course inspection. The second run starts roughly an hour after the last racer completes the first run. Coaches and athletes will typically get on the lift for the second course inspection at least 45 minutes before the start of the second run. This means that parents will have to make sure that the athletes eat snack/lunch soon after their first run and keep an eye on them during this time.
- Athletes must make sure that they have their race bibs at all times. An athlete is not allowed to compete without the bib number showing!
- At the completion of the second run, the parent is again responsible for the athlete. This is a great time to go take a few runs and to explore the ski area before the awards, which are typically held one hour after the conclusion of the race.
- Athletes must remember to return the race bib!
- WRP encourages everyone to attend the awards ceremonies, to show good sportsmanship, and to show support for the team and event organizers.

Race Day Thoughts and Issues

A Test Against the Clock - By the numbers, the time actually spent racing is less than 2/10ths of 1% of the time spent skiing and training, yet it is one of the most memorable parts of the season. **The focus of the WRP is on having fun, and developing skiing fundamentals through ski racing.** The races themselves provide challenges and opportunities to test oneself and to improve.

Relax and Ski

For coaches, the focus on race day is mostly on getting the racers to relax and to transfer the skills they have practiced day after day to a more challenging arena. Almost all athletes are nervous on race days. They turn to parents for encouragement and support. Be positive and try to emphasize the effort, not the outcome. By seeing you demonstrate a positive, low anxiety, relaxed approach to ski racing, your athlete will be encouraged to keep learning and improving. Even though well intentioned, there is nothing more unproductive than having parents coach their athlete during a race. It is a sure way to distract the racer, and to make him or her more nervous than they already are. **A simple “good luck, go fast and have fun”, proves to be the most effective approach.**

Keeping Track of Clothing

Most racers will shed clothing at the start of the race. Whenever possible, parent volunteers will take these coats and warm-ups down to the finish line. Athletes are always instructed to retrieve their warm up gear at the finish line, not the lodge. Coaches are not responsible for equipment or clothing and will not be running warm up gear down the hill. Parents should use a sharpie to label EVERYTHING! To make sure the athlete

finishes the day with everything he/she started with, simply write the athlete's name and phone number on everything (there will be many identical Spyder size 12 pants!), and remind the athlete to retrieve his or her things.

Competition Rules and Procedures

SARA Alpine Ski Competitions are governed by many USSA rules and resources. Each athlete receives a competition guide with their USSA membership. The WRP coaches help the athletes understand the rules and how they are applied. This is done through documentation, training, and on the hill experiences. Each competition will have a Technical Delegate, Referee, Chief of Race, Start and Finish Referees, Gate Judges (keepers) and many other officials. All aspects of the race are controlled by the Technical Delegate and most decisions including any reviews or disputes are decided by the race jury. The race jury is typically made up of the Technical Delegate, the Referee and the Chief of Race but may include additional officials.

Application of the Rules

As with any competition, following the rules may come into question. Anytime there is a question from a parent or an athlete they must address their coach. No exceptions! No parent or athlete may address a race official or a member of the jury. To do so may result in the disqualification of the athlete. It is the WRP coaches' job to address race officials regarding any infraction or clarification of the rules.

Scoreboard and Results

If you spend your day standing by the scoreboard, your racer can easily start to think that his or her time and place is all that matters to you. To avoid that, go to the scoreboard once, after all the racers of that group are finished. If your athlete is with you, **praise the performance not the results.** Coaches always ask the skiers how they skied, not what their time or place was. Understanding that they won't win every race, or even most of them, is one of the most important lessons of ski racing for the athletes to learn. They rely on their parents to let them know the world is still okay even if they don't reach their goals for a specific day, and on their coaches to remind them that every race is a new opportunity to succeed. For example, in the 2000/2001 season Bode Miller (USSA Olympic Athlete) won 1 of 27 races, and in 1/2 of them, he didn't even finish. His former coach Jess Hunt says of Bode, "He has this way of putting a positive spin on everything, even when there really isn't one." As Bode says, "I just don't get down on myself." It was the following season that Bode Miller started winning, and for the next 7 years he was the skier everyone was trying to catch.

The Racer's Race/Training Day Checklist

Provided below is a daily check list. The athlete can use this list to insure that everything has been backed. The WRP coaches recommend a large back pack to hold boots, clothing and gear. This allows two hands for skis and poles. ***Remember to completely dry boots overnight!***

- Boots

- Skis
- Poles
- Helmet
- Goggles
- Gloves
- Ski Socks (thin wool or polypro)
- Long Underwear or sweats
- Fleece or sweater
- Jacket
- Side-zip Warm-up Pants
- Hat
- Neck Gaiter
- Snack, Lunch or Money
- Ski Pass
- Protective Gear
- Post training Schedule (where and when to meet)

If you still are not sure if you have everything, start with your feet and work your way up. “Socks, boots, long underwear, etc. . .”

Accommodations at Race Venues

Some races are held within commuting distance of Wintergreen, but others are held at resorts that will require an overnight stay. Very often, WRP families share condos to help defray the costs of accommodations and provide a built-in social network for the athletes. The following is a list of accommodations at some of the resorts to which we travel.

Bryce Resort

www.bryceresort.com

Super 8 (approx. 12 miles from the resort)

250 Conicville Rd.

Mount Jackson, Va 22842

540-477-2911

Massanutten Resort, VA

www.massresort.com

Canaan/Timberline, WV

<http://www.deerfieldwv.com/>

1-800-342-3217

www.timberlinerealty.com

1-800-633-6682

Winterplace Resort, WV

www.winterplace.com

There is a strip of hotels (Comfort Inn, Best Western, etc.) all 25 minutes from the resort in Beckley, WV. We recommend searching hotels/rates in Beckley on the travel websites (Expedia, Travelocity, etc.).

Snowshoe Mountain Resort, WV

www.snowshoemtn.com

www.snowshoevacationrentals.com

Sugar Mountain Ski Resort, Banner Elk, NC

www.skisugar.com

Smoketree Lodge

1-800-422-1880

Holiday Inn, Banner Elk

1-877-877-4553

Beech Mountain, NC

www.skibeech.com

Important Websites

www.wtgraceteam.org

To access the equipment exchange or to view race program information and schedules, coaches notes, photos, race results, volunteer assignments, etc.

www.wintergreenresort.com

To access WRP athlete registration for the season.

www.sararacing.org

For SARA membership registration, regional race schedules, and for race registration.

www.ussa.org

For USSA membership registration.

www.freestyleonline.com

The local source for race equipment and ski tuning.

www.live-timing.com

For SARA race results as well as results from across the US. This is also the place to make sure your athlete is registered for the upcoming race. Most resorts post start list several day before the event.

www.onthesnow.com

Mountain conditions and snow reports.