



WILD MOUNTAIN ALPINE RACE TEAM
PARENT HANDBOOK ~ 2022-23

Welcome to the Wild Mountain Alpine Race Team. This handbook is designed as a reference that will answer many of your questions regarding the program. Please take some time to review the information in this packet. If you have any questions, feel free to reach out the Snow Sports School via nathan@wildmountain.com or 651.465.1103, or speak directly with your Coach.

Alpine Race Team Philosophy:

The Alpine Race Team is designed to introduce young athletes to the joy of skiing through racing. Our primary focus is to develop strong skiing skills in each racer while providing a fun-filled experience for all. Our coaches work with each of the racers to develop their technique, help set a race strategy and work on long-term goal setting. This makes the Team the perfect platform for:

- Wild Cat graduates looking for more of a challenge
- Young skiers who are ready for the challenge of competition
- Prospective high school racers seeking more practice and gate/race experience
- High school racers who are looking for an alternative to USSA racing

It is a priority of the coaches to remain flexible, and to make sure all of our racers have the opportunity to work on their skills in a fun and safe environment. We understand that everyone learns new skills in different ways and at different paces, and our coaches take this into consideration.

It is also important that our racers are committed to practicing and racing. We trust that racers will listen to their coaches and work hard to improve each week. We also hope that each racer genuinely enjoys the experience and looks forward to coming back each week.

The following are some frequently asked questions about specific topics related to the Wild Mountain Alpine Race Team.

Race Age

Question: In what age group should my child be competing?

Answer: Racers practice and compete within their age group. The cut off date is **September 1st**. We'll use a racer who turned 10 on September 2nd as an example. For registration purposes this racer will be eligible to practice and compete as a 9 year old, since their birthday is after September 1. A racer can elect to move up and compete in the next older age class, however once they elect to move up, they may not move back down.

The groups are as follows:

- 6 & under
- 7 year olds
- 8 year olds
- 9 year olds
- 10 year olds
- 11 year olds
- 12 year olds
- 13 year olds
- 14 year olds
- 15-18 year olds (must still be in high school)

Practice Days

Question: What time should my child be ready for practice?

Answer: Our practices start promptly at 10:30am on Saturday, and 12:00pm on Sunday. Age groups will depart from the bottom of Lift 1 at 10:30am (Sat.) and 12:00pm (Sun.) to warm up and work on various skills.

Question: Where can I get ready and place my bag?

Answer: You are welcome to boot-up in the base lodge, but once complete all bags must be placed in vehicles, lockers or free cubbies. No bags should be left under tables or commons areas within the base lodge.

Question: What if my child is late for practice?

Answer: Please go to the lesson counter and a snow sports school team member will connect your child with their group.

Question: How are practices run at Wild Mountain?

Answer: Practices are split up into 2 segments. GS training for half the time and other half Slalom training. At changeover it is a great time for your child to warmup and change a quick fuel break.

Question: What if I want more training?

Answer: Alpine Race will offer additional training on Friday nights starting December 2nd. The training will utilize Nastar and have an alpine race coach give tips throughout the evening. The training will be timed and you can track your progress through the season.

Question: *When does my child eat lunch?*

Answer: The Team does not break for lunch. If the weather is cold, they may take a quick warm-up break. It is a great reminder to put snacks in your racers pocket for refueling while on the lift or inside for the warm up break. Just a quick reminder Wild Mountain does not allow cooking devices inside the chalet (crock pots or hot plates). Brown Bag areas are provided in the lower and upper commons area of the lodge

Course Set Up/Take Down

Question: *Is my child responsible for helping set up and take down race courses?*

Answer: Setting up courses, taking them down and slipping out the course after practice is a huge task. It is the responsibility of **every team member** to take part in these “chores” each day. We try to provide as many training courses as needed to keep our skiers active, and not standing around. To accomplish this, we need the cooperation of everyone.

Equipment –

Question: *Does my child need to wear a helmet during practice/competitions?*

Answer: Yes, Helmets are required for all practices and competitions.

Question: *Does my child need pole guards/ shin guards/ race suits?*

Answer: These items are great to have but not necessary, please talk with your coach to determine if your child’s ability is ready for the equipment.

Cold Weather

Question: *What happens if we experience cold weather?*

Answer: Practices and races are not cancelled for weather-related circumstances. The only reason for a cancellation is due to the ski area closure. Wild Mtn does offer discounts or refunds due to weather cancelations. On days of extreme weather, we will take frequent breaks and monitor for cold weather related health concerns.

Conduct

Question: *What is expected of my child when it comes to conduct?*

Answer: As a member of the team, you are representing not only yourselves, but also the coaches and Wild Mountain Ski Area. Racers are expected to conduct themselves in a respectful manner at all

times and understand the public's right to ski on the same hills on which we train. The Wild Mountain Team is expected to display good sportsmanship at all times.

Race Days

Question: When do we register for races and what is the schedule like on race day?

Answer: The following is a typical race day schedule. Reminder you will need to provide transportation to event.

- 8:30 am Arrive at the Area- gear and do some warm up runs
- 9:30 am the courses are available for inspection
- 10:00 am Start 1st run (usually slalom)
- 1:00 pm Start 2nd run (usually giant slalom)
- 3:30 pm Awards presentation

It is important that the racers get a proper chance to warm up, inspect courses, and prepare without feeling rushed. Arrive at the ski area in plenty of time for them to do these things. We suggest you arrive at the area no later than 8:30am. Encourage your racer to eat a good breakfast and continue to eat healthy foods throughout the day.

Question: Do I need to register for races?

Answer: No you will not to register, you will receive a bib at the beginning of the season with your bib number for the entire season. Please remember to bring to races this is your entry to races. At the end of the season you will need to return the bib so it can be recycled for next year.

Question: Does my child get to inspect the course before a race?

Answer: Yes course inspection is an important part of ski racing. On race day have your child meet up with their coach and they will provide a group inspection for racers.

Question: How are the races formatted?

Answer: Every race will consist of two slalom runs and two GS runs. For the second run in each discipline the run order will be reversed. In other words the first skier from the first run will ski last skier in the second run. If interested you can request a digital copy of the bylaws that governs the races.

Question: How are the races scored?

Answer: When all four runs are complete, the scorers will add the time of your fastest slalom run with the time of your fastest giant slalom run. This makes up your "total" time. The skiers in each age group are placed in order of their total time.

Question: Will all the children participating receive awards?

Answer: Individual awards will be given up to 10 places for the 8 & under age group. The rest of the age groups will have awards for 8 places. If the total number of racers in an age group exceeds 30, awards will be given to the top 15 places in that age group. For the championship race, awards will always be given to the top 15 places.

Questions: *How soon after a competition will the results be posted?*

Answer: The results from each race will be sent electronically as soon as received. While it's fun to see who wins these races, it is more beneficial to most skiers to see how they personally did against their peers. This is a good way for racers to measure their improvement and stay motivated to improve.

Home Races

Questions: *What can I do to help on race day?*

Answer: Wild Mountain has always run outstanding races and this has largely been due to the involvement of our dedicated group of parents. We encourage all parents to volunteer at one of our home races. Sign-ups will be available after the first week of practice. Volunteering is a great way to be up close and watch your child race.

We hope this handbook is helpful in familiarizing you with program. We strive each season to keep our skiers and parents informed through this handbook and periodic updates. If you have any further questions that were not answered in this handbook, please feel free to talk to your Coach, or contact Nathan Hakseth the snow sports manager at nathan@wildmountain.com or at (651)465-1100.

The Wild Mountain Team