

Ski Ward Race Team Handbook



2009 - 2010

Ski Ward Race Team
P.O. Box 34
Northboro, MA 01532
Web Site: www.skiwardraceteam.com
Email: skiwardraceteam@hotmail.com

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I. Introduction

Mission Statement

The Ski Ward Race Team's (SWRT) mission is to promote the ideals of good sportsmanship, and to provide an opportunity for young skiers to develop and improve their individual skiing and racing skills to the best of their ability in a safe and enjoyable recreational ski team setting.

Philosophy

Our program is founded on the philosophy that sound racing techniques evolve from sound skiing techniques and that the learning process should be a positive and fulfilling experience.

General Information

The SWRT competes in the Eastern Massachusetts Buddy Werner League, an entry-level league that is comprised of several teams from the eastern Massachusetts area, i.e. Ski Ward, Bradford, Nashoba, Bogastow. Children and Young Adults in grades K through 12 are eligible to join the Ski Ward Race Team (*see Racer Prerequisites section below*). This recreational team offers children an excellent opportunity to improve their skiing skills, in addition to experiencing the excitement and team spirit that comes from competition.

There are five divisions within the program: Eight and Under, 9-10, 11-12, 13-14 and High School which compete against the other teams in the EMBW league on Sunday mornings during the race season (both at home @ Ski Ward and away at the other teams home ski areas). A Championship Race is held at the end of the season.

Racer Prerequisites

All athletes must be able to ride the chair lift and the T-bar with other athletes, and ski the terrain at Ski Ward safely and with a degree of comfort.

II. EMBW Race Information

EMBW Race Events

Each Member team of the EMBWL will race other teams at home and away. The ski areas for these races are Ski Ward, Nashoba Valley, Bradford, and Blue Hills. Web site links to the away race locations are posted on the SWRT web site (www.skiwardraceteam.com). Directions and lift prices are noted on these websites.

At each race there is a “Host Team”. The home team is not always the “Host Team”. The “Host Team” is responsible for setting the racecourse, providing bibs, timers and any other necessary equipment. In addition, the home team provides volunteers for registration, gatekeepers, starters, recorders and award ceremonies. The SWRT Volunteer Coordinator supports these activities by identifying volunteers and assigning duties. Many volunteers are needed to insure that race day goes smoothly. Please volunteer to help out on race day whenever possible.

On race day, registration starts at 8:00 a.m. for all racers. Each base lodge has an area designated for registration. Each racer, when registering, is given a racing bib with a number that corresponds to their starting position. **Racers must have a lift ticket or a season pass to race for the Ski Ward Race Team. A racer found without a lift ticket will be disqualified from the race.** Racing bibs must be returned at the end of the racer’s last run.

Racing Format

Eight and Under Racers (JVI) will ski a separate course from the older racers. Their course is shorter and simpler, consisting of not more than 10 – 12 gates. One practice run is given to each Eight and Under Racer. The race itself will consist of two runs. Girls’ race first followed by the boys. The order of start is reversed for the second run, but the girls will again race first. Upon completing their first run, the racers should return quickly to the top of the racecourse and await further instruction.

Parents on the sidelines may assist a fallen Eight and Under racer back on the course heading toward the correct gate. Our coaches will be with the children throughout the practice runs, at the finish line, and at the awards ceremony. The format for the older racers, 9 & 10 (JV), 11 & 12 (JIV), 13 & 14 (JIII) and 15 and up (JII) is slightly different. The main course will be set as a Giant Slalom

Course (wide turns), or as a Slalom Course (tight turns). The type of course will alternate through the season and may change according to the conditions. The first race will normally be a Giant Slalom Course (GS). Racers view the course in groups with their coaches prior to the race, and should be at the top of the hill around 8:30 a.m. **No practice runs are allowed on the main course. League rules state that a racer will be disqualified if he-she passes through any gate on the course prior to the race, or between runs.**

All racers will run two runs. The youngest age groups will begin the race first. **Girls race first in both runs.** Everyone will take one run. On the second run, the starting order will be reversed. Team coaches will be either on the hill or at the finish line during the race. Coaches will also be at the awards ceremony. On the main course, parents are not to assist a fallen racer unless he/she is hurt. Parents may offer comfort to a fallen skier, divert other skiers around them, but **never move a fallen racer!** Help will be on the way. Other fallen racers must return to the course and pass through the correct gate.

Scoring

We would like to emphasize to all parents and racers that we race as a team, not as individuals. Every racer on the team has the opportunity to score points for the team regardless of their skiing ability. Boys and girls are ranked separately. The times of each run are added together for each racer's total individual score. The first ten finishers in ALL age groups, and gender category, receive team points and award ribbons. The Eight and Under racers that do not place in the top 10 receive participation ribbons! The recognition ceremony begins shortly after the final race. Racers are encouraged to stay for the awards ceremony to cheer on their teammates whether they placed individually or not.

Championship Race

The EMBWL holds a Championship Race at the end of the season. This is a race that includes all the teams in the League. To qualify a racer must participate in at least three of the season's races. Children will race against other league racers in their age group. The top ten finishers in each division, male and female, will receive awards. All Eight & Under racers are invited to compete and will receive ribbons, the top ten receiving awards. This race is usually held on the last Sunday in February or the first Sunday in March. A Championship Cup is awarded to the team with the lowest number of points earned that day. This has no reflection on how the team has scored during the season. The top 25 finishers on each team score points. All racers are encouraged to attend this race! Eight and Under Racers compete for their own Championship Trophy. A family barbecue is held during the Championship Race.

Piche Trophy Qualifier

The Francis Piche Trophy Qualifier is a race that offers and opportunity for our strongest racers to compete against skiers from Tri-state and other youth racing teams from eight area states on a higher level of competition. The three age groups that are included in this race are 9 & 10 (JV), 11 & 12 (JIV), and 13 & 14 (JIII). Typically each team in the EMBWL is invited to send approximately twelve racers to the Qualifier. The Qualifier is held early in February, at Bradford Ski Area, with the top six finishers in each age group (both boys and girls) advancing to the Francis Piche Invitational Race at Gunstock Mountain in Guilford, New Hampshire. This is a two-day event, Friday and Saturday during the first or second weekend in March.

Piche racers must be members of the United States Ski Association (USSA). The cost of membership is dependant upon the racer's age. Membership information and application forms can be found on the USSA website (www.ussa.org/). Helmets and goggles are required. The racers and their families are responsible for all expenses incurred in conjunction with these two races. In addition, each racer pays an equal contribution of our coaches' expenses (approximately \$20.00).

The Ski Ward Race Team Board of Directors & Coaches selects the final candidates for the qualifier to the Piche Invitational Race from qualifying racers. The following guidelines are used to assist the Board in their decision:

1. Placement in races prior to entry deadline.
2. Comparison of race times to top racers from other EMBWL teams in the same age groups in the same race.
3. Coaches' evaluation of the racer's performance and attitude.

III. Practices

Dry-Land Training

If scheduling permits, there will be dry-land training sessions before the season begins. The purpose of dry-land training is so the coaches and racers can become acquainted and also so the children can become acquainted with the other racers on the team. Children should dress appropriately and should not under-dress if it is cold.

Our dry-land sessions are intended to supplement the racer's regular workout schedule not begin it. It is important that parents encourage their racers to begin getting in shape for the ski season early.

On-Snow Training

As soon as snow conditions allow, on-snow training will begin. The race season generally runs from mid-December through the beginning of March. Ski Ward has snow making capabilities that help insure a full race season. Practices are held at Ski Ward on Friday evenings from 7:00 – 8:30 p.m. for J6 racers and from 7:00 to 8:45 for J5 and older racers throughout the race season. The race team also holds several December Tuesday night practices (see SWRT Calendar for dates) from 7:00 – 8:30 p.m. for J6 racers and from 7:00 to 8:45 for J5 and older racers. The focus will be on skiing techniques during some practices and on racing techniques at others.

IV. Requirements

Racer's Commitment

1. Members of the Ski Ward Race Team are expected to attend as many practices as possible. The practice schedule is designed to afford the coaches an equal amount of time on skiing technique and race training.
2. A strong and flexible racer has a better chance of succeeding and a lesser chance of becoming injured.
3. Athletes require more sleep. We suggest that all racers get a good night sleep before practices and especially before races. It is equally important that racers maintain a healthy diet. It is important! Make sure that you eat a good breakfast before a race.
4. Review the race rules with your child (Copies are available from the Race Chairman.)

Equipment & Clothing

1. Ski Boots – should be well-fitted, flexible, front entry buckle type boots (no rear-entry boots!)
2. Skis – all racers should have one pair of soft-flex skis. Skis should be race-ready: bottoms flat filed, edges sharpened, tips and tails de-tuned and waxed for snow conditions and snow temperature. A ski tune-up clinic may be held during the early part of the season. Flyers are also available on ski tuning, usually posted on the Race Team bulletin board or can be obtained from a Race Team officer, and information is posted on our web page.
3. Goggles – are *Strongly Recommended* for all practices and races. They help protect racers' eyes from the gate poles and the keep out the elements. Clear goggles are strongly recommended for evening practices. Tinted goggles are beneficial on sunny race days.

4. **Helmets** – Starting with the 2004 – 2005 race season the Eastern Massachusetts Buddy Werner League has passed a by-law REQUIRING the use of helmets at all League Sponsored events. All racers are now required to wear an appropriate alpine ski helmet. Although no specifications have been mandated for ski helmet certification look for helmets that contain one or more of the following certifications: CEN, Snell RS-98 or S-98, ASTM F-2040, or other ASTM certification.
5. **Clothing** – Weather appropriate clothing should be worn to all practices and races. Please remember that the temperatures on the chair lift and on the hill are colder than in your backyard. Layering works best. A sports bag with extra layers and a second pair of gloves, ski socks, etc. is most helpful.

Worker Credits

Ski Ward Race Team is recognized for conducting well-run and well-organized races. In order to continue in this fashion each family has a choice at the beginning of the season to either pay a worker credit fee to opt out of any volunteer requirements during the season or to volunteer for two events during the season. If you choose to opt out of the volunteer program the cost is \$25.00 per credit and will be collected at the end of the season. See page 11 for more detail. You can sign up for the program on the registration form or by sending an email to Kathy Nash at kanash@townisp.com.

Several volunteer examples are:

- | | |
|----------------|---|
| Administrator: | Board of Directors,
League Representatives
Fund raising
Banquet
Parent Liaison
Ambassador |
| Race Day | Registration
50/50 Raffle
Gate Keeper or Announcer
Bib cleaner or collector
Starter
Chief of Course
Calculator/Poster |

V. Race Day...

...For the Racer

1. Show up early – NO LATER than 7:45 a.m.
2. Go to the registration area, check-in, and get your bib for the race.
3. Purchase a lift ticket. (Some Ski Areas offer a Race Day Discount – Be sure to ask when purchasing a ticket).
4. Dress for the race, do some warm-ups and take a couple of ski runs. **DO NOT GO THROUGH THE RACECOURSE PRIOR TO THE START OF THE RACE! IF YOU GO THROUGH THE COURSE YOU WILL BE DISQUALIFIED!**
5. Be on time for Course Inspection. This usually begins around 8:30. Find your coach when you arrive and ask when and where you are to meet for Course Inspection.
6. Watch the clock so that you are at the top of the racecourse for the start of your age group.
7. Race your first run. Ski safe, have fun and good luck!
8. Listen for your time then cheer on your teammates.
9. Race your second run.
10. Check your time and then cheer on your teammates.
11. Attend the Awards Ceremony that usually takes place about one half hour after the last racer finishes.

...For the Parents

1. Ensure that your son or daughter arrives on time. (No later than 7:45 a.m.!))
2. Make certain that they have the necessary equipment and clothing.
3. Help your child register and get them out on the hill at the designated time. The coaches will take over from there.
4. If you volunteered to help, find out where you need to be and when. Each family is expected to volunteer to help on at least two race days. So PLEASE contact the Race Chairman or the Age Group Representative for your child's age group to sign-up to help (see Volunteer Job Description Section, pages 11-12 for details).
5. Dress warmly and join the crowd at the finish line. Warm boots are highly recommended. Enjoy the day and help cheer on the team!

6. The Awards Ceremony is typically held approximately one half hour after the last racer crosses the finish line. The first ten finishes of all age and gender groups receive ribbons. Eight and Under racers who do not place in the top ten are awarded participant ribbons.

VI. FREQUENTLY ASKED QUESTIONS

How Do I find out scheduling information?

You will receive a Season's Calendar, race rules and the Parent Handbook at the beginning of the season once your membership dues have been received. Other team information, team newsletters and weekly race results will be posted on the SWRT website. www.skiwardraceteam.com.

How do I volunteer to help?

See the attached list of Volunteer Positions. Contact your Age Group Representative, Race Chair, or a Board member. Contact Information is provided on page 14.

Who do I contact if I have a question?

Contact the Race Chair, Volunteer Coordinator, Board member, or your child's coach.

How are cancellations communicated?

In the event that a practice or race is cancelled due to inclement weather it will be announced via e-mail to the team members and noted on the SWRT website. Do not call the Ski Ward Snow phone.

Are there team sponsors?

Yes. The Ski Ward Race Team gratefully acknowledges the generous support our team receives from local businesses and individuals. Over the past few years, our race team program has grown dramatically. Through the combined effort and support of our team sponsors, the Lacroix family, our dedicated coaching staff, and the many parent volunteers that make our program a success we continue to provide a quality recreational race program to the children and young adults of our local community. Perhaps you know of a business or organization that would like to sponsor our team. If so, please have them contact Ginny Foster, President Ski Ward Race Team. See Board of Directors list for contact information.

VII. Volunteer Positions

Volunteer descriptions: Volunteering is the best way to meet families on the race team. Please include your preferences on your registration form. Every effort will be made to place you where you have requested. If you put nothing; then you will be placed where you are needed the most.

Race Day:

- **6 Registration Volunteers** - Registration volunteers report at 7:30 a.m. to the outside of Main Lodge where they will setup registration. Then they will check off racers off on the Official Seed List and hand out bibs. Registration ends at approximately 8:45 a.m.
- **1 50/50 Raffle** – Raffle volunteer reports to the race trailer at 7:30 a.m. to pick up raffle bucket and begins selling raffle tickets during registration and the 1st run.

9 and Over Racers (The BIG hill):

- **2 Starters (Queuing Racers)** – Reports at 8:30 a.m. to gatekeeper's meeting at bottom of racecourse. The Starters are posted at top of hill near the start house. You are responsible for queuing racers in the proper race order for both races. Ski Ward Race Team provides a Starter in race shack at the top of the hill. You do not need to be on skis for this position. 1 "starter" per course.
- **6 - 8 Gatekeepers** – Reports at 8:30 a.m. to gatekeeper's meeting at bottom of racecourse. Gatekeepers are stationed along the sides of the racecourse and will observe racers as they proceed through assigned gates. They will record the bib number of a racer who fails to pass through assigned gates on the Gate Judge Card. They will also help with gate maintenance when necessary; notify Chief of Course of DSQ's and any other problems.
- **2 Finish Line Judges** - Reports at 8:30 a.m. to gatekeeper's meeting at bottom of racecourse. Finish Line Judges are stationed at the finish line of the racecourse. They observe racers as they proceed through the last two gates and the finish line. They record the bib number of a racer who fails to pass through assigned gates or finish line on the gate judge card. In addition, the Finish Line Judge oversees all racer discrepancies and calls for racer reruns. 1 judge per course.
- **1 Chief of Course** - Reports at 8:30 a.m. to gatekeeper's meeting at bottom of racecourse. The Chief of Course collects the gate judge cards

from gatekeepers after each age group races and delivers them to the Race Chair. In addition oversees all safety and maintenance aspects of the racecourse. The Chief of Course must be on skis.

- **2 Recorders** – Reports at 8:30 a.m. to the race shack at the bottom of the racecourse. Recorders enter the time of each racer on the official seed list and are located at the bottom of the hill.
- **2 Bib Collectors** – Bib Collectors report to the race trailer and pick up the empty rubber bins before the 2nd run. They will collect the bibs from each racer as they complete their second run and place the bibs neatly in the bins. At the end of the 2nd race they will return all bins to the race trailer.
- **1 Ribbon Preparer** - Ribbon Preparer reports at the end of the race (after both runs) to the race trailer and is responsible for printing the top ten racer names for each age group and placing them on the ribbons.

Under 8 Hill (J6 Race hill):

- **1 Starter** – Reports at 8:30 a.m. to the Under Eight Start Line and starts each racer when the course is clear.
- **1 Announcer** - Announces racers names using Ski Ward Race Team bull-horn.
- **1 Gate Helper** – Gate Helper is on the course to assist those racers who may need help during their race.
- **1 Timer** - Timer reports to race trailer to pick up timing equipment at 8:00 a.m. and then to the under eight finish line by 8:30 a.m. The Timer will time each individual racer.
- **2 Recorders** – Recorder report at 8:30 a.m. to the finish line. Recorders will record the times of each racer on the Official Seed List. At end of each run the recorder will give the times to the J6 Race Chair or bring results to the race trailer and give to timing official.
- **1 Ribbon Preparer** – Reports at end of after both runs to Main Lodge. The Ribbon Preparer will write the top ten placers and participant's names on the ribbons.
- **2 Bib Collectors** – Bib Collectors report to the race trailer and pick up the empty rubber bins before the 2nd run. They will collect the bibs from the each racer as they complete their second run and place the bibs neatly in the bins. At the end of the 2nd race they will return all bins to the race trailer.

NON Race Day Volunteer Positions:

- **2 Bib Cleaning** - 2 volunteers are needed for this job. Before the season starts one volunteer needs to pick up bibs at race trailer in December. They will take the bibs home and wash and sort them in numerical order and list any missing numbers. The bibs will need to be returned to the race trailer prior to our first home race. At the middle of the season the second volunteer will take all the bibs home to wash and sort them in numerical order. These bibs must be returned to race trailer prior to the next race.
- **2 Bib Organizers** - Every Friday night – Bib organizers report to race trailer during the Friday night practice. They will organize all the racer bibs in numerical order (making note of any missing bib numbers). The time commitment is about 1-1 ½ hours.
- **Ski Ward Race Team Ambassadors** – Call new parents and racers at the beginning of the season to welcome them into the program and answer any questions they may have. Meet them on the first race day to help them get familiar with the days events.
- **8 Championship Race Day BBQ** - Assist BBQ coordinator with setup; clean up and grilling during the championship race. This is a great thing to share as a family. Time: set-up 7:00 a.m.; grilling starts around 10 a.m. and clean up around 3p.m.
- **2 Banquet Volunteers** - Assist Banquet coordinator the day of banquet with registration etc....

Please contact Kathy Nash with any questions about volunteer positions at kanash@townisp.com

VIII. Contact Information

2008/2009 SWRT Board Members and Chairs

<p>President Ginny Foster 78 Pleasant Street Hopkinton, MA 01748 H: 508.435.6679 C: 978.376.5327 gf_swrt@msn.com</p>	<p>Vice President Scott Morin 88 Adams Street Westborough MA 01581 H: 508.898.2248 C: 508.878.1134 scott.morin5@earth.us</p>	<p>Vice President Kent Stout 6 Sherburne Rd. Westborough, MA 01581 H:508-898-0917 C:508-667-0537 kstout@capitvate.com kstout@verizon.net</p>
<p>Vice President Chris Bersani 20 Olde Coach Road Westborough, MA 01581 H: 508 366-3996 C: 508 523-6414 bersani20@charter.net cbersani@hrsa.gov</p>	<p>Treasurer Joe Buchholz Jr. 102 Depot Road Oxford MA 01540 H: 508.987.2478 C: 508.524.2857 joebuchholzjr@msn.com</p>	<p>Race Chair Geoff Spofford 15 Old Colony Drive Westborough MA 01581 H: 508.366.6969 C: 508.735.7454 gspofford@lzes.com gspofford@charter.net</p>
<p>J6 Chair To be announced</p>	<p>Secretary Jules Lipke 21 Glen St. Westborough MA, 01581 H: 508.366.2999 lipkes4@msn.com</p>	<p>Communication - Website Al Tournas 1 Edward Dunn Way Westborough, MA 01581 H: 508.366.0872 C: 508.450.9582 atournas@charter.net</p>
<p>Fundraiser Coordinator Paul Konz 11 Comstock Dr. Shrewsbury, MA 01545 H: 508.482-0346 pkonz@townisp.com pkonz@vanderweil.com</p>	<p>Coach Coordinator Sue Kronlund 8 Straw Hollow Lane Shrewsbury, MA 01545 H: 508.842.3484 C: 508.320.8797 skronlund@townisp.com</p>	<p>Technical Expert Mark Pyenson 24 Timberline Road Millis, MA 02054 H: 508.376.9453 C: 508.868.7025 mipyenson@hotmail.com mipyenson@navisite.com</p>
<p>EMBWL – League Rep Donna Donovan 128 Ruggles Street Westborough, MA 01581 H: 508.366.8480 C: 508.330.9423 ddonovan728@aol.com</p>	<p>Volunteer Coordinator Kathy Nash 55 Ireta Road Shrewsbury, MA 01545 H: 508-842-5146 C:508-523-1328 kanash@townisp.com</p>	<p>Communication Chair Amanda Morin 88 Adams Street Westborough MA 01581 H: 508.898.2248 C: 508.878.1134 missamanda5@verizon.net</p>
<p>Fundraiser Coordinator Bill Buress 508-414-0374 Vitesse42@aol.com</p>		

Age Group Representatives

Information posted on Ski Ward Race Team bulletin board, and web site

Numbers and Addresses

Ski Ward Snow Phone (508) 842-6346

Mailing Address: Ski Ward Race Team
P.O. Box 34
Northboro, MA 01532

Email: skiwardraceteam@hotmail.com
Web Site: <http://www.skiwardraceteam.com>

IX. Directions

SKI AREA DIRECTIONS

NASHOBA VALLEY SKI AREA: <http://www.skinashoba.com/>

BRADFORD SKI AREA: <http://www.skibradford.com>

BLUE HILLS SKI AREA: <http://www.ski-bluehills.com>