



Appalachian Junior Race Team

Athlete and Parent Handbook



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Welcome to the Team!
We are glad to have you as a part of
Appalachian Ski Mtn.'s Junior Race Team.

www.appskimtnteam.org



French-Swiss Ski College and Appalachian Ski Education Foundation (ASEF)

*"Practice does not make perfect.
Only perfect practice makes perfect!"
-Vince Lombardi*

The French-Swiss Ski College follows a few simple guidelines in coaching the Appalachian Junior Race Team:

Safety: We believe within a structured program, a child will learn responsibility and appropriate standards of behavior, which enable him/her to function safely.

Fun: A fun program will produce children who accept responsibilities, who accept others and who accept themselves.

Learning: Learning includes developing skiing skill, sportsmanship and team participation. Being a team member creates the need for cooperation, understanding, and being supportive of others.

Skiing Skills: It is very important for young skiers to develop a strong understanding of how they move through turns. This awareness, combined with a sound technique and practice lead to consistency in performance.

Appalachian Ski Education Foundation, Inc. (ASEF, INC.) was founded in the spring of 2011 to serve as a charitable organization to promote physical activity for youth and recreational activities focused on snow sports – skiing specifically (with plans to including snowboarding in the future). The organization strives to provide educational opportunities for youth involved in junior ski racing, equipment for ski races and for race training, scholarship funds for youth demonstrating that financial need is a barrier to participating in ski racing, and encouragement for youth from the Northwestern Appalachian region of North Carolina to participate in and develop a lifelong interest in snow sports unique to the area.

About High Country Junior Race Series (HCJRS)

The High Country Junior Race Series (referred to as "HCJRS"), started in 1984 as a friendly competition between junior skiers from the then four area ski resorts (Appalachian Ski Mtn., Hawksnest, Beech Mountain Resort, and Sugar Mountain Resort). The race series brings together junior athletes, ages 4 to 18, to participate in a series of races held at each ski area, culminating in a rotating Championship race. At each race, medals are awarded to the top three finishers among the boys and girls in each age group. Cumulative points are awarded to

the individual racer and carry over from each race to the Championships, where trophies are awarded to athletes with the most points for the season. A team trophy is also awarded to the team from the ski area with the most points for the season.

To be eligible, Racers must meet each of the listed eligibility requirements: The HCJRS is open to alpine skiers only, no snowboard or telemark skiers are allowed. HCJRS is open to teams from Appalachian Ski Mtn., Beech Mountain Resort and Sugar Mountain Resort. Racers may be no older than 18 by December 31st of the current season. Age group is determined by age as of December 31st of the current season; Racers will be divided by gender and then age as follows: 6 & Under, 7-8, 9-10, 11-12, 13-14, 15-16 and 17-18. Racers must race in their appropriate age/gender category. To be eligible to race at a scheduled event, racers must be in line to be registered by the close of registration on the morning of the race. No new racers will be accepted or added after registration has closed. Racers must also be listed on the race roster of the ski area they wish to be affiliated with.

What to Expect During Practice Sessions and Open Gate Time

Formal Practice Session: Official team practices are scheduled through French Swiss Ski College and are Friday evenings and Saturday mornings beginning early January with an afternoon workshop in early December.

These practices are the athletes' best opportunity for skill development. Under the watchful eye of trained coaches and instructors the athletes will take part in drills developing balance, edge and speed control. They will also spend time learning how to run gates or for more seasoned athletes, run gates faster.

Discussing what the coaches talked about with your athlete is a great way to help them benefit more from these practices.

Open Gate Time: With committed volunteers have come great opportunities for our athletes. In addition to formal coached practices, we have informal gate time. Two afternoons per week from 3:30 to 5:00 pm gates are set up by parent volunteers (Tuesdays and Thursdays). This is an excellent opportunity to spend more time running gates. Remember that any time on the snow is beneficial, especially if the athletes are having fun. To participate in any open gate session the skier must be registered for training through French Swiss Ski College.

Please note that athletes must be able to ride the chair lift independently or have a chaperone accompany them to all practices and races. Neither French Swiss Ski College nor ASEF are responsible for providing assistance to athletes unable to ride the chair lift independently.

What to Expect on HCJRS Race Days

Race Days are fun and exciting time for both athletes and their families. If this is your first season racing, knowing what to expect can help make these days run smoothly.

General Race Day Set Up

The schedule of events for each race can be found at www.HCJRS.org. Race registration information and forms will generally be posted during the week preceding the race.

Regardless of the race location, several things are the same every race day. Plan to arrive with plenty of time to register and boot up. Be certain to go to the “Race Desk” where racer bibs will be issued, money collected and release forms signed by a parent or guardian. Bibs are issued to each athlete and it is their responsibility to keep up with the bib and return it when instructed. Registration generally closes an hour prior to the start of the race. Please note that each ski mountain has different policies regarding method of payment: some only accept cash or check. You can find the method of payment on the HCJRS website.

During designated course inspection time, the athletes should inspect the racecourse at least once with their coach. At this time no one is allowed to ski the course. Athletes and coaches may “slip” the course. When slipping the course skiers are sliding sideways or in a large wedge. When snow conditions warrant, the Race Director will require that course inspection be done from the side of the course. No one is allowed in the course or to slip the course without the Race Director’s instruction to do so.

Once race time approaches, the athletes will be grouped by age group, starting with the youngest (ladies first). Each racer will ski the course twice. The athlete’s best time will be used to determine their standing. Athletes are responsible for reporting to the starting gate. If a racer is late he or she will have to wait until the end of the division to race.

Awards will be given for the top three finishers in each age group and division. The time and location of the awards ceremony will be announced at the race. Racers in each group will accumulate points for themselves and their team. These points accumulate to determine both individual and team standings at the Championship Race.

Mountain Specific Insider Tips

Races at Appalachian Ski Mtn. are often less intimidating for our team’s first time athletes as this is the course they train on. This is also the best resort to invite non-skiing family and friends to watch the races, for that matter it is the only place you can see the race course from the ski lodge! Registration is typically on the third floor of the lodge in the Snow Cloud Room or in the Annex.

Sugar Mountain's parking fills up quickly, so get there early or you may have a long walk. You may also want to head up the lift a little early as it takes two chairs to get to the start of the course. This is also a great time to make sure parent's skis are freshly tuned as the NASTAR race course is often open to the public after the junior races are complete (be certain to register). Registration is held on the top floor of the lodge.

Ski Beech also has a parking lot that fills quickly. Registration is held in the View Haus Restaurant.

High Country Junior Race Series Race Schedule

Please visit www.hcjrs.org for the current race schedule.

Useful Contact Info and Resources

Coaching Staff

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Informative Web Sites

Appalachian Ski Education Foundation (ASEF):

www.appskimtnteam.org is maintained and edited by Erika Hudspeth.

High Country Junior Race Series: **www.hcjrs.org**

The HCJRS website displays photographs, race times and schedule information supported and maintained by Oscar Knight. Find race registration forms, pictures, announcements and much more.

French-Swiss Ski College: **www.skifrench-swiss.com**

Appalachian Ski Mtn.: **www.appskimtn.com**

Alpine Ski Shop: www.alpineskishopnc.com

www.facebook.com/pages/Appalachian-Ski-Mountain-Race-Team

Friend us on Facebook for great photos, open gate time information and general communication among team members and parents. For privacy reasons, please allow parents to “tag” their own children in any photos you post to the Facebook page.

Other Race Opportunities

NASTAR provides a fun, competitive racing program that, through the development of a handicap system, allows racers of all ages and abilities across the country to compare their race results regardless of when and where they race. For more information go to **www.nastar.com**.

The Crescent Ski Council operates one of the finest amateur ski and snowboard racing programs in the nation. Authorized clubs all over the Southeast compete at ski areas in North Carolina and West Virginia on six weekends. For more information go to www.crescentskicouncil.org.

The U.S. Ski and Snowboard Association (USSA) provides opportunities for athletes in the most exciting Olympic action sports. The USSA's programs provide education, development and competition opportunities for young athletes, from grassroots USSA club programs up through national teams and the Olympic Winter Games.

The USSA provides education and support for local coaches, officials, parents and volunteers, a local and national calendar of events, competition rules, and a development system to provide for advancement from grassroots up through the national team. ASEF looks to the USSA for education, training methods and leadership programs. For more information go to www.ussa.org.

Athlete Code of Conduct

As a member of the Appalachian Junior Ski Team, athletes are asked to adhere to the following code of conduct:

1. Be respectful of coaches, other athletes, ski area personnel parents and spectators.
2. Not use inappropriate language while on the mountain, in the lodge or any time representing the Team.
3. Care for and treat Team equipment and Mountain property with respect.
4. Act in a sportsman-like manner during both practices and races.
5. Practice and race in a safe manner.
6. Arrive on time for practices, meetings and races. Notify coaches if arriving late or absent in advance.
7. Be properly dressed with equipment tuned and ready at practices and races.
8. Strive to become the best athlete you can be by taking care of your body and practicing appropriately.

As a parent or guardian of an Appalachian Junior Race Team member, you are encouraged to help your athlete understand this Code of Conduct and conduct him/herself in a manner consistent with this code and to set an example of good sportsmanship.

It is also requested that you or a responsible party remain present (on Mountain property) with the athlete during all practices and/or races.