

# STA Boys and Girls Alpine ski Team Program

## 2018-2019 Season

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The STA Boys and Girls Alpine Ski Team consists of experienced USSA racers as well as advanced level skiers just learning to race. The main goal of the program is to provide an enjoyable and rewarding team experience while developing individual skills.

**Coaches** - Head coach – Dave Goodwin

**Registration** – Students interested in joining the ski team must register online by Friday, October 26. The first team meeting with Coach will be in the gym during the 12:15 break on Tuesday, October 23.

**Medical Eligibility** – Medical forms for all team members must be current and Impact Testing must be completed by Friday, November 16.

**Program** - The program for the 2018 – 2019 season will consist of dry land training sessions, six gate training sessions and five races followed by the State Meet and the Meet of Champions.

To be eligible for any of the scheduled races, you must participate in the training sessions held on Sunday afternoons from 12:30 to 3:00 at Gunstock Mountain. The cost of the program includes an all day lift ticket which allows free skiing before and after practices. An athlete may withdraw from the program and will receive a pro-rated refund after the first gate training session; however, there are no refunds for missed practices. If you cannot make all of the practices because of school, work or family obligations, please speak to Coach Goodwin.

**Payment** - Cost for the program is 200.00, due by Thursday, December 6, 2018

***Please make checks payable to David Goodwin.***

**Mandatory Team Meet and Greet/Safety Meeting – Thursday, November 1, 2018 at 6 pm**

This pre-season meeting is mandatory for all athletes and their parent(s) and will provide an opportunity to meet Coach Goodwin as well as other families involved in the program. We will also watch and discuss a brief safety video, which is required by Gunstock Mountain and review some of the more important program details.

**Pre-season Training** – Conditioning sessions, which consists of basic aerobic, strength and balance exercises will be held every Monday and Thursday at school from 2:45 – 3:45 beginning November 26, 2018. All team members must check in at the beginning of each practice and participate in at least one session each week.

**Practices** – Gate training practices are held at Gunstock Mountain on Sundays from 12:30 - 3:00 pm, beginning on Sunday, January 6, 2019. Lift tickets for the day may be picked up at the season pass office and used for free skiing anytime before practice begins. Transportation to the mountain is the responsibility of each athlete, so those who need a ride should make arrangements to car pool with other teammates. Practice is only cancelled if the mountain is closed or if travelling is dangerous (parents and athletes should decide if travelling is “dangerous” based on their individual circumstances) If practice is cancelled, you will be notified by 9 am that morning. Gunstock provides two race coaches who set courses and coach with STA coach Dave Goodwin for all practices. Performance from the first practice will be used to determine the line up for new team members. If

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you do not make the first practice, you will be placed in the lineup according to the coach's discretion and in the best interest of the team.

To participate in race training and races, **helmets with solid ear protection are mandatory**. For Slalom events pole guards and face guards are recommended, shin guards are optional.

**Races** – While we try to have as many racers as possible compete in each race, participation in the race program does not guarantee that you will be selected to race in all of the meets. (Sometimes races involving many teams must limit each team to 6-8 girls and 6-8 boys. When races are limited, starting order will be determined by Coach based on previous race results, training runs and other factors. Each team member will have the opportunity to participate in at least three of the scheduled races, which is also the requirement for participation in the State Meet as well as eligibility for a varsity letter. If a scheduled race is cancelled due to weather or travel conditions, it will be posted on the STA website and a text will be sent to the team members.

Athletes will miss 1 or 2 of their classes when participating in afternoon races and all of their classes when competing in all day races. It is the responsibility of each student on the day before a race to inform their teachers that they will be absent from class, pass in any assignments that may be due the day of the race and pick up work that is due the day following the race. During competitions, racers must remain on the race hill with the team and cannot "free ski" on other trails without the permission of the Coach. Each year, the line-up for the State Meet is very competitive. Results from all the practices and races, as well as input from the two Gunstock coaches, will be considered when choosing the team.

**Transportation** - All athletes must ride the bus to regular season races, but may sign out and ride home with their parents after the race has finished. Students may not drive to races unless approved by the Athletic Director with a written note from the parents. Because most parents attend the State Meet, there is no bus transportation for that race.

**Gunstock Season Pass** – All members of the STA Ski Team, as of December 1<sup>st</sup>, are eligible to purchase a discounted season pass at Gunstock directly from season pass office at Gunstock. Since daily training tickets are not required for athletes with season passes, a reimbursement of 20.00 for each training session attended (up to 120. if you make all 6 practices) will be made at the end of the season.

**Team Jackets** - Orders for team jackets will be taken at the first two dry land practices, with the payment of 140.00 due by Thursday, December 6, 2018. No late payments will be accepted as the jackets are sourced from Canada, and must all be ordered at the same time.

Questions regarding the program can be directed to Dave Goodwin at [goody3352@gmail.com](mailto:goody3352@gmail.com) or 603 978 4092

## Think snow !!!

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