

Tonkawood/Powder Ridge Alpine Race Team



Information & Registration 2023-2024 Season

Welcome!

The Alpine Race Team program is a component of the Powder Ridge Ski School and Team Tonkawood. All coaches work with the Powder Ridge Ski School and Team Tonkawood and have been trained in ski instruction as well as ski racing. This program is organized by the Minnesota Snow Development League (MSDL) and is comprised of seven ski areas: Andes Tower Hill, Buck Hill, Mt. Kato, Powder Ridge, Welch Village, Trollhaugen and Wild Mountain. This developmental level of competitive racing is often referred to as the “D-Team”. This manual provides information regarding the mission, general program information, expectations of participants, curriculum, concussion policies, and the season’s schedule. Registration forms are provided at the end of this packet. All questions can be submitted via email to skischool@powderridge.com or feel free to call Powder Ridge at 320-398-7200

Mission Statement

The Tonkawood/Powder Ridge Alpine D-Team aims to provide children with the opportunity to advance their skills in alpine ski racing. The Alpine D-Team also seeks to achieve:

Create a fun environment that develops a strong sense of community and team spirit.

Teach young athletes to be responsible skiers and to participate in fair play and honorable competition through an activity that supports a healthy lifestyle and lifelong participation.

Be Instrumental in inspiring young ski racers to do their best and develop their skiing skills through learning to race slalom and giant slalom.

General Program Information

It is D-Team Policy that skiers must be able to load and ride the chairlifts without help and at a minimum be able to ski on the intermediate slope called Single Cedar at Powder Ridge without assistance. Team members must have the ability to manage themselves while at Powder Ridge or at other ski areas we race at or have parent/guardian supervision. Including but not limited to bathroom breaks, snack breaks and lunch breaks. With the number of racers and the amount of space involved it is impossible for our coaches to always supervise each racer at all times.

Please see practice schedule on the following page.

2023-2024 Tonkawood/Powder Ridge Race Team Schedule

Saturday, December 2nd – Practice 9:30AM-2:00PM
Sunday, December 10th – Practice 9:30AM-2:00PM
Saturday, December 16th – Practice 9:30AM-2:00PM
Sunday, January 7th – Practice 9:30AM-2:00PM
Sunday, January 14th – Practice 9:30AM-2:00PM
Saturday, January 20th – RACE AT WELCH VILLAGE, Time TBD
Saturday, January 27th – Practice 9:30AM-2:00PM
Saturday, February 3rd – RACE AT ANDES TOWERS, Time TBD
Saturday, February 10th – Practice 9:30AM-2:00PM
Saturday, February 17th – Practice 9:30AM-2:00PM
Saturday, February 24th – RACE AT BUCK HILL, Time TBD
Saturday, March 2nd – Practice 9:30AM-2:00PM & Season End Celebration!

Expectations of Participants

We hope that racers enrolled in our program attend as many practices and races as possible; however, we recognize that family and other commitments may take precedence on some days. The race program's philosophy is a mix of Professional Ski Instructors of America (PSIA), the Primary Movement Teaching System (PMTS), and the United States Ski Association (USSA), but most importantly we promote Safety, Fun and Learning. The Alpine Race Team is focused on creating well rounded skiers utilizing a fun environment. To that end, it is the expectation that all skiers who participate in any of the Alpine Race Team activities should adhere to the highest standards in personal conduct. This includes but is not limited to the following:

Tonkawood/Powder Ridge Alpine Race Rules*

1. Be a responsible skier and always practice safely.
2. Always act courteous while skiing, whether at practices or races.
3. Always try your best to finish every run.
4. Expect to do lots of drills to improve your skiing.
5. Expect to have fun every day and you will!

** Failure to meet the expectations of these rules could result in dismissal from the race team without a refund of team fees.*

MSDL Rules*

1. No racer may hold a USSA card and race MSDL races simultaneously. However, racers may elect to race USSA races prior to/after the MSDL season or for approved fundraiser races hosted by USSA.
2. Age groups will be determined by the child's age as of September 1st.
3. Skiers compete against their own age and gender within age groups as follows: 6 and under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18
4. Racers 9 and under will race using soft stubby gates. This puts a premium on modeling proper technique used with full size gates at older ages.
5. FIS etiquette at all races: No shadowing courses, racers must stop between gates when inspecting the course, and no pre-running the course.
6. Conduct exemplifying fairness is expected at all times.
7. All race bibs must be worn and visible on race days.
8. Any racer may finish a run on one ski and have the time recorded as long as no gates were missed.
9. Each racer will have two runs in the morning and two runs in the afternoon.
10. Awards are determined by combining the best slalom and giant slalom time for each racer.
11. Team points are calculated at each race based on placing with first place receiving 5 points, second 4, third 3, fourth 2, and fifth place 1 point.
12. Awards will be presented after each race.
13. Registration for regular races begins at 9:00 AM with course inspection at 9:30 followed by the start of racing at 10:00 AM. Afternoon races are scheduled to begin at 1:00 PM and awards should be no later than 4:30 PM on race day. (Exact start times may vary but must be approved by the coaches of all participating teams).
14. Registration for the Championship race begins at 8:00 AM. Course inspection begins when the lifts open and the race will begin approximately 30 minutes after the courses have been opened for inspection.
15. In case of inclement weather, contact the host ski area. Races will be held unless the ski area closes.
16. The league does mandate helmets.

** Failure to meet the expectations of these rules could result in dismissal from the race team without a refund of team fees*

Curriculum

In parallel with the Powder Ridge Ski School the Alpine Race D-Team Program utilizes principles from the PSIA and PMTS instructional manuals as well as stages of development created by USSA Alpine Race Development Program. The following outline is a guide used by our coaches to establish individual skier competencies and to generate a sound progression that will lead each skier to his/her full potential. These progressions are aimed at allowing each skier to advance at his/her pace and develop skills to match. These progressions are based on skiing skill, as well as chronological and morphological age. The PSIA instructional methods have deep roots in the Austrian developed "Stem Christie"; however, modern equipment has led us to adopt a more progressive sequence of movements that ideally would not include any form of wedging. If however, skiers have experienced the wedge as a basic platform, we work with that individual to get them out of the wedge as soon as s/he is comfortable. The USSA Development program has three simple phases upon which skiers can be evaluated. The following is a sequence used by our program to judge developmental levels of each skier.

Stage One: Stance - skier demonstrates a balanced stance and edge control for advanced skiing.

Stage Two: Mechanics - skier demonstrates the properly centered mechanics of a controlled carved turn.

Stage Three: Finesse - skier is able to consistently put together the components of technique based on the demands of the environment and demonstrate fluidity and vision while consistently performing at/or near the top of his/her age-competitive level.

Stage Four: Strategies - Skier is able to analyze a race course, conditions, anticipate speed, identify transitions, rhythm changes, proper line, and execute visibly flawless skiing.

Concussion Management Protocol (CMP)

The state of MN passed into law a concussion management program that has several components. All coaches working with youth, HS and collegiate sports must complete CMP educational training. The basic rule in all sports (which may be worded slightly different in each rule book) states that:

"Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional."

Powder Ridge Winter Recreation Area, the MN State High School League and the State of MN highly recommend that every sport participant and parent should successfully complete the

20 minute NFHS online course Concussion in Sports—What You Need to Know. The course can be accessed at: www.nfhslearn.com or via CDC http://www.cdc.gov/concussion/headsup/online_training.html

Coaches' Discretion for a Suspected Head Injury

If a coach detects any signs of concussion or suspects a head injury during practice or a race, the coach will ask the skier to stop training/racing for the day. The parent, for the safety of his/her child should not override that decision unless a licensed health care professional has evaluated the skier and cleared him/her for further participation.

Tonkawood/Powder Ridge Alpine Race Registration Form

Name: _____

Age as of Sept. 1, 2023: _____ Gender: _____ D.O.B. ____/____/____

Street Address: _____

City: _____ MN, Zip: _____

Home Phone: _____ E-Mail: _____

Parents or Guardians: _____

Primary Phone: _____

Secondary Phone: _____

Emergency Contact (If Different): _____

Health Insurance Company: _____

Policy Number: _____

Liability Release and Medical Release

I recognize that skiing and alpine racing are vigorous and potentially hazardous sports. I understand that the potential for serious injury or death is present in the sport of skiing and ski racing. By enrolling in the Powder Ridge Alpine D-Team, I release Powder Ridge and its employees and coaches from liability that could arise from participation in this sport. I also release Powder Ridge and its employees and coaches from liability that could arise from travel to and from any race events. All participants must be covered by their own health insurance. Powder Ridge does not carry any kind of health insurance for the participants. I give the directors and coaches of the Powder Ridge Alpine D-Team permission to obtain medical aid for my child in the case of injury or illness. I understand that every effort will be made to contact me if medical attention becomes necessary. I have read and understand and agree to the above medical and liability release.

Participants Name: _____

Parent or Guardians Signature: _____ Date: ____/____/____

Please note any medical conditions or special considerations you wish the coaching staff to be made aware of to assist the racer in optimal participation and performance:

Program Fees – Checks Payable to Powder Ridge

2023-2023: \$450.00

Powder Ridge Alpine D-Team Informed Consent 2023-2024

As a current/potential race team member, you are invited to participate in The Powder Ridge Alpine D-Team Program that offers a unique opportunity of premium on-hill instruction for all its members. Practice Days: On-hill instruction is scheduled each practice day from 9:30 AM–2 PM. You should plan to be ready to ski at 9:30 AM, Breaks during the morning or afternoon time blocks may be dictated by inclement weather; otherwise, you as individual racers leaving the group will be unsupervised during your absence. Coaches will help you keep track of how long lunch will be and when practice is over at the end of the day which is 2:00 PM. (Note to parent/legal guardian: At the end of practice, coaches will try to ensure racers get to the chalet, but cannot take responsibility for the return of each racer to his/her parent/legal guardian at the end of each practice). Additionally, Team Coaches have the following expectations of each of its participant racers.

Racers must be able to:

- Ride the lift without assistance from a coach and/or parent helper.
- Negotiate your way down an intermediate slope while under control at all times.

Additionally, Racers will:

- (A)ct appropriately while at our home hill or during away races.
- (B)e responsible for their actions.
- (C)ourteously respect coaches, other racers and skiers.
- (D)emonstrate sound judgment while interacting with all others.

Failure to meet the above responsibilities and/or expectations could result in dismissal from the race team without a chance for refunding of your team fees. Your signature indicates that you have read the information provided above and have decided to participate. You may withdraw from participation at any time without prejudice after signing this form. All Alpine D-Team members must have his/her parent or legal guardian co-sign this informed consent.

Signature _____ Date _____

Signature _____ Date _____