

Detroit Mountain Alpine Ski Team

Parent Handbook

Welcome to the Detroit Mountain Alpine Development Ski Team! This handbook is designed as a reference that will answer many of your questions regarding the Ski Team Program. Please take time to review the information in the packet. If you have any questions, please feel free to call or email:

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Ski Team Philosophy:

The Alpine Ski Team (also known as the Ski Team or D-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. As coaches we will work with each of the racers to develop their technique, help set a race strategy, and build confidence on the slopes.

It is a priority of the Ski Team 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 experiences and looks forward to coming back each week.

Please encourage your child to be the hardest worker who has the most fun!

FAQ:

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

Answer: Ski Team racers practice all together but compete within their age group. The cutoff 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 compete as a 9 year old, since the birth date falls after September 1st. 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 age 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)

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

Answer: Our practices start promptly! For skiers to get the most out of their practice time, they must be at practice and ready to go on time. We will depart from the base area to warm-up, stretch, and work on various skills. If racers are early they will get the chance to help set our training courses. It is a great learning opportunity.

Question: *What if my child is late for practice?*

Answer: For skiers who are a few minutes late, please call/text a coach. Guest service staff/Ski School may also be able to radio a coach to locate the team so that your child can catch up. Racers should find a coach on the hill to get details on group assignments.

Question: *How are practices run at Detroit Mountain?*

Answer: Practices will be split into categories based on sizes of groups and skill levels. One segment will be ski technique and skill development. The other segment will be race technique. We will work on both Giant Slalom (GS) and Slalom (SL) training. Skiers will have approximately 15min unsupervised snack break. During extreme cold weather we may take more breaks.

Question: *When does my child have a snack break?*

Answer: We will typically take a group break around the middle of practice. The time will vary depending on weather, lift line, and practice progress. During this time, your child may be unsupervised. Children are expected to eat their snack, use the bathrooms, warm up, and get back out to practice in a timely manner. The YURT is our home base for breaks and gear.

Question: *What if my racer can't wait until the planned break?*

Answer: Racers are allowed to go in as needed. We understand that there are times that racers need an extra break. Coaches do their best to round up racers and move them back to practice. Our primary focus is coaching on the hill. It is the responsibility of the racer to be where they are supposed to be during practice hours.

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 practice. We try to provide as many learning opportunities as possible, keep skiers active, not standing around and to accomplish this, we need the cooperation of everyone.

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

Answer: YES. Concussions are a growing concern in youth sports, and helmets significantly reduce the risk of concussions in athletes. Our coaches will follow the protocol from the Centers for Disease Control and Prevention website: Heads Up Youth Sports: <http://www.cdc.gov/headsup/youthsports/index.html>

Question: *Do we have to have special race equipment?*

Answer: First year racers do not need any special race equipment. Talk to a coach if you have any questions. Watch to used equipment sales from families on our Facebook group page and participate in our ski swap/equipment order in the fall.

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

Answer: Practices and races are rarely cancelled for any weather-related circumstances unless hill is closed. On days of extreme cold, we will keep kids moving and take frequent breaks. We will use this time to review videotape and have "chalk talks." No days are wasted. Make sure your racers comes prepared with appropriate clothing for all conditions. Parents are free to determine how cold is too cold for their child. No refunds are given for cancelled or missed practices.

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

Answer: As a member of the Ski Team, you are representing not only yourselves, but also the coaches and Detroit Mountain Recreation 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 Detroit Mountain Ski Team is expected to display good sportsmanship at all times.

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

Answer: While races days are exciting for racers, they can also be long, chaotic, and draining. The following is a typical race day schedule.

8:30am	Registration
9:30am	Course is open for inspection
10am	Start 1 st run (usually Slalom)
1pm	Start 2 nd run (usually GS)
4:30pm	Awards Presentation

It is important that the racers get a proper chance to warm up, inspect courses, and prepare without feeling rushed. Please 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. Understand that this can be a stressful time for inexperienced racers. Try to help your racer by encouraging them to eat a good breakfast and continue to eat healthy foods throughout the day; more protein and less sugar. If you are late send your racer out immediately to find a coach. Course inspection closes prior to the race start and it is important that they have a chance to inspect the course.

Question: *What happens at race registration and where do we register?*

Answer: You need to find the registration table in the chalet prior to the race. There are generally separate lines for each age group. Here you will receive a bib number that must be displayed throughout the day so that race officials can see it. While registering, try to get a feel for where your bib number lies in the running order so you know approximately when to be at the top of the hill for your runs. Most race hosts will provide the coaches a race order, which will help you! Racers that show up late for their run will have to run at the end of their age group.

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

Answer: Course inspection is an important part of ski racing. All experienced and successful racers inspect, study, and memorize each course before they ski it. It is a skill that needs to be learned and practiced just like a carved turn. Coaches will help teach what to look for and how to inspect courses so that racers can grow to do this independently. Our philosophy is that course inspection should become part of a pre-racing routine and be used to start focusing on the upcoming race. Experienced racers will also have a chance to teach less experienced racers the art of reading a course.

Question: *How are the races formatted? And which comes first, Slalom (SL) or Giant Slalom (GS)?*

Answer: Every meet will consist of two slalom runs and two GS runs. Slalom is usually in the morning and will consist of 2 timed runs. For the second of these two runs, the run order will be reversed. The afternoon race is usually GS. The run order will return to its original order for the first run, and again be reversed for the second. Northland races are formatted differently, they mostly consist of two Giant Slalom runs.

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.

Team points are calculated as follows:

1 st Place	5 points
2 nd Place	4 points
3 rd Place	3 points
4 th Place	2 points
5 th Place	1 points

Participating teams are ranked by the total points earned by their racers.

*Northland Races are scored differently, visit www.njrs.org to view scoring format.

Question: *Will all 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 be given to the top 15 places.

Question: *How soon after a competition will the results be available?*

Answer: The results from each race are typically emailed to the coach a few days afterward. Coaches will make every attempt to share these results with parents and racers. While it is fun to see who wins and where each racer placed, it is more beneficial to most skiers to see how they personally improved from race to race. These improvements are not always a faster time.

Question: *What can I do to help on Race Days?*

Answer: Detroit Mountain will host 1-2 races during the 2019-2020 ski season. While it is fun to have a race on our home hill, it is also a lot of work for the host hill to organize and run a Ski Team event. For these races to operate successfully it requires cooperation between the ski area, the coaches, and the parents (and all of their relatives and friends)!

We encourage all of our Ski Team parents to volunteer at our home races. Watch for the sign up a few weeks prior to our first home race. We will do our best to assign parents to the race in which they have a racer. This will allow you to work and not give up the opportunity to watch your child race.

During away races, parents can help by making sure their racer is at the top of the race in time and lined up ready to go. We do not have enough coaches to be everywhere during the races. Having parents ski and help at the top and bottom makes a huge difference. We want all kids to feel successful and confident during the day. We thank you in advance for your help with all of our racers!

Sportsmanship and Conduct Expectations:

Our goal is that your winter with the Ski Team will be a positive and enriching experience for your entire family.

Expectations of Parents and Family members: We know that being a spectator to your child's events can bring on excitement and increased emotions at times. We are passionate too about your child's success and development. We expect parents to respond in a positive manner and set the example for good sportsmanship and conduct. If you find yourself in a situation that you feel conflict between yourself and a coach or assistant coach or another parent, we ask that you follow the chain of command. Please discuss the issue with the coach first, then if not resolved or you feel unheard, then your next contact person is, Tony Schmitz, Ski Team Program Manager. If you still feel unresolved you may then contact Megan Smith, Operations Manager for DM. We embrace feedback and healthy communication. We ask that this process be followed with regard to all issues that arise. If we find a parent is not setting an example of good sportsmanship or conduct we have the right to ask you to leave the event, practice or hill at any time. If there are issues that continue to arise we reserve the right to make decisions that could impact your child's involvement on the team.

Ski Team members: We love the passion and excitement that comes with racing. Everyone learns at different levels but all team members are expected to provide a supportive and encouraging environment for all. Our expectation is that the Ski Team kids wear the jackets and jerseys with pride and set the example out on the hill and in our community, remember you are an ambassador for Detroit Mountain. If Ski Team kids are cutting lines, skiing out of control, cutting off guests or acting inappropriately they will be reprimanded. This could mean loss of lift ticket for the day up to loss of season pass or removal from Ski Team, if behavior continues.

We hope this handbook is helpful in familiarizing you with our Ski Team program. We will strive each season to keep our skiers and parents informed as best as possible. If you have further questions, please don't hesitate to contact a coach!

See you on the mountain!

Sincerely,

The Detroit Mountain Ski Team Staff

Race Team Waiver Form 2019-2020

Snowsports School and Race Team Agreement and Release of Liability

Please read carefully, this is a Release of Liability & Waiver of Legal Rights

1. I understand and accept that alpine skiing and snowboarding in its various forms is a HAZARDOUS SPORT that has many dangers and risks. I realize that injuries are a common and ordinary occurrence of this sport and that severe injury, including death, is an inherent risk of skiing/snowboarding. I expressly assume all risk associated with skiing and/or snowboarding including without limitation, the risks and inherent dangers associated with skiing/snowboarding and riding the lifts. These risks include, but are not limited to, changes in terrain, weather and snow surfaces, changes in lighting conditions, ice, moguls, bare spots, debris, fences, posts, trees, lift equipment and towers, rope tows, light poles, signs, buildings, roads and walkways, ramps, half-pipes, padded and non-padded barriers, jumps, rails, boxes, race gates and other terrain features, grooming equipment, snowmobiles, utility or all-terrain vehicles, loading, riding and unloading lifts, collisions with other persons, and other natural and man-made hazards and slips and falls on ice and snow. I agree to follow, and be bound by, Your Responsibility Code.
2. In consideration of being allowed to use the area facilities and premises at Detroit Mountain Recreation Area, Inc., and specifically in exchange for the opportunity to participate in the Snowsports School and Race Team at Detroit Mountain Recreation Area, Inc., **I agree to release Detroit Mountain Recreation Area, Inc.**, and its agents, employees, directors, officers and shareholders **from any and all liability for personal injury, death or property damage** which results in any way from negligence, conditions on or about the premises and facilities, the operations, actions or omissions of employees or agents of the area, or my participation in skiing, snowboarding or other activities at the area, accepting myself the full responsibility for any and all such damage or injury of any kind which may result.
3. To the extent I am signing on behalf of a **minor, I hereby release Detroit Mountain Recreation Area, Inc. from any and all liability for personal injury, death or property damage** sustained by the minor which results in any way from negligence, conditions on or about the premises and facilities, the operations, actions or omissions of employees or agents of the area, or the minor's participation in skiing, snowboarding or other activities at the area, accepting myself the full responsibility for any and all such damage or injury of any kind which may result.
4. I further agree to **defend, indemnify and hold harmless Detroit Mountain Recreation Area, Inc.** from any and all claims, demands, losses, damages and liabilities, contribution or otherwise with respect to personal injury, death or property damage arising from my or a minor on whose behalf I signed, participation in skiing, snowboarding or other activities at Detroit Mountain Recreation Area, Inc.. I promise not to sue the Detroit Mountain Recreation Area, Inc. and further agree that if anyone is physically injured or property is damaged while I am engaged in any activity at Detroit Mountain Recreation Area, Inc. I will have no right to make a claim or file a lawsuit against the Detroit Mountain Recreation Area, Inc.. I agree to defend and indemnify the Detroit Mountain Recreation Area, Inc. for any and all claims, including subrogation and/or derivative claims brought by any third party or insurer, which I may cause.
5. In accordance with Minnesota law, nothing in this Release of Liability should be construed as releasing, discharging or waiving any claims I may have for conduct that constitutes greater than ordinary negligence on the part of Detroit Mountain Recreation Area, Inc..
6. This Release of Liability is governed by the Laws of the State of Minnesota and is intended to be interpreted as broadly as possible. If any part of this agreement is determined to be unenforceable, all other parts shall be given full force and effect.

I HAVE CAREFULLY READ THIS RELEASE OF LIABILITY AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND I SIGN IT OF MY OWN FREE WILL.

Participant's Signature

Participant's Printed Name

Date

Parent/Guardian: If the participant is a minor, I verify that I have the authority to enter into this agreement on behalf of the minor and I agree to be bound by all terms and conditions of this agreement.

Parent/Guardian's Signature

Parent/Guardian's Printed Name

Date

Sportsmanship and Conduct Expectations

DMRA Mission Statement:

To promote sound environmental recreation and educational programming to develop the health and wellness of children, families, and communities.

All Ski Team Members are responsible for knowing the Skier Responsibility Code and following it:

1. Always stay in control and be able to stop or avoid other people or objects.
2. People ahead of you have the right away. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas
7. Prior to using any lift, you must have the knowledge & ability to load, ride and unload safely.

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Ski Team members: We love the passion and excitement that comes with racing. Everyone learns at different levels but all team members are expected to provide a supportive and encouraging environment for all. Our expectation is that the Ski Team kids wear the jackets and jerseys with pride and set the example out on the hill and in our community, remember you are an ambassador for Detroit Mountain. If Ski Team kids are cutting lines, skiing out of control, cutting off guests or acting inappropriately they will be reprimanded. This could mean loss of lift ticket for the day up to loss of season pass or removal from Ski Team, if behavior continues.

Ski Team Member: By signing this you are aware of the expectations set by Detroit Mountain Ski Area and the Ski Team.

Participant's Signature

Participant's Printed Name

Date

Parent/Guardian: By signing this you are aware of the expectations set by Detroit Mountain Ski Area and the Ski Team.

Parent/Guardian's Signature

Parent/Guardian's Printed Name

Date