

## Detroit Mountain Alpine Race Teams Parent Handbook

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

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We hope that your winter with the team will be a positive and enriching experience for your entire family. We'll see you on the hill!

### Race Team Philosophy:

The Development Team (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 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!

The following are some FAQ about specific topics that you may find helpful.

### Race Age

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

**Answer:** D-Team racers practice all together but compete within their age group. The cut off 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)

**Northland Junior Race Series (NURS)** is the other program we are a part of. These races look a little differently and their age groups are slightly different as well. Click the link to learn more about this series.

### Practice Days:

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

**Answer:** Our practices start promptly at their designated times. For skiers to get the most out of the team, 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. 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 2 segments. 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. 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. Please speak to a coach if you feel your child may need a little extra TLC over the lunch/snack break.

The YURT is our home base for breaks and gear. The Lodge sells food and has bathrooms. Racers may use both areas. On unusually busy days/nights racers will be asked to use the Yurt only.

#### 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.](#)

### Course Set Up/Take Down

#### 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.

### Safety Equipment - Helmets & Guards

**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>

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

### Cold Weather

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

**Answer:** Practices and races are rarely cancelled for any weather-related circumstances. 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 come prepared with appropriate clothing for all conditions. **Parents are free to determine how cold is too cold for their child.**

### Conduct

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

**Answer:** As a member of the Alpine Race 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 Alpine Race Team is expected to display good sportsmanship at all times. Parents and family members are held to the same standard. Any misconduct may lead to a removal from the team.

### Race Days

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

**Answer:** While race 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
10:00am	Start 1st run (usually Slalom)
1:00pm	Start 2nd 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 (good luck)! 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.

### Registration

#### 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 (or they may break them down by their last names). 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.

### Course Inspection

#### 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.

### Race Format

#### 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. In other words, the first skier from the first run will ski last in the second run.

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. (just like the morning).

### Scoring

#### Question: How are the races scored?

**Answer:** When all four runs are complete, the scorers will add the time of your fastest slalom run to 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:

1st place	5 points	2nd place	4 points
3rd place	3 points	4th place	2 points
5th place	1 point		

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

### Awards

#### 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.

### Posting of Results

#### 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.

### Home/Away Races

#### Question: What can I do to help?

**Answer:** Detroit Mountain will host 1-3 races during the 2022-2023 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 race 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 Race 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!**

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

## Detroit Mountain Code of Values

Athletes, coaches, officials, parents, and volunteers are expected to follow the Detroit Mountain Race Team Code of Values which is based on the United States Ski Association (USSA) Code found in the USSA Alpine Competition Guide.

Athletes shall maintain high standards of moral and ethical conduct including, but not limited to:

- Self Control
- Responsibility for behavior
- Consideration for others
- Treating people and their property with respect
- Physical and Emotional well-being
- Good manners in public
- Sportsmanship

### Guidelines and Rules for Training:

1. Be on time for all team activities. If you are going to be absent or late, you must notify a coach in advance.
2. Come prepared with properly tuned skis for the events we are training each day.
3. Use of portable music players such as cell phones, Ipods and mp3 players are prohibited on the hill.
4. Helmets and goggles are mandatory for all training.
5. Mouth guards are strongly recommended for all older/advanced athletes.
6. Athletes are expected to bring a positive attitude to training and always give their best effort at training and races.

### General Rules and Conduct:

1. Be responsive and courteous to officials, parents, and volunteers.
2. Treat your teammates and coaches with respect.
3. The use of tobacco, alcohol, and drugs is strictly prohibited and will lead to dismissal from the Detroit Mountain Race Team.
4. Violent or aggressive behavior, hazing, and sexual harassment will not be tolerated and will lead to suspension from training with the Detroit Mountain Race Team.
5. Athletes & Parents will display mature and appropriate temperament at all Detroit Mountain activities, events, training, and races.
6. Dishonesty will not be tolerated and will lead to dismissal from the Detroit Mountain Race Team.
7. The use of profane, obscene or abusive language will not be tolerated.
8. The Ski Areas are our hosts and respect of their property applies. Clean up after yourselves. Be respectful of resort and ski area personnel and other guests.
9. Good Sportsmanship is required of our athletes at all times; including training, and races.

### Ski Area Rules and Safety:

The Detroit Mountain Race Team is very fortunate to have the opportunity to train at Detroit Mountain Recreation Area. Your way of saying **Thank You** is to always adhere to the Ski Area rules and follow the Skier's Responsibility Code. Detroit Mountain Race Team athletes are expected to always ski in a safe manner at all times. It is critical that you be aware of conditions, terrain, obstacles, and people around you while you are skiing and training. The Detroit Mountain Race Team coaches reserve the right to encourage and enforce the Athlete Code of Values and Safety and Behavior Guidelines. After one warning the coaches may dismiss uncooperative athletes/parents from training/area. After a second warning a parent meeting will be scheduled.

### Parents Code of Conduct:

The success of the Detroit Mountain Race Team depends upon positive involvement and support from the parents. Constructive feedback on programs and staff is welcomed and will help the organization further improve its programs. Please take time to understand the following items in the Parent Code of Conduct.

While in attendance at races or events, parents are requested to abide by the USSA and Student/Athlete Codes of Conduct as outlined below.

1. I will remember that children participate to have fun and that the competition is for youth, not adults.
2. Parents shall not be permitted on a racecourse unless designated as a coach or specifically requested by a coach or race official to slip or otherwise maintain the course, or act as an official or gatekeeper.
3. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
4. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
5. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
6. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
7. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, athlete, or parent such as inappropriate comments; refusing to shake hands; or using profane language or gestures.
8. I will respect the officials and their authority during competition and will never question, discuss, or confront coaches at an event, and will take time to speak with coaches at an agreed upon time and place.
9. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
10. I will refrain from coaching my child or other athletes during competitions and practices, unless I am one of the official coaches of the team.
11. During scheduled coaching sessions, no parent shall act as a coach without the expressed invitation of the appropriate program director.
12. Parents shall subjectively relate concerns regarding training, staff, their child, or other student athletes to the appropriate program director.
13. When addressing issues within a program, parents are requested to adhere to the following lines of communication for resolution of that issue: Coach, Operating Manager, General Manager.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or head of league organization.
- Written warning.
- Parental race suspension with written documentation of the incident kept on file by organizations involved.
- Parental season suspension.