



Race Team Handbook

2014-15 Season

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ASF RACE TEAM MISSION STATEMENT

The mission of the ASF Race Program is to teach the lifelong skills of skiing/snowboarding via the medium of competition in a progressive yet fun manner. It includes both off hill (i.e. non-skiing/riding) and on-hill elements.

Key Points:

- Stressing the fun of skiing/snowboarding
- Stressing the fun in competition
 - Getting satisfaction from competing
 - De-emphasizing results at lower levels
 - This results from participating with peers
- Not rushing progress, i.e. winning, succeeding at every level
 - Use an environment where the athlete can succeed
 - Setting attainable goals
 - Focus on each race – head to head competition
 - Soft focus on selection to post-season events for younger athletes
 - Build a strong foundation
 - Skiing/snowboarding skills
 - Racing skills
 - Mental skills
- Discuss the 3D's relating to goal setting
 - Direction, Decision, Dedication
 - Ex: Competitor committed to excellence
 - Weekend athlete striving to improve skiing/ riding
- Utilization USSA SkillsQuest
 - The objective of the SkillsQuest skiing skills assessment is to promote skills as a basis of technique by providing a resource where fundamental skills can be taught, measured and tracked over time with a reward system that motivates young athletes to improve their skills.
- Varying the percentages of ski/snowboard work with level of skiing
 - Ex: Raising percent of gates and lowering percent of strict drill work as athlete's skill level improves

ASF CODE OF CONDUCT FOR THE *WHOLE* FAMILY

All participants in ASF's programs are expected to follow a code of conduct above reproach both on and off the slopes, both at Windham and at competitions and functions away from our home mountain.

CODE OF CONDUCT

- 1 – Honesty and sportsman like conduct is required
- 2 – You are expected to be on time
- 3 – You are expected to clean up after yourself
- 4 – Official decisions are to be respected
- 5 – Abusive, profane language and disrespectful behavior will not be tolerated
- 6 – Coaches decisions as to activities and behavior are to be observed off and on the hill, home and away. You are expected to help on the hill at the discretion of the coaches, for example, side slipping the course, putting away poles, etc.

REGULATIONS FOR THE MOUNTAIN

It is expected that all ASF race program participants observe the rules and regulations of Windham Mountain.

YOUR RESPONSIBILITY CODE:

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. 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 and ability to load, ride and unload safely.

PARENTS/FAMILIES/ATHLETES RESPONSIBILITIES:

- 1 – The coaches will be available for questions or concerns. Parents are encouraged to visit with coaches regarding any problems or questions they may have.
- 2 – Program fees are to be paid before participation in any ASF programs.
- 3 – It is the program participants and parents responsibility to be on time and parents who are picking up athletes must be on time. Coaches have other responsibilities during the day that they must attend to immediately after training sessions.
- 4 – It is the program participants and parents responsibility to have the appropriate transportation and follow correct registration and fee procedures for all competitions.

5 – The coaches will be available for questions or concerns. Parents are encouraged to visit with coaches regarding any problems or questions they may have.

DISCIPLINARY PROCESS:

Disciplinary measures may be levied for significant violations of our code of conduct.

Repeated infractions of our code of conduct may, upon the recommendation of the coaches and with the approval of ASF's administration, lead to expulsion or suspension from the program without refund.

OUR MOST IMPORTANT CODE OF CONDUCT IS FUN, PASSION, LOVE OF SKIING AND RIDING, SPORTSMANSHIP AND A BEAUTIFUL SMILE!

PARENTS REMEMBER.....THIS IS FOR YOUR FAMILY MEMBER

TRAINING SCHEDULE AND COACHING SUPPORT

- Training will start **on snow** at 9:30am - 11:30am and 12:30pm - 2:30pm
- **All programs must start on time.** Please arrive by **9:00am** at the latest, early enough to get ready and be on snow by 9:30am.
- **Please bring all equipment/clothing needed for training to the area.** Scheduled training may change due to conditions or weather.
- **Check the ASF website racing page for training updates and the possibility for other training opportunities.**

RACE SCHEDULE AND COACHING SUPPORT

Website:

The ASF race team will have a website page posted. Please get in the habit of checking this site frequently so you know the current schedule and other information about training.

Russ will send weekly emails with information, please make sure to read these carefully.

COACHING SUPPORT

ASF will have coaches at any of the races listed on our schedule. This coaching is included in your race team program fees.

POST SEASON AND OTHER EVENTS

If you have qualified for or are interested in competing in a race that is not on our schedule or a post season event, please talk to the Race Team Coordinator as soon as possible to discuss the logistics of this and how ASF can work with you to help you compete at these events.

- ASF will attempt support athletes competing at events not on our schedule. An ASF coach will be selected through ASF based on coaching experience and availability.
- Coach's travel, lodging, meals and any other expenses shall be the responsibility of the competitor.
- If two or more competitors are competing in the same event they shall share the expenses of the coaching staff
- Travel and Lodging arrangements shall be coordinated between ASF and competitor/competitors.

EQUIPMENT

Skiing/snowboarding is not like swimming where all you need is a swimsuit and goggles. In ski racing the athlete needs a wide array of equipment which can make things very confusing. On one end of the scale we know how important the equipment is. The athlete must have both the correct type of equipment for him/her and most importantly the right size and fit. Therefore, it is imperative to contact the coach before buying anything. On the other end of the scale we know that equipment is not usually to blame for poor performances. We have heard many an athlete make excuses by using their equipment as the reason and then have their parents spend extra money on more gear. We have a saying, "It is not the horse's fault, it is the jockey's fault". We teach the athlete to take responsibility for their results and to work hard. So, before spending more money, please speak with the coach first so we can determine what to do.

Equipment can be a big expense and keeping up is difficult. There are constantly new trends on the market, the athlete is growing so fast, and because we are on the snow almost daily equipment just plain wears out. Check with local shops, they often have sales at the end of a season or leftovers at the prior season. Many mountains have ski swaps at the beginning of the season where you can find great deals on equipment.

Once we get the athlete outfitted perfectly we can teach him/her that the cool thing is performing well.

SO HOW MUCH EQUIPMENT DO I HAVE TO BUY?

A lot...but not as much as you are being told.

SKIS/BOARDS: Many of our athletes have one pair of skis or one snowboard. This may be fine for you too, but you should know that many higher level athletes have multiple pairs of skis or multiple snowboards.

The racer must take care of his/her skis/snowboard, keeping the edges sharp and the bases flat, smooth, and saturated with wax. Then, alternating the skis on different feet, one side for practice and the other side for races, will enable the racer to have only one pair of skis. Snowboarders, unfortunately only have two edges which are used all the time so you will have to take care of your edges more frequently. If the athlete wishes to use only one pair of skis or one snowboard for both Slalom and GS he/she has three choices: Use either a longer Slalom ski/snowboard, a shorter GS ski/snowboard or a multi-event ski/snowboard.

Skis and boards need to be tuned frequently. If you (athlete or parent) cannot do this on your own, find a good tuner at a ski shop or ask around at ASF. We will have a couple of tuning clinics each year so everyone can learn more about taking care of their equipment. *Work toward having the athlete tune their own skis so they know exactly what they feel and need in their racing.*

BOOTS: Boots are the most important piece of equipment for the racer and the KISS principle (keep it simple stupid) applies. Boots should be comfortable, flex at the ankle, and should be low and not engulf the entire lower leg. SOFT = YOUNGER

Orthotics and canting may be just what the athlete needs to help their performance. It is a tough science so please talk to the coach before purchasing these items.

POLES: Proper fit for poles... The athlete holds the poles upside down with his/her hand just under the basket. While standing tall in this fashion, with the handle of the pole on the ground, the elbow joint of the athlete should be at a 90 degree angle. Err longer for GS and Super-G poles and shorter for Slalom poles. Slalom poles should have a pole guard to protect from hitting the gates and GS/Super-G poles may be bent to the contour of the body when it is in a tuck. A long pole may be cut to size.

Snowboarders no worries here!!

OTHER EQUIPMENT: A racer MUST wear a helmet at all times training and racing. A facemask, mouth guard, and shin guards for Slalom are good ideas. In the GS, a stealth (padding) may be worn under the GS suit.

Remember, the athlete should dress warmly because muscles do not work well if they are cold.

EQUIPMENT REGULATIONS: See USSA, USASA, FIS and IPC

GETTING READY FOR RACE DAY

Everyone wants to have a successful race! Preparation for your competition can be as important as the competition. There are many components that can make the difference between a great competition experience and just a plain old bad day. That's no fun. There are many things we cannot control on race day, such as weather, conditions and race course. So let's focus on the things we can control leading up to race day and the race.

It all starts with our physical preparation that's starts well before the season. During the summer months we should have physical activities that keep are mind and body in good condition. As we get closer to the winter season our focus should change to more specific activities related to our specific sport. If we start the season in good physical condition we will be better prepared to focus on the development of our skiing and riding skills.

When we start training on snow our work ethic and commitment to improving will be very important factor in how we perform on race day. Being on time, making as many training session as possible, staying on the hill until our training session is over, being willing to make changes to improve on each run and not giving up if we are having a bad run. Hard work pays off!! It can be the difference between success and that dreaded bad day. We've done the work on the hill, but we're not ready to race yet.

Depending on the competitions you plan on attending it's important to let your coach know ahead of time and get your entries in on time. Many competitions have deadlines or can close out early if there are a high number of entries. Early in the season it's a good idea to put a schedule of events together. It can always be changed or adjusted. This can help you and your coach focus

on the specific training and preparation for each event. It will also give your coach time to get information to you well in advance of entry deadlines.

Ready to race? Not yet! Equipment preparation is probably the most neglected piece of the formula for having a successful competition. It's so important that some level of equipment tuning take place for training and of course race day. Snowboards and skis perform best when they have sharp edges and wax on them. This can be the difference between you struggling or having full control when you are training and racing. Ski tuning is an art and takes lots of practice to get it just right for every snow condition. If you don't have the time or don't feel comfortable doing it yourself there are many shops that have a yearly tuning program. Remember if you haven't tuned your equipment for training and get them tuned just for races they won't perform the same as what you have been training on.

Just a few things on race day, allow enough time to get to the race. Try to arrive at a minimum one hour prior to course inspection so you have plenty of time to register and get your gear on. Be sure to eat a good nutritious breakfast and lunch. Stay hydrated. Plan your lunch so you have time to get out and re-inspect the race course. If you are staying for awards take some runs while you wait. Enjoy the mountain!

Now we are ready for a successful competition. We have prepared for all the things that we have control of so we can focus our full attention on the things we cannot control such as weather, conditions and the race course.

GOD LUCK AND MOST IMPORTANT HAVE FUN!!!

PARENTS AND COACHES

DID YOU KNOW?

Research has shown a majority of young competitors experience a positive level of support and encouragement from their parents. These competitors believe their parents will support them and not push them no matter what results they achieve.

Our athletes need parental support because this is more than just a ski/snowboard lesson. It is demanding and it is consuming.

MOST IMPORTANT: Talk to your children about their values both in life and in skiing. They compete for their reasons, not ours, so find their values.

One for the coach!!!!...free skiing/riding is of utmost importance. We know you pay for gate training, but better free skiing/riding allows for better racing. Any questions?

Suggestions and advice to the COACHES on how to work with PARENTS

Extracted from the Coaches Manual

“Coaches and Parents”

Talk to them – personal contact.

Share your views, philosophy and style.

Plan to give feedback to them and their athlete.

Explain to them that whether they are present or not you talk to the athlete in the same way.

Tell them how important parental support is.

Explain your feelings of their role on the team.

Allow time for suggestions.

Appreciate their involvement.

.....A FINAL NOTE.....

This is an excerpt from a magazine article written by Mr. Chip Woods, a former U.S. Ski Team Coach and a parent of a ski racer.

“As the crowd roars, the American racer moves skillfully down the mountain. But the crowd’s enthusiasm ebbs as it sees that the American’s interval times place her far back off the leaders. She comes down the last pitch and into the finish area...a disappointing 13th place.

That’s it; no gold medal this time around, but Debbie Armstrong, winner of the 1984 Olympic GS in Sarajevo, is smiling and so are her parents.

I had the opportunity to leave the Calgary finish area with Debbie’s parents and got a vivid reminder of what parenting in sports should be. I had been with Armstrongs in Sarajevo and I remember their pride and amazement, but I can honestly say that in Calgary in 1988 Hugh and Dolly Armstrong were as proud of their daughter and her participation in those Olympic Games as they were in Sarajevo. They weren’t concerned with fame and glory or results. They were concerned about their daughter’s health, happiness and growth. That is how the Armstrongs always approached Debbie’s ski racing: supportive and encouraging, always hoping that their daughter’s racing was having a positive impact on her life.”

THANKS TO THE FAMILIES: YOU ARE NEEDED AND WE APPRICIATE YOUR SUPPORT!!!!!!

WHAT SERIES DO I RACE IN?

There are several options for competitive racing for athletes with intellectual or physical disabilities. Your decision on which series you decide to compete in will be based on your specific disability, level of competition you wish to participate in and coaches recommendation.

Athletes who are looking for more of a challenge may also wish to compete in able bodied races within the region. Please talk to Russ about this to see if this is a good option for you.

There can be many questions regarding which series, what races and how many to attend. ASF coaches are always available and should be consulted prior to the entry of any series or races.

RACE ENTRIES

Each series has its own race entry process. Entry into the races can be found on the series web site or you can be assisted by ASF coaches to ensure that all race registration are completed and entries are in time.

See the ASF website racing page for updated race entry information.

ASSOCIATIONS

ASF has many different kinds of athletes and we actively search for the most appropriate kinds of competitions for our athletes. We have racers competing in events from all the associations listed below, but no one competes in all of them. Please ask questions of Russ or Mary to find out more information on which events are appropriate for you. You may need to join the appropriate ASSOCIATIONS to compete in a series:

Special Olympics; www.specialolympics.org

Diana Golden Race Series; www.disabledsportsusa.org

United States of America Snowboard Association; www.USASA.org

Catskill Mountain Series; www.catskillmountainseries.com

United States Ski Association; www.USSA.org

International Paralympic Committee; www.IPC-Alpineskiing.org

INAS-FID; <http://www.inas.org/>

Athletes Without Limits; <http://www.athleteswithoutlimits.org/>

****All membership applications and race schedules can be downloaded from the above websites.****

Special Olympics

Since 1968, Special Olympics has been offering women, men, and children with intellectual disabilities year-round training and competitions in Olympic-style sports. Our more than 32 individual and team sports – from Alpine Skiing to Volleyball – provide quality training and well-matched sporting events. Win or lose, the goal is always to be brave in the attempt!

We typically send athletes to the Regional Special Olympics Race (West Mt NY)
NY State Special Olympics (Rochester, NY)

And if the opportunity arises for higher levels (Nationals or Worlds), we will definitely pursue sending an athlete to one of these events.

Many of our coaches are Special Olympics certified coaches. To compete in a Special Olympics race, you must have a current medical Special Olympics form on file.

Diana Golden Race Series

Are you a skier who would like to try racing? Do you have dreams of one day being a Paralympian? The Diana Golden Alpine Ski Race Series is for you!

Racers of varying abilities compete in a fun, supportive arena. For many, this is their first time ever racing – for others, it is another step towards the Paralympic ski racing podium.

Racers compete in either the Diana Golden Division, for athletes with physical disabilities, or the Mills Cup Division, for athletes with intellectual disabilities. Diana Golden Division athletes will compete in one of three categories: visually impaired, sitting, or standing. Helmets are mandatory for all athletes. These races are currently offered through chapters of Disabled Sports USA in the Northeast.

United States of America Snowboard Association

Vision: The vision of the USASA is to be the premier snowboard and freeski organization in the United States.

Mission United States of America Snowboard Association: To facilitate fun and fair events for all ages across the country, to attract snowboarders and freeskiers, promote their development, provide member education, and influence the future of our sports.

The Catskill Mountain Series (the regional USASA series)

The Catskill Mountain Series strives to create and maintain a professional environment for Eastern Regional Athletes of all ages to have great venues to compete in, to achieve National points, to qualify for the US National Championships and to receive recognition for their efforts in the sports of Snowboarding and Freestyle Skiing.

- Founded in 2002, the Catskill Mountain Series is a regional snowboard and freeski series for pro and amateur competitors governed by the **USASA (United States of America Snowboard & Ski Association)**.
- USASA members are competitors participating in 33 regional series across the country. Top riders and skiers from each region qualify to compete in the annual National Championships.
- The events are intended to promote the sports of snowboarding and skiing, be fun for the competitors of all abilities, develop athletic skills, and be the qualifiers for national and international competition.
- The USASA is proud to be able to represent the recreational and competitive interests of snowboarding and skiing in the United States. The goal is to promote safe, fair and fun events while fostering a competitive spirit in the athletes.
- Catskill Mountain Series hosts Snowboard events at [Hunter Mountain](#), [Windham Mountain](#), [Catamount Resort](#), [Plattekill Mountain](#), [Belleayre Mountain](#) and [Campgaw](#).

***Currently we are only able to support snowboarding in this series. You must be a member of USASA to compete in this series.**

United States Ski Association

The U.S. Ski and Snowboard Association (USSA) is the national governing body of Olympic skiing and snowboarding. It is the parent organization of the U.S. Ski Team, U.S. Snowboarding and U.S. Freeskiing. Developed to facilitate participation in national and international competition, the Olympic sports organization provides structure for competitive skiing and snowboarding. From grassroots programs to governance of sport, management of rules, competitions and athletic rankings, the USSA oversees athletic pipelines for development in the sports. With a vision to make the USA the best in the world in Olympic skiing and snowboarding, the USSA provides leadership and direction for tens of thousands of young skiers and snowboarders who share an Olympic dream while maintaining a strong adherence to core values. The USSA, established in 1905, operates out of the national training and education facility, the Center of Excellence, in Park City, UT

***You must have an USSA License to compete in these races**

International Paralympic Committee

The International Paralympic Committee (IPC) is the global governing body of the Paralympic Movement. Its purpose is to organize the summer and winter Paralympic Games and act as the International Federation for nine sports, supervising and coordinating World Championships and other competitions.

The IPC's vision is *'To enable Paralympic athletes to achieve sporting excellence and inspire and excite the world'*.

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

You must have an IPC License to compete in these races

INAS

INAS is an international charity and the recognised International Federation (IOSD) for athletes with an intellectual disability. It is a global organization that promotes inclusion through sport and is a full member of the International Paralympic Committee representing intellectual disability.

INAS was formed in 1985 and has grown to a membership of more than 70 nations across the world, representing more than 120,000 athletes with an intellectual disability.

To compete in an INAS race, you must be classified through Athletes Without Limits

Athletes Without Limits (this is the USA organization of INAS)

Vision: To promote inclusivity in sport for all, especially those with an intellectual disability

****All race schedules will be posted on the ASF website race page****

COACHING STAFF

Race Team Coordinator; Russ Funk (russ@adaptivesportsfoundation.org)

Head Weekend Ski Coach: Mary Bozzone (coachbozzo@yahoo.com)

Lead Snowboard Coach: TBD

ASF Coaches

Rich Bolog

Tara Brennan

Nick Caron

Peter Conlan

Shannon Corcoran

Sandy Desmond

Larry Fitzpatrick

Mark Fitzpatrick

Veronica Frangos

Brendan Gallagher

Tim Haltermann

Meghan Hughes

Gus Kartsonas

Daryl Kleiman

Mitch Mitchell

Monica Nazario

Caroline O'Connor

Jamie Rich

Tom Ryan

Peter Sanna

Bill Shore

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Dave Zimmel

Thanks to our fabulous volunteer coaches- we couldn't do it without them!



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