

Anthony Lakes Ski Racing Association
Athletic/Parent Handbook
2005 – 2006 Season



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WELCOME

Greetings!

On behalf of the staff and the board of directors of the Anthony Lakes Ski Racing Association I would like to welcome you. You have made the choice to join a great organization, to improve your skiing skills, and maybe even pursue a dream of achieving greatness through your chosen sport. Whether your goal is to be the best at Anthony Lakes, in the Northwest, or even in the world, we have programs that will help you achieve your goal.

This handbook has been prepared to give you the information you will need to get started with the team and better acquaint you with the sport of ski racing. Especially for younger children, the main motivation for joining this team is to have fun while improving skills in a sport they can participate in their entire lives. We are happy to have your family involved with our team and look forward to many days of fun with all of you!

Paul Anderes

Head Alpine Coach

2005-2006 COACHING STAFF

Head Coach Paul Anderes

Coach & Past Head Coach Eric Gooderham

Coach Mark Smith

Coach Tony Dolbear

Coach Lindsey Goldenpenny

2005 – 2006 ALSRA BOARD

President Ted Davis

Vice-President Doug Hopper

Secretary Gwen O'Neal

Treasurer Doug Wanta

Past-President Alan Maxwell

At-Large Pam Maxwell

Race Registrar Kelly Anderes

Club Advisor – Clyde Makinson

MISSION STATEMENT

The Anthony Lakes youth ski teams are governed by Anthony Lakes Ski Racing Association (ALSRA), which consists of parents of children on the team. ALSRA is an independent non-profit organization. ALSRA is dedicated to providing a quality training and competition experience to skiers. We strive to create an environment of healthy competition, sportsmanship, and character development while still having fun. We believe that family support and participation is essential in achieving these goals.

PHILOSOPHY

“Work hard and have fun!!!”

Always do your best. Your best is going to change from moment to moment. It will be different when you are healthy as opposed to sick. Under all circumstances always give it everything you have. This way you will never look back and have any regrets. Most of all do it because you love the sport and are having fun doing it. This sounds simple, but it takes a lot of hard work and perseverance to make an improvement of some kind on a daily basis. In sports, it is easy to think of only physical or technical improvements, but there is so much more. Skills to be learned and improved in our program include tenacity, mental focus, self-discipline, time management, goal setting, and sportsmanship. These competitive skills are also life skills that will help the athlete in all parts of his/her life, now and in the future.

Young children (age 12 & under) focus on having fun, interacting with friends and coaches, and developing skills. Training for this age group is broad based, and focuses on athlete skill acquisition and development. Competitions are kept to 3 to 5 per season, mostly at ski areas close to our home mountain.

As athletes age, training and racing will intensify. You will not see dramatic improvements like you did in the younger years. Athletes may complain they have hit a plateau or are not making progress. This is the same time when the demands of being a teenager and dealing with peer pressure are setting in. Many athletes leave the sport when they don't see quick improvement. Parents and coaches need to work together during this time to assure the athlete that this will pass if they are patient enough to proceed. Young athletes and their families at this stage of development need to understand that the more time they can put into the sport, the more improvement they will see. An athlete training 2 days a week should not compare their progress to someone training 3 or more days per week. Keep focused on the athlete's goals and the path they need to take to achieve them.

Not every skier will become a national or international star, but the rewards of participation are there for all. Keeping focused on the improvements that your athlete is making and being positive about their involvement is the most important thing a parent can do. This in turn will help the athlete gain a positive self-image and feel great about their involvement, regardless of the “results” on the scoreboard.

ORGANIZATIONAL INFORMATION

PROGRAMS

Mini Mites is a program consisting of two hours of coaching and training for novice skiers ages 5 – 6 years. The program will run from December 3rd through the middle of March. Mini Mites ski from 10:00 a.m. to noon. At least one parent from each family will be needed to ride the chair lift with their child and to follow the group during practice.

To participate in this program, the child must be able to ski Broadway using a wedge turn. Early-bird tuition is \$70.00 per child if paid by the first weekend in December. Late tuition is \$90.00. Tuition includes coaching, training, and the use of a team jacket. Team jackets are to be returned at the end of the season. Helmets are required at all training and racing sessions.

Mitey Mites is a program for beginning or returning racers 12 years old or younger. Our priorities are safety, fun, and learning. The child's skiing ability should include a strong wedge turn and skiing with a group. The program includes four hours of coaching and training each Saturday from 10:00 a.m. until noon and 1:00 p.m. until 3:00 p.m. beginning December 3rd and continuing through the middle of March.

Races are scheduled at Anthony Lakes, Bluewood, and McCall. For those students unable to travel to races at other areas, coaching may be provided at Anthony Lakes on those Saturdays.

Mitey Mite ski team early-bird fees are \$190.00 for one child and \$165.00 for additional children if paid by the first weekend in December. Late tuition is \$225.00 for one child and \$175 for additional children. Tuition includes coaching, training, and the use of a team jacket. Team jackets are to be returned at the end of the season. Helmets are required at all training and racing sessions.

Interscholastic Ski racing is a program for any student that is in an Oregon high school or middle school. The program includes four hours of coaching and training each Saturday from 10:00 a.m. until noon and 1:00 p.m. until 3:00 p.m. beginning December 3rd and continuing through the middle of March.

The interscholastic team has the option of traveling with the team to races in our region. This is optional, but recommended. Early-bird tuition is \$125.00 if paid by the first weekend in December and \$150.00 thereafter. Tuition includes coaching, training, and insurance coverage.

Nordic is a relatively new program for ALSRA. This program is an hour each week for our athletes. We have the unique opportunity of having our Nordic trails in very close proximity to the alpine area. While our coaching staff is almost exclusively from an alpine background, we feel that the Nordic portion of the program offers our athletes skill development that will easily transfer to their alpine skills. Nordic also offers our athletes additional opportunities to compete. We also have a limited number of sets of Nordic equipment that can be leased through the team.

All team members are encouraged to belong to the U.S. Ski & Snowboard Association (USSA) the governing body of our skiing in the United States. A USSA license can be obtained at www.ussa.org and is required before you will be able to participate in some of the competitions as a competitor. USSA members receive a membership card, rulebook, and are

covered by USSA secondary injury insurance during USSA sanctioned competitions and sanctioned training.

An athlete's competitive career will start with competitions hosted by member clubs of the Pacific Northwest Ski Association (PNSA – Wash., Oregon, and northern Idaho), one of 7 divisions within USSA. PNSA has its own web site (www.pnsa.org) that you will want to refer to for rules, race calendars, results, and other pertinent information. As the athlete improves, he or she may be asked to compete in events in other parts of the U.S. and Canada under the auspices of the International Ski Federation (FIS).

AGE

The biggest consideration is that the athlete is able to ski or ride a full day without their parents, be able to put on their own equipment including gloves, helmet, jacket, and be able to load and ride the chair lift on their own.

FUNDRAISING/VOLUNTEERING

Fundraising is the lifeblood of our organization. ALSRA is always looking for new ways to raise funds – the board is always open to member suggestions and ideas. Anthony Lakes Mountain Resort has generously donated a season pass for the team to raffle.

You are encouraged to help with fundraising/volunteer activity for ALSRA. This could include working on any of the fundraising events and/or serving on the hill as a worker at a race. In addition to fundraising events, the club secures a number of donations from the community in return for advertising on our sponsor board at the mountain.

EQUIPMENT

Ski competition equipment is highly specialized. Athletes and parents who first enter the program are often surprised at the amount of attention the coaches spend on equipment, especially boots. Fit is crucial to the athlete being able to make the movements and acquire the skills necessary to have success in their chosen sport.

Some tips, if you are going to be looking on your own:

HAVE YOUR CHILD'S BINDINGS CHECKED BY A QUALIFIED TECHNICIAN!

Boots: in skiing, a good fit combined with a boot the athlete can flex are the important elements. **DO NOT** get a stiff boot for a young athlete, just because they are competing – it will do more harm than good. If the athlete comes to the program with overly stiff boots, do not be surprised if the coach asks your permission to "cut" the boot to soften it up. Custom foot beds and liners add the finishing touch to a well-chosen pair of boots. They allow the athlete to stand in the boot with their natural alignment. Cants help adjust this further so pressure is distributed evenly over the athletes foot.

Skis: Junior athletes (13 & up) will be best served with 2 and possibly 3 sets of skis (SL, GS, and SG). Unfortunately, when it comes to competition, one size/type does not work for all situations. Ask your coach what will work best for you. Athletes 12 & under can be served with one pair of skis. Look for something designed for all around use. The new short slalom skis or a good all mountain ski best serves young skiers.

Clothing: Team jackets are available for all members. Ask your coach for details.

Race suits/speed suits are used in all disciplines of ski competition. Speed suits can run from \$100 to \$500 depending on the style and manufacturer. Many athletes on the team have ones they have outgrown for sale. Ebay is also a good place to look for suits. If you happen to get to Mt. Hood during the summer, stop by the shops in Government Camp, often last year's suits are on sale at quite a discount.

Helmets: Required at all times for training and at events, no exceptions.

Specialty Equipment: Pads, gloves, pole guards, helmets – check the race supply catalogues (you'll get a lot once you join USSA). Team members are also a good source for this type of gear. In addition, other clubs also have a listing of used equipment – you can get to this by going to the PNSA web site and hitting Links.

COMPETITIONS

Athletes compete by both age class and ability levels.

Athletes race in their own age group for most races. For the 2005-2006 season:

- Youth Ski League
- J4 - Born 1993-1994
- J5 - Born 1995-1996
- J6 - Born 1997-1998
- J7 - Born 1999-2000

Tentative 2005 – 2006 Race Schedule

January 21 –22 McCall Ski Racing - Little Hill 3-way race

February 18-19, 2006 Anthony Lake SL/GS/XC

- o [Anthony Lakes](#)
- o [Anthony Lakes Ski Racing Association](#)

March 10-12, 2006 (Friday is a training day)*

- o [Buddy Werner Championships](#) ** SL/GS
- o [Spokane Ski Racing Association](#)

March 18, 2006-Broadway Blast GS

- o [Anthony Lakes](#)
- o [Anthony Lakes Ski Racing Association](#)

April 21-23, 2006 May Day GS-GS-Jump-XC

- o [Mt. Bachelor, OR](#)

RACE DAY PROCEDURES

The Night Before the Race

- _____ Check race equipment so that it is in proper condition
- _____ Pack warm clothing and accessories
- _____ Eat well and get plenty of rest

The Day of the Race

- _____ Skis
- _____ Boots
- _____ Poles
- _____ Helmet
- _____ Goggles (bring an extra pair in case of bad weather)
- _____ Gloves or mittens (bring an extra pair)
- _____ Ski Jacket
- _____ Warm up pants
- _____ Sunscreen and lip balm
- _____ Lift ticket
- _____ Lunch or lunch money
- _____ Snacks or snack money
- _____ Scarf or neck gator
- _____ Rain gear (remember this is the Northwest)

Once You Arrive at the Ski Area

- _____ Find a safe place for your belongings
- _____ Find your coach and ask for important race information
- _____ Inspect courses, according to the rules, with your team
- _____ Make free ski/ warm up runs as time allows
- _____ Ask questions when in doubt
- _____ Get to the start at least 15 minutes before you start
- _____ Once in the starting gate ski as well as you can and have fun
- _____ Inspect the Second Course
- _____ Take your second run

After the Race is Over

- _____ Demonstrate good sportsmanship qualities and a winning attitude in all situations—this is very important
- _____ Have lots and lots of fun