



## Wausau East Ski Team Parent & Athlete Meeting

**Review Agenda & Introductions:** Everybody: name, grade, years on ski team, parent (on the ski team?)

### **Coaches Objective, Goals and Vision:**

1. **Objective** is to help every ski team member set, work toward, and achieve his or her personal skiing goals; to help young men and women develop mentally and physically to be their best; to develop strong skiing fundamentals; to laugh and keep things fun; to promote safety, high academics, and establish skiing for each individual as a life long family sport.
2. **Goals:**
  - To improve the mental and physical skiing ability of each individual athlete, coach, and the “overall team”.
  - To win Girls NSL Conference Championship (last time East Girls won 2002-03, 04-05), place in the top five at the Wisconsin State Downhill Ski Championship!
  - To win Boys NSL Conference Championship (East Boys have won every NSL Conference Championship since 2002-03) and REPEAT as the **Wisconsin State Downhill Ski Championship!**
3. **Vision** is a ski team program that continually develops the best ski racers in the Midwest. A program that is built and ran by a united team of **parents, athletes, coaches, and administration** working toward constant self-improvement. A program we are proud to be a part of.

### **East Ski Team Parents Committee**

The purpose of the Parents Committees is to support the Wausau East Ski Team and it's athletes; emotionally, financially and insure an organizational structure within the team. A strong team is a dynamic combination of parents, athletes and coaches. Parents and family need to:

- ◆ Attend Ski Races! Cheer really loud. Have fun! (You are also welcome to come to practices)
- ◆ Support and encourage our Ski Team.
- ◆ Provide assistance and feedback to the Coaching Staff.
- ◆ Help with Race Organization & Gate Keeping, and keeping the kids warm.
- ◆ Raise funds for the ski team.
- ◆ Recruit additional ski team members.
- ◆ Promote the ski team to: Media, School Board, your friends and neighbors, and other skiers.
- ◆ Feed us...

### **Dry Land Training:** (Athletes must have all forms turned in before any practice can begin)

1. Practice begins November 8th at 3:30 PM in the Lunch Room/Commons.
2. Dry land practice runs from 3:30-5:00 Monday – Thursday until we can get on snow
3. Transportation (if necessary) is on your own (location of practice: ski hill and roller blade locations)
4. Attendance is taken at the beginning of practice during stretching.
5. Must have a written excuse for absence or tardy.
6. Dress to be outside, some practices (weight lifting) will be indoors, so functional layering is important.

We will follow this routine through dry land and on snow practices.

Mondays & Wednesdays – Skating (Roller Blades/In-Line Skates) – weather permitting otherwise running

Tuesdays & Thursdays – Balance, Stretching & Weights (indoors)

- ◆ 3:30 PM start in the Lunch Room/Commons **on time**
- ◆ Stretching & practice focus,
- ◆ Warm-up Drills
- ◆ Tasks & Practice
- ◆ Tear down
- ◆ 4:45 PM Team Meeting/Recap/Next Day Activity

Dry land activities:

- ◆ Skating/Roller Blades/In-Line Skating – helmets, wrist, knee and elbow guards are strongly recommended
- ◆ Skating & Running: using gates or cones for drills: Strategy of race courses: Open gates, closed gates, hairpins, flushes (hairpins & flushes are AKA combination gates)
- ◆ Dress to be outside for skating and running so functional layering is important.
- ◆ Balance, Stretching & Weightlifting will be indoors

### **On Snow Practice:**

1. Transportation to and from Granite Peak is on your own
2. Practice runs 4:00-6:00 PM practice begins on the top of Sundance
3. Thursday practices will be Giant Slalom
4. Monday, Tuesday and Wednesday practices will be Slalom (Friday practices are not planned at this time)
5. Equipment required: helmet, goggles, tuned race skis, poles w/hand guards, shin guards (for slalom) *(If assistance is needed on what to purchase please ask any of the coaching staff. Some promotional pricing may be available)*
6. Attendance is taken at the beginning of practice during stretching. Athlete have a written excuse for absence or tardy.
7. Conduct is important at all times, we must be ambassadors of the sport of downhill ski racing.
8. Establish routine that works for our team: (develop communications within the team)
  - ◆ 4:00 PM start on the top of Exhibition
  - ◆ Daily Goal (focus) Stretching, warm-up & practice: Short drills to learn & runs for practice
  - ◆ 5:50 PM Tear down
  - ◆ 5:45 PM Team Meeting/Recap/Next Day Activity – Chalet

### **Race Day Schedule:**

- ◆ Meeting place Marathon Park (by Grand Stand) normally at 5:15 AM. **SEE THE SCHEDULE!**
- ◆ **Bus leaves promptly at the posted time, according to coach's watch. We do not wait for anybody.**
- ◆ All athletes must ride the bus to and from the race.
- ◆ All athletes pay \$5 per bus trip for bus upgrade to Lamer's bus (collected by Team Captains).
- ◆ Parents can ride on the bus for a \$5.00 fee. (Seats are usually available – please check with coaching staff)
- ◆ Wausau East, West, DC Everest, and GPST High School Racer ride on the same Lamer's bus.
- ◆ Team buys all lift tickets and gives to athletes.
- ◆ Coaches meeting @ 8 AM.
- ◆ Races usually start at 9AM and end by 3:30PM. Order of events varies according to the hosting schools
- ◆ Lunch is on your own. Most athletes bring their lunch and snacks.
- ◆ We wait for results, and announce those results on the way home along with any other announcements
- ◆ Bus usually returns back to Marathon Park by 5:30 PM. All athletes must have arrangements for transportation to and from Marathon Park. We can use a cell phone on the way home to call some parents for rides home.

## **Other Ski Racing & Related Opportunities**

A. Thanksgiving Race Camp – Lutsen (Contact Sandy Eldredge) or Brule (contact Nick Holzem)

B. GPST (Granite Peak Ski Team)

*While we as coaches can not make GPST mandatory, we strongly encourage every East Ski Team Racer to participate in GPST, WIJARA or USSA.*

**Please refer to the GPST website for detailed information at [www.gpst.org](http://www.gpst.org)**

C. Badger State Games (first full weekend in February)

- ◆ All East Ski Team members competing must register in Masters class racing on Sunday.

Here is the link for the Alpine (Downhill) racing in the Badger State Winter Games:

[http://www.sportsinwisconsin.com/bsg/index.php?category\\_id=967&subcategory\\_id=671](http://www.sportsinwisconsin.com/bsg/index.php?category_id=967&subcategory_id=671)

## **Proper Equipment:**

A. Skis – One pair of properly sized and tuned GS racing skis is the minimum. Top Varsity Racers will use event specific skis (SL, GS, and occasionally some will have SG)

B. Boots – proper fit and flex. In cases of improper alignment adjustments may be necessary.

C. Poles – with hand guards

D. Helmet – Required for **ALL** on snow activities

E. Goggles – Required - multiple lens' are suggested

F. Warm clothing – proper clothing for practice and race days

G. Protective guards – shin and hand guards (on poles)

H. Speed Suit – encouraged

## **Final Comments:**

A. Pay proper Athletic Fee and fill out all forms.

B. Athlete Sign-in Sheet: Name, Address, Telephone #, E-mail

C. Parent Sign-in Sheet: Name, Address, Telephone #, E-mail

D. Need parent participation:

- ◆ Backyurjax
- ◆ Race director – coordination of volunteers for races
- ◆ Fund Raisers – Swap Shop and others.

E. My primary source of information will go out via E-mail

## **Coaches Contact Information**

*Please use the **BOLD & UNDERLINED** information as the primary way to contact us*

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