



2019 Ski Development and Racing Information

The Seven Oaks Ski Club is focused on developing a passion for the sport of skiing through technical development and introductory race training. We target skiers ages 7 to 17 who are skiing under control on blue runs and can load/unload from the chairlift independently and we invite parents and adults to join in the development process. Our ski development program takes place in a ski racing venue to provide a way to showcase skills and learn new abilities.

Take note that the words **ski development** come before **racing** in this information packet. Therefore, our race development program emphasizes building life-long skiing skills before racing skills. Our goal is to provide a high-quality and enjoyable program for athletes and their families. Our emphasis is on a progression of key skills needed in development of a lifelong skier. The program will stress safety, enjoyment, and learning at all times. Our coaches' main goal is to share their love of skiing and focus on helping all participants achieve their goals.

Coaches

Seven Oaks Ski Club coaches serve in volunteer positions and the opportunity to guide in ski development is open to all. As we develop as skiers, we all have much to share. Even if you are a non-skiing participant in the Club, there are details about equipment, travel, clothing, snow conditions, or anything else related to the skiing lifestyle that you can share with our group. For the start of the 2019 season our coaches are:

Jonathan Fox (lead)	614-204-7568	jjfox@iastate.edu
Carrie Woerdeman (lead)	515-865-0615	acwoerdeman@msn.com
Rachelle Hines (lead)	612-616-1671	rachelle.j.hines@gmail.com
Al Hernandez	515-447-8570	ajhernan@outlook.com
Julie Willse	515-661-9805	julie.willse@gmail.com

The lead coaches are the primary contacts for the season and we hope to be adding several additional coaches in supporting and lead roles. All Club members and their parents are encouraged to volunteer to assist the on-snow and off-snow aspects of the ski development and racing program. Some of the opportunities identified are:

- Assist with leading drills and activities
- Club photographer/videographer
- Club photo/video editor (prepare slideshow for following week)

- Cordless drill set-up/tear-down assistance
- Course set-up/tear-down assistance
- Timing equipment set-up/ manage/tear-down

Meeting/Training Times

We will kick off the season with a parent and athlete meeting on Saturday, December 15th from 10 a.m. to 1 p.m. at Seven Oaks. We will meet in the back room of the lodge to discuss expectations, schedule, and logistics for the season, parent volunteer opportunities, and to answer any questions there might be. If we are lucky enough to have snow, we invite anyone who is interested to join us for an afternoon of free-skiing and socializing. We also plan to end our gathering with some sort of meal.

On-snow sessions will begin on Saturday, January 5, 2019. This first weekend of skiing will be spent getting our ski legs back under us and getting to know one another. Our official training schedule will kick off the weekend of January 12th and continue through March 3rd.

We will be getting together for multiple training sessions each week this year, with the goal of providing ski development both in and out of a race setting. Beginning January 12th, the weekly schedule will be as follows:

Saturday 9 AM to 12 PM: Skill development using video demonstration, drills, and free skiing in an instructional setting. Each week will have a skill subset focus, with drills targeted at honing in on improvement of that particular skill and integration into overall skiing. Saturday sessions will start in the back room of the lodge at Seven Oaks before heading out to the hill.

January 12th – Balance
 January 19th – Rotary
 January 26th – Pressure
 February 2nd – Edging
 February 9th – Balance
 February 16th – Rotary
 February 23rd – Pressure
 March 2nd - Edging

* A full schedule of planned drills and video clips will be provided at the December 15, 2018 kickoff meeting

Sunday 10 AM to 1 PM: Racing development using a combination of gates, stubbies, and timing equipment. Sunday sessions will meet on the hill.

Wednesday 5:30 PM to 8 PM: racing development with the opportunity to train with the Iowa State Ski Club. Wednesday sessions will meet on the hill.

We are working on planning an "official" race for Sunday, March 3rd as a season finale to showcase the skills the athletes have gained throughout the season and to celebrate their accomplishments. More details to follow as the season progresses.

Responsibility Code

ALL SKIERS WILL ADHERE TO THE SKIERS RESPONSIBILITY CODE EVERY TIME THEY ARE SKIING.

- 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 onto 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.**

Athlete Responsibilities

Do Your Best

- Be on time and ready for training.
- Train with enthusiasm and the desire to learn.
- Know what your goals are and be motivated to achieve them.

Be Prepared

- Arrive early for training to ensure ample time to purchase a daily lift ticket (if needed), get dressed, and get your equipment prepared.
- Be well rested and ready to train.
- Always have appropriate clothing for varying weather conditions.
- Helmets and goggles are mandatory.
- Skis should be prepared for practice sessions (we will cover this with participants and their parents).
- All equipment should be inspected and tuned by a certified shop at least once per season.
- Clean and dry your boots after each training day.

Be Respectful

- Treat all team athletes, coaches, parents, ski patrol, lift operators, and others with respect.
- Do not use inappropriate language; cell phone use is strongly discouraged during training.
- Behave in an appropriate manner at all times and respect all other people using the hill.
- Enter lift lines at the end and wait your turn, ride chair lifts safely.
- Slip and inspect all courses prior to your training or racing runs.
- Help fill in ruts when courses are torn down, restore terrain to the best conditions possible.

Communicate

- Always check in with the coach at the beginning of each training day.
- Always stay with your assigned group.
- If you need to leave early, be sure to tell a coach before you go.

Enjoy the sport

- You are part of this program in order to have fun, make friends, and improve your skiing skills.
- Your skiing skills improve the more often you ski, so ski often in addition to your training days.
- Celebrate successes and attempts for yourself and your teammates.

Parent Responsibilities

General

- The parent/athlete meeting and training goes on as scheduled unless the weather conditions do not permit it (for example if there is fog, extreme cold, or if area will be closed due to the weather conditions).
- If weather conditions are questionable, the coaches will communicate via email and Facebook to the parents on the morning of the scheduled training.
- We encourage active participation on the part of the parents. Please let us know if you are interested in assisting in any way and we will work to find a role and provide any needed guidance/training.

Equipment

- Ensure that your participants' equipment is appropriate and in proper working order.
- Ensure that your athletes are dressed and prepared for the conditions.

Etiquette

- Use appropriate language and proper manners at all times, all skiers at Seven Oaks look to you as a role model.
- Encourage all skiers, celebrate success, crashes, and first attempts.
- Calmly bring any safety or other concerns to the coach's attention.

Commonly Used Terms and Definitions

Carving: A series of turns using the edges of the skis without any skidding or slipping.

Balancing: The act of maintaining equilibrium, may be dynamic or static.

Edge: The sharpened metal strip along the edge of the ski, used for carving and control.

Edging: Tilting the skis onto their edges.

Fall line: The imaginary line that a ball would take if it was rolling down the run

Flush: A series of three or more gates set vertically, in a straight line.

GS: (Giant Slalom): Race course with doubled gates for each turn, set up twenty meters from turning gate to the next.

Hockey Stop: A skidding stop accomplished by pivoting the lower body and skis from pointing down the hill to across the hill.

Pressuring or Pressure Control: The act of actively adjusting pressure distribution between the skis and the snow.

Steering or Rotary Movement: Circular movement around an axis, in skiing generally the rotation of the lower body or legs to change the direction the skis are travelling.

Rut: A trough around a gate caused by many racers turning in the same place.

SL (Slalom): Race course with single pole gates set up to 12 meters from turning gate to the next and can include flushes.

Tuck: A low aerodynamic position to reduce air drag, used to increase speed.