

Seven Oaks Recreation

2017 Seven Oaks Youth Ski Development & Race Team

The Seven Oaks Youth Ski Development & Race Team is for skiers ages 7 to 17 who are skiing under control on blue runs and can load/unload from the chairlift independently. This 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 word **ski** comes before **racing**. 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 that puts emphasis on skill development. The program will also stress safety, enjoyment, and learning at all times. Our coaches' main goal is to focus on helping all participants achieve their goals and attain a higher level of skiing ability.

Coaches and Volunteers

Jonathan Fox	614-204-7568	jjfox@iastate.edu
Al Hernandez	515-447-8570	ajhernan@outlook.com
Julie Willse	515-661-9805	julie.willse@gmail.com
Carrie Woerdeman	515-865-0615	acwoerdeman@msn.com

Parents are encouraged to volunteer to assist the on-snow and off-snow aspects of the program (please contact coaches to discuss opportunities and interests).

Meeting/Training Times

- **The first parent and athlete meeting will be held on Saturday, January 7, 2017 at 9:30 a.m. lasting until 10 a.m. at the latest.**
- We will meet inside the lodge at Seven Oaks Recreation.
- Training will begin at 10 a.m. and typically include running gates.
- Training will go until noon and, if conditions permit, the gates will stay up for informal afternoon sessions.
- We will continue to meet every Saturday (parent/athlete meeting from 9:30 to 10 a.m. followed by training from 10 a.m. to noon through the end of March or as long as we have enough snow to continue setting gates and the conditions are acceptable.
- An independent trip to race at the Iowa Winter Games at Sundown Mountain on Saturday, January 28 will provide athletes an opportunity to experience organized, timed racing in a welcoming environment.

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. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.**
- 6. 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 – you should be prepared (lift ticket purchased/pass in hand, dressed and booted up) at 9:30 a.m. sharp to meet the team, parents and coaches.
- 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 prohibited 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 to the parents on Saturday morning by 8 a.m. to confirm that the training will take place but regardless it is your decision to participate.
- While we encourage active participation from the athletes' parents we ask that you do not distract from their training. Please feel free to ski on your own during 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.
- For advanced participants in the 11+ age group we suggest considering using shin guards and pole guards.

Etiquette

- Use appropriate language and proper manners at all times, all athletes look to you as a role model.
- Encourage all skiers, celebrate success and attempts.
- Calmly bring any safety or other concerns to the coach's attention.
- Training time is for the athletes and coaches, do not impede on their time together.

Commonly Used Race 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.