

TEAM DULUTH SKI & SNOWBOARD CLUB

Family Packet

2020-2021 SEASON



Welcome to Team Duluth for the 2020-2021 season!

The following information will provide useful information for ski families in interested in Team Duluth. The Team Duluth Ski Club is a 501(c)3 non-profit organization run by a volunteer Board of Directors who are elected at an annual meeting of members.

Team Duluth is committed to developing on-snow skills and personal growth in young athletes. We help young athletes develop their abilities while striving to be a positive influence on personal development. We enable young athletes to choose their training and competitive intensity.

Team Duluth Board of Directors

Executive Officers

Jason Hegg– President

Steve Mihalik –Vice President

Erin Pepelnjak – Secretary/NJRS

Josh Elleson – Treasurer/Ski Swap

Kent Ogston – past President

Board of Directors

Mark Winberg –past Treasurer

Perry Danelski – past President

Greg Borash – Atmore

Andrea Simek – Freestyle REP

Dave Bergen – Ski Swap

Dee-Dee Elleson – Alpine Coach REP

John Allen - Fundraising

Carlie LaLone – Holiday Camp

Margaret Harstad – Freestyle REP and jacket coordinator

Amy Carlson – Alpine Rep and jacket coordinator

Chris Shubitz – Alpine Rep

Katie Hughes – Freestyle Rep

Jim Nephew – Club Council

Team Duluth Support Roles

Corey Danelski – Program Director

Phone: 218.391.2027

cdanelski@hotmail.com

Nick Clingman–Alpine Head Coach

Phone: 218.213.6249

nick_clingman@yahoo.com

John Degelau - Head Freestyle Coach

Phone: 612.209.7142

degei001@d.umn.edu

This is a quick reference guide with important information for parents and athletes participating in the “Team Duluth” program of the Duluth/Superior Ski and Snowboard Club. Additional information is found on our website at www.teamduluth.org

Communication:

- C-A-P Triangle. The “Coach – Athlete – Parent” Triangle is an effective communication tool. Two of the sides of the triangle gain strength from natural communication between: 1) coaches and athlete at training, and 2) parents and athlete at home and in the car. The Coach–Parent side of the triangle can be the weakest. Parents are encouraged to communicate directly with coaches. Parents also should use other parents for support and as a resource. Parents should take responsibility for informing themselves using the tools we make available.
- Coach-Parent Meetings. Parent Meetings will be held monthly by coaches to discuss training and upcoming events as well as provide an open forum for communication between parents and coaches. Parent meeting dates and locations will be announced
- White Board. The white board hanging in the Team Room by the Team Room entrance door contains details about the current week’s training and racing plans. Parents and athletes should check the board daily. Training changes can be made “at the last minute” by coaches due to slope conditions, which will be announced here. You should be prepared for slalom, GS, video, dryland, etc.
- Website. The website (www.teamduluth.org) contains a wealth of information, including: calendars, announcements (under News and Training Hotlink), registration forms, scholarship information, program descriptions, NJRS information, contact info, our password-protected directory and links to USSS, FIS, USASA, etc. The website is a primary source of Team Duluth information.
- REMIND APP. Get information for All Team Duluth right on your phone—not on handouts. Pick a way to receive messages for All Team Duluth: A If you have a smartphone, get push notifications. On your iPhone or Android phone, open your web browser and go to the following link: rmd.at/ee4hae Follow the instructions to sign up for Remind. You’ll be prompted to download the mobile app.
- EMAILS. Team Duluth sends the majority of its electronic communication through emails. When you register for Team Duluth in Sport Engine, we collect your emails you use to register and send out information through Sport Engine. Emails look like Team Duluth no-reply@mailersportsengine.com. Watch for those in your inbox or sometimes they are sent to people’s junk folder. If you have issues about receiving emails, contact us.

Training:

- Coaches expect athletes to be on the snow or designated training location **ON TIME**, ready to participate with all equipment needed for the training per the White Board, etc.
- “Training time” does not include preparation time before or after training; coaches also expect athletes to help with training **set-up and tear-down**. This clean-up works best when all athletes participate. Sometimes hill clean-up takes longer than expected.
- In a quality 3-hour night of training, athletes achieve 15 to 20 minutes of active skiing or boarding.
- Athletes often like to **free ski or board** after training. Coaches encourage this, especially during Holiday Camps. Parents and athletes should communicate their post-training intentions with each other.
- During Holiday Camps, coaches may offer extended training times if crowds are light, or training could be cut short if crowds are heavy. Parents and athletes are asked to remain flexible during these opportunities. We often move training to Giants Ridge and other venues.
- Coaches encourage athletes to choose their **own level of training** intensity based on their goals. Athletes may choose to train less than, for example, the 3 weeknights offered. It is their choice, though the more you train the more you will improve.
- Participation in the program requires both parents and athletes to **keep balance** in their lives. Include “life” in your planning: rest, nutrition, family, school, spiritual, scouts, music, leadership, community, academic clubs, etc.
- Video is often taken and reviewed by the athletes and coaches. Coaches will sometimes share a link to view training and competition videos. (for example Alpine uses the “Sprongo” video website to store and watch videos).
- **Dryland.** This is critical to a safe and successful season. It starts right after school begins in September. Generally dryland is held at Chester Bowl, but we use Spirit Mtn, bike trails in Duluth, DEFY Duluth indoor trampoline park (Previously Planet 3 Extreme Air Park), etc

Facilities and Team Van:

DUE TO COVID....TEAM ROOM and VAN USE MAY BE LIMITED.

- Team Duluth and volunteers built and paid for the **Team Room**. Coaches expect athletes to keep the room clean. Please be respectful and clean up after yourself!
- Team Duluth also represents Spirit Mountain. Please be respectful of the mountain and the chalet. Inappropriate behavior will not be accepted.
- The Team Room opens at least a half hour before training and closes a half hour after training, often earlier and later.
- Place your name on all equipment. Store skis and poles neatly in the racks.
- Leave the entry-way and primary traffic patterns clear of all equipment and bodies.
- Use the designated athlete tuning benches to maintain your equipment (during non-training times!).
- Ask before using the coaches' bench or tools.
- RESPECT...you represent TEAM DULUTH!
- **Team Van:** Team Duluth is lucky to have a good van in which to transport athletes. All athletes and riders **MUST wear seatbelts** at all times. The van is intended to transport the most number of athletes/coaches/equipment to the furthest event at any given time. Athletes are **charged a small fee** for each use to cover gas/insurance, etc. (charges vary per destination - fees are set by the Board). The **Head Coach is solely responsible for scheduling** the van; it may be available to all programs (Freestyle and Alpine). The President keeps a list of insurance- qualified drivers (parents/coaches).

Competition:

Competition is a family event at every level. Volunteer parents run the events. Team Duluth prides itself on having the highest percentage parent volunteerism of any club in the state. **PARENTS: PLEASE VOLUNTEER!**

ALPINE Comp options:

Northland Junior Race Series (NJRS): www.teamduluth.org/njrs

- All Team Duluth annual memberships/registrations include the NJRS and other club races. This includes athletes who have only participated in Holiday Camps.
- NJRS begins in January and concludes with a championship event at the end of February/beginning of March.
- NJRS is an entry-level, “local” race series for young athletes (including high school athletes) at Spirit, Mont du Lac, Giants Ridge, Lutsen, Mt. Ski Gull, etc.
- Team Provides coaches at NJRS events.

High School Alpine Ski Racing:

High School Ski racing is coordinated with the school you attend. Typically you are eligible to participate when you are in 7th grade. High School will send out an announcement and we encourage all Team Athletes to participate in the high school ski teams.

United States Ski & Snowboard USSS (formerly USSA) Racing:

WHAT IS USSS RACING?

The United States Ski and Snowboard Association (USSS) racing circuit is a well-run alpine ski race series where racers compete against other teams across the Minnesota (Buck Hill, Gilboa, Team Afton, 4 Degree, etc.) and also teams from across the region (Northern Minnesota, Wisconsin, Michigan). Athletes are always excited about the friends they make from other teams, the competition these races foster, and the depth of experience they gain from racing at a variety of hills. More information can be found here:

<https://usskiandsnowboard.org>

There are registration fees for the USSS association. You need to register your athlete for both USSS and Region 1 (the region we compete in). If your athlete is also racing FIS, there is an additional FIS registration fee. You can visit these sites to learn more: [USSS](#) and [Region 1](#).

USSS Central Region 1 skifast.com is the regional series Team Duluth participates in within USSS. Competitions all over Minnesota and Wisconsin aim to provide fun, fair and safe events that prepare our membership for further competition. Central R1 registration will continue as it did last season, through USSS national registration

Team Duluth athletes participate in this series and our licensed coaches travel and coach at these events.

FREESTYLE Comp options:

Freestyle Fridays-

Freestyle Fridays at Chester Bowl are a fun and safe way for kids to learn to use the terrain park and improve their skills. In this low key event, each week has a theme (such as rails, boxes, or jumps) based on our terrain park. We welcome both skiers and snowboarders. Freestyle Fridays are always free and open to both boys and girls and all ages (12 & Under, 13 & Older, Open (any age)). To participate, the skier/snowboarder registers online ahead of the event using Signup Genius. Team Duluth Freestyle coaches attend.

<https://www.chesterbowl.org/freestyle-fridays-2/>

United States of America Snowboard and Freeski Association (USASA)-

WHAT IS USASA: . <https://usasa.org/>

USASA (United States of America Snowboard and Freeski Association) is the race series freestyle athletes can compete in. It is represented by 32 regional series and made up of over 5000 athlete members, 1000 + coaches, officials, and judges and hosts over 500 snowboard and freeski events annually at over 120 resorts nationwide. USASA aims 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 Midwest Midwest Snow Series <http://uppermidwestsnow.com/> is the regional series Team Duluth participates in within USASA. Competitions all over Minnesota and aim to provide fun, fair and safe events that prepare our membership for further competition.

Team Duluth athletes participate in this series and our licensed coaches travel and coach at these events.

Info on pricing and registration is here: <https://usasa.org/members/pricing>
Registration is \$100 for athletes 11 and older before October 1. After October 1 the price goes up to \$125. One day memberships ("try it") are also available ONLY online for those 17 & under in the shopping cart. These \$35 trial memberships are not upgradeable, are non-refundable, and do not count for regional or national points.

2020-21 TEAM DULUTH PROGRAMS

Alpine & Freestyle

Head Coaches Nick Clingman, (Alpine), Jon Degelau (Freestyle), and their coaching staff offer a variety of alpine and freestyle training programs for all levels of skill and commitment for athletes ages 7-19. A variety of competitions are available from which to choose, and athletes are also welcome to join the club and train without committing to racing or competing. Young athletes, both alpine and freestyle can choose from a range of programs which vary from training one night a week to a more intense training and competition regimen. For additional information on each program, refer to the "Programs" link.

Team Duluth Registration

Click on the link at the top of this page to register your athlete. Also please refer to the Scholarship tab for information on the G. Scott Ransom Scholarship - we encourage you to apply! For more information on the scholarship, see <https://www.teamduluth.org/scholarship>

Alpine Programs

Entry-level: D-Team

Development Team \$650

- Builds on recreational skiing abilities by introducing younger skiers to racing and a competitive racing experience
- Age: generally from ages 6 to 12
- Season starts in December and runs through mid-March
- Training includes:
 - Wednesday night training - times TBA
 - most Saturdays training -times TBA
 - 3-4 days holiday camp in December
- coaching at NJRS Club races
- - Dryland training from September-November is an option for some athletes.

High School Development Team

Program Fee : \$750:

The High School Development team is designed for alpine racers grades 7-12 who wish to augment their high school training without the commitment of weekend travel and racing US Ski & Snowboard or FIS. The season begins in September with dryland training and continues through the end of the racing season in late March. The training emphasis is on developing Slalom (SL) and Giant Slalom (GS) technique and tactics. Skill development will increase significantly when athletes choose to train up to two nights per week with Team Duluth. Athletes are placed in peer and skill level-appropriate groups and combined as conditions warrant, including but not limited to focus of training, hill conditions, number of athletes training, etc.

- Training includes
 - Dryland training September-November at Chester Bowl (4-6 pm)
 - Up to two days of coaching November-season close: times TBA
 - 5 days of Christmas Camp in December
- Coaching at NJRS races

Team Duluth Comp: There are two (2) categories of programs for Team Duluth athletes: Non-Scored and Scored:

These programs are designed for alpine racers with a higher level of commitment. Depending on age and level of desire, athletes may participate in NJRS, High School, USSS and FIS races throughout the Upper Midwest.

Training/races include both GS and SL. Up to 3 days of training per week are offered.

- Training includes
 - Dryland training September-November at Chester Bowl (4-6 pm)
 - Up to three days of coaching November-season close: times TBA
 - Option: W/Th/Sat/Sun (Spirit) before holiday camp
 - Option starting in Jan: Tuesday (Giants Ridge) W/Th/Sat (Spirit)
 - Possible Sundays, Fridays, or double session on Thursday (day/night) at Spirit Mtn after Jan 1.
 - 5 days of Christmas Camp in December
 - winter break camp in February
- Coaching at races (NJRS, USSS and FIS) as applicable
- Additional training as scheduled

Non-Scored

Non-Scored Program : \$900:

The Non-Scored Program is designed for young alpine racers who wish to compete at a more intense level. Participants are generally ages 10-13 (U12, & U14). The season begins in September with dryland training and continues through the end of the racing season in late March. The training emphasis is on developing Slalom (SL) and Giant Slalom (GS) technique and tactics. Skill development will increase significantly when athletes choose to train two or more nights per week with Team Duluth. Athletes are placed in peer and skill level-appropriate groups and combined as conditions warrant, including but not limited to focus of training, hill conditions, number of athletes training, etc. Groups are not assigned for the entire season and group makeup is a dynamic process. Athletes considering moving up from D-Team to age class should consult with Head Coach Nick Clingman to determine the best placement option. Nick: 218-213-6249

Scored/FIS

Scored/FIS Program: \$1100

The Scored/FIS Program is an intense training and race program. Racers compete regionally and may qualify for national competitions. Training at this level will help maximize an athlete's potential. Participants are generally athletes ages 14 and over (U16, U18 and U21). Athletes at this level work to qualify to compete in FIS races in Minnesota, Wisconsin, Michigan and Canada in addition to USSS races and high school racing.

Freestyle Programs

Freestyle (FREESKING and SNOWBOARDING) is a sport that is gaining more and more popularity. It is way more than just moguls and aerials!

The Team Duluth Freestyle Ski Team offers programs for intermediate as well as experienced riders who have a desire and willingness to learn while having fun. The Freestyle Program focuses on developing the team members in multiple freestyle disciplines, promoting camaraderie, and creating

an enjoyable atmosphere. The team member to coach ratio is maintained at approximately 8:1 or less. John Degelau is the head coach and can be contacted at 612.209.7142 for more information.

Entry-level: Progression Freeski and Snowboard

Progression Team "Proggie" : \$550

The Progression Program provides an entry level freeski and snowboard program for young athletes that focuses on fun, safety, and basic skill development. It is the correct place for either entry level riders to the terrain park or those that are still mastering their first tricks. The team meets two nights a week and Saturdays with practices focusing on both skills and basic riding techniques. It provides young athletes with a fun and challenging introduction to the fundamental skills of freestyle riding including moguls, aerials, big air, half-pipe, boarder/skier cross, and slope-style. It also instills an understanding of park etiquette and safety sense needed to go into terrain parks. Coaching will be provided at all local competitions and USASA events that are run through the Upper Midwest Snow Series. The **Progression Team** provides a solid base for moving up to the **Competition Team** while developing good riding skills.

- entry level freestyle program that focuses on fun, safety, and basic freestyle skill development.
- fun and challenging introduction to moguls, aerials, big air, half-pipe, boarder/skier cross, and slope-style and terrain park etiquette.
- good program to provide a solid base for Competitive Team.
- training includes
 - -2 nights per week and Saturdays
 - -coaching at freestyle competitions
 - -holiday camp
 - -additional training as scheduled
 - -Dryland training September-November at Chester Bowl

Advanced-level: Competitive Freeski and Snowboard

Competitive Advanced Team "COMP": \$900

The Competitive Team Program offers athletes opportunities to train and compete in all disciplines of Freeskiing and Snowboarding. The program is geared toward athletes who have a solid background in freeski and snowboard. The team meets four times a week focusing on developing strong riders and skilled competitors in moguls, aerials, big air, half-pipe, boarder/skier cross, and slope-style. The Competitive Team members have the opportunity to compete in competitions (local, regional and national). Coaching will be provided at all local competitions and USASA sanctioned events that are run through the Upper Midwest Snow Series. The program emphasizes developing technical skills needed to excel in Freestyle. While competition is encouraged, the overall emphasis is on having fun in a team setting while working to meet individual goals.

- offers athletes opportunities to train and compete in freestyle disciplines
- geared toward athletes who already have a solid freestyle background
- emphasis is on developing technical skills needed to excel in freestyle riding
- training includes
 - -Dryland training September-November at Chester Bowl (4-6 pm)
 - -4 days/nights per week (approximately 65 practices a year)
 - -additional training as necessary
 - -Coaching at Competitions and USASA freestyle competitions
 - -Support/coaching at National level (Rev Tour, etc.)

NEW

VOLUNTEER REQUIREMENT

To keep our team fees reasonable, we rely heavily on volunteers all season long. Without everyone's help, fees WILL increase significantly. New this year is a volunteer requirement of 16 hours per athlete for the season with a maximum of 32 hours per family. If families have not met this requirement by the end of the season, a pro-rated fee of \$150 per athlete will be assessed in the spring.

Contact Corey Danelski with questions or to help with coordinate volunteer tracking.

Please select a minimum of one area you are willing to help with this season:"

Please Select One (or more) Volunteer Option(s):*

- Ski Swap (late October)
- Holiday Camp (late December)
- Atmore (late January/early February)
- FS/SB Comp Event (TBD)
- Team Room Maintenance Crew (ongoing)
- On-Snow Maintenance Crew (ongoing)
- Team Duluth Raffle Coordination (early season)
- Team Duluth Team Jackets and Gear/Swag Coordination (ongoing)
- Registration/Volunteer/Website help (ongoing)

NEW

RAFFLE TICKET REQUIREMENT

Team Duluth Ski Swap Fundraiser Raffle Ticket Fee

To continue to provide the lowest team fees possible we ask that each athlete contribute by selling five raffle tickets at \$20 each. This year there is a \$100 non-refundable fundraiser fee per athlete assessed at registration to cover the cost of the five tickets. Raffle tickets will be delivered at the Open House and the Swap to all registered families, and it is up to each athlete/family to sell and turn in ticket stubs. The cash drawing will be held at the December board meeting. Team Duluth takes no responsibility for the collection of the raffle ticket stubs sold to a third party. Sole responsibility remains with the original purchaser of the raffle tickets to turn in the ticket stubs prior to the board meeting on December 9th, 2020.

TEAM DULUTH JACKETS

In the past, Team Duluth has purchased and given out jackets for all athletes to use during the season. With last year's sudden end to the season due to COVID-19 restrictions, we did not collect any team jackets, and over the summer, the board voted to discontinue the alpine jacket program. However, we still want to see our athletes in their Team Duluth jackets, so this year we are offering the option of purchasing a used or new team jacket (or foregoing the team jacket altogether). Going forward, athletes and families have the following options:

- Keep their current jacket and purchase it for \$50 (billed in November via Sport Engine)
- Turn in their current jacket and purchase a used jacket in a different size for \$50 (billed in November via Sport Engine)
- Turn in their current jacket and purchase a new jacket for \$110 (ALPINE) or \$125 (FS/SB) (billed in November via Sport Engine)
- Turn in their current jacket and go without a team jacket

To make this process as smooth as possible, we have attached a survey for you to indicate your selection below. We would like EVERY family (one per athlete) to complete this prior to the Swap if possible. Surveys on the website:

[ALPINE Jacket Survey](#)

[FS/SB Jacket Survey](#)

Please note that we will be collecting team jackets at the open house on October 18. Please return them freshly washed; we will then store them for a minimum of two weeks and then redistribute in early November for those who wish to purchase a used jacket. For those who wish to purchase a new jacket, we will place that order in early November as well. If you do not return your athlete's jacket, we will assume you wish to purchase it and you will be billed \$50 via sport engine.

If your athlete's jacket has a problem with it beyond normal wear and tear/gate burns (missing hood, tear, etc.) or you have any other questions about this process, please contact Amy Carlson at 218-340-9819 for ALPINE and Margaret Harstad at 218-310-6586 for FS/SB.

