

# TEAM DULUTH SKI & SNOWBOARD CLUB

Family Packet

2023-2024 SEASON



# Welcome to Team Duluth for the 2023-2024 season!

The following information will provide useful information for ski families interested in Team Duluth. The Team Duluth Ski & Snowboard 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**

Katie Hughes– President  
Becky Hartley–Vice President - media  
Joel Sanderson – Secretary - NJRS  
Kristine Barnes – Treasurer  
Kent Ogston – past President

### **Board of Directors**

Jordan Dahl  
Dave Bergen  
Jim Nephew  
Becky Hartley  
Kat Johnson  
Laura Witrak  
David Neustel  
Shawn Clairmont

## **Team Duluth Support Roles**

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This is a quick reference guide with important information for parents and athletes participating in the “Team Duluth” program of the Duluth Ski and Snowboard Club. Additional information is found on our website at [www.teamduluth.org](http://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](http://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.
- Communication 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: information about the app TBA soon.....
- 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](mailto: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.
- SOCIAL MEDIA: Facebook/Instagram

## 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, etc
- **Spirit Mtn Season Pass:** Be sure to have your season pass with you at all times. Spirit Mtn frequently checks all skier and boarders for tickets/passes when loading the lifts. They may not let you up the hill.

## Facilities:

- 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!

## Code of Conduct:

The purpose of the Code of Conduct is to establish and maintain a high standard of behavior that will ensure the safety and well-being of all athletes, parents, volunteers and coaches during Team Duluth functions. All athletes (all Team Duluth members) are expected to abide by this code of conduct. Respect for others, Respect for self, Respect for sport, Respect for others, Respect for property Failure to comply with this Code of Conduct may result in disciplinary action.

[https://www.teamduluth.org/news\\_article/show/1283907](https://www.teamduluth.org/news_article/show/1283907)

## Concussion Training:

Concussions and head injuries are also a common occurrence on the slopes. Concussion incidence is higher in pediatric and young adult skiers and snowboarders, compared to adult populations, but it is important for people of all ages to be informed and prepared before hitting the slopes this winter. All the Team Duluth coaches go through concussion training.

### **CDC HEADSUP CONCUSSION TRAINING**

*This course will help you: Understand a concussion and the potential consequences of this injury, Recognize concussion signs and symptoms and how to respond, Learn about steps for returning to activity (play and school) after a concussion, and Focus on prevention and preparedness to help keep athletes safe season-to-season.*

<http://www.cdc.gov/headsup/youthsports/training/>

## **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!** *\*\*See the Volunteer section at the end of this packet. Volunteer options will be posted and emailed. Volunteer sign opportunities can be found at Teamduluth.org under the sign-up dibs tab.*

<https://www.teamduluth.org/page/show/4843335-dibs-volunteer-sign-up>

## **ALPINE Comp options:**

**Northland Junior Race Series (NJRS):** [www.teamduluth.org/njrs](http://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, Detroit Lakes, 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 7<sup>th</sup> 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 and abilities. 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>

**The Northland Junior Freestyle Series (NJFS) will kick off this season.**

Standby for more information and schedule about the series.

# 2023-24 TEAM DULUTH PROGRAMS

## Alpine & Freestyle Programs

Lead alpine coaches Andy Bischoff (d-team), Jon Totushek/Matt Shultz non-scored/scored), and Hunter Rackliffe (Freeski/Snowboard) and their coaching staff offer a variety of alpine and freestyle training programs for all levels of skill and commitment for athletes ages 6-19. 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, or contact one of the head coaches for more information.

## D-Team (Alpine & Freestyle)

### *Entry-level: Development Team*

#### Program Fee: \$630 (50% off for First Year Athletes)

Development Team (D-Team) introduces athletes and their families to the Team Duluth Club and the life-long sports of skiing and snowboarding. Training takes place two evenings during the week and on Saturday mornings. Young athletes will focus on the fundamental skills necessary to become proficient all around skiers and snowboarders by being introduced to a variety drills, terrain, and individualized coaching, These athletes will be introduced to both Alpine Racing and Freestyle during their training times as well as competitions through the Northland Junior Race Series (NJRS) and the Northern Lights Freestyle Series (NLFS). These program develops the skills necessary to a move on to higher levels of Alpine and/or Freestyle development, such as Scored/NonScored Alpine Racing and Freestyle Competitions.

- Builds on recreational skiing abilities by introducing younger athletes to Alpine racing and Freestyle competitions
- Age: generally from ages 6 to 12
- Season starts in December and runs through March
- Training includes:
  - Wednesday and Thursday night training - 5:30-7:30 pm
  - most Saturdays training - 10-12 pm
  - 3-4 days holiday camp in December

- coaching at NJRS (Northland Junior Race Series) club races
- coaching at NJFS (Northland Junior Freestyle Series) club comps
- Contact a Corey Danelski, Program Director (218-391-2027) for the first year discount code to use during registration in Sport Engine.

## **Alpine Racing Programs**

*There are two (3) categories of programs for Team Duluth Alpine Racing*

### **Non-Scored, Scored & High School Development Team:**

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.

#### ***High School Development Team***

**Program Fee : \$790:**

**\*\* (ONLY FOR NON USSS ATHLETES)**

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
  - Up to two days of coaching per week November-season close: times TBA
  - 5 days of Christmas Camp in December
- Coaching at NJRS races

#### ***Non-Scored Team***

**Non-Scored Program : \$945:**

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 non scored should consult with lead coaches Andy Bischoff (d-team), Jon Totushek/Matt Shultz non-scored/scored), and Hunter Rackliffe (Freeski/Snowboard) to determine the best placement option.

- Training includes
  - Dryland training September-November.
  - Up to four days of coaching per week November-season close: times TBA
  - 5 days of Christmas Camp in December
- Coaching at NJRS races and USSS races
- \*A USSS/Region 1 license purchase may be required

## ***Scored/FIS Team***

### **Scored/FIS Program: \$1155**

The Scored/FIS Program requires greater commitment from the athlete and has a higher training intensity 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.

- Training includes
  - Dryland training September-November
  - Up to four days of coaching per week November-season close: times TBA
  - 5 days of Christmas Camp in December
- Coaching at NJRS races, USSS races and FIS races
- Support/coaching at National level and out of Division events
- Additional training as necessary
- \*A USSS/Region 1 license to compete in USSS races and/or FIS license to compete in FIS races may be required

# **Freestyle Program**

## ***FREESKI & SNOWBOARD***

The Team Duluth Freestyle 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.

### **Freeski and Snowboard Programs: \$840**

- Athletes will develop high-level freestyle skills from fundamental building blocks.
- Prerequisite: Mastery of turning fundamentals (parallel carving on skis, linking toe-side/heel-side turns on a snowboard).

- Emphasis on training in both the physical and mental realms of the sport.
- Training includes
  - Dryland Training September-November
  - Tues/Wed/Thurs 5-8 pm, Saturday 9 am-noon (~ 65 practices)
  - Additional Competition training as necessary.
  - Coaching support at USASA competitions at the regional and national levels.

### **Primary Freestyle Competition Disciplines:**

-Slopestyle: The athlete is scored by judges in the categories of Difficulty, Amplitude, Variety, and Execution on a course consisting of rails, jumps, boxes, and other terrain park features.

-Boarder Cross/Skier Cross: Athletes race down a course consisting of banked turns, rollers, and jumps.

-Rail Jam: Athletes take turns on a small set of terrain park features. Typically scored based on overall impression.

-Big Air: One large jump, one large goal. Impress the judges with technical skills in the air to win.

## **VOLUNTEER REQUIREMENT**

To keep our team fees reasonable, we rely heavily on volunteers all season long. Without everyone's help, fees WILL increase significantly. Team Duluth requires a refundable deposit of \$150/athlete for 16 hours of volunteering per athlete (maximum of 32 hours per family). Once you've completed your volunteer hours, your volunteer deposit will be refunded. If you have not completed your required number of volunteer hours by the end of the season, the deposit will not be refunded.

Questions or to help with coordinate volunteer tracking will be available at the Open House and posted in the Team Room.

Please select a minimum of one area you are willing to help with this season: Please Select One (or more) Volunteer Option(s):\*

- Open House (October)
- Ski Swap (late October)
- Holiday Camp (late December)
- Atmore (Planning all year, event February 4-6)
- Alpine and Freestyle local Events (all year)
- 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)
- End of Year Banquet (April)
- Fundraising/Sponsorship
- Board of Directors

## **TEAM DULUTH JACKETS**

This year we are offering the options of purchasing a new team jacket (details coming), purchasing a used jacket (while supplies last). Both Alpine and Freestyle athletes will have the opportunity to purchase team jackets at an additional cost.

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We would like to thank Team  
Duluth's proud sponsors:

