

# TEAM DULUTH SKI CLUB

*Family Packet*

**2019-2020 SEASON**



**Welcome to Team Duluth for the 2019-2020 season!**

The following information will provide useful information for ski families 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**

Kent Ogston – President

Amy Carlson – Vice President

Steve Mihalik – Secretary/NJRS

Josh Elleson – Treasurer/Ski Swap

Perry Danelski – past President

## **Board of Directors**

Mark Winberg – past Treasurer

Greg Borash – Atmore/Central Region 1 Unit rep

Curt Leitz - Fundraising

Ryan/Melanie Neveau – Alpine REP

John Wood – Freestyle REP/Fall Open House Kickoff

Dave Bergen – Ski Swap

Dee-Dee Elleson – Alpine Coach REP

John Allen - Fundraising

Carlie LaLone – Holiday Camp

Margaret Harstad – Freestyle REP

Jim Nephew – Club Council

## **Team Duluth Support Roles**

Corey Danelski – Program Director

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Felicia Lynn – Head Snowboard Coach

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Nick Clingman – Alpine Head Coach

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Jon Regenold - Head Freestyle Coach

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# Team Information

This is a quick reference guide with important information for parents and athletes participating in the “Team Duluth” program of the Duluth/Superior Alpine 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, 2) parents and athlete at home and in the car, and 3) 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; check the website calendar ([www.teamduluth.org/calendar](http://www.teamduluth.org/calendar)).
- White Board. The white board hanging in the Team Room by the athlete tuning area 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 to ski all events, video, dryland, etc.
- Website and Social Media. 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, and links to US ski & Snowboard, USASA, FIS, Midwest Freestyle, etc. The website is a primary source of Team Duluth information. Team Duluth information can also be found on Facebook <https://www.facebook.com/teamduluthusa/> and Instagram [https://www.instagram.com/team\\_duluth\\_freestyle/](https://www.instagram.com/team_duluth_freestyle/).

## **Athlete Management:**

- Athletes work on a training plan developed primarily by the athlete and coach, but which should have input from all parts of the CAP Triangle. Team Duluth will pass out **“Athlete Planning Sheets”** in the beginning of the season to help with setting goals, planning schedules, checking equipment, etc. for athletes and parents.
- The best athletes compete in a cyclic routine: **“train, compete, rest.”** The coaches have designed a schedule and chosen races to attend based on experience for best athlete management, trying to achieve the “train, compete, rest” routine within a short competition season.
- Participation in a ski racing 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.
- Team Duluth develops a ski racer’s skills through on-hill training, mental training, planning, physical training and assessment.

- Team Duluth thrives because the “**old**” **look out for the “new**”; seasoned athletes and parents help younger/newer participants.

## **Training:**

- Team Duluth coaches are licensed US Ski and Snowboard certified with Safesport, Concussion, and CPR/First Aid 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 quality skiing. It is important to spend your training time wisely.
- Athletes often like to **free ski** 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. Parents and athletes are asked to remain flexible during these opportunities.
- 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.
- **Dryland**. This is critical to a safe and successful season. Now is the time to get strong for the season. A good conditioning block will pay huge dividends on the slopes. It starts right after school begins on September 10th.
- **Fall Camp** at Winter Park, Colorado jump-starts the season for U14 and older athletes. Athletes can ski/train over Thanksgiving during the week long camp.

## **Facilities:**

- Team Duluth and volunteers built and paid for the **Team Room**. The Team Room is located near the top of the beginner hill at Spirit Mountain. Coaches expect athletes to keep the room clean. Please be respectful and clean up after yourself!
- 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 Coaches are solely responsible for scheduling** the van; it may be available to all programs (Freestyle, Snowboard, and Alpine). The Board keeps a list of insurance- qualified drivers (parents/coaches).

## Equipment:

- Ski Equipment. Basic equipment includes skis, boots, bindings and poles. Please work with a coach when selecting equipment for the season. Beginning athletes succeed with one pair of skis. Team Duluth requires a helmet for ALL training AND racing AND skiing under our program. (For Alpine: A mouth guard and slalom face protection is also highly recommended. At an appropriate level (consult your coach), athletes should consider pole guards and shin guards for slalom, and two pairs of skis (one each for slalom and giant slalom)). “Rock skis” are highly recommended for Fall Camp and are useful throughout the season for course inspection, etc. Stay tuned for information on Team Duluth equipment clinics offered early in the season (discount pricing, boot fitting, canting, etc).
- Tuning Equipment. Recommended tuning equipment consists of WAX, WAX, WAX, sharpening stone, sharpening angel guides, wax iron and brushes. New skis need 5 or more coats of wax before skiing. Stay tuned for information on Team Duluth waxing clinics offered early in the season.
- Clothing. Thin ski socks are recommended. Athletes should own and wear a pair of MITTENS when possible (warmer than gloves – hey, it’s Minnesota!). On-snow skiing time is critical to success; not dressing appropriately wastes your time and money. Athletes will train on a rope tow lift which is hard on gloves (Choppers are a good option for this).

## 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!** Training opportunities are offered just before the season, but many jobs require little experience. It is a family sport!

Below are links to Competitive/Racing options and organizations athletes may participate in:

- **US Ski & Snowboard:** <https://usskiandsnowboard.org/>
- **Alpine Central Region 1:** [www.skifast.com](http://www.skifast.com)
- **United States America Snowboard and Freestyle Association:** <https://usasa.org>
- **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” alpine race series for young athletes (including high school athletes) at Spirit, Mont du Lac, Giants Ridge, Lutsen, Mt. Ski Gull, etc. Coaches typically assume all athletes not registered in USSA will be racing at NJRS, so please communicate with your coach when you will not be racing.

## **Program Costs:**

### **Alpine Programs**

#### **Entry-level: D-Team DEVELOPMENT TEAM \$650**

Generally ages 6 to 12. Season starts late-December and runs through mid-March  
Training includes Tuesday night training 5:30-8:00 pm, most Saturdays training 9-12:00 am, Holiday Camp in December and coaching at NJRS Club races.

#### **High School Development Team \$750**

NEW FOR 2019-2020! Designed for alpine racers grades 7-12 who wish to augment their high school training. The season starts in September with dryland training and continues through the end of the racing season in late March. Training includes up to two times per week with Team Duluth, Holiday Camp and coaching at the NJRS race series.

#### **NON-SCORED PROGRAM \$900**

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. Training includes up to three weekday nights, Saturdays, Holiday Camp, and Coaching at NJRS and USSA events.

#### **SCORED/FIS \$1100**

The Scored Program is an intense training and race program. Racers compete regionally and may qualify for national competitions. 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 USSA races and high school racing. The season begins in September with dryland training and continues through the end of the racing season in late March. Training includes up to three weekday nights, Saturdays, Holiday Camp, and Coaching at NJRS and USSA events.

### **Freestyle Programs**

#### **Entry Level PROGRESSION FREESKI \$500**

The Progression Freeski Program provides an entry level freestyle program for young athletes that focuses on fun, safety, and basic freestyle skills and basic skiing techniques including mogul skiing, aerials, big air, half-pipe, and slope-style. The season begins in September with dryland training and continues through the end of the season in late March. Training includes up to two nights a week, some Saturdays, Holiday Camp, and Coaching will be given at all Spirit Mountain USSA sanctioned events.

#### **Competitive ADVANCED FREESKI \$750**

The Competitive Team Program offers athletes opportunities to train and compete in disciplines of freestyle skiing. The program is geared toward athletes who have a basic background in freestyle skiing focusing on developing strong skiers and skilled competitors in mogul skiing, aerials, big air, half-pipe, and slope-style. The season begins in September with dryland training and continues through the end of the season in late March. Training includes up to three nights a week, most Saturdays, Holiday Camp, and Coaching will be given at all USSA sanctioned events. The Competitive Team members have the opportunity to compete in competitions on the weekends through USSA, and work towards competing in the Junior Olympics.

### **Snowboard Programs**

The Team Duluth Snowboard Program is now in its second year, and we offer both a junior team and an advanced team to meet the needs of riders in all ability levels.

The Snowboard Program will include on-snow training throughout the winter 2-3 times a week. Typical practices will include structured activities aimed at building a rider's fundamental skills while also focusing more specifically on each rider's needs. The Snowboard Program will also include coaching at regional USASA events that are run through the Upper Midwest Snow Series for Advanced Team members. Contest coaching will include individual coaching for each rider on the day of the contest at the venue for one discipline.

### **Junior Team**

**\$500**

The Junior Snowboard Team is for entry level riders to the terrain park or those that are still mastering their first tricks. The season begins in September with dryland training and continues through the end of the season in late March. Training includes two nights a week (Tuesday and Thursday), Holiday Camp, and Coaching at events.

### **Advanced Team**

**\$750**

The Advanced Team is for riders who are beyond the basics park riding level looking to step up their ability to the next level or to move into the competition scene. The season begins in September with dryland training and continues through the end of the season in late March. Training includes two nights a week (Tuesday and Thursday), every Saturday, Holiday Camp, and Coaching at all events and USASA competitions.

## **Team Duluth Registration:**

Registration is open Sept 2nd<sup>th</sup> through October 15<sup>th</sup> 2019 and is completed online at:

<https://www.teamduluth.org/registration>. Registration must be completed by 11:59PM on October 15th, 2019 when online registration closes.

### **Team Duluth Registration Payment Methods**

*PAYMENT OPTIONS: Payment Options will be available for selection on the Shopping Cart Page.*

- **PAY ONLINE IN FULL:** Submit total fees online today upon conclusion of the registration session via Visa, MasterCard, Discover, or checking account.
- **PAYMENT PLAN:** Fees are divided into (4) installments with the first installment to be collected online today upon conclusion of this registration session via Visa, MasterCard, Discover, or checking account. The remaining balance will be automatically debited from the SAME ACCOUNT on 11/1, 12/1 and 1/1/2020.

### **Additional Costs**

Athletes will need to purchase a Spirit Mountain Season ski pass.

If athletes participate/compete in USSA, FIS or USASA competitions, they will need to purchase the appropriate license and complete the needed registration.

Below are links to Competitive/Racing options and organizations athletes may participate in:

- **US Ski & Snowboard:** <https://usskiandsnowboard.org/>
- **Alpine Central Region 1:** [www.skifast.com](http://www.skifast.com)
- **United States America Snowboard and Freestyle Association:** <https://usasa.org>

### **Additional Requirements**

- **REQUIRED VOLUNTEER OPTIONS**

Team Duluth can't operate without many volunteer hours, and we are as successful as we are because of our long history of helping each other out – that is part of the culture of Team Duluth and part of what makes our

club special. We require every parent to be involved in some capacity, so please select one (or more!) of the following volunteer opportunities that interest you and we will contact you.

Volunteer Options:

Ski Swap (10/24-27)

Holiday Camp (12/27-30)

Atmore (1/3-5)

FS/SB Comp Event (TBD)

Team Room Maintenance Crew (ongoing)

On-Snow Maintenance Crew (ongoing)

- Team Duluth RELEASE FORMS to be signed at registration:

-WAIVER AND RELEASE OF LIABILITY

-TEAM DULUTH CODE OF CONDUCT

**Team Duluth Jackets:**

Team Duluth will purchase a jacket for each athlete who registers and pays for the season.

-Alpine has a jacket that has been chosen from the Arctica team apparel line.

-Freestyle and Snowboard teams will have a new style jacket which will be arriving in the fall.

The Jackets will be embroidered with the Team Duluth logos. At the end of the season, these coats will be returned to the team room. If an athlete wishes to hold onto their own coat for the next season, they can purchase it from Team Duluth for approximately \$100.