



Team Duluth Information Sheet

Scott Ransom, Head Coach: H-218-628-9663; O-218-624-8539; C-218-310-0051

This is a quick reference guide with important information for parents and athletes participating in the "Team Duluth" racing program of the Duluth/Superior Alpine Club (Age and Ability). Additional information is found on our website www.duluthsuperioralpineclub.org or 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.*
- ❖ Mentor Program. The parent Mentor Program is intended to provide support for families new to the racing program, or those moving to new training/competition levels. *You are encouraged to call any Parent Mentor (listed on the web site www.teamduluth.org/contact) for questions that are not directly athlete-training related (talk to coaches about this).*
- ❖ 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).
- ❖ 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 slalom, GS, video, dryland, etc.*
- ❖ Announcements. Race information is found on the Bulletin Board in the Team Room.
- ❖ Web Site. The website (www.teamduluth.org or www.duluthsuperioralpineclub.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 CUSSA, FIS, etc. The **website** is a primary source of Team Duluth information.

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.** For example, an athlete sets his goal to attend 4 practices this week without communicating with his parents and coach. He finds later that there are only 3 practices and his parents can't drive him each day. He gets angry because he cannot achieve his goal. Why? **COMMUNICATION!**
- ❖ 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.



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- ❖ 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:

- ❖ 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.
- ❖ 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. We often move training to Giant's Ridge and other venues.
- ❖ Coaches encourage athletes to chose their **own level of training** intensity based on their goals. Athletes may chose to train less than, for example, the 3 weeknights offered. It is their choice, though the more you train the more you will improve.
- ❖ For Age Class and Ability skiers not involved with a high school program, try to attend training on **Thursdays**. Fewer athletes attend training on Thursdays, resulting in more coaching attention.
- ❖ **Dryland**. This is critical to a safe and successful season. It starts right after school begins in September.
- ❖ **Fall Camp** at Winter Park jump-starts the season for J3 and older athletes.

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!
- ❖ 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: D/SAC 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 (typically, FIS races take



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precedent since they are so far away and fewer parent drivers attend these events). 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, D-Team, Age/Ability). The President 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. 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.
- ❖ Tuning Equipment. Recommended tuning equipment consists of WAX, WAX, WAX, sharpening stone, sharpening angel guides (0.5° to 1° base edge bevel, 2° to 3° side edge bevel), wax iron and brushes. New skis need 5 or more coats of wax before skiing. Stay tuned for information on Team Duluth and Ski Hut tuning and 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.

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! www.teamduluth.org/volunteer
- ❖ Northland Junior Race Series (NJRS): www.teamduluth.org/njrs
 - All Team Duluth annual memberships/registrations includes the NJRS and other club races. This includes athletes who have only participated in the Holiday Camps.
 - NJRS begins in January and completes with a Championship Event at the end of February or beginning of March.
 - NJRS is an entry-level, "local" racing event for young athletes of all ages at Spirit, Mon du Lac, Giant's Ridge, Lutsen, 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.
- ❖ United States Ski Association (USSA) Racing: www.teamduluth.org/smrt
 - U. S. Ski Team development starts with the NJRS then progresses to the Central USSA and Region 1 racing (www.skifast.com). Racing in a wider geographic area and most weekends improves athletes through tougher and more frequent competition.



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- **Families** enjoy caravanning, carpooling, cooperative lodging, socializing and helping run these events. Some families cooperate to trade off weekends taking athletes to races. Speak with Parent Mentors for more information.
 - USSA requires both national USSA (www.ussa.org) and local Region 1 (www.skifast.com) memberships. Deadlines for membership application is mid-October, and late fees apply to renewing members.
 - USSA-registered athletes are invited to attend all Team Duluth **calendared events**. A sign-up sheet will be posted on the bulletin board in the Team Room to indicate your intentions.
 - Region 1 offers a "Try It" Program. (www.skifast.com/support/tryitprogram.pdf) Join the USSA as a non-scored athlete (cheaper than regular membership) and you can participate in two regular season races for a small fee, as well as other special races (fees vary). Some "Try It" races requires advance registration.
 - The **Region 1 Manual** is provided to each registered athlete at the beginning of the year with their USSA bib. This Manual contains **very important information and parents and athletes should look for it!**
 - School. USSA and FIS events may **conflict with school**. Be proactive and communicate with teachers well in advance and keep up the communications with the school throughout the season.
- ❖ FIS Racing.
- J2 and older (15 years old as of December 31 of the season) step up to the competition by expanding the geographic area for competition and compete in the Mid-America Series of FIS.
 - FIS registration deadline is August 15, and has a late fee. www.ussa.org/magnoliaPublic/ussa/en/formembers/membership/forms
 - For racers new to FIS, your USSA points determine if you qualify to register for a FIS race as well as seed you in the race. The Region 1 Manual provided to each registered athlete at the beginning of the year provides instructions on how to obtain your password to check your status and to sign up/decline for FIS races.