



Wentworth Ski Racing Club

Nancy Greene Snow Stars Program Guide

2011-12

WELCOME TO THE WENTWORTH SKI RACING CLUB 2011-2012 SKI SEASON

WHO SHOULD READ THIS GUIDE?

All Parents and Racers enrolled in or interested in enrolling in the Snow Stars Program should review this guide. If you are new to our club, welcome! We look forward to an exciting ski season and are glad that you have joined us. Please review all sections of this guide, as it is an excellent resource.

It is just as important for returning parents to review changes from previous years and for new parents to review the protocol of the programs in which their children are enrolled. We hope this guide will help you and your racer(s) get ready for the upcoming season!

If your child or someone you know would like to try out racing/training with our club but is unsure, please contact our club administrator (WSRC@eastlink.ca) for information on our ‘**Try the Club**’ Event. This event allows young athletes to participate in a half day of training with racers to ‘try out’ our club.

You will find a Nancy Greene Snow Stars Calendar of Events on the club website (www.wentworthracing.com), which is updated regularly and lists all events for the season.

WHAT IS THE WENTWORTH SKI RACING CLUB?

The Wentworth Ski Racing Club (WSRC) is a family-friendly ski club with a home at Ski Wentworth in Cumberland County, Nova Scotia. The club hopes to foster a love of skiing and the sport of ski racing through qualified coaching and teaching. The club is operated by a volunteer board of directors. WSRC provides participants age five and up an opportunity to improve their basic skills by working their way through a structured program. The club operates the following programs: Nancy Greene Snow Stars, KI Race Team, K1 Rec Program, Senior Race Team (K2, J1, J2, and Senior), Senior Rec Program, and Para Race Program.

The goals of the clubs are as follows:

- To foster and develop ski racing in Nova Scotia;
- To develop coaches’, parents’, and skiers’ understanding of modern ski racing, coaching, and training principles;
- To employ a roster of high quality, trained, and certified ski race coaches and conduct periodic reviews of their suitability to the programs;
- To follow nationally accepted programs of ski racing training and coaching;
- To develop race officials among our parent volunteers;
- To provide a social environment in which all members can experience the camaraderie and friendship common to the sport of ski racing;
- To provide cost-effective ski race programs.

The Snow Stars Program is open to skiers aged 5-10 years. All participants entering the programs must have basic skills and be able to ride the chair lift. A valid lift pass for Ski Wentworth is required for each day. New participants will be assessed to ensure they are placed in the appropriate level. This generally takes place on the first day of classes. Skiers older than 10 generally participate in our K1 (Race or Recreational) Programs, but if you have any questions regarding this please contact our club administrator to discuss.

GOALS OF NANCY GREENE SNOW STARS PROGRAM

Skiing is a brilliant sport that offers much to the families involved. Whether you choose to be in a racing or participation program, the results are the same – a life-long love of the sport that is passed on through the generations. Nancy Greene Snow Stars encourages the development of skiers and ski racers of all ability levels. It also encourages children to discover a pathway to the joy of skiing, competition, and excellence in a fun and rewarding environment.

The goal of Nancy Greene Snow Stars is to provide a solid foundation and knowledge base – physical, technical, tactical, and mental – upon which to build children’s athletic abilities.

The seven-step program (described below) will guide the child, coach, and parent through a progression aligned with the Long Term Athlete Development Plan.

BENEFITS OF THE SNOW STARS PROGRAM

Children who are physically educated feel confident and are encouraged to continue to build on these skills through competitive and recreational sport activity. They will enjoy overall health benefits by developing greater physical literacy, which encourages them to be more physically active throughout their lives. Increased activity reverses the current trends in childhood and adult obesity and cardiovascular disease. Skiing is a life-long sport that is practiced by people of every age, shape, size, ethnicity, and level of ability. But skiing skills are not the only benefits of this ski program. In addition, the children will learn about:

- Ski safety
- Independence
- Self-confidence
- Group/peer learning
- Cooperation
- Listening skills
- Goal-setting
- Task focused activities

HOW DOES SNOW STARS WORK?

The Snow Stars program contains seven (7) levels that are based on the physical, mental, technical, emotional, and cognitive development of children. Each level reflects a different point in athlete development.

Each level is a guide for the coach to design a training plan that ensures competency in fundamental motor skills and fundamental ski sport skills.

1. CONTROLLED SKIER
2. PARALLEL SKIER
3. MOBILE SKIER
4. DYNAMIC SKIER
5. REFINED SKIER
6. VERSATILE SKIER
7. SKI RACER

Levels are divided into physical and mental skill components. The components in this program create a foundation necessary to commence the development of the complete athletic skier and ski racer.

Within each component is a set of benchmark tasks that the skiers need to practice to perform proficiently. When the coach feels the skiers have been given time to perceive and pattern the task, the coach will carry out an assessment for that task.

Training and achieving these benchmark tasks will lead the skier through the necessary building blocks that suit the "Windows of Trainability" for this phase of growth and maturity. Coaches will provide a mid-term and end of session review of skills to update parents.

While the levels are an important tool and guideline for coaches as well as a benchmark for athletes and parents we recommend that this does not become the focus of the program. At the Snow Stars age level the major focus of the program is personal development and FUN!

OVERVIEW OF NANCY GREENE SNOW STARS PROGRAM

1. FUN-DAMENTALS

AGES: 5-9 YEARS

- Practice and master fundamental movement skills before sport specific drills are introduced.
- Emphasize the overall development of the athlete's physical capabilities, fundamental movement skills and the ABC's of athleticism: agility, balance, coordination, and speed.
- Emphasize motor development to produce athletes who have better trainability for long-term sport specific development.
- Introduce basic flexibility exercises.
- Develop speed, power and endurance using games.
- Encourage participation in a wide range of sports.
- Develop linear, lateral, and multi directional speed with the duration of repetitions less than 5 seconds.
- Include strength-training exercises using the child's own body weight.
- Introduce children to the simple rules and ethics of sport.
- Introduce fun competitive skill environments.
- Ensure that activities revolve around the school year and are enhanced by multi sport camps during holidays.
- Participate once or twice a week in the ski program but ensure participation in other sports 3-4 times a week to ensure future excellence.

2. LEARN TO TRAIN

AGES: 8-11 YEARS

- Further develop all fundamental movement skills and guide general, overall sports skills.

- Develop strength using exercises that incorporate the child's own body weight as well as medicine balls and Swiss balls.
- Introduce hopping and bounding exercises or routines, to aid in strength development.
- Further develop endurance through games and relays.
- Further develop flexibility through exercises.
- Further develop speed by using specific activities that focus on agility, quickness and change of direction during the warm-up.
- Structure competition to address differences in training age and abilities.
- Identify sports that the child is predisposed towards success. Narrow the focus to three sports.
- Single periodization.
- Apply a 70% training to 30% competition ratio. Skilfully combine skill training within a fun competition environment.
- Encourage unstructured play and scrimmage.

Skiers' Responsibility Code (Officially endorsed by National Ski Areas Association)

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers.

Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the Code listed below and share with other skiers the responsibility for a great skiing experience.

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride, and unload safely.

KNOW THE CODE. IT IS YOUR RESPONSIBILITY.
This is a partial list. Be safety conscious.

REGULAR DAY TRAINING TIMES

The Snow Stars Program begins on the weekend of January 7, 2012. The program is nine weeks long, with the final regular session scheduled for March 4, 2012. You may purchase a three-week extension to the program; please contact the Club Administrator for further information.

Training times are as follows for both Saturdays and Sundays:

Saturdays : 9:30 - 11:30 a.m. and 12:30 - 2:30 p.m.

Sundays : 9:30 - 11:30 a.m. and 12:30 - 2:30 p.m.

Athletes should be appropriately dressed and with their equipment and lift pass at the front of the lodge (bottom of Rosebowl) at 9:25 a.m. and 12:25 p.m., so that all groups can be assembled and ready to go up the lift at the start of lessons.

Lunch is from 11:30 a.m. until 12:30 p.m. Parents should meet their children at the bottom of Rosebowl (in front of the Lodge) for lunch. Please remember that this is also the coaches' lunch and it is important to be on time to meet the athletes. Discussions with coaches should be reserved for after training times (2:30 p.m.), to allow for breaks for both athletes and coaches.

A TYPICAL DAY...WHAT TO BRING TO THE SKI HILL EACH DAY

If the hill is open, programs are on!

A typical day in the Snow Stars program starts by meeting your group and being ready to ski five (5) minutes before each morning and afternoon session starts. The first run of every morning and afternoon will be a warm-up run to "get the blood flowing" and to make sure the skiers are alert on the snow. Typically, drills and individual ski improvement takes place in the morning and the techniques are applied in free skiing during the afternoon session. Occasionally there will be obstacle courses and fun races set up for the coach to take their athletes through.

The Snow Star Program does not require any special racer equipment. Athletes require regular alpine ski equipment. Coaches are happy to make suggestions to parents regarding fit and equipment, if requested. The use of helmets while in the program is mandatory for all athletes and coaches. There are no exceptions.

It is very important that racers always have at least one extra pair of gloves that is accessible to them at all times (located in the lodge where they can find and reach them if needed). Dressing for the weather is very important. Neck/face warmers and layers are a must on cold days – coaches will assign frostbite buddies in their classes. A change of clothes is always recommended if it is going to be raining.

FIRST DAY:

Registered athletes will be assigned to different coaching groups on the first day. Lists will be posted in the lodge early on the first day; please have a look at the name of the coach assigned. Coaches and athletes will meet at the base of Rosebowl, outside of the lodge. There may be some movement of athletes between groups as coaches assess the athletes and ensure the best matches for coaches and athletes.

Your parent rep, Lisa Harmon, will be available on the first day of your child's class.

PARENT MEETING:

There will be parent meetings on

**January 7 and 8, 2012
at 1:00 p.m.
in the WSRC Training Centre at Ski Wentworth.
Parents need attend only one of these meetings.**

Each meeting will review the program and provide an opportunity to answer any questions. It is also a great opportunity to meet fellow WSRC parents and members. The lead coach for Snow Stars coaches (Caroline Robinson) and the Parent Rep (Lisa Harmon) will be in attendance. We encourage all parents who have children in the program, have children moving up, or are looking for information on the Snow Stars Program, to attend.

NEW THIS YEAR

SKI CROSS: Alpine Canada has incorporated Ski Cross in the Alpine skill set for all Alpine racers. WSRC has embraced this change and developed a Ski Cross Skills component to training for all levels of racers, including the Snow Stars. All racers in our club will have the opportunity to train with certified Ski Cross coaches periodically throughout the season.

EXTRA-TRAINING: Snow Stars Programs have traditionally been offered for nine week sessions. As the Alpine ski schedule is longer, WSRC is now offering Snow Stars the opportunity to extend the ski training season to a full 12 week season. Parents are encouraged to purchase an additional three weeks (one or two day) of training. This extension will require a minimum number of registrants, and requires parents to sign their children up ahead of time. Please contact our Club Administrator for further details or to register.

PARENTS' ROLE

As with all of your child's endeavours, you are the key source of support and encouragement for your young Snow Star. Your participation in events and training days is vital to our success with our athletes. We encourage regular contact and communication with your athlete's coaching staff. From the moment of registration to his or her final graduation from the program, you can follow your child's achievements through the "Snow Stars Achievements" booklet. A copy of the Snow Stars Parents and Coaches Manual is available for review at the club website (www.wentworthracing.com) under the Programs: Snowstars tab.

An understanding of the principles of Snow Stars and the AIM 2 WIN strategy (see document on our website) will enhance your understanding and communication with your child's coach and club program.

Ski club programs typically take up only a few months of the year. However, for children at these ages, without the involvement of regular activity in sport programs for the remainder of the year, a significant window of opportunity will be lost, compromising the ability of the

young athlete to reach full potential. Encouraging constant activity in many other sports is one of the most critical gifts you can give your child.

COACHING STAFF

Enthusiastic and well-prepared coaches and participants play an integral role in the success of the program. Our coaching program is overseen by two coach coordinators, who ensure all coaching staff are fully certified and supported. The coordinators oversee all aspects of racer training and scheduling. All of our coaches are certified through the Canadian Ski Coaches Federation (CSCF).

Your athletes' coach will be happy to discuss the skiing/training component of the NGSS programs. To maximize your racer's time with the coach, please approach the coaches only **at the end of the training day or by e-mail**. Emails can be forwarded through our club administrator. Coaches are available to discuss any questions or concerns relating to your skier's development, progress, or performance. Please allow the coaches 48 hours to respond to any e-mail as most of them attend university or hold full-time jobs.

As noted above, all other questions, concerns or complaints should be directed to the Nancy Greene Snow Stars Parent Rep.

It is equally important for Snow Stars participants to be properly equipped before beginning the program. Please feel free to speak with your child's coach for suggestions on equipment needs, sizing, and selection.

SLINGSHOT EVENTS AND VOLUNTEERING

Snow Stars athletes have the opportunity to participate in Slingshot races with athletes from three provincial clubs (Wentworth, Martock, and Ben Eoin). Racers are given the opportunity to run two courses, with their scores counting towards an overall team score. This gives the young athletes an opportunity to experience racing and the courses without the pressure of individual scoring and medal placement. These are fun races and a team event, so we encourage as many parents as possible to support our Snow Stars by entering their athletes in the races.

Pre-registration in any race is required to ensure appropriate coaching staff is arranged for the race and for those who remain at our hill to train. Participation in the race will require pre-payment for the event. Contact our Club Administrator if you have any questions or to register.

<p>The 2011-12 Race Schedule includes a Snow Stars Slingshot event to be hosted by Martock Ski Race Club in Windsor, Nova Scotia, on Saturday, January 28, 2012. Please refer to website for possible additional events.</p>
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Parents may be asked to help with the one-day event by volunteering to help with the BBQ lunch, registration, gate keeping, bib collecting etc.

Please check the website for updates to this event or other exciting Snow Stars events for this year.

CAMP

Camp is a great way for the Snow Star Racers to start off the season. For new members it is an opportunity to become acquainted with the coaches and returning racers. For returning racers it is a chance to re-connect with team-mates from past seasons. The Snow Stars Christmas Camp is held over three days at the same times as regular weekend sessions.

Athletes registered in two-day Nancy Greene Snow Stars Programs (NG2) can participate in the camp without additional charge. You must confirm attendance to the Club Administrator for all camps. Two-day athletes have first priority for camp space; however, they must pre-register.

The one-day Nancy Greene Snow Stars Program (NG1) does not include camp; however, one-day athletes can attend camp on a user-pay basis. If your one-day athlete would like to participate in camp, we will endeavour to include them, on a first-come-first-served basis and depending on coach availability.

It is very important that parents advise if their racer(s) will be attending the camp. This advance notice will allow our coaching staff to plan and ensure there will be a sufficient number of coaches on hand to facilitate the camp and provide proper coach to athlete ratios. To avoid the disappointment of being turned away, by showing up the day of the camp without warning, please pre-register with the Club Administrator. Names of registered athletes will be forwarded to the coaches and a spot will be guaranteed.

Registrants will need to register and prepay the fee by sending a cheque payable to Wentworth Ski Racing Club to: Wentworth Ski Racing Club, 1600 Bedford Highway, Suite 100-201, Bedford NS, B4A 1E8 or Fax 835-8799

QUESTIONS, CONCERNS, COMPLIMENTS, OR COMPLAINTS

While we encourage parents to become acquainted with the coaches, engaging coaches during training hours with any of the above tends to be time-consuming and keeps coaches away from the planned activities/schedule. We request that discussions regarding your athlete be reserved for after the training day, where appropriate or by email through the week.

If a situation arises where a parent, racer or coach cannot find a resolution on any given issue, we ask that you contact your Nancy Greene Snow Stars Parent Rep. Your Parent Rep will assist in connecting with the Coaching Coordinators and Coaches to resolve the matter and will serve to keep the Club informed of all situations.

2011-2012 Snow Star Parent Rep is Lisa Harmon
Email: lisaharmon@eastlink.ca or
Weekend phone at Wentworth 548-2012

FUNDRAISING

Our club is a non-profit organization. To keep the costs down for racers, the Board of Directors has organized a number of fundraising activities. The funds raised help support the costs of buying and replacing equipment, coach training, and holding race events. These events include a raffle, on-line auction, long sleeve T-shirts, 50-50 tickets, recipe book, and 12 Hours of Wentworth. Please support all of our athletes in these fund raising efforts. For more information or to offer your assistance, please contact the club administrator.

COMMUNICATION AND EMAIL ADDRESSES

Our website is frequently updated to include information regarding up and coming events and information. We also have bulletin boards posting inside the lodge near the front doors (closest to Rosebowl). If you have any information to share, please do not hesitate to contact your coach, club administrator, or Parent Rep.

All outgoing correspondence will be via email. If you have a change, deletion, or addition please advise the Club Administrator, Julie Ann Wilton, at wsrc@eastlink.ca. Send as many email addresses as you like, both parents' home and work, as well as your racer's address.

*Welcome or Welcome back to WSRC.
Happy skiing.....and let it snow!*