

Taos Sports Associates 501c3

TAOS WINTER SPORTS TEAM



MANUAL 2011-2012

TWST

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The mission of Taos Sports Associates is to give an opportunity for athletes to become great skiers and pursue personal goals. T.S.A. promotes the development of good sportsmanship, healthy competitiveness, sound technical skills, and an appreciation for the spirit of skiing and of the mountains. T.S.A. strives to provide a pathway to success for motivated individuals from all walks of life.

BOARD OF DIRECTORS

President	Bob Heflin
Vice President	Chris Pieper
Treasurer	Nel Iliohan
Secretary	Karen Henke
At Large:	John Whitney Jeff Mugleston Chris Wood Hank Friedman

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2011 – 2012 PROGRAMS

All of TWST's ski programs are based on basic skill development, modern technique, free skiing and competition as a way to create a better skier. Younger and less experienced athletes will spend the majority of their time working on skills outside of the competitive environment (free skiing with coaches). As athletes progress, competition and training will become more frequent. All athletes skiing with TWST are encouraged to free ski all over the mountain. Our philosophy is that a better all-around skier leads to a better skier in competitions. We will never be gate training or in the terrain park on a powder day due to safety, of course!

Athletes with TWST must be at the intermediate skill level and be able to ski most runs on the mountain. They must also be able to ride the chairlift without an adult and be able to get from point A to point B on their own. Athletes are not supervised by TWST staff during the lunch break and their parents are expected to handle their kids during this time. Any athlete who does not fit our ability criteria will be refunded and directed toward the ski school. New members, who are 10 years old or younger and decide they are not ready for our program, will be refunded. This request must be submitted in writing within two weeks of the first day of training for all part-time athletes. This can be directed to the Program Director (Sean Cassily) by December 4th, 2011.

We are pleased to offer a variety of programs for 2011-2012. Athletes may choose between our Alpine Racing Programs or our Freeride Program. Our program fees are based on the age of the athlete as of December 31st.

ALPINE RACING PROGRAMS

FULL PROGRAM

This is a weekend racing program for athletes. Our Full Time program is designed for the athlete that seeks to achieve results in regional competitions. Athletes will enjoy coaching every saturday and sunday, a 5-day xmas camp, coaching at events, dryland training every tuesday, preseason on snow training, and slalom training from 4-5pm on Thursday for 8 weeks. Athletes compete in regional events that are a part of the USSA Junior Olympic pipeline. Athletes will be on snow in early November (when conditions permit) through mid April. Fall dry land training is included and runs from early October through mid November. For program fees please see the Registration Form located on the forms page of the website.

SATURDAY ONLY PROGRAM

We offer a Saturday Only program that meets every saturday from Taos Ski Valley's opening day until closing day. This is designed to be an introductory program allowing young athletes the opportunity to develop strong fundamental skills with an emphasis on carving, pole planting, gliding, and jumping. Athletes

can compete in a variety of events in New Mexico and southern Colorado. On snow training for this program begins the Saturday after Thanksgiving and runs through March, provided that Taos Ski Valley is open for skiing. Fall dry land training and Tuesday evening winter dryland is included. For program fees please see the Alpine Registration Form located on the forms page of the website.

MASTERS PROGRAM

This program is designed for adults 20 years of age or older that want to improve their racing and take on the Rocky Mountain Masters circuit. Masters may train with the team providing that we have space and coaching available. Masters should contact Sean at 575-779-3729 or email at director@taoswintersportsteam.com for more details.

FREERIDE PROGRAM

This program is designed for athletes that wish to compete in slopestyle, skiercross, and Big Mountain competitions. TSA is happy to offer an exciting program that focuses on slopestyle and big mountain skiing. Athletes participating in this program will learn the skills needed to negotiate some of the steepest terrain in North America. Our home in Taos Ski Valley affords our athletes the chance to challenge themselves with narrow chutes, steep lines and ripping fast large peak descents. Athletes will fine tune their fundamental skiing skills, learn first aid, learn avalanche safety, learn and practice aerial stunts in a safe, supervised environment.

We offer a Saturday Only program that meets every Saturday from Taos Ski Valley's opening day until closing day. This is designed to be an introductory program allowing young athletes the opportunity to develop strong fundamental skills with an emphasis on carving, pole planting, gliding, and jumping. Athletes can compete in a variety of USASA and IFSA events in New Mexico and southern Colorado.

Our Full Time program is designed for the athlete that seeks to achieve results in regional competitions. Athletes will enjoy coaching every Saturday and Sunday, coaching at events, dryland training every Tuesday, preseason on snow training, and slalom training from 4-5pm on Thursday for 8 weeks. Athletes compete in regional events that are a part of the USSA, USASA, or IFSA national development pipeline. To register go to the forms link on the website and download the Registration packet.

Licensing: All athletes skiing for TWST must be members of the United States Ski Association. The type of license you obtain depends on the competitive focus and your age. Freeride athletes will need a freestyle license, alpine ski racers will need an alpine license. For USSA membership forms go to ussa.org and click on become a member. If you are going to compete in slopestyle or skiercross you will need a USASA license in addition to the USSA license. If you are going to compete in big mountain then you will need an IFSA license in addition to the USSA license. All of these licenses are required due to liability coverage requirements of each organization.

Taos Ski Valley Ski Pass: The price of your ski pass is **not** included in the fees. While most families buy Season's passes, you may find the Taos Card to be a wiser choice depending on how many days you ski. Please check the Taos Ski Valley web site, skitaos.org or call 776-2291 for current pass information.

TRAINING SCHEDULE

This is a typical day's schedule for our junior programs.

8:45am	Meet coaches by the base of Chair 1.
9:00am	Load first chair.
11:45-12:50	Unsupervised lunch break.
12:50pm	Meet coaches by base of Chair 1.
1:00pm	Load Chair 1 at 1pm.
3:45 pm	Training ends.

Please note that this schedule is subject to change due to weather or other unforeseen obstacles to normal activity.

COMMUNICATION

It is important that lines of communication between athletes, coaches and parents are open at all times. If an athlete is having difficulty, teaching methods can be altered in order to become more effective. All team members must realize that communication is important for growth, learning, and the success of our team. If a skier or parent is having a problem with a coach, please speak directly with Sean Cassily@[\(575\)-779-3729](mailto:(575)-779-3729). You may also reach Sean by email at director@taoswintersportsteam.com. If this does not solve the problem, please contact a board member.

SAFETY

All athletes are required to attend our skier safety day with the Ski Valley Ski Patrol. This takes about an hour and covers self arrest and other safety concerns. Athletes who do not attend one of these sessions will not be allowed to ski on the ridge. All athletes must become familiar with the New Mexico Skier Safety Code.

1. Always ski in control and in such a manner so that you can stop or avoid other skiers or obstacles.
2. Always yield and avoid the skier below you.
3. Do not stop where obstruct a trail or are not visible from above.
4. All equipment must have retention devices.
5. Obey all closed areas/trails and observe all posted signs, including slow skiing zones.

ATHLETES RULES AND RESPONSIBILITIES

1. **Be on time and ready to train.**
2. Be Prepared! Dress appropriately for cold and changing weather conditions.
3. Helmets- All TWST athletes are required to wear helmets at all times. Goggles are required whenever we run gates - NO EXCEPTIONS!
4. Always ski in control and obey all "SLOW SKIING" zones.
5. Athletes must let their coach know if they will be leaving training early. Do not leave training without being excused by a coach.
6. We are a team! You are expected to treat all teammates with respect and encourage their progress. We all share in each others successes and feel each others failures. A positive atmosphere benefits everyone's progress.
7. Remember you represent the Taos Winter Sports Team. Good behavior is expected both on the hill and off, whether we are training at home or traveling to a race. It only takes one bad incident to spoil the image of the entire team. Good behavior includes but is not limited to, skiing safely, obeying ski area rules, clean language, no fighting, no drug or alcohol use, keeping base lodges neat and tidy, and being polite to all ski area employees and guests.
8. Listen to your coaches and respect their decisions.

9. HAVE FUN!

All TWST athletes and parents should be familiar with the USSA Alpine Competition Guide, the TWST manual, and the rules of Taos Ski Valley. The “comp. guide” is a good source for answers to many questions. Athletes need to read the code of conduct and rules and regulations sections carefully. Not having read this is not an excuse for violations. Any athlete that violates any of the rules listed by USSA, TSV, or this manual can be sanctioned including, but not limited to expulsion. Every athlete has signed the code of conduct agreements as a part of the registration packet and understand that violation of those agreements is grounds for disciplinary action.

Business Sponsorship

Members are asked to try and raise as much money as possible since sponsorships have the potential to be our largest fundraiser. The more money we can raise, the easier it is to keep our training fees low in the future. TWST has an excellent corporate sponsor packet and would be excited to have you seek sponsors on behalf of the program. Contact the director for more details. If patrons are unable to make a monetary contribution, please ask them if they could contribute a raffle prize. We are a 501(C)3 non-profit organization and all contributions are 100% tax deductible.

COMPETITION: RESPONSIBILITIES & RULES

All athletes are encouraged to keep a TRAINING LOG. Early in the season athletes should write their goals for the year. Training Logs should be updated weekly with training and competition information. Record the event/training date, results, problems, successes, attitude and what could be changed and how.

You must maintain a C average in school or you will lose your traveling privileges. You are required to ask your teachers for the homework that you will miss while you are away at a event. There will be time allotted for homework each day that you are away. If you do not have homework, this time can be spent reading or writing in your training log.

Some Event Rules

(Complete rules are listed in the USSA competition guide)

An athlete may be pulled from competition by, his/her coach for safety or behavioral reasons

Competitors should expect to be disqualified for infractions of inspection or training procedures and may be sanctioned for serious violations.

If a competitor feels that he or she has suffered from interference on the course, he/she must ski out of the course immediately and request a provisional re-run from any competition jury member.

A binding release (if you lose your ski) more than two gates above the finish in SL, GS, SG, or one gate in DH, shall be considered a clear disqualification. Racers may not continue on the course.

A racer who is clearly disqualified for missing a gate or gates may not continue through further gates on the course or through the finish. Race juries may instigate disciplinary sanction of competitors who violate this rule.

In DH and SG, both in training and competition, a competitor who is abandoning the course (DNF) must exit the closed course confines as soon as possible and according to the race officials &/or jury.

All athletes are required to abide by the USSA rules, regulations and code of conduct at events as well as at home. It is the athlete's responsibility to be familiar with these requirements. For complete Code of Conduct and Rules and Regulations, see USSA Comp Guide. This code of conduct (U.S. Skiing & Taos Winter Sports Team) applies to all athletes, coaches, and officials involved with these programs.

Ski Prep

- As an athlete, you are required to come to training and events with properly tuned equipment. Training on untuned skis is wasting your time.
- If your skis are maintained on a regular basis it is easy to stay on top of the maintenance. If you only tune every so often, it can become time consuming and frustrating.
- You are required to prepare your skis before a event, including waxing, scraping and brushing.

TAKING CARE OF YOUR EQUIPMENT IS A BIG PART OF BEING SUCCESSFUL!

Entering a Race

The competition schedule for each group is posted on our website. Your coach will let you know what events you should think about attending. We will be sending in team entries this season. It is each racer's responsibility to inform the race organization and his coaches, in advance, of their withdrawal from or inability to attend a competition.

Travel to Events

Head Parent

A Head Parent must attend every over night event. The travel coordinator will help arrange accommodations and will assist with travel plans, finances, and fee collection. The HEAD PARENT will be responsible for helping to arrange accommodations, evening supervision, coordinating transportation, meals, and medical concerns. **If we do not have a head parent then we will not be able to take the trip.** Please read this section carefully before accepting this role.

Head Parent Supervision Responsibilities

When the athletes are off of the hill, you are in charge. If they want to go out or go to town, take a Jacuzzi, or hang out with racers from other teams the decision is yours. If the coach has something planned or feels that the athletes need to rest then he or she may structure or restrict some of the off hill time. The coach may not override the Head Parent's decision and allow athletes to go out if they have been told otherwise by the Head Parent.

When allowing the athletes time off, keep in mind some of the athletes responsibilities at a event (i.e. home work, ski prep, the standard **9:30 pm curfew, 10:00 lights out**). If athletes act responsibly and get their work done, some freedom is good for them. In order to compete they must maintain good grades, and properly maintain their equipment. If athletes do not act responsibly they will lose their traveling privileges.

Remember that as the Head Parent you are an overseer. In some cases there will be other parents from our team at the event you may volunteer/delegate jobs to them as it's always a good idea to have help from other parents.

In addition to the Head Parent we are requiring that there be a certain number of parents that travel with the team, depending on the ages and number of athletes traveling. As a minimum we need one parent in every condo or one parent to every two hotel rooms.

JIII, JIV, JV: One parent for every six athletes.
JI, JII: One Head Parent per event

Transportation and Rides

Athletes traveling to a event will be expected to cover the cost of getting the coaches to the event. ***If a coach uses their personal vehicle we will take the mapquest.com mileage for our destination and multiply that by the current IRS mileage amount. This total will be divided by the all the athletes attending the race. There will be a maximum expenditure of \$100 per athlete per trip.*** If a family uses their own vehicle to transport other athletes and coaches then we will use the following formula:

****Mapquest miles/ 18 mpg = estimated gallons used X current national average for a gallon of gas= cost of gas + (miles X .15 cents per mile for wear and tear)= allowable reimbursement. ****

If a coach is riding in the vehicle it is expected that each athlete entered in the event will split the cost for the trip. This is less expensive than the coach using own vehicle. If the vehicle is athletes only then it is expected that each athlete in the vehicle will split this cost.

It is the parent's responsibility to provide transportation for the athletes to and from the events.

In some cases the coaches' vehicle may be available, but it is the Head Parent's job to be sure that there are enough parents and cars to provide transportation for all the traveling athletes and coaches. ***If the coach is transporting an athlete then that athlete will be expected to pay a higher percentage of the vehicle cost.***

Meals and Food

Although it requires a bit more work and preparation, it is significantly less expensive to buy food for the event beforehand and prepare meals in the hotel room or condo. Whenever possible, we will attempt to find accommodations with kitchens. It is the Head Parent's responsibility to organize meals in advance. If your child has a special diet, please contact the Head Parent in advance so that they can try to accommodate your athlete as much as possible. If it is not possible to make all of the meals in the hotel or condo, a basic cash price for food will be included in the overall cost. Athletes & parents should figure on no less than \$20/day for food when cooking and ***\$40/day when subjected to restaurants.*** Head parents need to try to keep food costs near \$20/day/athlete, while still providing nutritious meals.

Cost and Money

There are many expenses to be dealt with when traveling to a race. The Head Parent will work with the travel coordinator and parents to calculate the cost for each athlete to cover food, lodging, coaches' expenses, and gas.

A family may choose to stay on their own, but in this case they will still be responsible for their portion of the coaches' expenses. This will be handled by the travel coordinator.

An athlete's extra cash is the responsibility of the individual athletes or their parents. The overall event cost will be split evenly between the athletes traveling to the race. For example if five racers travel to a event, one head parent and one coach, the cost of lodging and food for those seven people will be split five ways. Head Parents and coaches are not charged for lodging and food.

If the attending coach chooses to stay on his own, a per diem of \$130/day will be split between all the athletes attending the event, provided that the coach will submit receipts for food and lodging. If the coach has obtained "free" lodging then the coach will receive a per diem of \$40 for food.

Medical

As the Head Parent either you or a delegated parent will be given a medical folder with release forms for all of our athletes at the event. The coach will give the folder to the "medical parent" on the day of the event or the night before. This folder needs to be returned to the coach after the event. If an athlete is injured, it is the medical parent's responsibility to be on the hill and available to take the injured athlete to the clinic or back to the condo. The coach will have another set of the release forms but if an athlete is injured, it is the coach's primary responsibility to stay on the hill with the other racers.