

Powder Ridge

Freestyle D-Team



Information & Registration
2018-2019 Season

Welcome!

The Freestyle D-Team program is a component of the Powder Ridge Ski School. All coaches work with the Powder Ridge Ski School and have been trained in ski/snowboard instruction as well as park riding. This program is organized by the Minnesota Snow Development League (MSDL) and is comprised of eleven ski areas and two clubs: Afton Alps, Andes Tower Hill, Buck Hill, Coffee Mill, Detroit Mt., Elm Creek, Mt. Kato, Powder Ridge, Tonkawood, Trollhaugen, TR2 at Hyland Hills, Welch Village, and Wild Mt. This developmental level of competitive racing is often referred to as the “D-Team”.

This manual provides information regarding the mission, general program information, expectations of participants, curriculum, concussion policies, and the season’s schedule. Registration forms are provided at the end of this packet. All questions can be submitted via email to teams@powderridge.com, or feel free to call Powder Ridge at 320-398-7200

Mission Statement

The Powder Ridge Ski School and the Freestyle D-Team aim to provide children the opportunity to advance their skills in park riding. As an extension of the Ski School, the Freestyle D-Team Program seeks to achieve the following:

Create a fun environment that develops a strong sense of community and team spirit.

Teach young athletes to be responsible skiers and/or snowboarders and to participate in fair play and honorable competition through an activity that supports a healthy life style and lifelong participation.

Be Instrumental in inspiring young skiers and snowboarders to do their best and develop their freestyle skills through learning to compete in freestyle events.

General Program Information

It is D-Team Policy that skiers must be able to load and ride the chairlifts without help and at a minimum be able to ski or snowboard on the intermediate slope called Single Cedar at Powder Ridge without assistance. Team members must have the ability to manage themselves while at Powder Ridge or at other ski areas we race at or have parent/guardian supervision. Including but not limited to bathroom breaks, snack breaks and lunch breaks. With the number of racers and the amount of space involved it is impossible for our coaches to supervise on a one to one basis each racer at all times.

The team meets every Sunday starting as early as the 19th of November and will participate in four competitions throughout the season. Practices will take place at Powder Ridge from 12:00 to 4:00. Race day schedules will be provided as they are made available to Powder Ridge staff. Skiers and snowboarders should expect to be at the hosting ski area by 8:00 or 8:30. A season schedule and registration form are included at the end of this packet.

The events in which each athlete will have the opportunity to participate at competitions are as follows:

- **Big Air:** One trick performed over a man-made jump.
- **Slope Style:** Tricks performed during a run through a terrain park. These tricks may include groundwork and air tricks utilizing obstacles within the run boundaries.

- **Skier/Boarder Cross:** A race where a group of skiers or snowboarders (but not both at once) start simultaneously and must navigate a course that may include rollers, banked turns, and/or jumps.

Expectations of Participants

We hope that skiers and snowboarders enrolled in our program attend as many practices and races as possible; however, we recognize that family and other commitments may take precedence on some days. The freestyle program's philosophy is a mix of Professional Ski Instructors of America (PSIA), the Primary Movement Teaching System (PMTS), and the United States Ski Association (USSA), but most importantly we promote Safety, Fun and Learning.

The Freestyle D-Team is focused on creating well rounded skiers utilizing a fun environment. To that end, it is the expectation that all skiers who participate in any of the Freestyle D-Team activities should adhere to the highest standards in personal conduct. This includes but is not limited to the following:

Powder Ridge Freestyle D-Team Rules*

1. Be a responsible skier and/or snowboarder and always practice safety.
2. Always act courteous while skiing or snowboarding, whether at practices or competitions.
3. Always try your best to finish every run.
4. Expect to do lots of drills to improve your skiing and/or snowboarding.
5. Expect to have fun every day and you will!

* Failure to meet the expectations of these rules could result in dismissal from the race team without a refund of team fees.

MSDL Rules*

1. Age groups will be determined by the child's age as of September 1st.
2. Ski and snowboard girls compete against their own age and gender within age groups as follows:
10 and under, 11&12, 13&14, 15&over
3. Ski and snowboard boys compete against their own age and gender within age groups as follows:
8 and under 9, 10, 11, 12, 13, 14, 15&over
4. Conduct exemplifying fairness is expected at all times.
5. Bibs must be worn and visible on competition days.
6. All Competitors are required to have a valid lift ticket to participate in any MSDL event.
7. Awards will be presented after each competition.
8. In case of inclement weather, contact the host area. Competitions will be held unless the ski area closes.
9. The league does not mandate helmets and eye protection but, they are recommended.
10. Hosts areas may require an additional waiver to be signed to participate in the event.

* Failure to meet the expectations of these rules could result in dismissal from the race team without a refund of team fees.

Curriculum

In parallel with the Powder Ridge Ski School, the Freestyle D-Team Program utilizes principles from the PSIA and AASI instructional manuals. The coaches follow these guidelines to establish individual skier and snowboarder competencies and to generate a sound progression that will lead each skier and snowboarder to his/her full potential. These progressions are aimed at allowing each skier and snowboarder to advance at his/her own pace and develop skills to match. These progressions are based on skier and snowboarder skill, as well as chronological and morphological age.

Stage One: Stance - skier or snowboarder demonstrates a balanced stance and edge control for advanced skiing or snowboarding.

Stage Two: Mechanics - skier or snowboarder demonstrates the properly centered mechanics of controlled skiing and snowboarding.

Stage Three: Finesse - skier or snowboarder is able to consistently put together the components of technique based on the demands of the environment and demonstrate fluidity and vision while consistently performing at/or near the top of his/her age-competitive level.

Stage Four: Strategies - Skier or snowboarder is able to analyze a course and conditions, anticipate speed, identify transitions, rhythm changes, proper line, and execute visibly flawless skiing or snowboarding.

Concussion Management Protocol (CMP)

The state of MN passed into law a concussion management program that has several components. **All coaches working with youth, HS and collegiate sports must complete CMP educational training.** The basic rule in all sports (which may be worded slightly different in each rule book) states that:

“Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

Powder Ridge Winter Recreation Area, the MN State High School League and the State of MN highly recommend that every sport participant and parent should successfully complete the 20 minute NFHS online course *Concussion in Sports—What You Need to Know*. The course can be accessed at: www.nfhslearn.com or via CDC

http://www.cdc.gov/concussion/headsup/online_training.html

Coaches' Discretion for a Suspected Head Injury

If a coach detects any signs of concussion or suspects a head injury during a practice or a race, the coach will ask the skier to stop training/racing for the day. The parent, for the safety of his/her child should not override that decision unless a licensed health care professional has evaluated the skier and cleared him/her for further participation.

Schedule for Freestyle D-Team 18-19 Season Page 1 of 2

| DATE | LOCATION | EVENT | ACTIVITY SCHEDULE |
|---|----------------------|--|--|
| 25-Nov Weather Permitting SPECIAL DAY | Powder Ridge | Free Ski Day Saturday Practice | 11:30 AM Coaches meeting |
| | | | 12PM – Open House w/ parents |
| | | | 12-2 PM – Session Free Drills |
| | | | 2 PM – Break |
| | | | 2:30 - 4 PM – Session Free Drills |
| | | | 2:30 PM – One coach available for parents |
| 2-Dec SPECIAL DAY | Powder Ridge | 1st Sunday Practice | 11:30 AM Coaches meeting |
| | | | 12PM – Open House w/ parents |
| | | | 12-2 PM – Session Free Drills |
| | | | 2 PM – Break |
| | | | 2:30 - 4 PM – Session Free Drills |
| 9-Dec | Powder Ridge | Sunday Practice | 11:30 AM Coaches meeting |
| | | | 12-2PM - 1st Session |
| | | | 2 PM – Break |
| | | | 2:30 - 4PM – 2nd Session |
| 16-Dec | Powder Ridge | Sunday Practice | 11:30 AM Coaches meeting |
| | | | 12-2PM - 1st Session |
| | | | 2 PM – Break |
| | | | 2:30 - 4PM – 2nd Session |
| 23-Dec | Powder Ridge | Sunday Practice | 11:30 AM Coaches meeting |
| | | | 12-2PM - 1st Session |
| | | | 2 PM – Break |
| | | | 2:30 - 4PM – 2nd Session |
| 30-Dec | Powder Ridge | Sunday Practice | 11:30 AM Coaches meeting |
| | | | 12-2PM - 1st Session |
| | | | 2 PM – Break |
| | | | 2:30 - 4PM – 2nd Session |
| 6-Jan | Powder Ridge | Sunday Practice | 11:30 AM Coaches meeting |
| | | | 12-2PM - 1st Session |
| | | | 2 PM – Break |
| | | | 2:30 - 4PM – 2nd Session |
| 13-Jan SPECIAL DAY | Buck Hill Comp | Sunday 1st Comp | 8:30 - 9:30 AM Registration |
| | | | 9:30 - 10:00 AM Course Inspection with Coaches |
| | | | 10:00 - 12:00 AM Morning Race (Slalom) |
| | | | 12:00 - 1:00 PM – Lunch |
| | | | 12:30 - 1:00 PM Course Inspection with Coaches |
| | | | 1:00 - 3:00 PM Afternoon Race (Giant Slalom) |
| | | | Awards about one hour after Last Race |

Schedule for Freestyle D-Team 18-19 Season Page 2 of 2

| DATE | LOCATION | EVENT | ACTIVITY SCHEDULE |
|---------------------------|-------------------|--------------------------------|--|
| 20-Jan | Powder Ridge | Sunday Practice | 11:30 AM Coaches meeting |
| | | | 12-2PM - 1st Session |
| | | | 2 PM – Break |
| | | | 2:30 - 4PM – 2nd Session |
| 27-Jan SPECIAL DAY | Powder Ridge Comp | Sunday 2nd Comp | 8:30 - 9:30 AM Registration |
| | | | 9:30 - 10:00 AM Course Inspection with Coaches |
| | | | 10:00 - 12:00 AM Morning Race (Slalom) |
| | | | 12:00 - 1:00 PM – Lunch |
| | | | 12:30 - 1:00 PM Course Inspection with Coaches |
| | | | 1:00 - 3:00 PM Afternoon Race (Giant Slalom) |
| | | | Awards about one hour after Last Race |
| 3-Feb | Powder Ridge | Sunday Practice | 11:30 AM Coaches meeting |
| | | | 12-2PM - 1st Session |
| | | | 2 PM – Break |
| | | | 2:30 - 4PM – 2nd Session |
| 10-Feb SPECIAL DAY | Troll-haugen Comp | Sunday 3rd Comp | 8:30 - 9:30 AM Registration |
| | | | 9:30 - 10:00 AM Course Inspection with Coaches |
| | | | 10:00 - 12:00 AM Morning Race (Slalom) |
| | | | 12:00 - 1:00 PM – Lunch |
| | | | 12:30 - 1:00 PM Course Inspection with Coaches |
| | | | 1:00 - 3:00 PM Afternoon Race (Giant Slalom) |
| | | | Awards about one hour after Last Race |
| 17-Feb | Powder Ridge | Sunday Practice | 11:30 AM Coaches meeting |
| | | | 12-2PM - 1st Session |
| | | | 2 PM – Break |
| | | | 2:30 - 4PM – 2nd Session |
| 24-Feb | Powder Ridge | Sunday | 11:30 AM Coaches meeting |
| | | | 12-2PM - 1st Session |
| | | | 2 PM – Break |
| | | | 2:30 - 4PM – 2nd Session |
| 3-Mar SPECIAL DAY | Wild MT. Comp | Saturday Chamionships 4th Comp | 8:30 - 9:30 AM Registration |
| | | | 9:30 - 10:00 AM Course Inspection with Coaches |
| | | | 10:00 - 12:00 AM Morning Race (Slalom) |
| | | | 12:00 - 1:00 PM – Lunch |
| | | | 12:30 - 1:00 PM Course Inspection with Coaches |
| | | | 1:00 - 3:00 PM Afternoon Race (Giant Slalom) |
| | | | Awards about one hour after Last Race |
| 9-Mar SPECIAL DAY | Powder Ridge | Thursday | 6:00 -8:00 |
| | | Banquet | Dinner, Slide Show and Awards!!! THE END :(|

Powder Ridge Freestyle D-Team Registration Form 2018-2019 Season

Name: _____

Age as of Sept. 1, 2018: _____ Gender: _____ D.O.B. ____/____/____

Street Address: _____

City: _____ MN, Zip: _____

Home Phone: _____ E-Mail: _____

Parents or Guardians: _____

Primary Phone: _____

Secondary Phone: _____

Emergency Contact (If Different): _____

Health Insurance Company: _____

Policy Number: _____

Liability Release and Medical Release

I recognize that skiing and snowboarding and skiing and snowboarding competition is a vigorous and potentially hazardous sports. I understand that the potential for serious injury or death is present in the sport of skiing and/or snowboarding and skiing and/or snowboard competition. By enrolling in the Powder Ridge Freestyle D-Team, I release Powder Ridge and its employees and coaches from liability that could arise from participation in this sport. I also release Powder Ridge and its employees and coaches from liability that could arise from travel to and from any competition events. All participants must be covered by their own health insurance. Powder Ridge does not carry any kind of health insurance for the participants. I give the directors and coaches of the Powder Ridge Freestyle D-Team permission to obtain medical aid for my child in the case of injury or illness. I understand that every effort will be made to contact me if medical attention becomes necessary. I have read and understand and agree to the above medical and liability release.

Participant's Name: _____

Parent or Guardians Signature: _____ Date: ____/____/____

Please note any medical conditions or special considerations you wish the coaching staff to be made aware of to assist the racer in optimal participation and performance:

Program Fees – Checks Payable to Powder Ridge

| | Freestyle Team |
|---------------------------|----------------|
| Before November 1st: | \$325.00 |
| On or After November 1st: | \$375.00 |

Required Informed Consent Form on Next Page

Powder Ridge Alpine D-Team Informed Consent 2018-2019

As a current/potential race team member, you are invited to participate in The Powder Ridge Ski School Freestyle D-Team Program that offers a unique opportunity of premium on-hill instruction for all its members.

Practice Days: On-hill instruction is scheduled each practice Sunday from 12 PM – 4 PM. You should plan to be ready to ski at 12 PM unless coaches have specifically indicated a deviation from this schedule. Breaks during the training period may be dictated by inclement weather; otherwise, you as individual skiers or snowboarders leaving the group will be unsupervised during your absence. Coaches will help you keep track of when practice is over at the end of the day which is normally 4 PM. (Note to parent/legal guardian: At the end of practice, coaches will try to insure skiers and snowboarders get to the chalet, but cannot take responsibility for the return of each skier or snowboarder to his/her parent/legal guardian at the end of each practice).

Competition Days: As a freestyle team member, you will automatically be registered for every competition. However, you must still arrange to get to the ski hill and check in at the registration desk to receive your bib and instructions for competition course designation. Coaches will be available to assist in this process, but it will ultimately be your responsibility to get to the competition, register, and make it to your competition course on time. Coaches and parent helpers will be assigned to each age group to assist in pre-competition strategies such as course inspection, ski or snowboard selection, and/or base prep. Coaches will not always be with you between your respective runs; therefore, you must be responsible for contacting coaches if you have a question and/or concern and you must be responsible for taking your competition runs. On competition days, you are free during lunch. Often times coaches and parent helpers will designate an area in the chalet for freestyle team members and their families. It is encouraged that you seek out this area in the event coaches and/or race officials need to contact competitors.

Additionally, Team Coaches have the following expectations of each of its participant racers.

Racers must be able to:

- Ride the lift without assistance from a coach and/or parent helper.
- Negotiate your way down an intermediate slope while under control at all times.

Additionally, skiers and snowboarders will:

- (A)ct appropriately while at our home hill or during away competitions.
- (B)e responsible for their actions.
- (C)ourteously respect coaches, other competitors, and other skiers and snowboarders.
- (D)emonstrate sound judgment while interacting with all others.

Failure to meet the above responsibilities and/or expectations could result in dismissal from the freestyle team without a chance of refund of your team fees. Your signature indicates that you have read the information provided above and have decided to participate. You may withdraw from participation at any time without prejudice after signing this form. All Freestyle D-Team members must have his/her parent or legal guardian co-sign this informed consent.

Signature

Date

Signature of Parent or Legal Guardian

Date