



SKI RACING 101- What to do at a race.

1. Please make sure that your child's skis are tuned and waxed. It's no fun (not to mention much harder) to ski on equipment that is not in good shape. As you get more involved you can learn how to tune & wax skis yourself. There are several parents and coaches that volunteer to help tune kids skis, but it can be an overwhelming task. However, if you need help, recommendations for shops or other info please ask.

2. Please make sure kids have lunches, snacks (or money) sunscreen. If they have GS suit, make sure they wear it. If they don't a light fleece or windbreaker top and pants will suffice. They will receive a bib with a number on it. This is their bib for the weekend, yes the weekend, this means they will bring it home with them and must bring it back the next day!!! Otherwise it will cost you \$50.00. (I know, one more thing to be responsible for).

3. Kids will load the lift at designated time (usually between 8 & 8:30) with coaches. At away races there will be a designated time expressed at the team meeting. They will then be able to "inspect the course" Which means we take a look at the whole course gate by gate. During this time we talk about tactics and strategy, focus in the course and look for any tricky or out of the ordinary gates. Usually then they will have time for a free run or two before they start. Parents we appreciate your help but during this times it best that athletes stay with their team and coaches and have limited distractions.

3. Age class girls will be placed in their age category (J5, J4) then drawn randomly and given a bib number. For the first race kids will run in bib order 1,2,3, 4. etc. For the second race, they run in reverse order, so whoever went last during the first run will go first second run. For the second day we split the field in the middle and start there (assume there are 50 girls (girl 26 goes first to 50 then 1,2,3, until 25, for the second run it flipped upside down so 25 goes first down through 1, then 50 through 26, Get it?? Same thing with the boys) At most races girls race first, then boys. Youngest age group to oldest (sometimes they run J5 girls, J5 boys, J4 Girls, J4 Boys). I think for this race we are going to run all age class girls then all age class boys, youngest to oldest. After age class the ability girls race, their start order is based on a point system with a random first seed draw, same with Ability boys. If you want the details, and have 10 minutes,

grab me and I can explain it to you, but I think that is probably information overload for now :)

4. For Age Class (ages 6-12) Each run counts as a race. For ability (13+) two runs make up a race. So the Age class kids actually have 4 races this weekend. The first run will start at 9:55 AM with forerunners. These are athletes that ski the course first without times to check and make sure that the course is good and there are no big problems. Usually there are 3-5 forerunners. After that we start with our first racer. Each racer gets one shot on the course. If they fall they can get up and hike up the hill to the last gate they missed. If a ski pops off, they are unable to finish the course and will get a DNF(Did Not Finish) by their name on the scoreboard.

5. After their run they can eat lunch and relax. Second run inspection will likely start at 12PM. That means racers must be at the start when inspection opens. Sometimes inspections get pushed back, but will be announced. Usually coaches do not get to eat or eat on the chairlift so it is the racers responsibility to get to the start for 2nd run inspection. The second run usually starts about 12:55 with forerunners for the second course. These times are subject to change (and usually will) based on all the variables associated with running 150 kids, one at a time through a race.

6. Awards are usually 30-60 minutes after the completion of the second run. It shows great team spirit to stay and cheer on our athletes on the podium.

At the end of the season we participate in the Southern Series Championship Race. This year(2010) it will be in Taos, NM on March 26 & 27. All racers that place in the top 15 in their age category will add points to the Team to go toward winning the Team trophy. (Just an FYI for scoring purposes all kids under 10 are counted as a J5 even though we will award medals and ribbons for the J6 category). This means that all racers have a good chance to help us win the CUP!!! The Team Trophy will be awarded at the Awards Ceremony on Sunday.