

SNOWBASIN SKI TEAM TOWN HALL

SEPT 2023



AGENDA

- - INTRODUCTION TO COACHING STAFF
- - TEAM VALUES
- - JR COACH PROGRAM
- - REFLECTION ON OUR DRYLAND TRAINING SESSIONS
- - EQUIPMENT REMINDERS
- - SCHEDULE REMINDERS
- - FALL SKI CAMP PLANNING
- - ALPINE OFFICIALS TRAINING INFO

NEW LEADERSHIP (PROMOTED FROM WITHIN)

- DEVO – MATT AND TJ
- SS – MADDY WILLIAMS
- U16 – KYLE AHMANN
- FREERIDE – WYNTER McBRIDE
- INTRO TO FREERIDE – ADAM
- ADMIN – TEAM ACCOUNTANT – COLETTE SMITH

NEW HIRES

- DEVO – 4 NEW AND LOOKING FOR A FEW MORE
- ALPINE – 4 NEW – HEATHER, GABE, JAY, AND HALLIE
- FREERIDE – 1 NEW – JULIEANA AND LOOKING FOR 1 MORE

TEAM VALUES

- RELATIONSHIPS
- COMMITMENT
- INTEGRITY
- PERFORMANCE
- TEAM PRIDE
- GROWTH MINDSET

JR PROGRAM COACHES

OUR JUNIOR COACHES ARE AGES 15-17. THAT WILL BE MATCHED WITH A SENIOR COACH IN OUR DEVO PROGRAMS TO OFFER ASSISTANT AND PROVIDE DEMONSTRATIONS.

MOST ARE ALUMNI OF THE PROGRAM.

WE ARE PROUD TO PROVIDE THIS OPPORTUNITY FOR THESE INDIVIDUALS.

THIS IS TRULY A WIN/WIN SENEICIO.

- HIRED 4
- REVIEWING 4 MORE APPLICATIONS
- GOAL TO MAX AT 10

COMMUNICATION IS KEY

Weekly

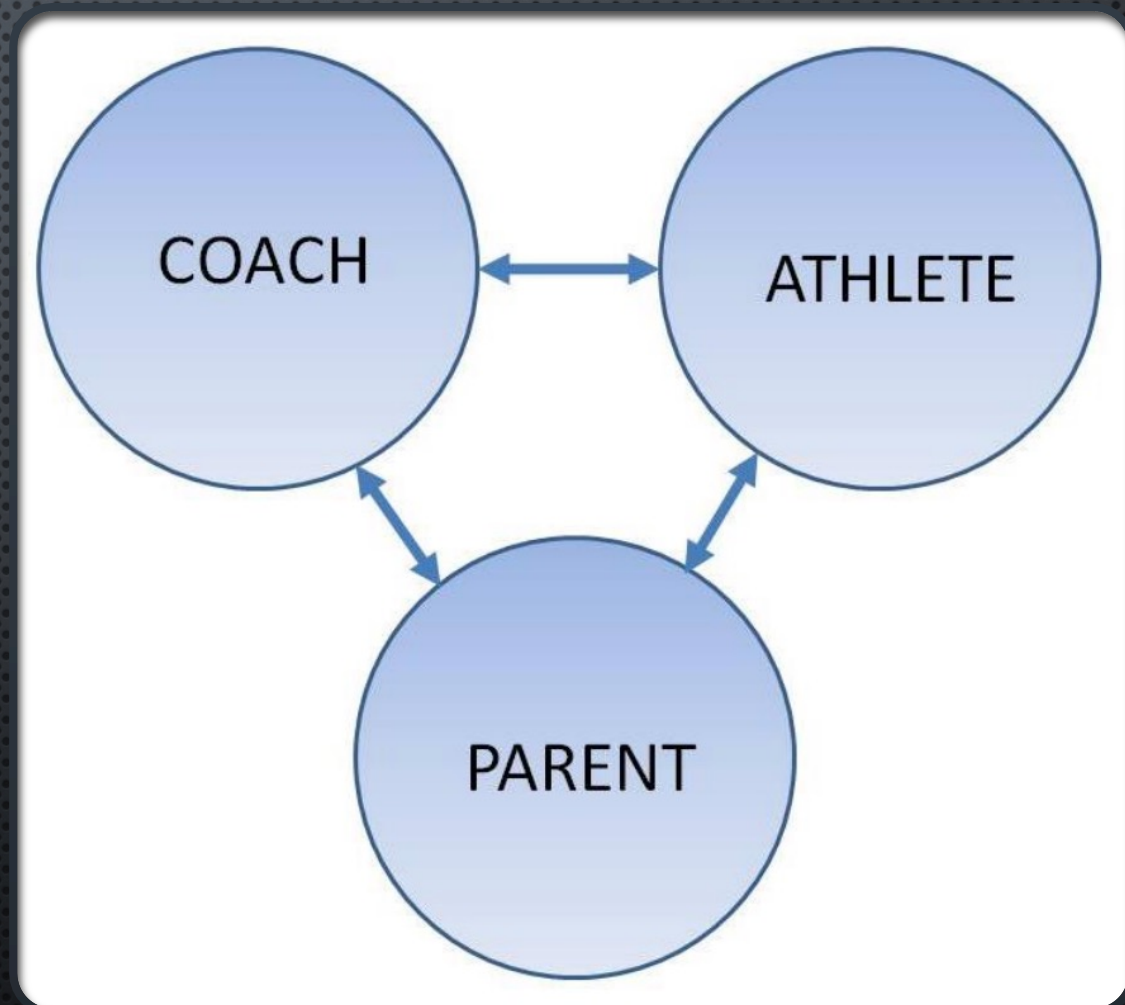
- Program Directors
- Per Department
- Program Admin
- BOD President
- Resort Relations

Monthly

- Town Hall
- Newsletter
- Board of Directors

Other

- Orientation Campout
- Fall Parent Meetings
- Mid-Season Evaluations
- End of Season Evaluations
- Advisory Committee
- Team Sponsors



CURRENT MEMBERSHIP

- ALPINE – 51 (GOAL OF 50)
 - 5-U16+, 8-U14, 24 SS, 10 YSL, 4 ADD-ONS
- FREERIDE – 65 (GOAL OF 65)
 - 17 COMP TEAM, 38 INTRO TO FREERIDE, 10 ADD-ONS
- DEVO – 145 (GOAL OF 200)
 - DEVO PLUS – 34 GOAL OF 30
 - DEVO – 84 GOAL OF 140
 - DEVO MINI – 25 GOAL OF 30



Devo Mini



Devo/YSL



South Series



U14 Series



U16 Series



Foundation Stage

PHASE 1

Biological Age
Pre Puberty

Age
2-6 years old

Play Age
1-4 years in sport

Participation
Ski around 1 day a week
20 days a year
At least 95% free skiing
Play many other sports - gymnastics or balance-based sports

PHASE 2

Biological Age
Pre Puberty

Age
6-10 years old

Training Age
1-4 years in sport

Participation
Ski 2-3 days a week
50 days a year
At least 90% free skiing
Fun races
Play many other sports

Pre & Post Puberty

PHASE 3

Biological Age
Pre Puberty
(Before Growth Spurt)

Age
Girls: 10-13: J4 (J5-J3)
Boys: 11-14: J4 (J4-J3)

Training Age
4-8 years in sport

Participation
Ski 3-4 days a week
70 days/year
At least 60% free skiing
Competition Period: (Jan.-April)
Number of race starts: 10-15
Ratio 1:6 (race:training)
Play complementary sports

PHASE 4

Biological Age
Puberty
(Growth Spurt)

Age
Girls: 11-14: J3 (J4-J3)
Boys: 12-15: J3 (J4-J2)

Training Age
5-9 years in sport

Participation
Ski 4-5 days a week
100 days/year
At least 30-50% free-skiing
Competition Period: (Dec.-April)
Number of race starts: 15-30
Ratio 1:5 (race:training)
Play complementary sports

PHASE 5

Biological Age
Post Puberty
(After Growth Spurt)

Age
Girls: 12-16: J3 (J4-J2)
Boys: 14-17: J2 (J3-J1)

Training Age
6-11 years in sport

Participation
Ski 4-5 days a week
120-140 days/year
At least 15% free skiing
Competition Period: (Nov.-April)
Number of race starts: 25-max 45
Ratio 1:4 (race:training)
Play complementary sport

World Class Performance Full Maturation

PHASE 6

Biological Age
Full Maturation

Age
Female: 16+ J2-J1
Male: 17+ J1

Training Age
Minimum 10+ years in sport

Participation
Ski 4-5 days a week
130-150* days/year
At least 10% free-skiing
Competition Period: (Nov.-April)
Number of race starts: 55*
Ratio 1:3 (race:training)
*based on the number of disciplines



- DRYLAND AT MT OGDEN PARK
 - TUESDAY AND THURSDAY
 - 5:00-6:30
 - BRING WATER BOTTLE, GOOD SHOES, AND ATHLETIC WEAR THAT MATCHES THE WEATHER.
 - OPEN TO DEVO ATHLETES AND OLDER.

WHY CHILDREN PARTICIPATE...

- ENJOYMENT / FUN 28%
- FITNESS 15%
- BE WITH FRIENDS 13%
- COMPETITION 13%
- IMPROVEMENT 8%
- MEET NEW PEOPLE 8%



WHY CHILDREN DROP OUT...

- TAKES TOO MUCH TIME 18%
- COACH WAS NEGATIVE 15%
- ENJOY OTHER ACTIVITIES MORE 15%
- IT WAS BORING 9%
- LACK OF FUN 8%
- PARENTS' EMPHASIS ON WINNING 6%

TEAM PRIORITIES

- SAFETY
- FUN
- LEARNING
- SPORTSMANSHIP
- COMPETITION



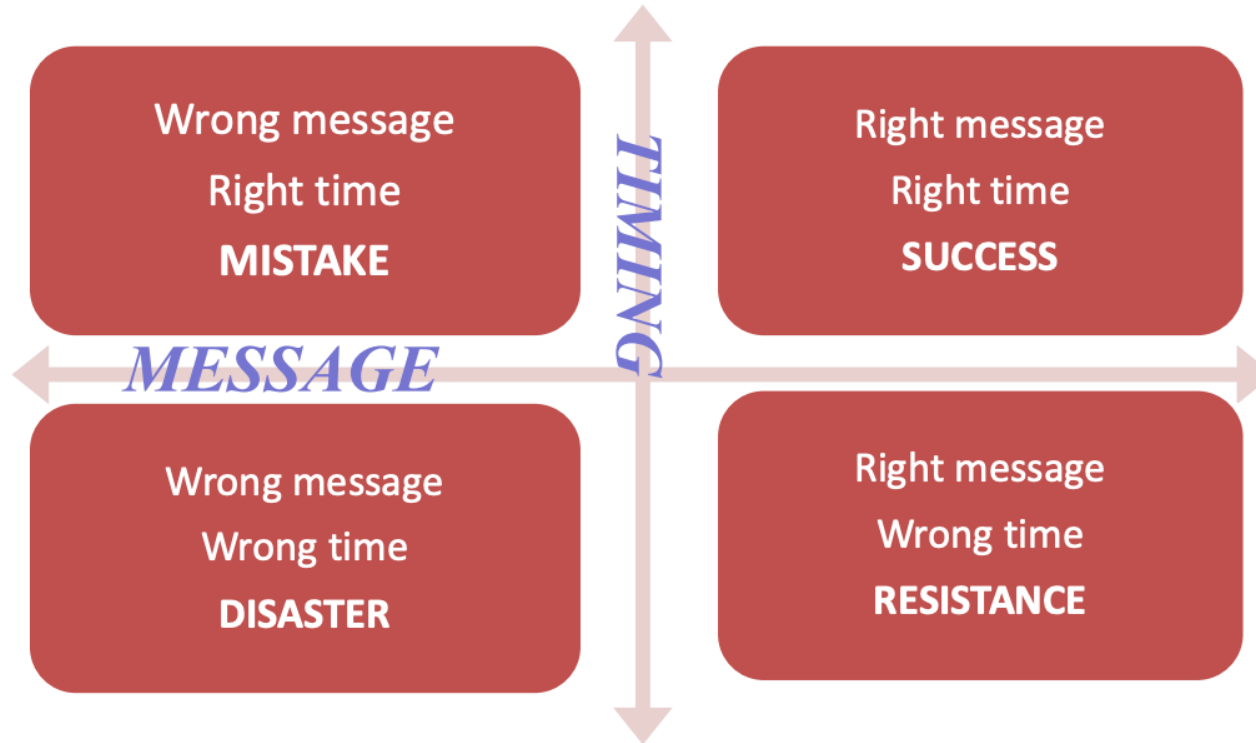
THE 5 F'S

- FUN
- FAIR
- FAST
- FRIENDSHIP
- FREEDOM



Coach to Parent or Parent to Coach Messaging

Two Critical Components of Feedback



DATE REMINDERS

- PARENT MEETINGS – OCT 4, 6, 16, 28
- SKI SWAP –OCT 19-20-21
- WINTER WELCOME – NOV 4
- FALL CAMP
 - COLORADO – ALPINE U14 AND UP, FREERIDE COMP TEAM
 - SUN VALLEY – ALPINE – SS AND UP