



**WILDCAT MOUNTAIN
ALPINE EDUCATION
FOUNDATION
(WMAEF)**

PARENTS HANDBOOK

DEDICATION

We would like to dedicate this handbook to the Wildcat Trail, one of the first Downhill racing trails in the country; and to a small group of ski racers who are responsible for the development of Wildcat Mt. into a full-fledged ski area.

The Wildcat Trail was cut by the Civilian Conservation Corps (CCC) during the summer of 1933 and first raced in January 1934. No lifts existed yet; skiers packed the course as they climbed the soft snow on their skis with seal skins attached to the bottoms. The Wildcat Trail was used in this fashion for 20 more years before the development of a ski area at Wildcat was seriously considered.

In April, 1955, Olympic team members George Macomber and J. Brooks Dodge, together with fellow racers former Dartmouth ski team Captain Malcolm McLane and William "Mac" Beal Jr. slogged up a lift survey line on snowshoes and decided that a ski area development was feasible. Few current ski team members probably realize Wildcat's long racing history or that the first use of a trail at Wildcat was ski racing!

Hence, we make this dedication as we are proud to carry on this tradition of racing at Wildcat.

INTRODUCTION

The Wildcat Mountain Alpine Education Foundation (WMAEF) offers a racing program for young skiers age 6-18.

The team follows United States Ski Association (USSA) and New Hampshire Alpine Racing Association (NHARA) and U.S. Ski Team guidelines for development of young racers. This includes limiting the amount of tactical training and emphasizing free skiing in a variety of terrain and conditions.

Our goal is to nurture a love of skiing, provide a fun and challenging mountain experience and to teach the fundamentals of ski and race technique.

Parental participation is welcome and necessary in all activities of the Team. For more information, contact the Team President or Program Director.

WMAEF

The Wildcat Mountain Alpine Education Foundation is a non-profit organization run by the Board of Directors. Our main sources of funding are from tuition, Annual Auction, team sponsored races and membership donations. All members are encouraged to join the Board. The Board meets monthly for approximately 1 hour. If you are interested, please contact any of the current board members or committee chairs.

PHILOSOPHY AND GOALS

The WMAEF Jr. Race Program is a non-profit development program for young alpine racers. Our most important goal is to nurture a lifelong enjoyment of the mountains and the sport of skiing in our young athletes. We strive to provide opportunities for each athlete to develop and mature both on and off the slopes. We wish to enable each athlete to reach their potential as a skier, to grow healthy bodies and to enjoy a positive experience of competitive sport.

In addition to developing skills, it is important to teach young athletes the value of hard work, cooperation and team spirit, self-reliance and self-esteem. We stress cooperation and friendship among team members; respect for other teams, mountains, and the environment; and responsible, friendly behavior towards everyone involved in the sport. We believe that every athlete that works to improve their personal best is a winner, and therefore, we teach what that means. Finally, we believe in educating parents of racers about the sport to help them to organize and support their children's efforts, and to run a safe, high quality program for our athletes and for competitors visiting for races at Wildcat.

FAMILY COMMITMENT

Race Work

The WMAEF race commitment policy is as follows:

Each family is required to work as designated number of work commitment days as determined at registration for the season. This commitment does not double if you have two or more children in the team. Each family is assessed a race working surcharge in the amount of \$50 per work commitment prior to the beginning of the season. This amount will be refunded at the end of the season at a rate of \$50 per commitment worked (up to a maximum of the prepaid amount).

Be sure to sign in at the Race Worker table at registration the morning of the race to get your race worker credit.

Fundraising

In an effort to keep our program the most affordable in the Mt. Washington Valley, the WMAEF relies on income from hosting and running races, speed camps and other fundraising events during the year such as the Auction and the Progressive Dinner. Funds raised are used to offset tuition, pay for coaching, and purchase and upgrade equipment.

Each family is expected to assist with the hosting and running of the races and with the fundraisers. Believe it or not, you will find that you will have fun while doing this!

Wildcat Ski Team Auction

Each Wildcat Ski team family is required to donate 2 items that have an approximate total value of \$50.00. The auction allows us to keep the race program high quality at a reasonable cost. Your support with this is appreciated.

You will be contacted to help solicit vendors to donate items for the Auction. There is an existing list of businesses that have donated in the past. Please sign up for the local businesses that you may be familiar with or live close to.

If you have any questions please contact your Social Chair. Remember to support the auction by publicizing it to your friends and family.

THANK YOU FOR YOUR ACTIVE SUPPORT.

TRAINING GUIDELINES FOR JUNIOR RACERS

This age group will train Slalom, Giant Slalom and Super G, with more emphasis on Slalom and Giant Slalom element training. These two events help young racers develop balance, feel and edge control in big and small radius turns as well as respond to changes in terrain and conditions. The ability to ride a fast ski as a mature racer depends on feel and balance, and it is much easier to develop these basic skills at a young age. Junior racers are able to perform big and small radius turns in a relaxed manner and develop good muscle memory patterns.

We begin gate training with short, rhythmical, fall line courses and progress over the season to longer, more difficult courses on steeper slopes. We also use a number of basic elements to develop good body position and discipline. Timed runs and video will also be used to help the athletes understand and evaluate their stance, line and tactics. Free skiing, tree skiing and obstacle courses will be used to challenge balance and agility, and to have fun.

REFER to the NHARA site www.nhara.org and www.wildcatskiteam.net for information regarding races.

Racers are separated into age group based on their age as of December 31st.

U8 Competition

U8 non-scored competition (6 and 7 year-olds) is organized at your home area or close to home area for the season. team and divisional events will be calendared that focus on measurable skills in a fun and positive environment emphasizing the development of the fundamental skiing skills of balance, agility, basic carving and coordination. U8s in NH are not eligible to participate in Open races or qualifying events. *A membership in USSA is required if your home team is a USSA team. A NHARA membership is not required.*

U10 Competition

U10 non-scored competition (8 and 9 year-olds) is organized at close to home areas for most of the season. The U10 program consists of non-scored Open GS & SL races (recommend not to exceed participation in 3 races) and divisional Skills events throughout the season. U10s are not eligible for qualifying to the U12 Championship events or to participate in divisional qualifiers. Competitors must hold a valid USSA youth membership and NHARA membership for all sanctioned NHARA programs.

U12 Competition

U12 non-scored competition (10 and 11 year-olds) is organized at close to home areas for

most of the season. The U12 program consists of non-scored Open GS & SL races throughout the season and with division qualifiers in February for selection to the NHARA U12 Finals and NHARA U12 Championships in early March. Competitors must hold a valid USSA youth membership and current NHARA membership for all programs.

U14 Competition

U14 non-scored competition (12 and 13 year-olds) is organized at close to home areas for most of the season. The U14 program consists of non-scored Open races (GS, SL & SG) throughout the season and division qualifiers in February for selection to the NHARA U14 Finals and NHARA U14 Championships in early March. Athletes may qualify from the NH U14 Champs to the Eastern Region U14 Championships in mid-March. In late March, the USSA Eastern Region and Alpine Quebec and Alpine Ontario will compete at the non-scored U14 Can Am Races. Selection is from the race portion of the Eastern U14 Championships. Information on access and format will be available from your team and the NHARA website. Competitors must hold a valid USSA youth membership and a valid NHARA membership for all programs.

U16 Racing

U16 competitors (14 and 15 year olds) compete at the state level in a qualifying series for selection to regional events. The qualifying series (SL/GS/SG) will consist of 'scored' events, with each individual's results scored to the USSA points list

U16s are also allowed to compete in other USSA scored competitions to test the competition waters with older athletes.(recommend not to exceed 25 starts). USSA points earned at these events will be valid as soon as they appear on the USSA points list but may not be used for seeding in or selection from the qualifying events. A non-scored State Finals will be held in mid-March for athletes not attending the regional championship events. The top 3M/3W will qualify for the Eastern U16 Finals from the NHARA U16 State Finals. The Eastern U16 Finals and the Eastern U16 Championships are major season long goals. These will lead to further high level racing at the U16 Am Can event where selected racers will compete against athletes from Alpine Quebec and Alpine Ontario. USSA will also be holding a U16 Talent ID project (U16 National Championships) in Park City in early April.

Competitors must hold a valid USSA competitor membership and a valid NHARA membership for all programs.

U19 Racing

Various series of races form a pipeline from local to state to regional to national and to international events. The age groupings of seeded competitions allow for a designed progression of athlete development from state and regional teams to becoming nominated for the U.S. Ski Team. Advancement to these top levels of competition is based on ability.

GENERAL TRAINING HINTS

1. The program begins promptly at 9 AM. Please have your child at “the Den” ready to ski at that time. Lunch is from 11:30 - 12:30. The program ends by 3 PM each day (except U8 which ends at 11:30AM each day). Latecomers are responsible for finding their group. It is best to wait outside the Den for your group to ski by or to look for a training course set on the hill, most likely the Bobcat Trail.
2. Goggles and helmets **MUST BE WORN AT ALL TIMES** during training. Athletes will not be allowed to participate in training without them.
3. Warm and Wind protective ski clothing is required at all times during training. Specifically, warm-up pants, jackets with hoods, and neck warmers are very helpful at WILDCAT!
4. Training times and schedules will be summarized in the weekly Ski Team email sent by Thursday.
5. Include a few nutritious snacks in the child's gear bag. Please avoid candy and junk food. Include water.
6. Helmets (no soft ears) are **REQUIRED** for ALL races. It is the sole responsibility of the parent to select an appropriate helmet.
7. All equipment problems should be taken care of prior to or after training.

SUGGESTIONS FOR PARENTS AT RACES

Your child will perform and feel much better if you get to the race site early, with all of their necessary equipment. At race registration, you will need to have their USSA and NHARA registration cards as well as payment for the race. Your child will be given his/her race bib for the race as well as a lift ticket. Do not lose either of these items. The race bib will need to be returned to registration following the completion of the race.

Regardless of your child's performance, be positive. Praise the effort not the outcome. Avoid hovering in front of the scoreboard as you could be sending the signal that their time (outcome) is more important to you than their effort.

Have lunch & Snacks prepared.
Attend the Award Ceremonies.
Take Lots of Pictures!

RACE DAY CHECKLIST

- USSA Membership Card
- NHARA Membership Card
- Lift Pass
- Water, lunch/snack money
- Skis with edges sharpened
- Boots
- Poles

- Helmet
- Hats, gloves, mittens
- Gear bag with name and the mountain you are from on it
- Warm up gear
- Extra socks & gloves
- Neck gator
- Wax / tuning
- Goggles
- Ski jacket
- Slalom pads (optional)
- Sunscreen & lip balm
- Check din settings

PARENT ATTENDANCE AT RACES

Kids like their parents to attend some races. It shows your interest and support. By seeing you demonstrate a positive, low anxiety, relaxed approach to ski racing, your child will be encouraged to keep learning and improving. Kids are looking for positive reinforcement and acceptance by significant people in their lives (parents, teachers, coaches). Comment on and praise desirable behavior you see your little racer as s/he comes down the course.

Though well intended, there is nothing more unproductive than having parents coach their child during a race. That is a sure way to distract a racer and make them more nervous than they already are. A simple: "Good luck, go fast, have fun" is more effective.

Our kids truly deserve a lot of credit for putting themselves on the line, racing down difficult icy courses and attempting to go faster in front of us. In itself, their choice to compete and take risks is commendable.

EXPECTATIONS AND PARENTS ROLE

The "**expectations**" that we have generate the most questions. All too often parents may hold one expectation, the coaches another and the athlete still another.

1. **STEP BACK AND OBSERVE:** The hardest but most important thing for us to do with our children as they become involved in a sport is to step back and let them develop their independence and begin to learn through guided self-discovery. Whether at a training session at Wildcat, a U10-U14 Race at Attitash, or a NH U16 SL Championship at Sunapee, the young racer performs best when the parents support them in the background.

The most important thing at these ages is to let them play and have fun at their sport. Praise their efforts and not results. Help develop love for sport. Encourage their dreams. Support and guide their goals and choices.

2. **BE A VOLUNTEER:** Share the experience in sports with your children by becoming involved in the organization and logistics of the sport. Work races, maintain race equipment, carry gates up and down from training sessions or help in any way you can think of (newsletter, social event, and fundraising). As you watch your child work and play with fellow racers and their coaches, you will learn from the process and learn more than by any other means, including psychological testing, about your child. Your child will appreciate you being there in an "official" capacity and will learn that you care enough to become more involved.
3. **FOCUS ON DEVELOPMENT:** Your children are at a prime skills development age when they are in our race program, and therefore we are a skills-development focused program. Our goals are to teach your children to become the best skiers they can be first, and to be racers second. The developmental work we do now must not be underrated. When you have questions about how much racing or gate training your children are doing, please come discuss this with coaching staff.

We as parents and coaches have to be careful not to take the race too seriously and the child not seriously enough.

This is why we believe it to be more productive to direct the racers' focus on why they are there in the first place. They love it and want to race because it is fun and exciting. These are things they can control and which will ultimately determine their performance.

4. **IS YOUR CHILD HAPPY?** This is one of the most important questions to ask yourself and the coaches. If your child is happy in the racing program and is having a positive experience, you can relax and let the learning take care of itself.
5. **QUOTE FROM CHRIS MCALEER, FORMER CHAIR OF WMAEF JR RACE PROGRAM;** *"One more thought, but this time strictly as a parent who has been there. It is perfectly all right NOT to show up for every race. Matter of fact, it is better not to. Let*

the kids have fun without being under pressure from us to perform. That goes for training too. Somehow having Mom and Dad standing on the hill watching training runs doesn't always help. If you want to help and show them you're interested, helping the coaches put up and take down courses and safety nets is a great way and it saves time for training."

ACTION ITEMS FOR RACERS & PARENTS

United States Ski Association (USSA) and NH Alpine Racing Association (NHARA) Memberships

All racers must be members of USSA and NHARA; this is for insurance, liability and record keeping purposes.

Membership information and updates are available at www.ussa.org and www.nhara.org

Age groups are as follows based on age on December 31st:

U 8:	Ages 6 & 7
U10:	Ages 8 & 9
U12:	Ages 10 & 11
U14:	Ages 12 & 13
U16:	Ages 14 & 15
U19:	Ages 16 -18

The WMAEF Board of Directors strongly recommends that parents join USSA on a family membership basis. In running USSA races, all members of the Jury must be USSA members in order to maintain insurance coverage for the entire race. This includes Chief of Race, Technical Delegate, Referee and Assistant Referee. It is desirable for the Team to have as many parents as possible become an Alpine Official, which is an additional fee to USSA and includes some training for specific roles in running the race.

PROCEDURE FOR ENTERING RACES

To enter an Open race such as the Schneider Cup (Cranmore) or the Sap Run (Wildcat), you will need to register your athlete. You may register by one of the following methods:

- On-line using the NHARA website
- Send an entry voucher (vouchers are found in the back of the NHARA Handbook) to the Race Secretary (the name and address of the race secretary for any given race is listed in the NHARA Handbook) for each Open race you plan to attend at least 2-3 weeks before the race. Do not enlarge or reduce the form. Complete it legibly using the SAME name as appears on the USSA membership card. Send with a check made out to "Race Secretary" to the appropriate address found on the NHARA website or the WAAAEF Handbook. A SEPARATE CHECK MUST BE SENT FOR EACH RACER FOR EACH RACE. If you have 2 children going to the same race - write 2 checks. You may send the 2 entries and checks in the same envelope. It is helpful to put the race date on the outside of the envelope.

For the Buddy Warner League Series or the Divisional Series races, your coaches will enter each athlete. Parents will be required the entry fee at the time of bib pick-up the day of the race.

CANCELLATION

If you wish to cancel your entry you must call by 9 a.m., 3 days before the race. See NHARA website for numbers to call. If you do not call your check will be cashed.

BIB!

Return your bib on race day - there is a \$20 charge for any bib not returned. Keep your bib with you (not on the lunch table).

ALPINE RACE ENTRY FORM (VOUCHER)

Please make copies of this voucher, cut the copy out on the dotted lines, completely fill out the requested information and send to the Race Administrator with payment.

A list of Race Administrators is maintained on the NHARA website.

Please note:

- Vouchers are required for all open races.
- A voucher must be accompanied by a check for each racer wanting to enter an event, (e.g. 4 entries require 4 vouchers & 4 checks)
- Please do not change the size of the form.

USSA ALPINE ENTRY CARD		Last Name		First Name		Sex	Club
						M <input type="checkbox"/> F <input type="checkbox"/>	
Address		Year of Birth		Class			
City		State	Zip	Area Code & Phone ()			
Name of Race		Location		Date of Race			
USSA #		Owes		Comments		Race Code	
Date Paid							

DIRECTIONS TO NH RACES AND REGISTRATION

ATTITASH: Bartlett, NH

Ski Area: On South side of US 302 between Glen and Bartlett. Parking: East of Lodge, South side, West of Lodge, N side of Rt. 302. Registration: In the East end of the Main Base Lodge.

BLACKWATER/PROCTOR SKI AREA: Andover, NH

Ski Area: Proctor Academy is on NH 4 & 11 in the center of Andover. Opposite the school is a store and PO. Take Lawrence Street past these buildings and follow signs. Parking: Plenty at Area. Registration: In red building.

BRETTON WOODS: Bretton Woods, NH

Ski Area: South side of Rte 302, 6 m East of Twin Mtn, 23 miles West of Bartlett Parking: anywhere. Registration: Follow the signs.

CANNON: Franconia Notch, NH

Ski Area: Rte I-93 to Exit 34C to Echo Lake parking lot. No parking is allowed at park headquarters. Registration: In Ernie's House.

CRANMORE: North Conway, NH

Ski Area: NH 16 and US 302 in the middle of town (Northeast quadrant). At traffic signals turn East and follow signs. Turn left at Main Entrance, take 2nd right to the North Base Lodge.

Parking: To the right of the North Base Lodge entrance road.

Registration: 1st Floor North Base Lodge.

DARTMOUTH SKIWAY/FORD SAYRE: Lyme, NH

Ski Area: Rte 10 between Hanover and Orford. In Lyme go E to R of church following signs to Lyme Ctr. Continue E for 1 1/2 miles. Parking: in main lot. Registration: Upstairs in the Main Lodge.

GUNSTOCK: Gilford, NH

Ski Area: Take NH 11A East from Laconia. Follow signs to Gunstock

Recreation Area. Parking: As close to Base Lodge as possible. Registration: In Clubhouse (gray building farthest right from parking). Walk across flat area to bottom of race hill (see course in preparation).

KING PINE: East Madison, NH

Ski Area: Rte. 16 N to Center Ossipee; Rte. 25 East (6 miles) to Rte. 153 (5 miles) LOON: Lincoln, NH

Ski Area: I-93 to Exit 32, E on Kancamagus Hwy thru Lincoln and on. Entrance on S side of highway. Or Kancamagus Hwy from NH Rt. 16 just S of Conway. Entrance just after end of the WMNF.

Parking: Turn R immediately over bridge. Park in any lot past Governor's Lodge.

Registration: In Gravink Competition Center.

MOUNT SUNAPEE: Newbury, NH

Ski Area: From South: North on I-89 to Exit 9, West on 103 to Mt Sunapee State Park (17 mi)
From North: S on I-89 to Exit 11, W on NH 11 to NH 103. S on NH 103 to Mt Sunapee State Park.

Parking: As close to Main Lodge as possible.

Registration: Downstairs in Race Building to left of North Peak Lift.

PAT'S PEAK: Henniker, NH

Ski Area: I-89 to NH 9 & US 202. S on 114 in Henniker. Entrance on S side of road about 1 mile from Henniker. Parking: Any of 3 lots behind Base Lodge.

Registration: In Alpine Training Center, an A-Frame 100 yards up hill

RAGGED MTN: Danbury, NH

Ski Area: Take Exit 23 from I-93. Go W on 104 through Bristol. Find Ragged Mtn Road on left about 9 miles from Bristol. Follow road to end (about 2 miles). Parking: Anywhere. Registration: On 2nd Floor of Meetinghouse Lodge to right of main walkway.

STORRS HILL: Rte. I - 89 exit 18 follow Rte 120 toward Lebanon. Go left at T, then go right after fire station. Go 3-4 blocks, then go right on Spring St. Storrs hill is 1 1/2 blocks on left.

WATERVILLE VALLEY (Mt Tecumseh): WV, NH

Ski Area: I-93 to Exit 28; NH 49 to WV. 10 miles from traffic signal take first left (Tripoli Rd). Up hill about 1 1/2 miles. Parking: As far up as possible. Registration: at Comp Center to L of Valley Run Quad.

WHALEBACK: Enfield, NH

Ski Area: I-93 to Rte. 89; take Exit 16 Parking: anywhere Registration: upstairs in the lodge

WILDCAT: Pinkham's Grant, NH

Ski Area: On NH 16 between Glen and Pinkham Notch. From South: NH 16 to Jackson, then N into White Mt National Forest

about 10 miles to ski area. From North: US 2 to Gorham, NH, then S on NH 16. Parking: Enter main parking lot, turn immediately to the right and proceed to the end of main lot. Cross over a small bridge into a lower lot. Park there. Registration: In the Bobcat Lodge.