

## ***MSST Parents' Handbook***

### **Purpose and Mission**

It is our mission to work with junior snow sports athletes to promote multiple and varied training opportunities that will improve skills and promote respect and understanding of the safety factors inherent in the sport. Through training we encourage friendships, sportsmanship, and a greater enjoyment of skiing, riding, racing, and snowboard freestyle. Our team will consist of ski and snowboard athletes that have achieved a minimum of an intermediate level of skill development and demonstrate a desire to continue to achieve and progress to higher skill levels. Athletes at this level are expected to demonstrate the highest levels of coachability and sportsmanship.

### **Communication**

The MSST coaching staff believes that communication between themselves and parents is key and must remain open. If you have any questions or concerns we encourage you to talk to us sooner rather than later. The only dumb question is one that hasn't been asked. You may approach any of us before or after practice. If you have an issue, please talk to us directly and privately. Listed below is contact information for the coaching staff and Mid-mountain Grill staff. The contact for the ski area office is 540.289.4954, and for the Learning Center Office is 540.289.4923.

<u>Coach</u>	<u>Phone</u>	<u>Email</u>
Sandy Crenshaw	540.271.1291	<a href="mailto:s.crenshaw5@verizon.net">s.crenshaw5@verizon.net</a>
Tom Mayer	540.453.2267	<a href="mailto:MayerT@brcc.edu">MayerT@brcc.edu</a>
Andrew/Debbie Bullis	540.289.6322	<a href="mailto:bullis4@comcast.net">bullis4@comcast.net</a>
Catherine Crenshaw	540.271.1292	<a href="mailto:cvc@vt.edu">cvc@vt.edu</a>
Elizabeth Crenshaw	540.833.4017	<a href="mailto:elam@rockingham.k12.va.us">elam@rockingham.k12.va.us</a>
Merlin Shank	540.433.7562	<a href="mailto:mp5shank@yahoo.com">mp5shank@yahoo.com</a>
Dennis Carmody	540.287.1649	<a href="mailto:ridingsomething@yahoo.com">ridingsomething@yahoo.com</a>
Christine Kiracofe	540.828.3627	<a href="mailto:kiracofe5@msn.com">kiracofe5@msn.com</a>
Jonathan Dillenbeck	540.578.2815	<a href="mailto:shsxcnmtnbikin@aol.com">shsxcnmtnbikin@aol.com</a>
Suzy Skidmore	540.879.2867	<a href="mailto:snowmore4@verizon.net">snowmore4@verizon.net</a>
Evan Davis	757.880.8069	<a href="mailto:evandavis84@gmail.com">evandavis84@gmail.com</a>
Danny Murawinski	703.801.4955	<a href="mailto:murawidj@jmu.edu">murawidj@jmu.edu</a>
 <u>Mid-Mountain Grill</u>		
Clint Robertson	540.421.8980	<a href="mailto:midmountainman@yahoo.com">midmountainman@yahoo.com</a>
Evette Whetzel	540.289.5624	<a href="mailto:ewhetz@comcast.net">ewhetz@comcast.net</a>

## **Training**

The MSST requires all athletes to attend one practice session per week:

- ❖ **Wednesdays**, 5:30-7:00 P.M. and **Thursdays**, 5:30-7:30 P. M.
- ❖ **Saturdays and Sundays**, 9:00 A.M. -12:00 P. M.

Each athlete's level of participation will reflect their desire and commitment to progress. We encourage athletes to attend as many practice sessions as possible. As a courtesy, please email Sandy or one of your coaches if you will be missing a practice session. It is imperative that all athletes arrive on time for all training activities. They will need to be booted, ready to go, and on the snow 5 minutes before the beginning of practice. Athletes 10 and under will start and finish practice from in front of the Sun Room. Athletes 11 and older may meet their coaches at the base of lift 4, unless other arrangements are made between the athletes and the coaches.

Parents may provide a nutritious snack for your athlete to eat during training. It should fit in their pocket. Recommended snacks include dried fruit, trail bars, crackers, etc. We will not be stopping practice to go buy snacks at the General Store. Snacks may be eaten on the lift, or while waiting for the rest of their group to arrive at the base of any slope.

## **Equipment and Clothing**

It is vital that your child be properly dressed and equipment be well tuned for practice and competitions. If you have questions regarding your child's equipment, please ask one of the coaches. Please be aware of weather conditions. Be ready for the elements: rain, snow, wind, cold, and even warmer temps. It is just as uncomfortable to be over-dressed as under-dressed.

- ❖ **Helmets** are required at all MSST practices and competitions. They should fit snugly and not jiggle. Generally, if a hoodie or a hat fit under them, they are too loose.
- ❖ **Goggles** are also recommended. Ideally, they should have a pair for night and flat light conditions and a pair for sunny days.
- ❖ **Team Coat and/or fleece or hoodie** may be worn with a base layer underneath. On cold days, we recommend layers. Those feet and fingers stay warmer if the heart is well insulated!
- ❖ **Waterproof snow pants** and **one** pair of wool or polypro socks. A bottom base layer is also recommended.
- ❖ **Gloves or mittens** Athletes must be able to dress and undress themselves. Please outfit them with clothing that fits and is easily pulled on and off.
- ❖ **Skis and Snowboards** that are tuned and fully functioning are necessary. Please check them weekly to determine if they need maintenance or repair. We suggest utilizing the expertise of the technicians in our Rental shop, Function 4 Sports, or Freestyle in Charlottesville.

- ❖ **Boots** We suggest making sure they are dry and warm for each practice session. Again, a good boot fit is imperative for your athlete to progress.
- ❖ **Poles** for those athletes ready for them. If your child hasn't used poles before joining the team, don't get them. We will recommend them once the child is ready for them.
- ❖ **Does my child need a race Competition suit if he/she plans to race?** Studies tell us that the aerodynamic benefit of a young racer wearing a comp suit is negligible. The advantage is almost purely psychological. Perhaps you could consider having them "earn" it by setting and meeting personal goals in his/her skiing and racing? As investments go buying a comp suit pales in value when compared to dedicating the money to keeping their skis tuned. If you do buy a comp suit, a pair of side-zip warm-up pants is a must. Being cold will cause them to lose more time than the suit will make up for. On the positive side, if well taken care of a comp suit will last many years and may be passed on to other racers when it is outgrown.

## **On Hill Activities**

Coaches will engage in two-way conversations with athletes regarding specific input to their needs. This may be done on the lifts and in the race course area, on the side of a slope, or at the start of terrain park elements. The interaction will follow a plan set for the athletes based on their particular technical needs, past experiences and performances. The quantity and quality of this feedback will vary depending on the individuals' needs, specific situations, preparation, and competition schedules.

- ❖ **Ski Technique:** Coaches will lead small groups around the mountain, allowing time to work on individual technique in a fun, low pressure, high interaction mode. The structured elements taught in these sessions may later be used while the athletes are free skiing at other times and places.
- ❖ **Gate Training:** Massanutten will allow us to set training courses for our USSA/SARA team members. Generally, we like to set on DJ when available, but must be cleared off it usually by 10:30 A.M. We may also use Pacesetter for course or drill and/or timing training.
- ❖ **Snowboard Riding:** Coaches will work with small groups around the mountain to progress in their snowboarding skill, introduce the elements of safety, and introduce tricks and beginning freestyle technique.
- ❖ **Freestyle:** Coaches will work with athletes that are developmentally ready for terrain park elements. They will continue to emphasize the elements of safety.