

Skaneateles Ski Racing Team

2015 – 2016 Program



The Skaneateles Ski Team is a junior alpine ski racing program that has been educating and training ski racers for over 20 years.

We have an excellent facility for training and use the latest United States Ski & Snowboard Association (USSA) training materials. We operate three programs – Travel Team, Non-travel Team, and Robin's Rascals Racers. At the younger developmental level our program spends much more time free skiing and working on technique than on running gates. As the athlete's ability progresses we will instruct the kids on more advanced skills and competition. This produces better skiers, better racers and young people who develop a lifelong love of the sport.

USSA and the New York State Ski Racing Association (NYSSRA) are shifting focus to development and assessment of fundamental skills – and less so toward formal competition. We focus on teaching the youngest racers, but our program will also be taking our NYSSRA/USSA-registered racers to other mountains (Labrador, Song, Greek, Toggenburg, Gore, etc.) to participate in NYSSRA-sanctioned Races. Our offerings are subject to change depending on the level of interest and available coaching staff.

COACHING:

Our regular coaching staff consists of 4 volunteer coaches, Scott Darminio (Travel Team); Garrison Gomez (Travel Team), Michael Len (Non-Travel Team) and Leah Lesch (Robin's Rascals). Our coaches are USSA-certified Ski Racing Coaches. Mike and Leah are also registered Ski Instructors with the Professional Ski Instructors of America (PSIA). We also invite guest coaches to work with our kids (including former ski racing coaches and collegiate level Ski Racers). We will also be working with coaches from the Song Mountain Ski Racing Team in joint practices that will be held at our Hill and at Song.

Our program is aimed at a wide range of junior skier, ages 5 to 13.

OUR GOALS:

- Have fun!
- Develop strong skiing skills and fundamentals.
- Teach basic racing tactics of competition skiing.
- Promote high levels of ethics and fair play in competition
- Introduce goal setting and achievement in a positive atmosphere.
- Familiarize racers with the USSA and NYSSRA system, rules and responsibilities.
- Promote the enjoyment and personal rewards that skiing offers.



RACE TEAMS – TRAVEL, NON-TRAVEL, Robin’s Rascals:

We divide the racers into three main groups based on experience and desire to travel to other mountains to participate in NYSSRA-sanctioned races. The Travel and Non-Travel Teams are open to junior racers ages 6 and up and are ideal for racers who want to improve their skills and try racing in a safe, fun and controlled group setting. Our Travel and Non-Travel Teams focus on skiing fundamentals, ski racing drills and participate in fun races. Rope Tow Racers is designed for beginning skiers of all ages who want to improve their skiing and have fun in an organized 6 week program.

Non-Travel Team: Our Non-Travel Team is for racers ages 6 and up, who would like to improve their skiing skills and try ski racing in a fun and controlled group setting. In addition to training, the Non-Travel Team will have the opportunity to participate in at least two fun races (Skaneateles and Christy’s Race at Greek Peak), with the possibility for more events (Song and/or Labrador may add a fun race this season).

Travel Team: The Travel Team is primarily for racers who would like to travel to other mountains to participate in NYSSRA-sanctioned races. The Travel Team consists of racers who have been members of the Race Team for at least one year. Exceptions to the one-year pre-requisite may be made at coach’s discretion. These racers work on advanced skiing and ski racing skills and will participate in joint practices with Song Mountain Ski Coaches/Racers during some of the Thursday practices.

Training: The first Travel and Non-Travel Team practices will be Saturday **Dec 26 (weather/hill conditions permitting)**. The Travel and Non-Travel Teams will train for seven weeks across a nine calendar week period (with fun races during two of the weekends). Travel Team will also practice on Thursday nights. Each session includes ski interaction, training in race techniques and drills. Practice Times are as follows:

Sat 9:30-12:00 (30 min lunch w/parents) and 12:30 – 2:30
Thurs 6:00-8:00 (Travel and Non-Travel Teams only).

All Racers are invited to participate in the annual Robin’s race held at Skaneateles on February 14, 2016. This race will involve kids from all ski areas in central NY. All racers are welcome to participate in fun races at Greek Peak on Feb 21 and other mountains may also offer fun races.

Fees: Program fees are \$225 for the Non-Travel Team and \$250 for the Travel Team. The race program is open to members of the Ski Club. Fees must be paid prior to start of training. Families with multiple children receive a \$25 discount for each additional racer (for example, 1st Non-Travel Team child is \$225, additional Non-Travel Team children would be \$200), discount not available for Rope Tow program.

Travel Team - NYSSRA and USSA Race Fees: Racers must register with NYSSRA and USSA to be eligible to race at Sunday races sponsored by the Central NY Junior Ski Racing Council at other Mountains. We recommend you contact one of the coaches prior to signing up your racer for NYSSRA/USSA – we will be glad to review the requirements with you. Racers are **not** required to register with NYSSRA or USSA to participate in our Non-Travel home-mountain racing program or the annual Robin’s Race, or fun races at Labrador/Song and Greek Peak.

Robin's Rascals (Formerly Rope Tow): This program is designed for beginning skiers of all ages who want to improve their skiing and have fun in an organized program. These racers will work mostly on skiing fundamentals – starting on the rope/handle tows, and working their way up to the T-Bar. Many of the techniques used will involve some of the same learning tools used with our older race groups but in a setting focused on fun.

Participants must be able to manage equipment and the Rope Tow with minimal assistance.

Training:

The Rope Tow racers meet on Saturday for 6 consecutive weeks starting **Jan 2nd** and ending with a Fun Run Race. Times are as follows:

12:00 – 2:30

*** A parent or guardian must remain on the premises during practice*



Program fees:

The Rope Tow racer program for the 2014-2015 season is \$135. The Rope Tow Program is available to members of the Ski Club. Fees must be paid prior to start of training in order to start.

End of season Club Race: Our last session will be an end-of-season Club Race at our hill for all members of the race programs. All participants will get a prize. This event starts at 11:00 am – we will post the actual date/time for parents/kids in advance of the event.

Equipment: All racers must wear helmets. It is recommended that racers have equipment checked prior to the start of season. Coaches cannot adjust equipment.



HAVE FUN AND THINK SNOW!!!!

Questions? Please send an email to: sdarminio@twcny.rr.com or garrison.gomez@welchallyn.com