

WILLAMETTE ALPINE RACE PROGRAM HANDBOOK

Dear Racer and Parent:

The purpose of this handbook is for all of us to better understand the needs and expectations of the Program, parents, racers and coaches. We want to maximize the benefit to the racers and minimize the confusion and effort for everyone. It is meant to be a guide for you and your racer to utilize throughout the season.

In our continuing efforts to make WARP a positive experience for all our members, this manual is designed to provide you basic information about your ski-racing club. Included are the WARP rules, procedures, and member responsibilities.

Randy Rogers - Program Director/Head Coach
Greg Olsen - President

Club Vision and Mission:

Vision

To be a resource for youth and families in their pursuit of skiing as a lifetime activity.

Mission

To provide athletes support and guidance in pursuing their individual athletic, academic, and personal goals, in a skiing and ski racing environment.

Core Values

Through proper guidance and leadership, WARP members will demonstrate behavior consistent with the core values of good sportsmanship, courtesy, respect, loyalty, and integrity. They will develop positive character traits of self-discipline, perseverance, and accountability for their own behavior.

Scope

WARP is a non-profit organization dedicated to developing programs and promoting participation in skiing, from the level of recreational skiers, to introduction to racing techniques, to advanced levels of competition, for all ages.

Participation in the training program will:

- enhance skiing and racing skills through structured training sessions, progressive drills, free skiing, and races;
- promote physical fitness;
- create lifelong enjoyment of skiing; and
- sustain lifelong pursuit of healthy outdoor activities

WARP Program Description:

The racer who joins WARP chooses one of four programs depending on age, time, and interest. All programs emphasize physical conditioning, technical skill development, and organized free skiing. The more focused groups also include competitive tactics and four event gate training. Standard “Winter Camp” is included in the program, and additional camps may be offered for an additional fee. Fun as well as growth and maturation are the main emphasis in the WARP program.

Everyone Playing a Part:

Willamette Alpine Race Program is a parent-run club that provides training for our children in the techniques of ski racing, building enjoyment for the sport and confidence for the future. A race is to WARP what a recital is to piano or ballet lessons. It is a chance for our skiers to show what they have learned. And of course, the race itself is a learning experience; a place for skiers to learn how to approach the gates, listen to the officials, negotiate an unfamiliar course, feel their own limits and deal with the pressures of competition. But races don’t just happen. Willamette Pass supports us by providing and grooming the area for the course and providing timing equipment for the race. It is up to us, the parents and supporters of WARP, to organize, promote and officiate the races. A race at Willamette Pass is an opportunity for our racers to compete on their **own** hill, on a slope that is familiar to them, where **they** gain the advantage for success and compete without the costs of travelling. The Board feels strongly and we think you’ll agree that it is important for our club to host races at Willamette Pass.

The WARP Program Provides:

- Educated, well-experienced staff of enthusiastic coaches.
- Specific training and race schedules designed for each level of competition.
- Designated training slope at Willamette Pass specifically for WARP racers.
- Website and roster for club communication.
- Travel information for away races.
- Coaches at all races on race schedule.
- Limited opportunities to obtain equipment at reduced costs.

Coaches’ Responsibilities:

- Maintain an open line of communication with the parents and Board of Directors.
- Plan ahead and communicate with parents (via email) any special events or plans for training day.
- Coaches are broadly responsible for racers’ whereabouts during designated training times – this of course depends on the full cooperation of racers and parents.
- Racers will be released at the slope-side exit stairs of the lodge at approximately 3:00pm (written parental consent will be required for earlier release unless parent is present).

Parents' Responsibilities:

Be active in your racer's commitment by:

- Get involved! WARP is a parent-initiated program
 - Serve on the Board of Directors or committees
 - Participate in fundraising
 - Coordinate travel
- Be educated about ski racing by:
 - Reviewing all WARP mailings
 - Reviewing all USSA/PNSA publications
- Participation in club activities including fund-raisers, club sponsored races and awards banquet.
- Participate in race planning and on the course; be a volunteer race worker (no experience necessary – plus its fun, and you'll get a whole new appreciation of what your kids are up to).
- Attend regular meetings to:
 - Discuss progress and concerns
 - Arrange car pooling
 - Assure open communication with Board of Directors and Coaches
 - Plan and coordinate race trips and WARP races
- Communicate with the Coaches and Board of Directors
 - Progress reviews
 - Concerns or ideas
 - Change in attendance
- Stress to your racer(s) the importance of staying with the group or clarify alternative plans with them and with coaches.
- Providing transportation to and from training at Willamette Pass and at away races ensure that your racer(s) are on time.
- Observe training at any time from a distance (but please, let the coaches do the coaching)

Racers' Responsibilities:

Be the best racer you can be...

- **Come to WARP and have fun!**
- Take advantage of any extra training days
- Check your equipment regularly; tune and wax for each day.
- Pay your USSA/PNSA dues and get your competitor's card.
- Be responsible for race entries and payment.
- Follow the training and race schedule
 - Meet at the bottom of the slope-side exit stairs of the lodge promptly at 8:45 am **READY TO GO**
 - Those arriving late will need to find the team on the training run posted on the Race Information board inside the slope-side exit stairs.
 - Stay with the team until you are released to your parents or make sure the coach knows if there is another plan.

- Abide by the USSA “Code of Conduct” (USSA Handbook)
<http://www.ussa.org/PublishingFolder/assets/Files/alpdocscompguidechap8.pdf> .
 This is part of the overall USSA Alpine Competition Guide, found here:
http://www.ussa.org/PublishingFolder/default_1343.htm.
- Adhere to the USSA “Racer Responsibility Code”
- Read the PNSA and WARP Manual; they can answer a lot of questions
- Follow and abide by the National Ski Area Skier’s Responsibility Code

Suggested Clothing:

Warm-up pants with side zippers	Rain Gear
Helmet Specific Goggles (must for gates)	Slalom pads and shields
Parka	SL/GS/DH Helmet
Sweater, fleece top, or vest	Racing Suit

Carry in your pocket for races: plastic scraper, stone, brush, speed additive (juniors only). (New racers should not feel intimidated by this list; only the safety gear is absolutely necessary from the start, and much of the rest can be obtained used.)

Equipment:

All racers are required to wear helmets in ALL training and races. The YSL racer needs only one pair of skis. A good GS type is recommended for the first pair. As the racer improves and becomes more engaged in racing, additional skis may be recommended. Please refer to the main portion of the manual for clothing recommendations and ski tuning equipment.

General Schedule

Training Day....

... at Willamette Pass begins at 9:00am with a team meeting slope-side in front of the lodge. Racers need to BE ON TIME and ready to train with the appropriate equipment and lift ticket. Training will continue until pm, with a half hour lunch break. We will be implementing an individualized skills and drills process. Know this system and what YOU are working on at each point during the season. We will have scheduled skills evaluation periods where your coaches will work with you to establish your proficiencies and provide guidance for further athletic development. Mitey-mites will follow this system in a broader orientation with the focus on basic skiing skill development and pure enjoyment of our sport.

Race Day...

...racers will meet their coach at 8:00 am in the day lodge of the race area, or a previously designated meeting place. Racers need to be ready to load lifts at that time. It is advisable to arrive at the ski area by 7:00 am in order to purchase lift ticket, obtain race bib, don race clothing and eat and hydrate if necessary. Each racer will develop a ‘race day routine’ that will enable them to be prepared and be ready to go when they meet their coach. YSL, JR and Masters racers will have race day skills and drills to implement during warm up and while waiting for your race time, as well as after your race run. We need to maximize our limited time on snow and making the most of a race

day can make big advancements in your abilities over the course of the season compared to kids who just hang out or lounge in the lodge.

Training and Race Schedules/Race Accommodations:

You will receive a training and race schedule so you may plan accordingly. WARP coaches will be present at all training and races on the schedule. Please note meeting times. It is extremely important that each racer be on time for training and races. All accommodations for coaches are included with phone numbers of the hotels. Accommodations and race entries are the racer's/parent's responsibility.

Travel:

Everyone enjoys attending away races; it's a chance to bond as a team, ski a different mountain, and spend time with old and new friends from other teams. No one is required to attend any races, including any away races. Qualifying for select teams or events (JO, Buddy Werner Championships) will require attendance at designated events (see the schedules or ask your coach)

Racers who attend away races will share the Coaches' travel expenses and contribute to their coaching fees. Racers and parents are responsible for their own lodging, meals, tickets, and other expenses.

Races have entry deadlines – please plan ahead and get your entries in on time. Some races require USSA membership; we strongly encourage all racers to join USSA and are considering making it mandatory for liability purposes.

Racers planning on qualifying for the Buddy Werner Championships and older racers planning to compete in PNSA races will need to join USSA (please see <http://www.ussa.org> for a membership application and more information).

Car Pooling:

This is strongly encouraged for training and races. Kids enjoy the time together, it's easier for busy families, and we reduce our environmental impact. The club has no formal car pooling plan so arrangements are an individual responsibility. You can help by letting others know of your need for a ride or ability to provide one. Riders will generally be delivered either to the driver's house or an agreed meeting spot, sometime between 7:00 and 7:30 (as arranged), and returned to the same spot.

Helpful Hints:

Be organized. Pack your gear the night before. If you are uncertain as to what to bring, check the schedule. If you have questions, you can call your coach. When in doubt, bring it all.

Ask questions. If you do not understand something, ask. Skiing is a highly technical sport and takes time and effort to master. There are no silly questions and coaches, other racers and parents are happy to help.

Feel free to talk with your coach at anytime. Skiing is not the only thing they know. If you have concerns, they may be able to help.

For up-to-date information and any changes in scheduling, check the website at www.warpracing.com and the information board in the day lodge.

Board of Directors:

WARP functions through a volunteer Board working many hours throughout the year to coordinate the program and active parents involved in fundraisers, car pools, race officiating, and even simple things like making lunches for the race day, tying on race bibs or encouraging kids across the finish line. As you can see, it is imperative that everyone be involved and plays a part. Please find a part that suits you and volunteer.

President	Greg Olsen	688-4783	g.olsen55@gmail.com
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Treasurer	Saul Wold	338-4050 728-5205	warp@bigsur.com
Secretary	Sarah O’Grady	345-1688	shogrady@hotmail.com
At Large	Bob Ozwoeld	485-3820	boboz@comcast.net
	Nancy Cross	687-2325	patcross@lbenefits.com
	Your Name Here		
Program Director	Randy Rogers		snowmystr@yahoo.com

Please feel free to contact any of the board members with a concern or suggestion you might have. If you have an item for a meeting agenda, please contact the secretary. The board meets as a rule on the first Tuesday of the month. However, as scheduling changes, please check with one of us for the next meeting.

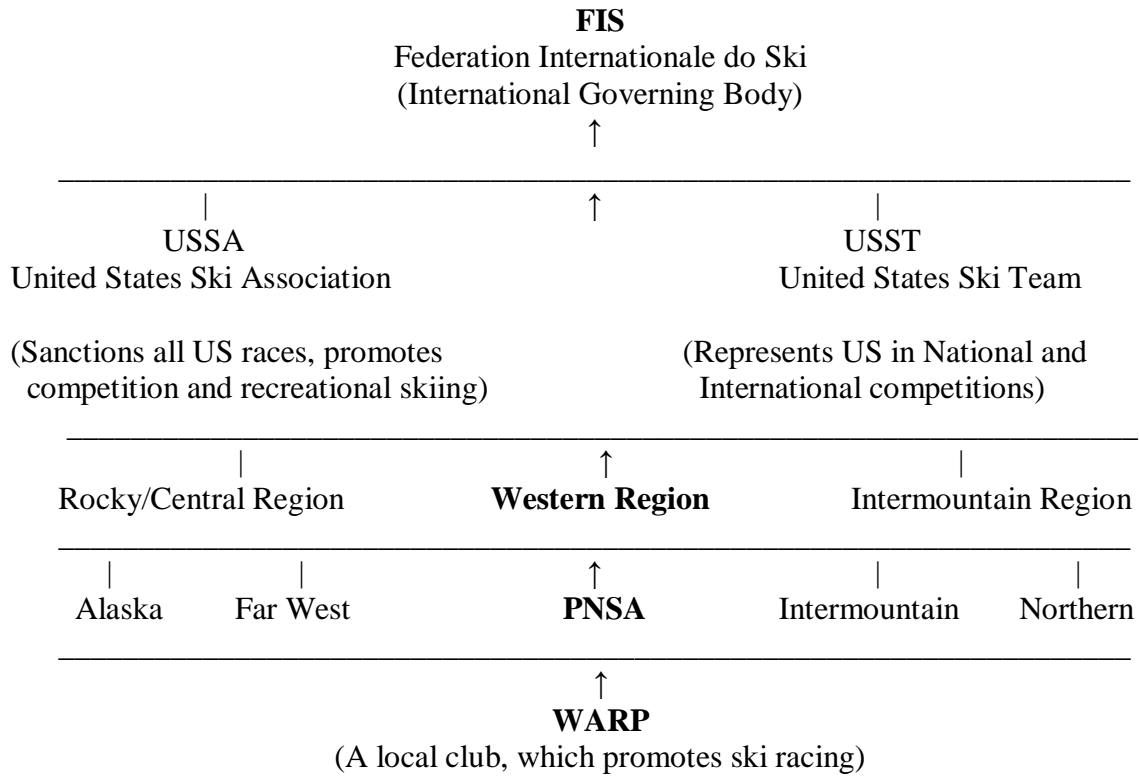
Coaches:

More about our coaches here: http://www.warpracing.com/coaches_corner.htm

Randy Rogers is our Program Director/Head Coach. Randy has over 30 years experience coaching competitive ski racers and working in youth sports. His bachelor’s and master’s are in exercise science (FROM THE U of O!). Randy raced some PNSA, high school for South Eugene, and college in both alpine and Nordic. He has coached high school, PNSA, USSA, college, US Ski Team and Olympic athletes. For 5 years he served as the Commissioner of the Oregon Interscholastic Ski Racing Association. He has continued to work as an official in PNSA, USSA, and FIS races including world cup and the 2002 Olympics. He is a graduate of the USSA national ski coaches academy.

WARP - A Member Club of USSA/PNSA:

There are many levels of ski racing. The following chart shows how WARP fits into the organizational structure.



WARP Racers – Members of PNSA and USSA

In PNSA/USSA, racers are classified based on his or her age and racing ability.

Age Classification:

(Age of racer, determined as of December 31)

PNSA Buddy Werner/Mighty Mite Programs - ages 12 years and younger

Juniors ages 13 – 19 years Masters 21 and older

PNSA/USSA age classifications

A	20 years & older	J4	11 & 12 years
J1	17, 18, & 19 years	J5	9 & 10
J2	15 & 16	J6	7 & 8
J3	13 & 14		

Ability Classification:

In the Junior program PNSA has three levels of ability class. This is accomplished by using the USSA National point system that handicaps racers and ranks them among other racers in the country. As a racer’s handicap improves (points decreasing toward zero, the racer’s becomes eligible for higher levels of competition.

J3 Series:

Limited to J3 racers (ages 13 - 14)

PNSA Open Races: (Evergreen Cup Series)

Open to all competitors regardless of age or ability, specific to juniors

Northwest Cup Series:

Elite level of PNSA racing; some open to all Junior age classes except JO qualifiers; from here, racers advance to national and international competition.

How to Become a Classified Competitor:

Each racer is responsible for applying for a United States Ski Association (USSA) membership and a USSA competition license, or for YSL racers a Youth Ski League USSA membership is required to compete in any USSA sanctioned races. **To apply for membership you may download an application at www.ussa.org or contact the PNSA, 2671 Flowery Trail Rd Usk, WA 99180-9740, phone: 509-445-4454, fax: 509-445-4455, e-mail: pnsa@pnsa.org**

WARP PROGRAMS

(complete information at www.warpracing.com)

Junior Program (13-20 years old)

Our Juniors (J1-J3) are developed into great skiers who enjoy testing their skills in competition. They blend their time between training at the mountain and attending regional USSA sanctioned races. Juniors may compete to qualify for the Junior Olympics or help their high school teams compete for state championships.

If you are a high school student, skiing with the Emerald League and also want to compete in USSA/PNSA races, our Junior 1 Day option is a great choice.

Youth Ski League (12 years old and younger)

Our YSL skiers are focused on developing skiing and ski racing skills to enhance their performance in local and regional races. As part of the YSL, skiers are introduced to USSA ski competition basics and racing techniques through drills, free-skiing and gate training. A variety of regional races are available for participants to test their skills.

YSL racers in the J4 and J5 class have the opportunity to qualify for the PNSA Buddy Werner Championships race in March.

Mitey Mites (13 years old and younger)

This 10-week program is perfect for young skiers eager to improve their skills and really take on the mountain. This is a fun, non-competitive program for participants including a lot of free skiing, games situations, drills, and the introduction of ski racing basics.

Skiers will have fun, meet new friends, and develop skills essential for mastering the mountain. A fun race takes place during WARP Winter Camp. Our coaches are safety-conscious and fun-oriented staff. Participants should be able to manage equipment and clothing, and to ski independently. Interested members can compete in the Peter Lorincz Cup race on February 27-28.

Masters (21 years old and older)

This 10-week program is perfect for young skiers eager to improve their skills and really take on the mountain. This is a fun, introduction to competitive skiing which includes ski racing basics through a lot of free skiing and instructional drills. Skiers will have fun, meet new friends, and develop skills essential for mastering the mountain. A fun race takes place on the last weekend to test their skills. Our coaches are safety-conscious and fun-oriented staff. Participants should be able to manage equipment and clothing, and to ski independently.

Buddy Werner Championships (J4 and J5)

The BW Championship consists of one day training and two days of team racing (SL/GS) on a weekend in early March. Each club has a quota for both boys and girls. A perpetual trophy is awarded to the overall winning team, as well as individual awards for the fastest boy and the fastest girl in each event. WARP has developed a selection process to choose the Buddy Werner Championship Team. Qualifying races will be used to determine the team based on individual race results.

Whichever program you choose, fun is incorporated into all activities and competitions. We are here to have fun with your children while teaching the joys of skiing. Your child will learn a life-long sport and benefit from a team atmosphere.