



NORTHSTAR™
TEAMS

PARENT'S GUIDE
All Mountain Ski and Snowboard Teams
2019/2020

All Mountain Ski and Snowboard Teams Parent Guide

Thank you for being a part of Northstar's All Mountain Program. Our management team and coaches are excited to re-kindle past relationships and create new, lasting relationships with athletes and their families. As always, our goal is to meet individual athlete needs while providing a safe, fun, and nurturing environment.

Northstar Ski and Snowboard Teams offer an opportunity for your child to achieve their full potential on the mountain as a result of skills developed through various team programs that we offer. Each athlete spends their days in small groups with carefully selected and professionally trained staff. Our focus is entirely on the success of each child, encouraging them to explore, grow and challenge themselves throughout the winter.

The All Mountain program is an introduction to the ski team environment with possibilities to further hone learned skills in the competition bracket of Northstar's ski and ride teams. Coaches will build strong foundations for a dependable base of knowledge and understanding by offering contemporary training methodologies consisting of a series of progressions and skills. Through the leadership of the management and the staff, athletes will also develop a passion for sliding on snow and the alpine way of life in a safe and inviting setting. We look forward to another exciting season with you and your family.

Amy Warren

Program Manager

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MISSION OF NORTHSTAR SKI AND SNOWBOARD TEAMS

To produce “Gold” Medal athletes in life and sport, using Alpine Racing, Freeskiing, Snowboarding, and Big Mountain as the conduit for life lessons and skill acquisition.

This statement reflects the understanding that our athletes come to us with a wide range of goals and ambitions. While a few members may make it to the highest level of competition, our goal for our athletes is to help them develop the character and skills that will help them be successful in life, wherever their ambitions and talents may take them.

Management Staff

Teams Director

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Program Manager

Amy Warren

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Head Coaching Staff

All Mountain Programs

Ross Anderson, Melanie Martin

All Mountain 3-4 Year Mid-Week program

Tori Horton

All Mountain Snowboard Program

Kevin Wu

PRE-SEASON PREPARATION & EXPECTATIONS

Prior to the start of the season, early to mid-November, you can help start the season successfully by taking gear out of summer storage and performing a Gear Check. A Gear Check includes confirming all equipment on the check-list below fits properly and is ready for the weather conditions we face early and throughout the season in Tahoe.

Pre-Season Gear Check

- Take gear out of storage and check for fit
- Ski and Pole fit
 - Ski height can vary slightly depending on an athlete’s skill level. There is no perfect height of skis but the general rule on All Mountain is to have skis between the chin and the top of the head. Younger athletes will be on the shorter end of this scale. If you have questions about equipment fit, contact your All Mountain Head Coach.
 - If your child used poles last season, check size. When holding the grip the forearm should make a 90-degree angle with the upper arm. If your child did not use poles in the previous season, consult your coach about when the appropriate time to introduce them will be.
- Ski boot fit
 - Ski boots are an essential component of equipment often overlooked; just as important as skis, they can make or break an athlete’s control and form on the mountain. Boots should be 3 to 4 buckles (unless your athlete is very small) and feet should not be able to slip back and forth in the boot.
- Check goggles and helmets
 - If they are heavily scratched your child’s vision range will be compromised on the mountain; helmets should fit well and not have cracks or indicators of previous contact as compromised helmets do not provide adequate protection.

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- Re-waterproof jackets, pants and gloves
 - We recommend a Nikwax or similar Wash-in Waterproofing agent.
- Get skis tuned
 - Especially after sitting in storage, edges can suffer from damage and a hot scrape of old wax is essential to remove dirt and grime build-up from the base. The local shops around Truckee are equipped with NSST specific protocol for tuning. If you can't make it up before the start of the season, have a local sports shop tune skis prior to our first day. A simple edge sharpening and wax appropriate for upcoming temperatures works for our program athletes.
- Check for ski socks
 - Ankle socks and other athletic socks are not adequate on the hill and often compromise an athlete's physical abilities by allowing snow, cold air, and further formation of blisters. Make sure your athlete has a few pairs of SKI SOCKS for the season.
- Check supply of warm layers
 - Turtlenecks and fleece are great for layering; spare gloves for rainy days are also essential

Equipment Check-List

- Helmet
- Goggles
- Waxed and tuned skis or board
- Poles, if used at the end of previous season
- Ski boots OR snowboard boots
- Gloves/jacket/pants
- Ski Pass
- Sunscreen (fit in jacket pocket)
- Appropriate ski socks
- Healthy lunch w/drink (suggest water to keep kids properly hydrated)
- Reusable, compactable or compostable lunch bag (brown bags also work)
- Pocket snacks (high in protein)
- Recommended Items (face mask, hand warmers, extra gloves, etc.)

GENERAL PROGRAM INFORMATION

The All Mountain Team is a non-competitive program that will promote teamwork and respect for others. The staff will support and sustain each athlete with instruction, information and encouragement, while teaching athletes on the mountain how to safely enjoy the sport of skiing and snowboarding. Acquiring a strong fundamental base in this program will allow your child to develop the skills to reach his or her potential, and achieve athletic excellence in his or her sport of choice.

Team groups are typically formed during the first few weeks of team and are grouped based on foundational skills, age and friendships. Athletes will need to attend the first few weeks of training so that coaches can establish groups that will work well together. Coaching is tailored towards individual ability level, goals and conditions. As a team we feel strongly about building comradery and find that working with other coaches and team members builds perspective on different coaching styles.

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Athletes will develop the skills necessary to explore Northstar trails, terrain parks, bumps and woods all with the support and guidance of highly trained coaches.

DAY IN THE LIFE OF AN ALL MOUNTAIN ATHLETE

Daily Routine

All Mountain Part Time and Weekend Programs

- 8:30 AM Drop-off: Top of the Big Springs Gondola, near the Big Easy Chairlift
- Lunch: On-hill at a lodge of coach's discretion; make sure to bring packed lunches to drop-off
- 2:45 PM Pick-up: The Overlook, above the skating rink and near the Bungee Trampoline

All Mountain Sunday-Only Program

- 8:45 AM Drop-off: The Overlook, above the skating rink and near the Bungee Trampoline
- Lunch: On-hill at a lodge of coach's discretion; make sure to bring packed lunches to drop-off
- 2:45 PM Pick-up: The Overlook

All Mountain Mid-Week Program

- 12:45 PM Drop-off: Base of the Big Springs Gondola
- 4:00 PM Pick-up: Base of the Big Springs Gondola

All Mountain 3-4 year old Mid-Week Program

- 9:00 AM Drop off
- 12:00 PM Pick up

Mornings are a great time to meet with coaches to discuss important information about your child. Arriving early in the morning to have these conversations allows the group to get on the hill on time and take advantage of the fresh snow or early morning groomed runs. Please arrive at 15 minutes early to ensure a timely departure.

Late Arrival

We all need to be mindful of time management and getting out on the hill on time in the morning is important to our team. Arriving late is disruptive to the morning's progress for the rest of the group. However, sometimes rare circumstances can arise, delaying your on-time arrival. Please follow these steps for late arrival:

- AFTER 8:40 AM: Your coach may ask you to drop off your child's lunch at a designated location in the lodge so as not to delay hill time.
- AFTER 8:45 AM: Your athlete will need to meet up with his or her team and coach at LUNCHTIME, as once the team is out on the hill it is hard to meet up logistical wise. As a Team, we discourage the use of cell phones to contact the coaches and athletes during the day.

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- Plan to have your child at the **TOP OF THE GONDOLA by 10:30 AM**
- Know the groups lunch routine, and meet the group at that location

Early Departure

Arrive early to morning drop-off and notify your coach. Making arrangements at AM drop off allows the coach to create a plan for the day and allows all athletes and coaches to move freely throughout the day without disruption. Please be mindful of the entire group when making alternative pick up plans. Please follow the steps for early pick-up:

- Lunch time pick-up (10:30 AM- 11:00 AM)
- Snack break pick-up (around 1:15 PM)

Nutrition

Breakfast

Arriving fed with a full breakfast is essential to a positive morning experience. Oatmeal with peanut butter, eggs and fruit, etc. A large glass of water with breakfast will also help with hydration until lunch.

Lunch

Arrive with a waterproof lunch bag (packable neoprene or reusable bags are most used) and reusable water bottle with your child's name on. The coaches compile the lunches into a mesh bag or backpack at morning drop-off and will bring them up to a lodge for storage until lunch time. All lunch boxes will be returned at the end of the day.

Many athletes also carry collapsible water bladders, such as a Platypus 16 oz. pouch, which they can refill at water stations and roll up into jacket pockets.

Note on Lunches: As part of the All Mountain Program, healthy and nutritious lunches are a necessary part of any athlete's success. Just as properly fitting equipment is key to your athlete's success and learning, so is proper nutrition at the start of the day. High protein and energy lunches such as peanut butter and jelly/ turkey sandwiches, or hummus and veggies, with trail mix and fruit work great.

If you choose not to pack a lunch for your child, please plan on meeting the group to escort your child to purchase a lunch. Navigating the lodge lunch line can sometime be overwhelming. To ensure your child's safety, we will not allow any children to be unescorted in the lodge. Please connect with your coach on that day's lunch plan (location/time) and confirm your willingness to escort your child to purchase a lunch.

Pocket Snacks

Pocket snacks are a key part of sustained nutrition and energy on the hill for our athletes. Prepare your athlete for a whole day of skiing with trail mix, dried fruit strips, protein bars, etc. We stop for snack and water in the afternoon and this is when our athletes get that extra boost of energy to keep going for the day. Pack something in the morning that fits into a jacket pocket to have it on hand during our break.

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Vail Goal to Zero

Help us support the Vail Resorts Epic Promise for Zero Footprint, [Goal to Zero](#). Our goal is ZERO net emissions and waste to landfill by 2030 and you can contribute to making this possible not only for our resorts but also for our alpine communities and environment. Reusable, compactable lunch bags, such as a sealed, washable cloth bag, and reusable food containers or snack bags and reusable water bottles will help excess waste from going into landfills. During our lunch break our coaches also help athletes make smart decisions with composting and recycling when possible at designated bins. We don't expect parents to purchase these items (in fact, reuse what you already have on hand) but every little bit helps us get one step closer to our goal.

ATTENDANCE

Each year we see the effort you put into packing your family up to come to the mountains every weekend. The result is a tremendous group of athletes with higher skill development and lasting friendships. We want to thank you in advance for your commitment to your athletes in maximizing the training days we have scheduled. Every weekend (and holiday week for the Part Time program) that your child attends All Mountain training results in faster progress and development of skills. Plan ahead and pre-schedule training days; or coordinate carpools with fellow All Mountain Athletes in your home area to make the most possible for your child on weekends.

COMMUNICATION

Teams Communication

Northstar Teams uses a platform called DRIVN where we manage athletes progress and profiles, share resources and announcements and communicate frequently with parents and athletes. Your email contact is required to create this profile but is also a necessity in keeping updated on important news and announcements from your program team. Messages will be sent frequently (about on a weekly basis) during the training season and are essential to read in their entirety. Parents are responsible for ensuring downloading the DRIVN app and registering family contact information.

If you have a question on communication or are having issues receiving DRIVN alerts please email Amy Tewksbury-Warren.

Communicating During the Day

As mentioned above, as a team cell phone communication during the day is discouraged. If you have an unforeseen emergency and need to get ahold of your child, contact Teams Admin at the Northstar Teams Office 530-562-3246. We will immediately get in touch with your child's coach and make arrangements to connect with them.

ANNUAL EVENTS

As a member of Northstar Teams, parents and athletes are invited to participate in two annual events, our introductory contest series, the **Woodchuck Cup**, and the **Northstar Teams Foundation Gala**. You

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will be receiving information about these events during the season and we welcome everyone on Teams to join and participate.

Woodchuck Cup

Each year Northstar Teams hosts a contest series, the [Woodchuck Cup](#), specifically for All Mountain athletes. The series is designed to provide an introductory experience to three competitive disciplines: Alpine Racing, Slopestyle, and Banked Slalom (Snowboard)/ Freeski Mogul (Ski)². This is an excellent way to learn about the competitive disciplines in a supportive, incredibly fun environment. Athletes and parents will go through the process of pre-registration and bib pick-up, supporting teammates, and having an overall fun experience learning about our competitive programs.

Northstar Team Foundation Gala

The [Northstar Team Foundation](#) is an organization that supports our athletes and coaches in tremendous ways through development, sponsorship, and private, designated hill. This organization is run by parent volunteers (these volunteers work closely with All Mountain particularly in jacket uniform distribution and sponsorship) who are committed to supporting our programs to be one of the best in the region.

The Annual Northstar Team Foundation Auction Gala, held at the Ritz-Carlton, helps raise funds directly supporting our Ski and Snowboard Teams. All Mountain Teams parents are invited to join to learn more about the Northstar Teams Foundation and how they support the continued development and growth of our programs.

POLICY ON UNESCORTED CHILDREN

If your child/athlete is old enough to escort themselves to a different departure location (i.e., Martis Camp, Alpine Club), we need the parent to provide verbal consent. Communication with the coach on the plan for departure is paramount to your child's safety. Please contact Amy Tewksbury-Warren if you have any questions about this policy.

LOST ITEMS

(Backpack, sweatshirts, gloves, goggles, etc.)

If your athlete lost something on the mountain or in a lodge, more than likely it will be found by someone outside of the Ski and Board Team. Those items are funneled to and can be searched for at Northstar's Lost & Found (Phone: 530.562.3626).

REQUEST FOR A REFUND

Northstar refund policy.

- 100% refund if cancelation is made prior to Nov. 1, 2018
- 80% refund if cancelation is made between Nov. 2-Dec. 1, 2018

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- 50% refund if cancelation made between Dec. 2 - Dec. 16 , 2018
- 0% refund if after Dec. 16, 2018.
- Unfortunately, no "prorates" can be accommodated regardless of date of sign-up/registration.

PROGRAM OPTIONS

We understand kids' interests may shift and request a different team or program may be appropriate to meet individual personal goals. If this is the case, we will help you navigate the next step for your child.

1. Contact Head Coaches and Amy Warren @530-562-3621 for the request.
2. Check the minimum age requirement for the upgraded program
3. A full assessment will be made on your child's ability, maturity and interest level
4. An upgrade fee may be applicable.

Our goal is to make sure every child/athlete has proper technique and confidence before they're encouraged and introduced to greater challenges. Throughout the season, athlete goals and skill development will be conducted by your athletes coach, placing emphasis on individual assessment and growth. If you have any questions or concerns regarding your child, please contact your individual coach or Amy Warren, to help with any challenges that may arise.

WEATHER

We play in an environment that is created by weather! As we all take part in our individual rituals of "pray for snow" we would like to make mention that safety is our number one priority.

1. Dress for the weather. We want to set your child up for success and being dressed for the conditions will help us obtain that goal. If it's cold outside, hand warmers, extra layers and neck scarfs are helpful for little hands and faces. If it's warm outside, sunscreen and light layers/ clothing can help keep athletes from overheating.
2. We play in an environment that is out of our control. If off-hill instruction is more appropriate during any weather condition we will inform you of the change.
3. In the unlikely event of a Teams Cancellation, a notification will be sent out via DRIVN app, and our office phone will reflect any change in schedule 530-562-3231 .