

Hello all,

Believe it or not, we are already half way through the season. Several races are already behind us and having had the chance to see events at Owl's Head and Sutton and debrief with the coaches, I would like to share some of my observations with you as we work together to raise the bar.

MEDALS CEREMONY AND HELP FOR THE ORGANIZING COMMITTEE

On several occasions it has been brought to my attention that our kids and parents are leaving immediately following the last race and not participating in the medals ceremony. All organizing committees (from all the hills) are getting better and better in running the races. The medals ceremonies are usually done within a 45 min time frame after the last racer has crossed the finish line. In the mean time kids and parents could help the host club take down the b-nets, gates and other equipment. There is an internal agreement within the zone that all racers, coaches and parents should stay and help take down the course and all other equipment. When everybody helps it is so much faster. They all do the same thing when we organize races. Out of obligation and merely good will, we should return the favour. I'm asking that you please stay for the medals ceremony out of respect for all athletes and volunteers.

RACE PROTOCOL

Also, I was informed by coaches that some of the kids have been arriving late for the race. Please make sure that you arrive at the meeting place when indicated by coaches or earlier. The coaches have a schedule that is usually very tight and in order to manage the group of kids efficiently, it is important to be at the hill on time and to follow the coach's instructions. Occasionally, 1 of our coaches is selected to be jury during the course which consequently means that we are losing 1 coach for that race. Please make yourself available to help the coaches if they need ie. (bring down the jackets, supervise the kids during the lunch etc). Below is the simple race protocol that should be followed during the race day:

AM:

- Meeting with coaches
- Coaches give directions and global overview of the day
- Coach's meeting (coaches are meeting with the organizing committee and getting kid's bibs)
- Course inspection (Inspection of the course with your coach)
- First run starts
 - o At least one coach is at the top, one in the middle and one at the bottom of the race run
 - o They all communicate amongst themselves providing feedback to the kids
 - o Parents are getting jackets down and greeting kids after their run
- First run is finished
- Lunch time
- Inspection of second run
- Second run starts
 - o At least one coach is at the top, one in the middle and one at the bottom of the race run
 - o They all communicate amongst themselves providing feedback to the kids
 - o Parents are getting jackets down and greeting kids after their run
- Second run is finished
- Everybody helps taking down the course
- Medals ceremony

- End of day

At all times the coaches should know where their kids are. Parents or kids should inform the coaches of any deviation from the original schedule. All extra unscheduled activities MUST be authorized by the coaches (skiing with friends, leaving early, not attending the race etc). Please take note that kids are wearing the club's ski suit and they represent our club, membership, our coaches and our mountain. All inappropriate behavior reflects poorly on us. This race protocol and other issues have already been discussed with coaches since they have to be on the "same page" as well. I have already attended couple of off-site races and I'm planning to attend some more until the end of the season.

CLUB SKI SUIT

Club jackets and pants are mandatory for all kids during training activities. Not wearing your club jacket during the official training hours can result in training participation refusal.

ENTRY LEVEL (LEVEL 1) Coach Course

There will be an Entry Level (Level 1) certification course offered from Feb 12-14, 2010 at Owl's Head. If you are interested in taking this certification course please register at : <https://www.snowpro.com/cscf/e/programs/level1.html>

If you have any questions or comments, please feel free to contact me cedomir@snowpro.com or 514-771-9840

See you on the slopes.

Cedo

OHSC Head Coach