

2009-2010 Dimond Cross-Country Ski Team Handbook

CHECK WEBSITE EVERY NIGHT - CHECK WEBSITE EVERY NIGHT - CHECK WEBSITE EVERY NIGHT

Website: <http://www.dimondxcs.org>

Coaches:

Coach Normandin

normandin_nate@asdk12.org

DHS Room B-201

Coach Roth

roth_brett@asdk12.org

DHS Room B-211

Coach Stout

stout_richard@asdk12.org

DHS – Pool

To be a part of the Dimond ski team, you must:

1. Read this handbook, read the team contract, and both parent and athlete sign the contract.
2. Read and fill out the team order information (coming soon)
3. Have ALL your ski gear by the first day of practice

Important Dates

<p>PARENT/SKIERS INFORMATION NIGHT Thursday Oct. 22th, 2009 @ 6:00p Dimond High MPR1</p>	<p>ALL PARENTS AND SKIERS ARE STRONGLY ENCOURAGED TO COME! Ski Swap (sell your own stuff), meet the coaches, learn about the team and the expectations, order gear (team jackets, hats, sweatshirts, suits), learn about the booster club and how to be involved, and more!</p>
<p>FIRST DAY OF PRACTICE Monday Nov. 2nd, 2009 @ 2:15pm Dimond Ski Room Entrance</p>	<p>First day of practice – Bring your paperwork (yellow forms) that were returned to you from the activities office and your signed team contract. You must have these forms turned in to Coach Normandin to receive credit for practice. Bring your CLASSIC SKI POLES to run with. Also, bring all your mandatory outdoor and indoor gear. We will be running outside even if there is snow. Also, we will work on core strength and technique inside.</p>
<p>WAXING CLINIC FUND-RAISER November TBA</p>	<p>Dimond High Commons</p>

Dimond High Ski Team Basic Information

- Skiers of all levels are welcome and will be given the opportunity to participate. ALL team members are expected to attend practices and races.
- Everyone races
- Depending on the number of participants, the skiers will be placed into appropriate skill groups for workouts. This is to minimize risk so we don't have a skier by themselves out on the trails.
- Skiers are expected to have ALL the required equipment and proper clothing the first day of practice. See below for a detailed list of equipment/clothing.
- Plan on bringing classic poles to run with if there is no snow.

Team Requirements

- Athletic/Activity Participation Form completed and returned to the Activities Office
- Physical exam valid through 2/27/09 on file in the Activities Office
- \$160 ASD Activity fee to Activities Office
- ASAA Drug policy form signed by both skier and parent turned into the Activities Office. This requires both the parent and the athlete to watch the video at the following link: <http://www.asaa.org/playforkeeps/index.html>
- **Return the copy of the Participation form and Physical Exam the Activities office supplies to coach Normandin (yellow copies stapled by Mrs. Wheelles)**
- Signed Skier/Parents/Coaches Contract returned to the coaches on the 1st day of practice. This includes:
 - Email address of both parents
 - Identified ski goals
 - Reading of the handbook
 - Signature of both skier and parent
- **All equipment must be purchased and at practice from day one**
- Regular attendance at practice - a minimum of 80% participation. Practice will regularly be from 2:20p - 4:45p (given travel time to and from Kincaid). Meeting location is by the locker rooms. Skiers must be dressed out and on the bus ready to leave by 2:20p. Latecomers will be considered absent. You must be at a minimum of 4 practices a week. If you have weekly music lessons or obligations, please let your coach know ahead of time. Coaches will take attendance daily.
- A Strong desire to ski, to work hard in practice, to compete in races, and to have fun.

Buses – Athletes are expected to travel with the team on the team bus to AND from all workouts and races that require travel. If you have to leave an event early, you may only leave with your parent and they must sign you out with a coach.

Team Placement – The skiers are grouped into teams for both practice and races. Placement is determined by time trials and ongoing race results. The coaches will post team placement (A Team, B Team, etc.) and notify individuals as changes are made during the season.

Award Ceremonies – There are award ceremonies after many races. They usually happen immediately after the last race. ALL skiers are required to stay for the awards ceremony whether they ride home on the bus or with a parent. Skiers should wear their team jacket or sweatshirt during the award ceremony. Those receiving an award will wear their team jacket to receive an award.

Parent Volunteers – Volunteers are needed for the races Dimond High School hosts. No experience is necessary! Please sign up at the parent meeting or contact our [Booster Club](#). Plan to arrive at the race early to receive instructions.

Race Results – The NSAA usually posts results on their website, but I will also compile the results and place them on the team website.

State Team Selection – The state team will be determined by results throughout the season. All skiers participate in all races except for the State Championship. The top 5 female and the top 5 male skiers will race and the selection of the 6th skier will be made at the coach's discretion. A point system

will be used to determine the top female and male skiers: the sum of points from your top six high school season races. The point system is based off how you placed for Dimond during the race. It is:

Place	Points	Place	Points
1 st	100	16 th	15
2 nd	80	17 th	14
3 rd	60	18 th	13
4 th	50	19 th	12
5 th	45	20 th	11
6 th	40	21 st	10
7 th	36	22 nd	9
8 th	32	23 rd	8
9 th	29	24 th	7
10 th	26	25 th	6
11 th	24	26 th	5
12 th	22	27 th	4
13 th	20	28 th	3
14 th	18	29 th	2
15 th	16	30 th	1

Other sports – ASD policy dictates that a student may participate in two ASD sports and get credit for both as long as the coaches of each sport are notified and the student attains the participation requirements in both sports equally. If, however, attendance is not adequate in either sport, they may be dropped from the team. **Also, if a student is part of another sport program that is not ASD sanctioned, attendance to that sport will NOT be counted as a Dimond ski team practice.** This includes club ski programs.

Varsity Letter

- Skier finishes in the top 7 for Dimond in half the scheduled events (where the team races the same distance).
- Skier is part of the varsity state team
- Skier is a Senior who has received a Participation Award for at least 3 years
- Other Letter awards may be given at the coaches' discretion based on special circumstances

Participation Awards and Athletic Waivers

These awards are given to all skiers who attend 80% of all scheduled practices and 50% of all races.

Equipment and Clothing

As expensive as it may look there are important reasons for all pieces of equipment/gear listed here.

There are ways to reduce the cost of skiing equipment which I've listed in this document.

Coming prepared to practice helps ensure a safe practice.

Mandatory Gear:

- **Classic Skis, Classic Boots, and Classic Poles.**
- **Skate Skis, Skate Boots, and Skate Poles.**
- **Ski Bag** to keep skis and poles safe and easily distinguished from other skiers' equipment.
- **PLEASE NO COMBI OR WAXLESS SKIS.** "Combi" boots are sufficient but not recommended.

We recommend a pair of boots for each technique.

Before you buy: AMH and Barney's have experts to help you buy the best fitting skis for you.

Some local stores like AMH and Barneys also offer team discounts if you tell them you are part of a high school team. You can also ask for the previous year's model for a cheaper pair of skis. Play

It Again Sports is a good resource as well for new and used skis, although make sure the skis you purchase fit you properly. Also, check ski swaps regularly.

- **Classic Wax Kit** (bring daily): plastic scraper, synthetic cork, kick waxes for all temps ranging from -10 to +35 F. Race waxes are provided by Dimond. Practice wax is your responsibility.
- **Stocking Cap**
- **Gloves/Mittens**
- **Ear Muffs**
- **Jacket or Team Jacket** (Team Jacket is **HIGHLY** recommended since this is your team uniform)
- **Warm-up pants**
- **Wool or synthetic socks**
- **Long Underwear** -polyester or polypropylene top & bottom. Layering your gear so if you get warm during the workout, you may strip off a layer is very important.
- **Circuit clothes** - shorts, running shoes, t-shirt for inside workouts, also warmer workout clothes for running outside. **BRING THESE EVERY DAY!**
- **Water bottle and carrier** = Keeping hydrated is a must!
- **NO COTTON GEAR.** Cotton gear is not smart as it clings and can keep you cold when it gets wet. Please purchase gear that is not cotton for your workout gear

RECOMMENDED

- **Team Jacket ***
- **Balaclava**
- **Windproof briefs (boys)** - an essential item for practice and races to block the cold air from... does this need an explanation? Duct tape over your long johns works in dire situations as well.
- **Eye wear** - sport glasses with dark or yellow lenses can help protect the eyes in extreme cold and heavy snowfall.

Parent Participation (Booster Club)

Parent help is vital to the success of the team! If you can help, contact the [Booster Club](#).

Parent Coordinator: In charge of keeping parents informed of volunteer opportunities other information about the season. As a parent coordinator, you would have an email list and possibly a phone list for all the parents on the team. Keeping the parents informed of upcoming events helps keep the parents ready to do their part for the ski team.

Team Sweatshirt Order Liaison: The team captains will collect the skier's orders and then pass them on to you. This position entails getting a price quote from a sweatshirt company in town, then taking the design and placing the order. You will be working with the captains on this so you will basically be overseeing the process. You will handle the money transactions between the skiers, school, and business. When orders come in, you will need to distribute them at practice.

VOMax Order Liaison: We work through an out-of-town company called VOMax to order our team jackets and suits. There are many parts to this:

- The athletes will order gear and pay up front. This entails athletes filling out the team order form and submitting payment by the order deadline. The money is then submitted into the Dimond Ski account.
- The Dimond team will order gear for athletes not able to purchase their own gear. This entails inventorying the current supply of jackets and suits and talking with the coach about what will be needed for the team.
- You will then talk with VOMax and place an order (both Dimond team orders and individuals' orders on the same purchase order). Give the order information to the coach who will then get a purchase order from Dimond High School for VOMax. The purchase order will need to be faxed to VOMax.
- When the shipment arrives you will then inventory the delivery and have a coach sign off on the Invoice. Dimond High will then mail the check to VOMax.
- Finally you will separate out the athletes' gear and the team gear and help distribute the gear to the athletes.

Pre-Race Dinner: Spaghetti dinners are held the night before a race. Parents are encouraged to sign up and sponsor one of these fun evenings – get some of your friends to help too! They typically run from about 6pm – 8pm. If a movie is shown, it must be PG-13, PG, or G. You can plan on a max of 40 skiers coming. The ski team will provide most of the ingredients (garlic bread, salad/veggies, fruit, drinks, etc.).

Race Snacks: This always receives a warm welcome from the skiers during a day of racing. 2-3 parents are needed to bring snacks for each race. Bring enough healthy snacks for about 40 skiers. Some ideas are juices, bagels, fruit, snack bars, dried fruit, crackers, muffins. Your skier can bring the snacks on the bus to the race or you can bring them out to the race.

Awards Banquet: At the end of the season there will be an awards banquet. Parents organize committees to decorate, set up, organize photo/video shows, gifts, and clean up. This is the time when we all get together to congratulate our skiers, issue letters and awards and celebrate a great season. All families are encouraged to attend this fun evening.

Photos and videos are appreciated: Kids love to watch videos of the races, see their pictures on the website, and exchange photos. Parents are needed to take photos or videos of racers so we can put together a photo/video presentation for the end of season banquet. The coaches would also appreciate parents who can video-tape skiers during races so we can analyze the skiers' technique.