

# Mount Sunapee Alpine, Freestyle and Snowboard Programs

## US Ski and Snowboard Development Club of the Year- Bronze Club Certification-



**Our Vision:** To help guide the development of the athlete in all areas of their lives.

**Our Mission:** To inspire a passion for snow sports in our young athletes and to help them reach their potential as athletes. We encourage them to be good, responsible citizens and develop a strong sense of sportsmanship.

**Our Values:** U.S. Ski & Snowboard values: excellence, grit, passion, integrity, community, fun and team.

December 2019

Hello Alpine, Freestyle and Snowboard families,

It has been a very busy but exciting time with many new changes and more to come

The Pot Luck Dinner was a huge success. There was great attendance and it was a lot of fun. The CG fund raised \$1875 at the silent auction. Thank you to all who attended and thank you for your generosity.

**On Sunday Dec 29, 2019 at 3:00pm we will host a Panel round table discussion about different paths through Snow sports world. I have invited some former athletes to who are still involved and parents to come and speak about their experiences. I encourage you to come meet other families.**

All groups have communicators. If you are not receiving communications from your child's group please let us know so we can add you to their email list.

**Lunch Breaks will be staggered between the hours of 11:30 – 1:00.** The schedules is as follows:

U14, U16 and U19's lunch break begins at 11:30

Development programs and Might Mites lunch break begins at 12:00

U10 & U12's lunch break begins at 12:15

Snowboard and Freestyle's lunch break begins at 12:30

The break will be 45 minutes long. All groups will be dropped off at the Competition Building and will meet back there after their lunch. Be ready to ski for the afternoon session. Each athlete is responsible for his or her lunch arrangements

Wireless is available in the Spruce and Sunapee Lodges. We will continue to work on improving the service. There have been some meetings that have taken place working with cell phone tower installation companies in to improve cellphone reception at Mount Sunapee as well. As this project progresses will provide future updates.

Improvements continue to happen at Mount Sunapee. Here are a few that have taken place since last season:

- We added new snow making pipes at South Peak.

- We added more work space for the alpine administration employees.
- All employees resort wide received new uniforms and name tags.
- The lifts were upgraded to ensure great service for our guests.
- We now have a water bottle filling station in the Comp Center installed by Bob Underhill.
- We acquired 20 new Bnets and new coach's radios.
- We renovated the rental shop in the Spruce Lodge as well as added a rental shop in the Learning Center.
- Epic Mix app has been added so you can track your activity at all Vail resorts. It's really cool, so get the app.

If you have not received communication from Jenna Sievers regarding your assignments please contact her at [jenna.sievers@vailresorts.com](mailto:jenna.sievers@vailresorts.com).

Parent signing up for helping at events is crucial to the success of our events. I encourage everyone to help out and be involved with your child's sport. The events we host allow all our athletes to compete at home during the season. The events allow families to get to know each other and learn more about the sport your child is involved with. It takes a village to run a good event and it is so much easier when everyone pitches in. Our Race crew cannot do all the jobs, as it takes 30 + people to staff an event. We have a wonderful Race Crew who have experience, education and certifications to do the job and to run safe and fair events. A ski race for a U12 is run the same way as a World Cup Event is just without as many resources. The same mogul event or slopestyle event you watch on TV takes the same set up as our B meet or USASA Slopestyle. I urge Parents to make time and come and see what it takes to put these events on.

Did you know that it is scientifically proven that working at a ski race, freestyle meet or snowboard event makes your kids faster? This is just one of the benefits to working your child's events!

Others are:

- 1 - Learn more about the sport that your kids participate in.
- 2 - Show your kids how much you support what they do.
- 3 - Get that warm fuzzy feeling that comes with a job well done.
- 4 - Earn vouchers for helping at USSA Events.
- 5 - Get to know the Mount Sunapee coaches, staff and meet new people. A lot of Mount Sunapee alumni come and work our races even after their kids have graduated.
- 6 - Did I mention that it makes your kids faster?
- 7 - It's a great way to watch the race, meet or event. We think snow sports are fun to watch on all levels.
- 8 - Support skiing, freestyle & snowboard events. Don't just think locally, think globally! When you go to a race, event or meet at another mountain email the race secretary/coordinator and ask if they need any help. We are all working toward the same goal, which is providing the best possible competition for your athletes. Tell them you are from Mount Sunapee and represent us well. (Sorry, no Mount Sunapee credit for work at other mountains)
- 9 - Work side by side with a world class crew. Many of our own crew and even other workers have worked at the World Cup level.
- 10 - Did I mention that it makes your kids faster? – They love to have you there.

We wish everyone well in their races, meets and events for the rest on the season and hope that you will get involved no matter where you end up.

Please make sure your athlete's equipment is ready to go. Make sure their boots are fitted, skis tuned, bindings readjusted and helmets checked. If you are not buying new equipment make sure all bindings are checked for DIN settings and forward pressure, as the athletes keep growing the DIN settings change.

Select sizes of the Team Jackets are still available to try on and purchase at Skinners, so call or stop by if you are interested. Skinners also has No Cut Underwear by POC. Base 360 can be ordered at Skinners but is not kept in stock. 763-2303.

**Eastern Ski Club Day was held at the World Cup in Killington on Sunday December 1<sup>st</sup>.** It was a great day for the Sunapee athletes and families. If you have any pictures you care to share with us please send them to [bmvonberen@vailresorts.com](mailto:bmvonberen@vailresorts.com).

**Helpers needed:** We need helpers to work a few mid-week events this winter. We are looking for help with the SNH Champs on Friday Jan 31. We also have mid-week high school races were we could use help staffing on Feb. 11 & 13 (snow dates Feb. 12 & 14). Interested? Contact Jill Firstbrook at 603-763-3500 X3548 or email [jsfirstbrook@vailresorts.com](mailto:jsfirstbrook@vailresorts.com).

**Safety:** Please remember to review The Skier Code and Smart Style for the Parks, with your athletes. Being safe when we ski and board is so important. Inspection of the park conditions every day is critical. The conditions change even if the jumps seem the same.

Below is some information about concussions and returning to program after injury.

### **Concussions**

The Alpine program follows USSA protocol. Coaches are trained to know common signs and symptoms of a concussion. If an athlete or coach suspects a concussion after a bump, blow, or jolt to the head or body, the athlete will be kept out of practice or competition the day of the injury. A health care professional, experienced in evaluating concussions, will determine when the athlete is symptom-free and ready to return to play. For more information on concussions check out [CDC.gov](http://CDC.gov).

**Safety Plan of Action** if you suspect that an athlete has a concussion

- Contact Ski Patrol
- The athlete will be brought over to Ski Patrol
- Athlete is removed from training and competition
- Athlete is evaluated by Ski Patrol
- Parents are contacted. (Ski Patrol has copies of all athletes medical forms)
- Parents are encouraged to seek an evaluation by a medical professional who has been trained in concussion management.
- Athlete will be placed on USSA medical hold until a completed medical evaluation form is received from a medical professional trained in concussion management which has cleared them to return to training and competition.
- Athlete will be asked to follow the concussion plan, with modifications as needed.

***It is better to miss one competition than the whole season.***

***When in doubt sit them out.***

### **Back to Competition Plan & Guidelines**

To return to the Alpine Program after a concussion or injury, the athlete must be released by their health care provider. For more details, see the included USSA concussion policy and medical evaluation form.

- The athlete should be participating in 100% of their regular school and life routines.
- Return to play should happen only when the athlete has been symptom free for at least 24 hours.
- The athlete should start slowly. They should ski or ride for one hour on moderate terrain, with a moderate activity level (easy skiing/riding at 50% your normal speed).
- If the athlete experiences any concussion or injury symptoms, the athlete should stop activity and contact their healthcare provider. The athlete should gradually increase their activity length, level and volume.
- The athlete should spend at least one weekend free skiing/riding. The following week the athlete can progress back to training.
- The athlete should increase their intensity level slowly. Spending time on snow without training or competition will allow the athlete to regain balance.

**Parent Meetings:** We will be hosting parent meetings throughout December and into early January. Please check the dates below. All parents need to attend at least one meeting. We hold these meetings to keep you informed as to what your athletes will be doing during the season and it will give you the opportunity to meet your child's coaches if you have any questions.

#### DATES TO REMEMBER

Sat. Dec. 21, 2019	New Mighty Mites (U8) Ski Off on South Peak	9:30am-12:00pm Comp Center/ South Peak
Sun. Dec. 22, 2019	Returning and New Mighty Mites (U8) – season begins	9:00am Comp Center
Sun. Dec. 22, 2019	Mighty Mite Parent Meeting! <b>Parents must attend!</b>	10:00 am Comp Center
<b>Dec. 26-30, 2019</b>	<b>Christmas program Schedule TBA</b>	
Fri. Dec. 27, 2019	<b>Ugly Sweater Day</b> - Prizes and parade – please participate & dress up	
Sat. Dec. 28, 2019	Development, Race Development, & Snowboard Development Ski/Board Challenge for group placement	9:30am– 12:00pm Comp Center
Sat. Dec. 28, 2019	Development Parent Meeting	9:30am Comp Center
Sat. Dec. 28, 2019	U10 Parent Meeting- All parents please attend one meeting <b>Rescheduled from 12-21-19</b>	11:00am Comp Center
Sat. Dec. 28, 2019	U12-U14 Parent Meeting- All parents please attend one meeting	3:00pm Comp Center
Sun. Dec. 29, 2019	Freestyle Parent Meeting- All parents please attend one meeting	10:00am Comp Center
<b>Sun Dec. 29, 2019</b>	<b>Panel Discussion with former Athletes and Parents. Perspectives on different paths through the Competitive Ski and snowboard programs Refreshments provided</b>	<b>3:00pm Comp Center</b>
Mon. Dec. 30, 2019	Regular program	
Mon. Dec. 30, 2019	Swix Tuning Clinic at Bob Skinners	2:00pm Bob Skinners
Tue. Dec. 31, 2019	Alpine program Day off	
Wed. Jan. 1, 2020	Alpine program Day off	
Thurs. Jan 2, 2020	Alpine program Day off	
Fri. Jan. 03, 2020	Epic Mix Day – All program in session	
Sat. Jan. 04, 2020	Development Parent Meeting	9:15am Comp Center
Sat. Jan. 04, 2020	Development, Race Development, & Snowboard Development Ski/Board begins	9:00am start Comp Center
Sat. Jan. 04, 2020	Mighty Mite Parent Meeting	10:00 am Comp Center
Sat. Jan. 11, 2020	Ice Cream Social	3:00pm all - Comp Center

If you have any questions please do not hesitate to reach out to me. Thank you  
Have a wonderful Holiday Season!

Jill Firstbrook

Program Director

603-763-3500 X3548

[jsfirstbrook@vailresorts.com](mailto:jsfirstbrook@vailresorts.com)