



**Beech Mountain Ski and Snowboard  
Education Foundation**

***BMSEF***

***Athlete Handbook***

***[www.teambeech.com](http://www.teambeech.com)***



## ***Welcome Letter***

Dear Parents and Athletes:

On behalf of the Beech Mountain Ski Education Foundation (BMSEF), I would like to welcome you to this season's program. Many Volunteer parents and racers have worked hard throughout the year to ensure this program continues to provide exciting and fun opportunities for our alpine athletes. As a result of their efforts, we are pleased to provide both a High Country Junior Race series program and a USSA Race program.

To help both parents and athletes prepare for the upcoming season, BMSEF has prepared this Athlete's Handbook. We hope you find this information helpful towards ensuring our athletes have a safe, rewarding, and, most importantly, fun experience with BMSEF.

Best of luck to all our Athletes!

Daniel Thompson, President  
Beech Mountain Ski Education Foundation



## **Section I**

### **About the Team**



## **Staff Contact Information**

### **Board of Directors:**

<b>Name</b>	<b>Position</b>	<b>Term</b>	<b>E-Mail</b>	<b>Phone</b>
Daniel Thompson	President	3/05-3/07	barseven@msn.com	919-489-3015
Susan Cavagnaro	V. President	3/06-3/08	sam211@skybest.com	828-387-2708
Steve Watson	Treasurer	3/05-3/07	swatson@biltmore.com	828-277-8673
Sascha Struckmeyer	Secretary	3/06-3/08	sstruckmeyer@carolina.rr.com	704-543-0865
Betsy Karas	USSA Mgr.	3/06-3/08	steliosk@juno.com	704-788-2035
John Matherly	Marketing	3/06-3/07	golfandski10@yahoo.com	803-548-4580
Paul Lehman	Appointed	3/06-3/07	plehmann@skybest.com	828-898-9717

### **Coaches**

<b>Name</b>	<b>Program</b>	<b>E-Mail</b>	<b>Phone</b>
Daniel Thompson	High Country	barseven@msn.com	919-489-3015
Robert Jones	High Country	robear@skybest.com	828- 898-5239
Steve Goble	High Country	stephen@goblenetworks.com	828-260-4569
Paul Lehman	USSA	plehmann@skybest.com	828-898-9717



## ***Team Roster***

To be printed separately and handed out at Parent Orientation



## ***Team History and Facts***

Beech Mountain Ski/Snowboard Education Foundation (BMSEF) is a non-profit, educational, and charitable organization dedicated to benefiting young amateur athletes in the winter disciplines of Alpine Ski Racing and Snowboarding. More importantly, BMSEF (Team Beech) is a community driven organization with diverse membership ranging in age from 5 to 18 years of age. Team Beech is comprised of families who enjoy the mountain year round, including both local families and families as far away as Central North Carolina, South Carolina, and Eastern Tennessee. Most member families either reside on-mountain or have purchased a second home on-mountain that they use year round.

### **What is Team Beech?**

- First and foremost, Team Beech is Beech Mountain's ski and snowboard team. This organization was formed in 1991 and is committed to teaching children the virtues of community involvement, sportsmanship, athletic discipline, advanced fundamentals of skiing and snowboarding, competition, responsibility, building self esteem, and most importantly, having fun as a member of our communities ski and snowboard team. This commitment extends to any child who wants to participate in our organization regardless of race, gender, or economic background.
- We proudly carry the name of our Beech Mountain community with us to races at 9 different ski areas in the southeast and have even carried our communities name to national events.
  - Junior Olympic Competitors: Jeremiah West, Daniel Oliveri, Chris Grover, Jason Pavelchak, Keenan Bracey, Chris Watson, Will Hagna, Laurie Debow, Tracey Owen, Derek Nickum, Rachel Collins
  - BMSEF National Finals Snowboard Competitors: Dave Schoepfle, Ben Capron, Nick Capron
- Team Beech is also recognized in the National register of ski and snowboard clubs associated the United States Ski/Snowboard Association (USSA, the Governing body for the US World Cup Ski Team).
- Team Beech is a pre-eminent 501 C sporting organization that concentrates on ski and snowboard competitions with participants ranging in age from 5 to 18.
- During the 2005-2006 ski season, there were approximately 30 members on the team.
- Team Beech coaches have on-going national certifications and trainings through USSA, the Professional Ski Instructors Association (PSIA), and the American Sports Education Program (ASEP). These certification programs ensure our coaches deliver state of the art coaching for young athletes as they develop into adults and learn more advanced techniques in their alpine sport.



## ***Coaching Philosophy***

Team Beech has adopted a coaching philosophy that has been developed through the United States Ski Team (USST), and enhance through the American Sports Education Program (ASEP). At the heart of our philosophy is the following commitment:

### ***“Athletes First, Winning Second”***

While our coaches recognize the importance of winning to our athletes, we also recognize our influence on the development of our young athletes into adults. Every decision we make is based first on what is in the best interest of our athletes, and second on what may improve the athlete’s chances of winning. In adopting this approach, we hope that we have a positive influence on our athletes that lasts long after their athletic goals have been achieved!

Team Beech has also adopted the philosophy of the USST, which is:

*“..to develop good skiers, then great racers. Good skiers possess the balance and control on skis that is a foundation for the elements that are required for alpine racing success.”*

The Team Beech coaches have created a coaching plan, based on the USST Alpine Ski Fundamentals progression, and which we feel are necessary to achieve the speed, control and balance to compete at the highest level. To put it plainly, alpine ski racing is a very technical sport that requires continual refinement of basic skills.”

As our athletes progress in their skill development, we never loose track of our most important theme, and that is to make sure we continue to have fun along the way! Even the USST recognizes that:

*“the most important theme in the long-term development of any athlete is to have fun. The length of an athlete’s career in a sport can arguably be a direct relation to their enjoyment. This is an important consideration on the road to the top.”*

Team Beech’s commitment to our athletes is to never loose track of this important dimension in their development.



## ***Season Goals***

1. To create a team environment.
2. To consolidate and refine basic skills in a fun and enjoyable atmosphere.
3. To maximize free skiing for skills development in a variety of terrain and snow conditions.
4. To focus on competitive techniques and tactics, and to enhance their learning through competitions and times training events.
5. To provide a solid foundation for the athletes future endeavors!



## **Section II**

# **Guidelines for Athletes and Parents**



## ***Bill of Rights for Young Athletes***

As part of the BMSEF Alpine program, we feel that it is important to establish structure around the environment in which our young athletes develop. This structure includes team policies, codes of conduct, rules, and other requirements. Most importantly, and in agreement with our coaching philosophy, we must present this structure with a focus on Athletes First. Thus, presented here are a few rights our young athletes carry with them as they participate in sports:

- Right to have fun in sports
- Right to share in the leadership and decision-making of their sports participation
- Right to play as a young athlete and not as an adult
- Right to be treated with dignity
- Right to proper preparation for participation in sports
- Right to qualified adult leadership
- Right to an equal opportunity for success
- Right to participate in safe and healthy environments
- Right to participate at a level commensurate with each athlete's maturity and ability

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## **BMSEF Athlete Code Of Conduct**

I, \_\_\_\_\_, hereby pledge to honor and support Team Beech by adhering to the team's Athlete Code of Conduct as stated below:

- *I will be respectful by using appropriate language in appropriate tones when interacting with other athletes, coaches, ski area personnel, officials, parents, and spectators.*
- *I will treat all athletes, coaches, ski area personnel officials, parents, and spectators with dignity and respect.*
- *I will represent myself; Team Beech, the sport, and the community with the highest level of personal integrity both at Ski Beech and during events at other mountains.*
- *I will respect, care for, and maintain the property of Team Beech and its members.*
- *I will not taunt, criticize, use obscene gestures, or engage in boastful celebrations that demean fellow athletes.*
- *I will respect the dignity of others by not harassing or demeaning them.*
- *I will treat everyone fairly regardless of gender, ethnic origin, race, or religion.*
- *I will arrive on time for all practices, meetings, and contests, If I am going to be absent or late I will notify my coach in advance.*
- *I will come properly dressed with equipment properly tuned and ready.*
- *I will play by the rules of the sport, demonstrating and encouraging good sportsmanship by being a humble winner and gracious in defeat.*
- *I will be honest. I will not lie, cheat, or steal.*
- *I will be respectful by not fighting or damaging the property of others.*
- *I will do my best to participate in my sport safely so as not to injure myself or any other athlete.*
- *I will seek to become the best athlete I can be by practicing appropriately and eating right.*
- *I will not coach fellow athletes, but I will encourage and assist my teammates in becoming better athletes and human beings.*

I have read and understand the above statements and agree to conduct myself in a manner consistent with each.

Signature of athlete \_\_\_\_\_ Date \_\_\_\_\_  
(or name, as appropriate)

I have read and understand the above statements and agree to help the above athlete conduct him/herself in a manner consistent with each.

Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_



## ***Team Rules***

### **1) General Rules**

- a) Each skier and rider is responsible for his/her equipment maintenance and safety.
- b) Use of portable music players such as iPods is prohibited on the hill. No headphones!
- c) Helmets (and goggles for Alpine) are mandatory for all Team Beech training and Events.
- d) Never Stop in the middle of the hill or in a location in which you cannot be seen from above. When skiing with the team, always ski below your waiting team members to stop.
- e) Clean up after yourselves! The maintenance of the Team Room is the shared responsibility of all who use it.
- f) Ski Beech is our host and the same respect of their property applies. Clean up after yourselves. Be respectful of resort personal and other guests.
- g) The coach's offices and the supply/equipment rooms are off limits unless invited by coaches.

### **2) Ski Area Rules**

- a) Team Beech skiers and riders are very fortunate to have the opportunity to train at Ski Beech. Your way of saying thank you is to always adhere to Ski Area rules and follow the Skier's Safety Act. Noncompliance with ski area rules and policies will result in a Yellow or Red Card conduct violation. Specifically prohibited:
  - i) Skiing or riding beyond closures.
  - ii) Collisions with other skiers/boarders.
  - iii) Line crashing.
  - iv) Fast or reckless skiing or riding in a posted SLOW SKIING zone.
  - v) Fraudulent use of lift ticket or pass.
  - vi) Unloading from a moving lift other than at the terminal.



## 1) Yellow Card Offenses

### a) Willful disobedience

- i) Any show of disrespect for Coaches, Ski Area personnel, and skiing public by failing to comply with directions, rules, or by being rude or offensive
- ii) Continued disruptive conduct such as rough housing in line, on lifts, in the team room, in the ski lodges, or reckless skiing/boarding,
- iii) Continued vulgarity and profanity
- iv) Continued disrespectful behavior towards others
- v) Disregard for rules of the Team Room
- vi) Violations of ski area policies where Team Beech is notified

### b) Vandalism

- i) Theft or damage of personal property
- ii) Theft or damage of Team Beech or Ski Beech property
- iii) Hiding any equipment, moving or damaging locks, etc.
- iv) Tampering with equipment of others
- v) Graffiti

### c) Physical/verbal violations towards others

- i) Fighting
- ii) Hazing
- iii) Threats
- iv) Sexual Harassment, verbal in nature

## 2) Yellow Card Offenses: Disciplinary Procedures:

### a) First Offense

- i) Parents may be notified. Offense documented in writing.
- ii) Conference with coach
- iii) Possible one-day training suspension

### b) Second Offense

- i) Parents will be notified. Offense documented in writing.
- ii) Athlete/parent/coach conference
- iii) Suspension from all training and event activities for one week.
- iv) Written plan submitted to staff to correct behavior

### c) Third offense

- i) Parents will be notified. Offense documented in writing.
- ii) Athlete/parent/coach/BMSEF President conference
- iii) Suspension from all training and event activities two weeks.
- iv) Written plan submitted to staff to correct behavior
- v) Letters of apology written to staff and other involved parties
- vi) At BMSEF President's discretion, the 3rd offense may be treated as a red card.



### **3) Red Card Offenses**

- a) **Physical abuse with the potential for bodily injury.**
- b) **Sexual Harassment, physical in nature.**
- c) **Violation of Ski Area rules resulting in loss of season pass**
- d) **Suspected use of, sale of, possession of, and/or being under the influence of Alcohol, Tobacco, or any controlled substance, as determined by staff.**

### **4) Red Card Offenses: Disciplinary Procedures**

#### **a) First Offense**

- i) Parents notified. Offense documented in writing
- ii) Conference with parents, BMSEF President, Coach and athlete
- iii) One- to four-week suspension from Team training and event activities
- iv) Suspension of ski passes for suspension period.
- v) Written plan of action to correct behavior
- vi) Letters of apology written to staff and involved parties
- vii) Fees will not be prorated or refunded.

#### **b) Second Offense**

- i) Parents notified
- ii) Expulsion or suspension from Team Beech at the discretion of Discipline Panel.
- iii) Revocation of season pass.
- iv) Conference with BMSEF Discipline panel prior to re-entry to Team Beech the following season.

### **5) Discipline Panel**

The Discipline Panel will consist of three BMSEF board members, one coach, and BMSEF President. This panel will review and make decisions in all red card and expulsion cases.



## ***Parent Guidelines***

- **Help your athlete develop a success-oriented mentality**
  - Your athlete must see success as achieving their own goals, not winning a medal
  - Your athletes must have realistic personal goals, and you must have realistic expectations commensurate with their maturity and skill levels
  - Focus on your athlete's successes relative to their goals; let the coaches work with your athlete to learn from mistakes and improve their performance.
  - Support the building of your athletes self-confidence!
- **Help your athlete avoid the failure-oriented mentality**
  - Celebrate winning, but celebrate achieving personal goals more!
  - Right after an event, be supportive and enthusiastic, but do not start analyzing performance.
  - Work with the coaches to guide your athlete towards realistic goals.
  - Help your athlete understand that mistakes and errors are a natural part of the learning process, not failures! Do not criticize their performance.
  - If you see your athlete making up excuses for mistakes or for not trying their hardest, or if they view their successes as just luck, please alert your coaches. If the coaches have not caught these signs of failure-orientation themselves, your input will go a long way toward helping your athlete succeed.
- **General guidelines**
  - Let the coach be the coach and respect their judgment
  - Do not coach your athlete during events or training; and do not yell instructions to your athlete during a run (they need to focus on what they are doing).
  - Provide only supportive comments to coaches, officials, and racers of all teams. Do not make any derogatory comments.
  - Minimize the pressure on your athlete by keeping events in proper perspective.
  - Be in control of your emotions
  - Cheer for all your team members
  - Help in whatever way you can during practices and events. This will improve the experience for your athlete!
  - Have fun and be proud of everything your athlete does!



## ***Purchase of Team Beech Ski Jackets Race Outfits***

- Purchase of Ski jackets and race outfits with the Team Beech logo and colors occurs each September.
- BMSEF is in the process of developing an exchange/lease program to help make the availability of team jackets as affordable as possible.
- Pricing and sizing information will be made available on the Team Beech website in the near future.
- For more information, please contact:

Sascha Struckmeyer	<a href="mailto:sstruckmeyer@carolina.rr.com">sstruckmeyer@carolina.rr.com</a>	704-543-0865
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## **Section III**

# **Alpine Ski Racing**



➤ **Rules of the Sport: Please refer to the USSA website for rule information on Alpine Ski Racing**

- <http://www.usa.org/PublishingFolder/588.htm>

➤ **Technical Skills**

As mentioned earlier in this handbook, Team Beech's philosophy is derived from the USST, and that is to develop great skiers and then great racers. Our plan for the season is to first evaluate our athletes for their strengths and weakness in five area's of Alpine Ski Fundamentals. Once we have an idea of where each athlete stands, the coaches will work with the athlete to develop reasonable goals that focuses on their fundamental development.

The following is an excerpt from the USST Alpine Ski Fundamentals s approach that we apply with Team Beech:

➤ **Definitions and Terminology**

Any discussion of skiing requires common terminology and a common framework. The following definitions summarize important terms that will be used during the coaching of our athletes.

➤ **5 Fundamental Areas**

The US Ski Team has organized the teaching of skiing and ski racing into 5 fundamental areas. The drills we will apply in Team Beech will support one of the 5 areas, keeping the teaching and progression work simple and effective.

- **Basic Skiing-** The goal of this fundamental area is to teach parallel ski turns with rhythm, control and balance.
- **Pole Plant-** The goal of this fundamental area is to incorporate a pole plant movement into parallel ski turns.
- **Carving Turn and Transitions-** The goal of this fundamental area is to teach the athlete how to perform linked carved parallel turns while maintaining dynamic balance at the appropriate place and time relative to the fall-line.
- **Gliding-** The goal of this fundamental area is to teach the skier different parameters that affect speed.
- **Terrain/Jumping-** The goal of this fundamental area is to teach the movements required to maintain balance and snow contact over jumps and terrain changes.

➤ **Turn Phases and Important Definitions**

The US Ski Team uses three phases to describe the components of a turn. These are initiation, turning and completion. In addition, the terms crossover point and transition are used to define key reference points for two or more turns in succession.

- **Initiation Phase-** The first phase (or start) of a turn. This phase is easily identified by the establishment of the new turning edge (s); weight is established on the new turning edge(s). The skier is increasing edge angle and pressure as the center of mass (C of M) moves forward toward the direction of the new turn (i.e., forward and inside the skis). In successive turns, it begins at the point where the C of M passes over the base of support.



- **Turning Phase-** *This is the second phase (or middle) of the turn. This phase is typically characterized by the greatest direction change. The skis and the C of M are changing direction. Typically there is a dramatic increase in edge angles and related forces, which are managed through the parallel position.*
- **Completion Phase-** The third phase (or end) of the turn. The beginning of this phase is characterized by the end of the direction change and the release of the ski edge(s). This is where the skier responds to the completion of the change in direction. The C of M and skis have been re-directed. There is decreased edge angle and pressure (skis released). In the case of successive turns, the path of the C of M and skis move toward a conversion at the crossover point.
- **Crossover Point-** The point at which the athlete's center of mass passes laterally over the base of support.
- **Transition Phase-** The combination of the completion phase, cross over point and initiation phases.

## **Conclusion**

The Team Beech program is organized, as recommended by the USST, into 5 fundamental areas for the sole purpose of keeping the teaching and progression work for alpine skiing simple and effective. Our goal as coaches is to keep it simple, use free-skiing as a base, and deliver the fundamentals in a creative and enjoyable way. There are a myriad of challenging situations on Beech Mountain so we will let the mountain challenge the balance of the skier. In the end the goal of our program is to develop great skiers that possess rhythm, balance, speed and control.

## ➤ **USSA Technical Skill Evaluation Form**

Team Beech will be performing evaluation of our athletes' technical skills at both the beginning and end of the season. Our coaches will be using the attached evaluation form provided by USSA:

# Alpine Ski Fundamentals

## USST Ski Fundamentals Assessment



### BASIC SKIING

Athletic Stance - <i>the skier should demonstrate:</i>	YES	NO
Balanced and centered stance with flexion in the ankles, knees and hips.....	<input type="checkbox"/>	<input type="checkbox"/>
Hips facing (square) in the direction of the skis.....	<input type="checkbox"/>	<input type="checkbox"/>
Weight evenly distributed on both skis.....	<input type="checkbox"/>	<input type="checkbox"/>
Hands in front of the body.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead .....	<input type="checkbox"/>	<input type="checkbox"/>

Parallel Position - <i>the skier should demonstrate:</i>	YES	NO
Parallel skis in a comfortable stance width - uphill ski advanced.....	<input type="checkbox"/>	<input type="checkbox"/>
Alignment of the ankles, knees, hips and shoulders in a parallel relationship.....	<input type="checkbox"/>	<input type="checkbox"/>
Uphill hip raised.....	<input type="checkbox"/>	<input type="checkbox"/>
Weight is over the middle of the downhill ski. ....	<input type="checkbox"/>	<input type="checkbox"/>
Hands forward and shoulders relaxed. ....	<input type="checkbox"/>	<input type="checkbox"/>
Upper body facing in the direction of the hip.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead .....	<input type="checkbox"/>	<input type="checkbox"/>

Traverse - <i>the skier should demonstrate:</i>	YES	NO
Dynamic balance in a Parallel Position throughout the traverse.....	<input type="checkbox"/>	<input type="checkbox"/>
Both uphill edges are tracking.....	<input type="checkbox"/>	<input type="checkbox"/>
A straight track .....	<input type="checkbox"/>	<input type="checkbox"/>
Consistent snow contact with both skis .....	<input type="checkbox"/>	<input type="checkbox"/>
Weight on the downhill ski .....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead .....	<input type="checkbox"/>	<input type="checkbox"/>

**"Please note that the free version of Adobe Reader provided with this CD-ROM will only allow you to save the blank form to your computer - no data that you input will be saved. In order to save each form with the data you input, the full version of Adobe Acrobat Standard or Professional is required"**

# Alpine Ski Fundamentals



## BASIC SKIING *(continued)*

Side Slipping - <i>the skier should demonstrate:</i>	YES	NO
Dynamic balance in a Parallel Position throughout the sideslip.....	<input type="checkbox"/>	<input type="checkbox"/>
Managed edge angle and pressure to achieve a smooth sideslip. ....	<input type="checkbox"/>	<input type="checkbox"/>
Use of knees & ankles in the Parallel Position for smooth edge release & engagement. ....	<input type="checkbox"/>	<input type="checkbox"/>
Edge set resulting in a complete stop.....	<input type="checkbox"/>	<input type="checkbox"/>
Hands forward .....	<input type="checkbox"/>	<input type="checkbox"/>
Looking down the hill in direction of travel. ....	<input type="checkbox"/>	<input type="checkbox"/>

Garland - <i>the skier should demonstrate:</i>	YES	NO
A traverse (straight line) in a Parallel Position .....	<input type="checkbox"/>	<input type="checkbox"/>
Edge release by squaring hips and moving up into an athletic stance.....	<input type="checkbox"/>	<input type="checkbox"/>
Edge release that causes skier to drift into the direction of the fall-line (not actively turning) .....	<input type="checkbox"/>	<input type="checkbox"/>
Smooth edge release and engagement .....	<input type="checkbox"/>	<input type="checkbox"/>
Hands forward and looking ahead throughout the exercise .....	<input type="checkbox"/>	<input type="checkbox"/>

Parallel Turns - <i>the skier should demonstrate:</i>	YES	NO
Parallel turns in succession .....	<input type="checkbox"/>	<input type="checkbox"/>
Rhythm, control & balance while executing parallel turns with consistent speed and radii. ....	<input type="checkbox"/>	<input type="checkbox"/>
Parallel position executed in parallel turns .....	<input type="checkbox"/>	<input type="checkbox"/>
Calm upper body.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead.....	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL BASIC SKIING		
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## POLE PLANT

Pole Plant Mechanics - <i>the skier should demonstrate:</i>	YES	NO
The ability to maintain a quiet upper body. ....	<input type="checkbox"/>	<input type="checkbox"/>
Hands remain in front of the body .....	<input type="checkbox"/>	<input type="checkbox"/>
Pole is planted by the tip of the ski .....	<input type="checkbox"/>	<input type="checkbox"/>
A smooth movement through the preparation, plant and finish. ....	<input type="checkbox"/>	<input type="checkbox"/>
Timing of the pole plant must coincide with upward movement.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead .....	<input type="checkbox"/>	<input type="checkbox"/>

Single Pole Plant - <i>the skier should demonstrate:</i>	YES	NO
Proper pole plant mechanics .....	<input type="checkbox"/>	<input type="checkbox"/>
Proper timing of the single pole plant with parallel turns (i.e. at the completion phase or crossover point).....	<input type="checkbox"/>	<input type="checkbox"/>
Smooth rhythmical movements.....	<input type="checkbox"/>	<input type="checkbox"/>
Balanced parallel turns in the fall-line.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead.....	<input type="checkbox"/>	<input type="checkbox"/>

Double Pole Plant - <i>the skier should demonstrate:</i>	YES	NO
Proper pole plant mechanics .....	<input type="checkbox"/>	<input type="checkbox"/>
Proper timing of the double pole plant with parallel turns (crossover point).....	<input type="checkbox"/>	<input type="checkbox"/>
Smooth rhythmical movements .....	<input type="checkbox"/>	<input type="checkbox"/>
Balanced parallel turns in the fall-line .....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead .....	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL POLE PLANT

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# Alpine Ski Fundamentals



## CARVING TURNS/TRANSITIONS

Corridor Drill - <i>the skier should demonstrate:</i>	YES	NO
Snow contact throughout turn, particularly in transition .....	<input type="checkbox"/>	<input type="checkbox"/>
Balanced, symmetrical carved parallel turns of no particular radii .....	<input type="checkbox"/>	<input type="checkbox"/>
Appropriate ankle flexion and use of knees to roll skis over in transition.....	<input type="checkbox"/>	<input type="checkbox"/>
Skis tracking on the same path through the transition.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead .....	<input type="checkbox"/>	<input type="checkbox"/>

Edging Drill - <i>the skier should demonstrate:</i>	YES	NO
Smooth and rhythmical carved parallel turns throughout drill.....	<input type="checkbox"/>	<input type="checkbox"/>
Snow contact throughout drill .....	<input type="checkbox"/>	<input type="checkbox"/>
Ability to execute subtle edging movements leading to more aggressive edging movements with balance and timing.....	<input type="checkbox"/>	<input type="checkbox"/>
The ability to increase pressure between the ski and the snow to tighten turn radii .....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead .....	<input type="checkbox"/>	<input type="checkbox"/>

Angulation Drill - <i>the skier should demonstrate:</i>	YES	NO
The ability to control inside of hip to maintain lateral balance at a high edge angle.....	<input type="checkbox"/>	<input type="checkbox"/>
Angulation of the ankle, knee and hip to create edge angle while maintaining balance.....	<input type="checkbox"/>	<input type="checkbox"/>
The ability to keep inside hand in established position in the turning phase.....	<input type="checkbox"/>	<input type="checkbox"/>
Smooth and rhythmical carved parallel turns at consistent speed and radii.....	<input type="checkbox"/>	<input type="checkbox"/>
Change of hands that corresponds to change in hip at the crossover.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead .....	<input type="checkbox"/>	<input type="checkbox"/>

# Alpine Ski Fundamentals



## CARVING TURNS/TRANSITIONS *(continued)*

Carved Parallel Turns - <i>the skier should demonstrate:</i>	YES	NO
Control and Balance while executing carved parallel turns. ....	<input type="checkbox"/>	<input type="checkbox"/>
Carved parallel turns with apex of turn as close as possible to the fall-line .....	<input type="checkbox"/>	<input type="checkbox"/>
Parallel position executed in carved parallel turns .....	<input type="checkbox"/>	<input type="checkbox"/>
Transitions with snow contact.....	<input type="checkbox"/>	<input type="checkbox"/>
Linked turns in which the uphill edge/edges turn over to the downhill..... edge/edges at the crossover.	<input type="checkbox"/>	<input type="checkbox"/>
Calm upper body .....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead .....	<input type="checkbox"/>	<input type="checkbox"/>

Turn Shape - <i>the skier should demonstrate:</i>	YES	NO
A clean carved turn .....	<input type="checkbox"/>	<input type="checkbox"/>
Snow contact .....	<input type="checkbox"/>	<input type="checkbox"/>
A carved turn with a turn radius that is on the panels .....	<input type="checkbox"/>	<input type="checkbox"/>
The apex of the turn is equidistant between the gates .....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead .....	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL CARVING TURNS/TRANSITIONS		
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# Alpine Ski Fundamentals



## GLIDING

Glide Track - <i>the skier should demonstrate:</i>	YES	NO
Consistent width of stance .....	<input type="checkbox"/>	<input type="checkbox"/>
Consistent and parallel lower leg .....	<input type="checkbox"/>	<input type="checkbox"/>
Consistent pressure distribution i.e. snow contact laterally and fore-aft .....	<input type="checkbox"/>	<input type="checkbox"/>
Consistent aerodynamic body position.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead.....	<input type="checkbox"/>	<input type="checkbox"/>

Glide Turns - <i>the skier should demonstrate:</i>	YES	NO
Smooth and rhythmical parallel turns and transitions .....	<input type="checkbox"/>	<input type="checkbox"/>
Consistent snow contact .....	<input type="checkbox"/>	<input type="checkbox"/>
Subtle edge control.....	<input type="checkbox"/>	<input type="checkbox"/>
Balanced, aerodynamic upper body .....	<input type="checkbox"/>	<input type="checkbox"/>
Assume the fastest line possible through timing feedback. ....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead .....	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL GLIDING	<input type="checkbox"/>	<input type="checkbox"/>
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➤ **Tactical Skills**

In addition to following the lead of the USST on tactical skills, team Beech also follows their lead in the development of tactical skills, the second step in the development of a great. Tactics addresses the elements of speed and line as they relate to an athlete's skill level for a given situation. The attached file provide s and excellent overview of the USST tactical Paradigm (Click on image below to open PDF file)



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# Introduction to Alpine Tactics

## TACTICS PARADIGM

### Fundamental Definition

The dictionary defines tactics as the "...procedure or set of maneuvers engaged in to achieve an end, an aim, or a goal." Therefore, good tactical choices support the desired goals and poor choices work against them.

At USSA, alpine tactics are defined as the strategy of optimizing speed and line relative to the skier's ability to attain the fastest time. Implicit in this definition is the concept that tactical choices are different for different skiers based upon their respective strengths and weaknesses.

### Specific Definitions

The key elements with respect to this definition are the concepts of skiing abilities and line:

- Skiing ability is broadly defined as those technical, physical, psychological, and equipment elements that contribute to overall racing performance.
- Speed versus line is a conceptual framework used to explain the balance between achieving the highest average speed versus skiing the shortest possible distance.

### *Speed*

Obviously one of the goals for a racer as they negotiate a course is to achieve the highest average speed. Average speed is defined as the distance the skier travels divided by the time it takes to cover that distance. High average speed may be the result of:

- High peak speeds: the skier is very fast through specific sections of the course but is relatively slower in other sections.
- Speed maintenance: the skier may not have the fastest top speed, however they are able to maintain relatively high speeds throughout the entire course.

In racing terms the athlete needs to make a choice as to the manner in which they ski the course in order to maximize their average speed.

- These choices are based upon numerous factors such as the course set, terrain, conditions, ability, etc.

### *Line*

The other major goal for a racer as they negotiate a course is to ski the shortest possible line. Theoretically, the shortest line is the line directly from turning pole to turning pole:

- To maximize performance the athlete needs to make a choice as to the manner in which they ski the course in order to minimize the distance they travel.
- These choices are based upon numerous factors such as the course set, terrain, conditions, ability, etc.

### Speed Vs Line

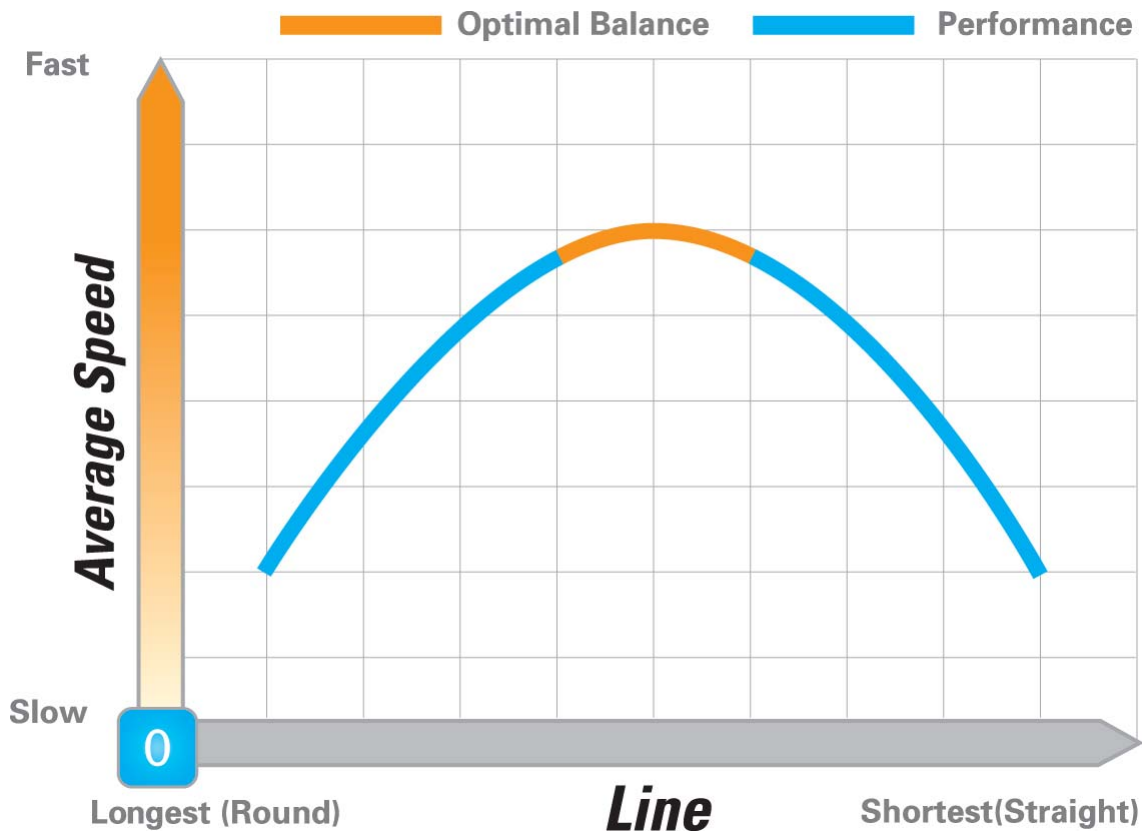
This diagram is a visual representation of the concept of average speed vs. line for any given situation. Please understand that the diagram is not a predictive model. Rather, it is a simple framework that gives the coach a way to explain how average speed and line need to be optimized in order to maximize the performance. There is no single solution to the choices an athlete may make in order to win the race. Based on their individual abilities, each skier will make their own tactical choices regarding the line they ski and ultimately how quickly they finish the course. Some may choose to ski a more direct line but also run the risk of "breaking" or slowing down. Others may ski a more conservative line that covers more distance but choose this option as they are able to maintain a high average speed and make fewer mistakes.



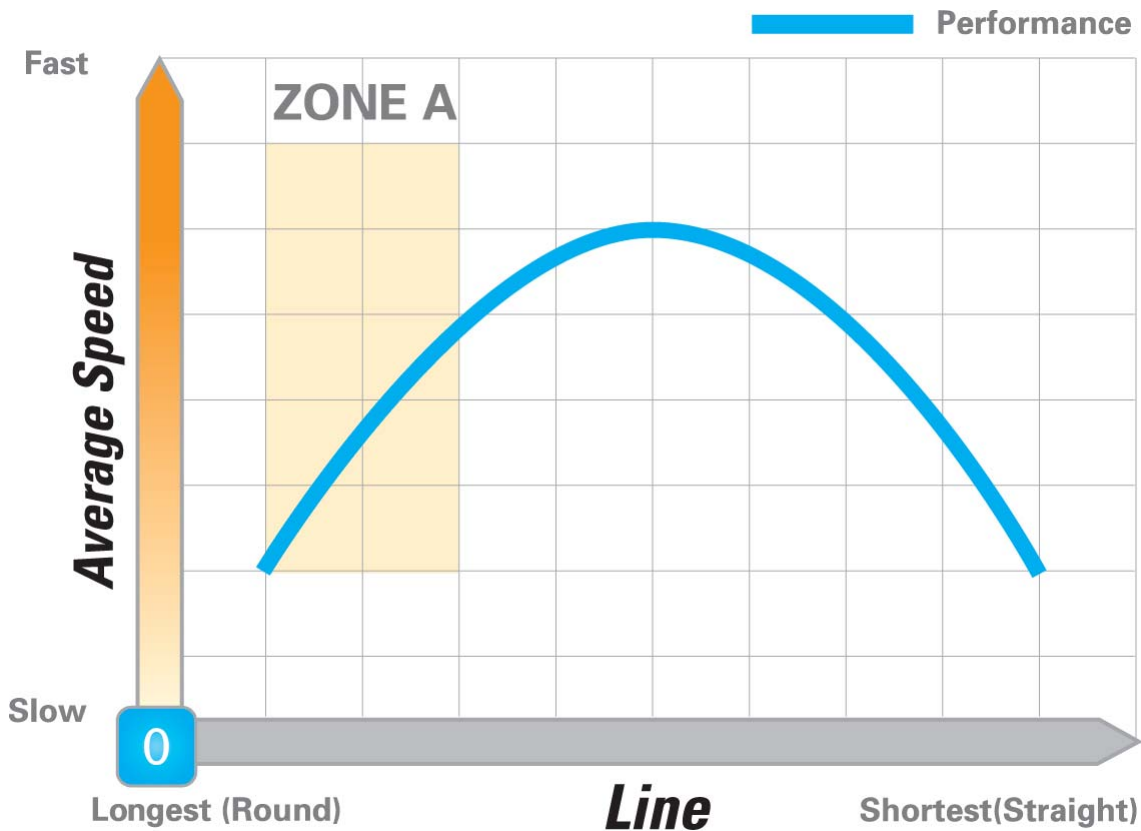
# Introduction to Alpine Tactics

## Important considerations:

- Performance is thus defined as the ratio of the average speed over the skiing distance.
- The skier's abilities will determine how well they can optimize both line and speed to maximize their performance.
- The performance curve is a continuum-there is a balance between line and speed. This means that the while a straighter line may be faster, for any given course there is a point at which the direct line can no longer be maintained and the skier will be unable to complete the course without breaking or slowing down.
- The "optimal balance" is the range of lines and average speeds that may result in a winning performance for an individual (for a given course and a given set of conditions).
- The best racers continually adjust line and speed to optimize performance. Importantly, they have the skills that give them the choice to ski different lines based upon the need to optimize speed.
- The two elements of speed and line are intrinsically related such that any discussion of line needs to address the idea of speed and vice versa. This is a result of the inter-relationship between fall-line and skiing speed.
- For any given course there may be a shift in the curve from one end of the continuum to the other i.e. one course may be better suited to a straighter line whereas another course may require a rounder approach.



## Practical Interpretations: Zone A



### Definition Zone A:

In terms of line, Zone A is represented as the round, conservative approach (note: the diagrams reflect an exaggerated line for purposes of discussion). Skiing this trajectory means that the c of m travels further than with a more direct approach. Average speed may be relatively high especially as the level of risk is relatively low i.e. speed maintenance. However, skiers who choose this approach are not using the fall-line to their fullest advantage and therefore are unable to maximize their speed.

### Everyday Examples:

The rounder line choice may be suitable for:

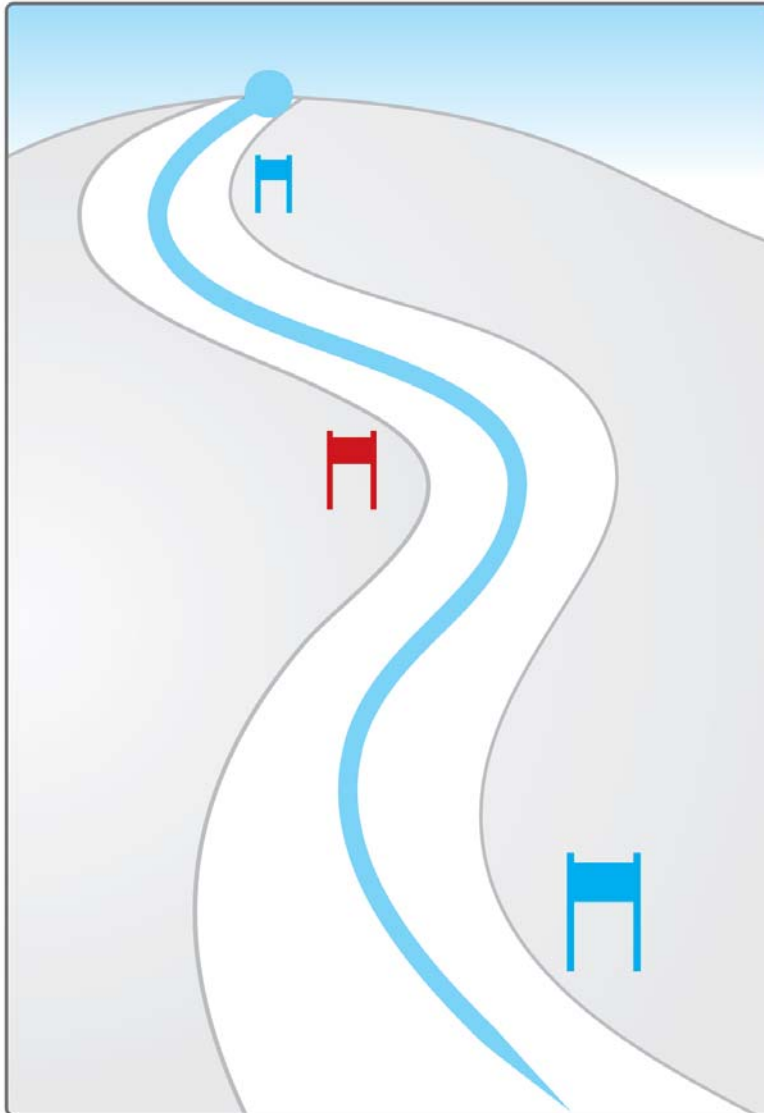
1. The junior racer in order to gain confidence or the racer who lacks the technical skills to ski a more direct line.
2. An athlete who may need to improve their finish rate.
3. When the course set is very difficult or prior to a tough terrain change.
4. If conditions are deteriorating and there is a need to ski the rut.



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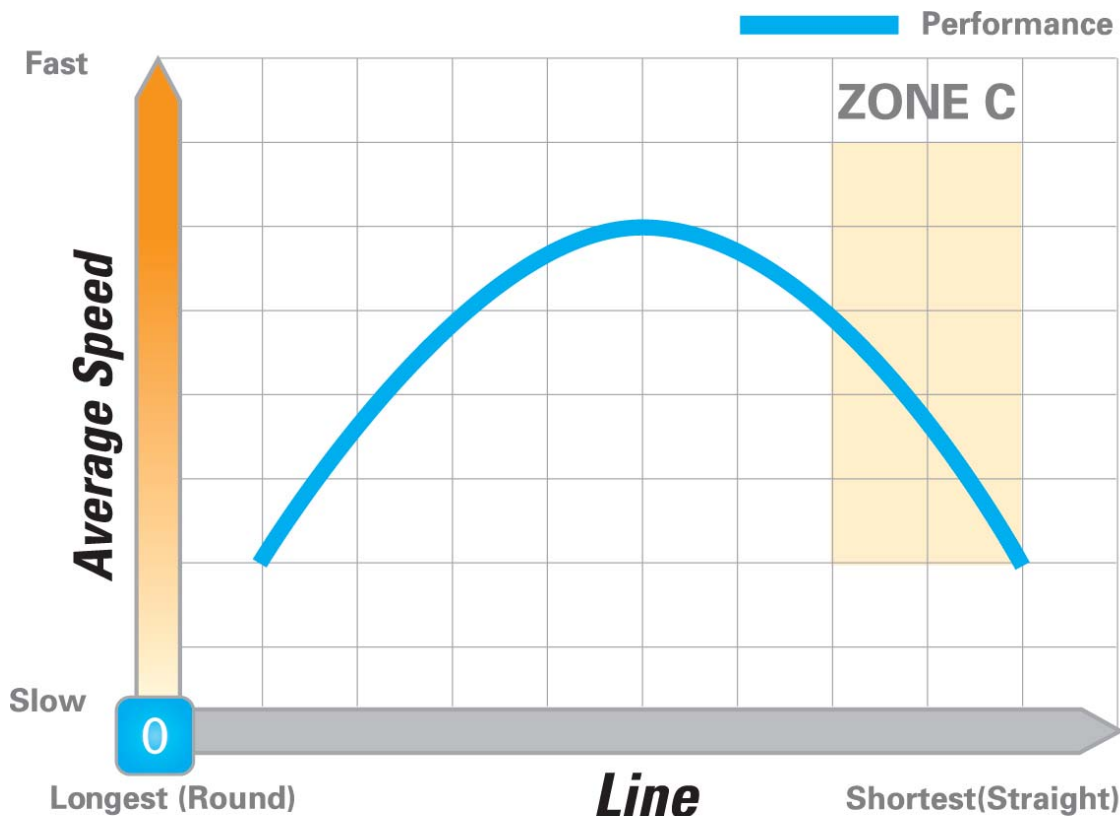
# Introduction to Alpine Tactics

## Practical Interpretations: Zone A





## Practical Interpretations: Zone C



### Definition Zone C:

In terms of line, Zone C is represented as the most direct approach (note: the diagrams reflect an exaggerated line for purposes of discussion). Skiing a direct trajectory may allow for high peak speeds but is characterized by a high degree of risk. Any mistakes that are made will ultimately hurt the overall performance. It is difficult if not impossible to execute this line repeatedly down a course.

### Everyday Examples:

The straighter line choice may be suitable when:

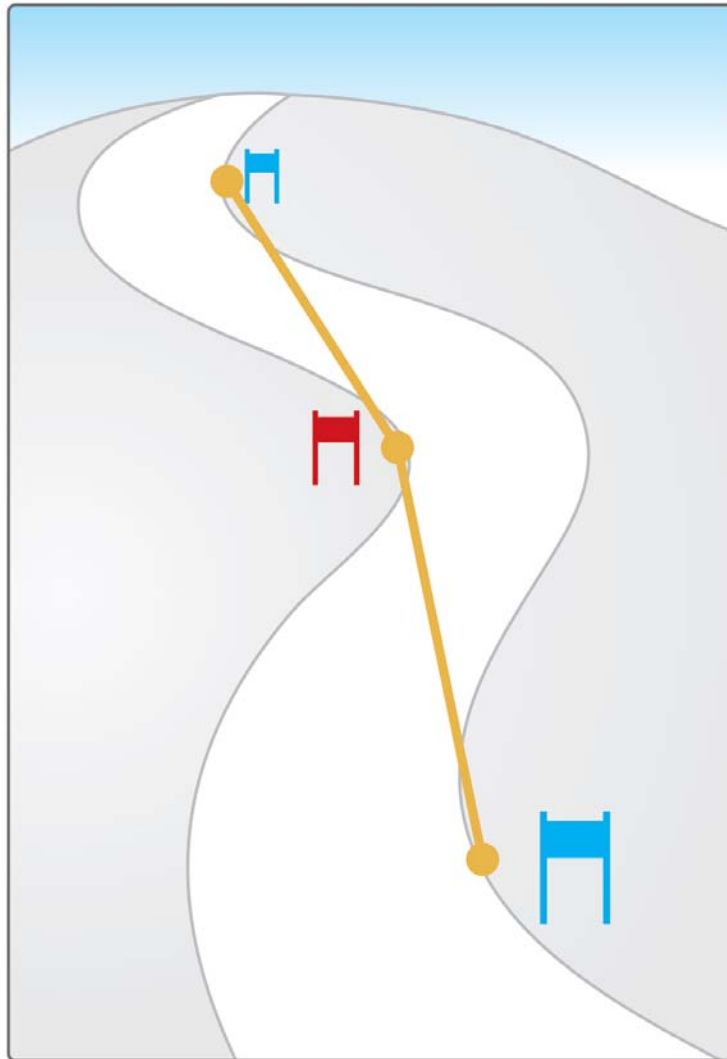
1. A skier needs to re-establish direction after a mistake.
2. When course speeds are slow and the terrain/pitch is easy.
3. The course distances are below the abilities of the athlete with respect to equipment and/or skill.



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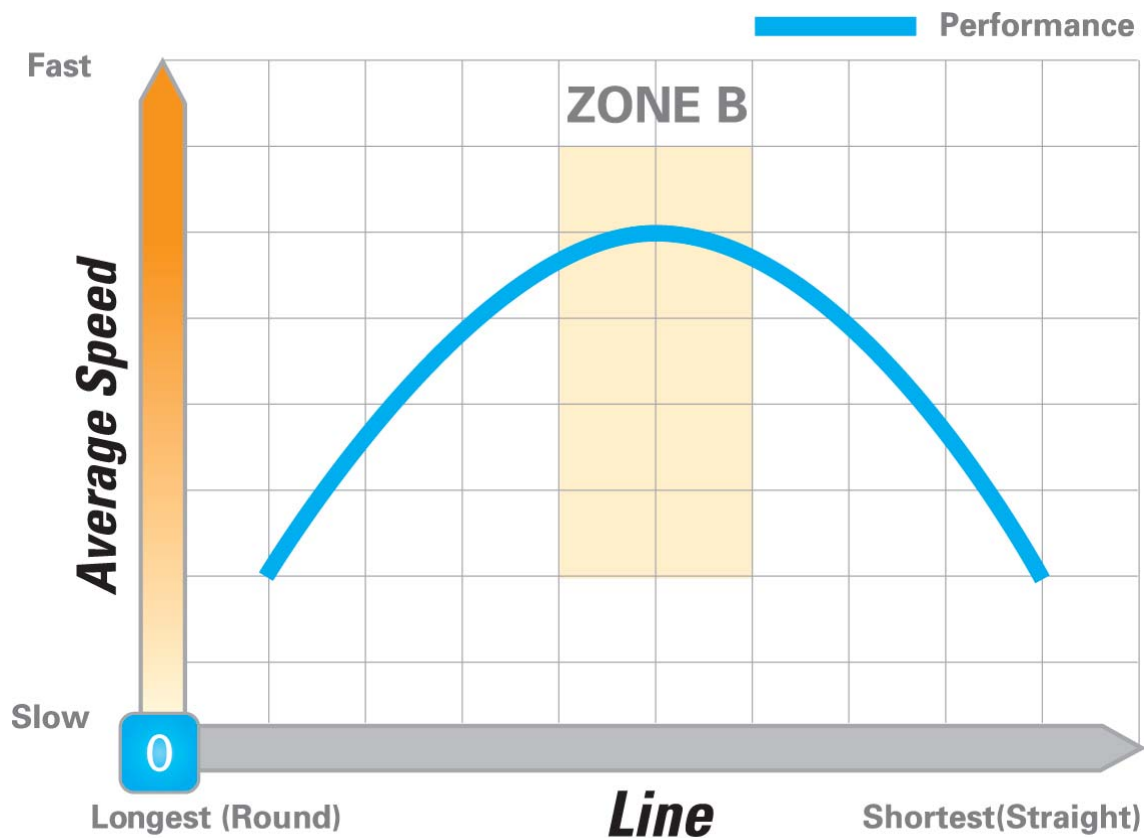
# Introduction to Alpine Tactics

## Practical Interpretations: Zone C





## Practical Interpretations: Zone B



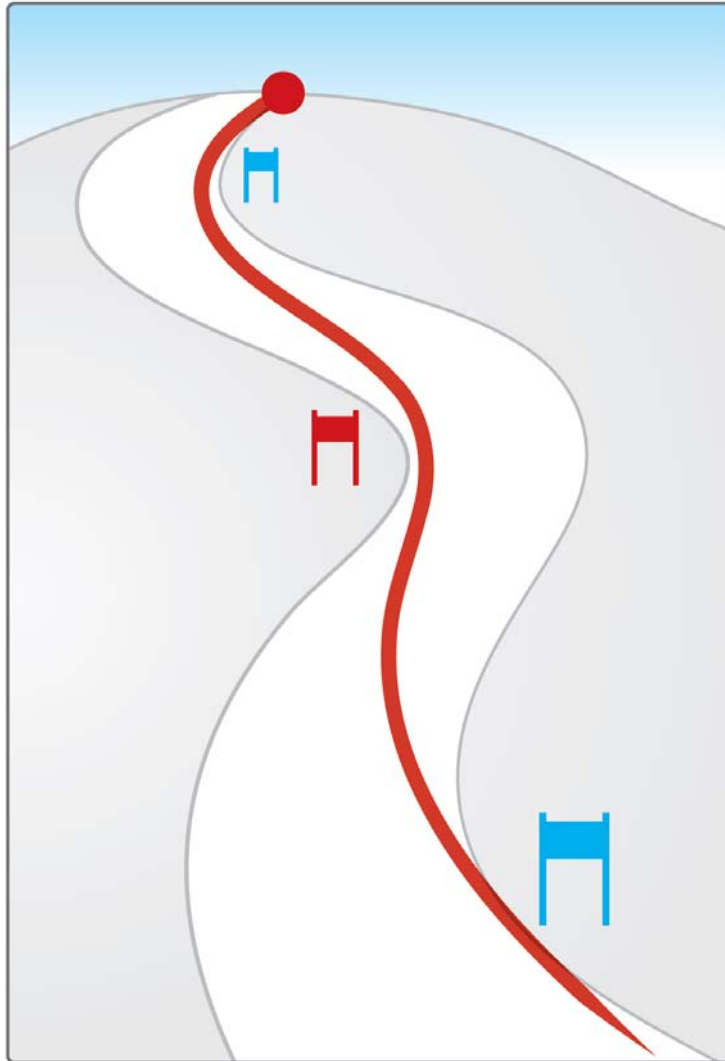
### Definition Zone B:

In terms of line, Zone B is represented as a more favorable balance between line and speed (an optimal balance achieved from good tactical choices). In this area the skier is able to minimize the distance traveled by skiing with more direction and has the ability to use the fall-line to maximize speed while still making few mistakes.

### Everyday Examples:

1. This is typically the choice of elite racers when course set, conditions etc allow.
2. This type of approach requires a high degree of technical ability as well as a strong mental, physical and equipment platform.

## Practical Interpretations: Zone B



### Tactical Choices

In an effort to give his/her maximal performance a skier must make tactical choices that are not only suitable for the conditions, but are supported by their level of skill. WC racers have the necessary abilities to ski a wide range of line choices as well as the experience to understand their own limitations when it comes to the faster line options.

Junior racers tend to have a narrower skill set because of a shortfall in one or more of their abilities. Also they have less experience to know when or where a particular choice of line may be most effective. As a result it is a very common mistake to see the young racer attempt to ski a line that exceeds their abilities or chose a line that is inappropriate for the situation.



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# *Introduction to Alpine Tactics*

## ***Know your Abilities***

The drills in this CD are about making athletes aware of shortfalls in their skiing with respect to their abilities. Each exercise places the skier in a situation where they can test their choices and the outcome of the choice on their performance.

## ***Know the Course***

The course section of the CD is about giving the athletes and coaches tips and drills to improve their skills with regard to inspecting the course. It is very important to make sure that the inspection gives the racer a good orientation as to possible tactical choices with respect to their individual abilities. The goal is to develop a strategy for the athlete that finds the fine line between the amount of risk and the chance of winning the race.



- **High Country Practice** Schedule begins Saturday December 9 (if snow) and continues every Saturday through February 24. Practice is to begin at 8:30 PM and will end at 3:30 PM. Lunch will occur between 11:30 and 12:30. Parents are required to supervise their athletes during lunch or request a waiver from supervision as appropriate. Also, parent assistance is greatly appreciated on-slope when individual athletes need a bathroom break or warm-up break.

- **USSA Practice** Schedule: TBD, Please contact:

Betsy Karas	steliosk@juno.com	704-788-2035
Paul Lehman	plehmann@skybest.com	828-898-9717

- **Snowboarding** Schedule: TBD, Please Contact:

Susan Cavagnaro	sam211@skybest.com	828-387-2708
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### ***Practice Check-In and Check-Out Procedure***

- Athletes must sign in and out of practice in Team Room
- For those of you who may be sending your athlete with another person, or for the older athletes (10+), it is OK for these athletes to sign themselves in/out of practice, provided BMSEF gets a release from the parent or guardian.
- For those athletes, 16+, that may be dropping themselves off at practice, it is OK for them to sign themselves in and out of practice without a release.
- Regardless of age and who does the signing, all athletes must be signed in and out of practice.
- The team will begin stretching/warm-up in the Ski School yard at 8:30 and will depart for the slopes by 8:45. If an athlete is late to practice and the team has already departed for the slopes, those athletes that do not have a waiver from parent/guardian sign-in, must be accompanied by parent or guardian to the bottom of quad chair lift to wait for the Coaches and team as they cycle through runs
- For those Athletes without a waiver for supervision, parent or guardian must be present for lunch break which will occur at 11:30 –12:30
- For those athletes without a waiver, the parent or guardian must sign athlete out of practice before the athlete will be allowed to free ski. Practice ends at 3:30.



## ***Competition Schedule***

### ➤ **High Country Schedule**

<b>Date</b>	<b>Location</b>	<b>Time</b>
Jan. 7 APP	Appalachian Ski Mtn.	TBD
Jan. 14	MLK weekend NO RACE	
Jan. 21	Sugar Mtn	TBD
Jan. 28	TBD	TBD
Feb. 4	Beech Mtn	TBD
Feb. 11	FINALS at Sugar Mtn	TBD



➤ **USSA Schedule**

Date	Name of Race	Discipline	Location	Start Time	Classes	Entry Deadline
12/26/2006	<a href="#">Bryce Holiday GS</a>	GS	<a href="#">Bryce</a>	Noon	J1-6/MA	<b>12/21/2006</b>
12/27/2006	<a href="#">Bryce Holiday SL</a>	SL	<a href="#">Bryce</a>	9:00 AM	J1-6/MA	<b>12/21/2006</b>
12/28/2006	<a href="#">Sugar SL</a>	SL	<a href="#">Sugar Mtn</a>	9:00 AM	J1-6/MA	<b>12/23/2006</b>
12/29/2006	<a href="#">Sugar GS</a>	GS	<a href="#">Sugar Mtn</a>	9:00 AM	J1-6/MA	<b>12/23/2006</b>
1/7/2007	<a href="#">Winterplace SL</a>	SL	<a href="#">Winterplace</a>	9:00 AM	J1-6/MA	<b>1/2/2007</b>
1/7/2007	<a href="#">Beech GS</a>	(2)GS	<a href="#">Beech Mtn</a>	9:00 AM	J1-6/MA	<b>1/2/2007</b>
1/20/2007	<a href="#">Wintergreen SL</a>	SL	<a href="#">Wintergreen</a>	9:00 AM	J1-6/MA	<b>1/15/2007</b>
1/21/2007	<a href="#">Wintergreen GS</a>	GS	<a href="#">Wintergreen</a>	9:00 AM	J1-6/MA	<b>1/15/2007</b>
1/27/2007	<a href="#">Sugar SL</a>	SL	<a href="#">Sugar</a>	9:00 AM	J1-6/MA	<b>1/22/2007</b>
1/27/2007	<a href="#">Bryce</a>	SL	<a href="#">Bryce</a>	9:00 AM	J1-6/MA	<b>1/22/2007</b>
1/28/2007	<a href="#">Sugar GS</a>	GS	<a href="#">Sugar</a>	9:00 AM	J1-6/MA	<b>1/23/2007</b>
1/28/2007	<a href="#">Massanutten J1-3/M GS</a>	GS	<a href="#">Massanutten</a>	9:00 AM	J1-3/MA	<b>1/23/2007</b>
2/3/2007	<a href="#">Snowshoe GS</a>	(2)GS	<a href="#">Snowshoe</a>	9:00 AM	J4-6	<b>1/29/2007</b>
2/4/2007	<a href="#">Snowshoe GS</a>	(2)GS	<a href="#">Snowshoe</a>	9:00 AM	J1-3/MA	<b>1/29/2007</b>
2/10-12/07	<a href="#">SARA J1-3/MA Champs.</a>	(2)GS/SL/GS	<a href="#">Timberline</a>	9:00 AM	J1-3/MA	<b>Invitation</b>
2/24-2/25/07	<a href="#">SARA J4-6 Champs.</a>	(2)GS/SL	<a href="#">Massanutten</a>	9:00 AM	J4-6	



## **Section IV**

# **BMSEF Policies and Forms**



## ***Athlete Insurance Requirements***

- *BMSEF is a USSA sanctioned Club. As such, all athletes are required to be covered by medical Insurance*

### **Insurance Information**

Medical Insurance

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Policy #: \_\_\_\_\_ Group #: \_\_\_\_\_

Policy Holder: \_\_\_\_\_

- *BMSEF 2006/07 Medical Information Form and Permission to Treat*  
(Optional)

Athlete's Name: \_\_\_\_\_

### **Medical Information**

Family Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

Describe any medical condition(s) or special medications that Team Summit should be aware of:

\_\_\_\_\_  
\_\_\_\_\_

Allergies: \_\_\_\_\_

Medications: \_\_\_\_\_

### **Permission to Treat**

Since injuries do occasionally occur in athletics, BMSEF needs your permission to treat your child in an emergency situation. Please fill in and sign the form below.

You have my consent to treat \_\_\_\_\_ in an emergency medical situation.

\_\_\_\_\_  
[Parent signature]

\_\_\_\_\_  
[Date] [Parent signature]

\_\_\_\_\_  
[Date]

\_\_\_\_\_  
[Printed name]

\_\_\_\_\_  
[Printed name]



## ***Informed Consent of Inherent Risk of Participation Release form***

I, \_\_\_\_\_, know that alpine skiing, ski racing, snowboarding, and other active winter sports of BMSEF are action sports carrying significant risk of serious personal injury, death or property damage. I also know that there are natural, mechanical and environmental conditions and risks which independently or in combination with my activities may cause property damage, or severe or even fatal injury to me or to others. I agree that I am alone responsible for my safety while participating in competitive events and/or training with BMSEF. I specifically RELEASE and DISCHARGE, in advance, Beech Mountain Resort, Beech Mountain Ski Educational Foundation, and coaches, Board of Directors, and anyone connected to events as employees, volunteers, and sponsors from any liability whether known or unknown, even that liability may arise out of negligence or carelessness on the part of persons or entities mentioned above. Being fully aware of the risks, I HEREBY AGREE TO HOLD HARMLESS AND INDEMNIFY all persons and entities identified above, generally and specifically from any and all liability for death, person injury or property damage, results in any way from my participating in training, competing, or special events.

Date	Signature of participant
Date	Signature of parent/Guardian



## Participation Fees & Registration

Racer/Boarder Information					
Family Name		Given Name		Gender	
Date of Birth			Age		
Any physical limitations or medical needs?			Boarder Skill	Skier Skill	
			<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	
			<input type="checkbox"/> Intermediate	<input type="checkbox"/> Sliding Turns (Slow)	
			<input type="checkbox"/> Advanced	<input type="checkbox"/> Can Carve Turns (Med)	
			<input type="checkbox"/> Expert	<input type="checkbox"/> Aggressive Turns (Fast)	
Parent/Guardian/Emergency Contact Information					
Name		Relationship	Name <i>(If Applicable)</i>		Relationship
Address			Address <i>(If different)</i>		
Home Phone	Work Phone	Cell Phone	Home Phone	Work Phone	Cell Phone
e-mail			e-mail		
Select Team*	<input type="checkbox"/> Snowboarding \$400	<input type="checkbox"/> High Country \$400		<input type="checkbox"/> USSA** \$400	
Signature:				Date:	

\* Membership fee includes coaching, training, and season ski pass to Ski Beech

\*\* Does not include USSA membership or SARA membership

Please enclose check or money order to BMSEF and send to:

Steve and Cynthia Watson  
125 Stuyvesant Rd  
Asheville, NC 28803  
Attn: BMSEF



## ***Team Room Policy***

Team Room Use Policy  
December 14, 2005

1. The team room will only be open to athletes while supervised by an Adult
2. Only the BMSEF Board Members, Coaches, and Ski Beech will have keys for accessing the room
3. The team room hours on **Skiing** practice days will be:
  - a. Open: 8:15 to 9:00 AM
  - b. Open: 12:00 to 1:00 PM
  - c. Open: 3:30 to 4:00 PM
  - d. This schedule is subject to change, but every effort will be made to provide ample notice on the BMSEF website:  
<http://eteamz.active.com/teambeech/index.cfm>
  - e. The room may be opened by the coach or board member (under his/her supervision) at other times if necessary
4. The team room hours on **Snowboarding** practice evenings will be:
  - a. 15-30 minutes prior to practice scheduled start
  - b. 15-30 minutes after practice ends.
  - c. This schedule is subject to change, but every effort will be made to provide ample notice on the BMSEF website:  
<http://eteamz.active.com/teambeech/index.cfm>
  - d. The room may be opened by the coach or board member (under his/her supervision) at other times if necessary
5. On days during which there will be an alpine race or snowboarding event, the team room will be open at various times depending on the race schedule and the availability of adults to supervise the room. The coaches will coordinate an appropriate team room schedule for race days.
6. Due to the restricted/limited access to the room, and the lack of security against theft, it is NOT recommended that Athletes store equipment in the team room.



## ***BMSEF Scholarship Policy***

All scholarship candidates must do the following in order to be considered for a scholarship:

- The parent and child both must participate in one fundraising event.
- Must pay in full the remaining amount not covered from the scholarship either from current year or previous year before pass and membership is issued.
- The candidate must show up for most practices and races. If a candidate had a scholarship in a previous year and did not participate, they are not eligible in the following year for a scholarship.
- The candidate must write a one-page essay on why they want to be considered for a scholarship and why they want to be on the team.
- All forms and essays must be submitted to by September 1 in order to be considered.

## ***BMSEF Payment Policy***

All racers/snowboarders must pay by check or cash in full (\$400.00) before a season pass is issued (No exceptions). After the start of ski season, if not paid in person to the BMSEF treasurer, it may take a week or more to receive a season pass. The check must be made out to BMSEF and sent to Steve Watson, 125 Stuyvesant Road, Asheville, N.C. 28803. Once the payment, registration g form, and informed consent/liability waiver forms have been received, the athletes name will be given to Ski Beech, authorizing the issuance of a season pass.. this process may take up to one week, so it is recommended that athletes get their registration forms in early. If a partial payment is made then the pass will not be issued until the full amount is paid.