

# U14 Parent Meeting

2023/24



**TEAM GILBOA**  
ALPINE SKI RACING

# Our core values are

## **Passion for skiing**

The love of the sport encourages our athletes to show their best qualities: determination, perseverance, and courage.

## **Constant Improvement**

The drive to get better and compete harder keeps our athletes motivated- year after year.

## **Strong Community**

We aren't just teammates - by sharing our time, effort, experiences, and joy we become lifelong friends.

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## Our Mission is

Through alpine ski racing, we develop and inspire a community of young athletes who strive for excellence, compete with integrity, and pursue a lifelong love of skiing.

## Our Vision is

Excellence and innovation in youth development.

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# Special Guest!

New volunteer coordinator... Sarah Barrett!

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# Volunteerism

Sarah can be reached at [volunteercoordinator@teamgilboa.com](mailto:volunteercoordinator@teamgilboa.com)

- How to volunteer:
  - CR1 Website
  - Select “Dibs” tab - [https://www.skifast.com/dib\\_sessions](https://www.skifast.com/dib_sessions)
  - Choose the event you are attending
  - Select the position that you would like to help with
    - Not sure which position? A “Ski Race Volunteer Doc” will be posted to Team Gilboa website shortly with detailed descriptions!
    - Shadowing opportunities will be available throughout the season

## A message from our Board of Directors:

Team Gilboa is one of the largest ski clubs in the nation. We are committed to holding ourselves to high standards in leadership and participation within our region and on a national level. As such, it is important to have an adequate number of volunteers at all races to fairly represent the number of athletes we have participating. This year, we hope to provide as much information as possible to help parent volunteers understand the positions that need filling on race day as well as get prepared to commit as a volunteer ahead of the scheduled races.

# Race Day Volunteer Opportunities

## Requires no prior experience / certification

- Assistant Starter
- Starter
- Hand timer (Start or Finish)
- Announcer
- Assistant Timer (basic proficiency with computers is helpful)
- Gate Judge (Chief gate judge will provide instructions)
- Bib distribution/collection
- Race office helper
- Course worker (proficiency on skis is required)
- Chief Gate Judge (understanding of gate judge responsibilities is helpful)

## Requires Certification

- Start Referee
- Finish Referee
- Chief of Race
- Chief of Course
- Chief of Timing and Calculations

**Certification Training & Testing Nov. 11-12 @ Buck Hill**

**Registration:**

<https://docs.google.com/forms/d/e/1FAIpQLSfLKEcV5waZwcDwsqkFhqD9DbCjcpffFxNamJ7lyQM-SKEafhg/viewform>

# Introducing your 2023/24 Parent Captains!

Teresa Knoedler & Keith Wolter (parents of  
Bergen and Iris)

Help with:

- Events
- Volunteering
- Questions
- Much more!

**Save the date: Parent/Athlete Social**

**Saturday Nov. 4th**

1:00 - 3:00pm

Bowlero Eden Prairie (9 min from Hyland due west on 494)

\$20/athlete (includes pizza, drinks, 1.5 hr of bowling)

Parents/coaches gather while kids bowl (food & drink not provided)

Please RSVP on "The Jump"



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Back to your regular scheduled programming...

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# Team Gilboa Organizational Structure

- Team Gilboa is a 501©3 non for profit organization
- Team Gilboa has a volunteer board of directors
- Team Gilboa's board of directors has the following subcommittees:
  - H.R / Risk Management
  - Development / Fundraising
  - Finance
  - Programming
  - Communication and culture
- Team Gilboa has three managing directors
  - Krissy MacMahon
  - Trevor Davis
  - Scott Skavanger

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# Required Registrations

## Team Gilboa

[www.teamgilboa.com](http://www.teamgilboa.com)

## US Ski and Snowboard Competition License

All Athletes, Officials, and Coaches must have a valid United States Ski & Snowboard (USSS) membership. You can log-in to your **MyUSSA** account to register and/or renew your USSS membership for the upcoming season. CR1 registration will continue as it did last season, through USSS national registration and be noted in your cart before you check-out.

[my.ussa.org](http://my.ussa.org)

## Hyland Hills Season Pass

<https://www.threeriversparks.org/page/hyland-hills-ski-area-hours-and-rates>

# Alpine Skiing Governance

International (WGB): International Ski Federation (FIS) [www.fis-ski.com](http://www.fis-ski.com)

National (NGB): US Ski and Snowboard [www.usскиandsnowboard.org](http://www.usскиandsnowboard.org)

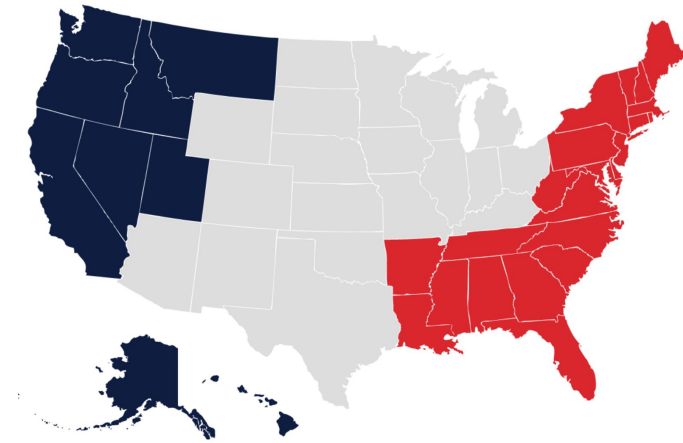
Regional: Eastern Region, **Rocky/Central Region**, Western Region

<https://usскиandsnowboard.org/sport-programs/regions-divisions/rocky-central-alpine-region>

Divisional: **Central Division** and Rocky Mountain Division

Within Central Division: **CR1**, CR2, CR3

**CR1** organizes our local race series: [www.skifast.com](http://www.skifast.com)



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# Recommended Equipment

- Slalom Skis (135-150cm)
- Properly fitting four buckle boots
- GS Skis (>17m Radius, 160-175cm)
- Helmet (FIS Sticker required for U14 GS, SG)
- Poles with guards (SL)
- Poles without guards (GS)
- Shin guards (SL)
- Speed Suit
- Goggles (both dark and light lenses)
- Chin bar (optional)
- Mouth guard (optional)
- Equipment in order of priority: helmet, boots that fit well and are the proper flex, slalom skis, gs skis, everything else
- Pierce Ski and Ski can provide good help when looking for new skis
- **LABEL EVERYTHING** - if your athlete can lose it, they will. Equipment labeled with first and last name, phone number, and club will give you the best chance of recovering their equipment.
- New in 2023: A hard ear (GS STYLE) helmet is required for Parallel (dual) events.

# U14 Alpine Equipment Rules

## U14 Equipment

Description	Event	FIS	National
<b>Ski Length</b>  Ski length measurement tolerance +/- 1 cm	DH Ladies & Men	No rule	No rule
	SG Ladies & Men	No rule	No rule
	GS Ladies & Men	188 cm max.	No rule
	SL Ladies & Men	130 cm min.	130 cm min.
<b>Radius</b>	DH Ladies & Men	No rule	17 m min.
	SG Ladies & Men	No rule	17 m min.
	GS Ladies & Men	17 m min.	17 m min.
	SL Ladies & Men	No rule	No rule

2018/19 AOA Equipment Reference Sheet		Snow Jacket/Pants	Race Suit	Slalom Helmet with soft ear guards	Helmet with hard ear guards	FIS approved helmet with hard ear guards	Slalom chin guard	Shin guards	Pole guards	Mouth guard	Back Protector	Skis - *See relevant age group page for details							
																			
U8-U10	Slalom											Recommended: 1 Pair Slalom specific ski with vertical sidewall							
	Giant Slalom																		
	Kombi																		Recommended: 1 - 2 Pairs
	Dual																		
U12											Recommended: 2 Pairs - SL, 1 Pair - GS								
Slalom																			
Giant Slalom																			
Super-G																			
Dual											Recommended: 2 Pairs - SL, 1 Pair - GS, 1 Pair - SG								
U14																			
Slalom																			
Giant Slalom																			
U16											Recommended: 2 Pairs - SL, 1 Pair - GS, 1 Pair - SG								
Slalom																			
Giant Slalom																			
Super-G																			
Dual																			

Legend				
	Permitted	Recommended	Mandatory	Not Permitted

# Ski Tuning

- Properly tuned equipment is a critical to ski racing performance
- For a U14 a properly tuned ski has:
  - A flat base
  - Sharp edges that are free of burrs
  - Wax to protect the base
- Professional tuning is required to establish a flat or “true” base
- Regular maintenance (can be done at home) is required to keep the edges sharp
- Tuning resources:
  - [https://www.youtube.com/playlist?list=PL81lg5nqmvzC1A1tmO3bvhqM\\_IK9elvMv](https://www.youtube.com/playlist?list=PL81lg5nqmvzC1A1tmO3bvhqM_IK9elvMv)
  - <https://www.pierceskateandski.com/page-3/page-17/>

# U14 Coaching Staff

# Trevor Davis

## Non-Scored Managing Director

Trevor grew up skiing with the Nub's Nob Ski Team in northern lower Michigan. He is an alumnus of St. Olaf College where he skied under head coach Scully Skavanger. Trevor has been coaching for Team Gilboa since 2007, and in that time has held the role of head J3 coach, head U16 coach, head FIS coach, lead U14 coach, and now Non-Scored Managing Director. He will be overseeing the U14, U12, and U10 age groups.



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# Savannah Nelson

## U14 Lead Coach

Savannah grew up ski racing out of Mt. Ski Gull in Brainerd, MN. After a successful ski racing career (multiple trips to Junior Olympics, top finishes in the FIS circuit, and three time J2 Nationals qualifier), Savannah pursued collegiate golf while studying Psychology and Kinesiology at Concordia University St Paul. When she's not on the slopes, she is a PGA Golf Professional in Northern MN. This is Savannah's 6th season with Team Gilboa, and she is very excited to be working with the U14 crew this year!



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# Patrick McMahon

Patrick has been active with Team Gilboa as a parent, volunteer, and coach for many years. He is currently on the board of directors and sits on the programming committee. We are excited to have him back this season with the U14 staff.

(Patrick is on the left)

Patrick →



# Andrew Robar

Andrew's career in the ski industry started in the 1980s in the east, coaching club and collegiate level athletes. He has fond memories of noticing the Team Gilboa athletes at events, wearing the warmest hats he'd ever seen. In the '90s he coached for the Mt. Bridger Ski Education Foundation. In the mid 90s he moved to Minnesota and started his career with Team Gilboa. He's held positions within the club ranging from owner of Mt. Gilboa to Jr. Race coach. We're excited to have Andrew working with the U14s this season.

(Andrew is on the right)



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# Spencer Knack

Spencer is a Team Gilboa alumnus who recently graduated from St. Olaf College where he ski raced. We are excited to have him back on the U14 staff this season.



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# Alex Harris

Alex grew up ski racing in La Crosse, WI prior to attending St. Olaf College where he competed on their varsity USCSA team. We're excited to have Alex with the Team Gilboa staff. His youth, enthusiasm for the sport, and recent competitive experience is a great asset to the U14 program.



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# Jerry Anderson

We're excited to have Jerry returning to the U14 group this year. He has been an athlete, coach, and parent with Team Gilboa over the years. He returned to the club in 2019 after a time directing the Powder Ridge D team. His depth of experience is a great asset to the staff and the other parents in the U14 group.



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# U14 Team Goals

## *Passion for Skiing Goals*

- Have fun while participating in the sport we love!
- Ski a lot!
- Learn to love competing
- Develop determination, perseverance, and courage
- Take at least two FUN ski runs on a race day with friends
- Attend 3-4 training sessions a week
- Attend at least 2 camps
- 100% attendance at Central Division U14 Junior Championships



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## Constant Improvement Goals

- Have a positive attitude
- Build self-confidence and self-esteem
- Learn to be aggressive & competitive
- Always striving for self improvement no matter the conditions
- Be respectful & cordial toward everyone
- Transition from Jr. Race to USS smoothly
- Establish outside ski dominance
- Establish consistent pole plant
- Establish quiet upper body
- Establish lateral balance with angles



- Learn and refine gate clearing(SL)
- Learn basic tactics
- Learn to generate and be comfortable with higher speeds
- Experience different training and racing environments
- Work towards skill mastery
- Achieve breakthrough performances
- Region 1 races: wins, podiums, top 10's, and **personal bests**
- U14 Championships: wins, podiums, top 10's, and **personal bests**

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## ***Strong Community Goals***

- Support teammates, other competitors, and yourself no matter the circumstances
- Show gratitude to race volunteers, coaches, and parents
- Create lifelong friends
- Understand the many layers of the skiing community (Team Gilboa, US Ski and Snowboard, racing, general public skiers)
- Represent ourselves and TG well within these communities



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# Team Gilboa Fast 5 Core Skills

We debuted the FAST 5 core skills in the 2022 season as part of our efforts towards CONSTANT IMPROVEMENT. These are simple and easy terms that the staff will use when communicating with the athletes about the fundamentals of ski racing. Supplemental material will be provided to parents to help you understand the Fast 5 as well via weekly update emails.

- Balance
- Edging
- Pressure
- Flow/Pace
- Tactics

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# Team Gilboa Mental Skills

We will be implementing and teaching mental skills alongside the physical skills of ski racing. Mental skills are just as important for our young ski racers to help them develop into healthy young adults. Mental drills will be associated with each skill to help the athletes understand and put into practice.

- Focus
- Mindfulness
- Imagery
- Emotional Resilience
- Motivation
- Confidence

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# Typical Training Evening

- Athletes must have a lift ticket prior to the start of practice
- Leave your phone in your bag, at home, with your parent (no phones out at practice).
- Training is Mon-Thursday, 6:30-8:30pm
- Training schedule will be on [www.teamgilboa.com](http://www.teamgilboa.com), as well as in the weekly update
- Arrive in time to be ready to ski by 6:30pm
- Bring a water bottle and healthy snack
- The group will meet in the Comp Center promptly at 6:30pm to discuss the evening plan (drills, lanes, session goals, etc.)
- Train with focus and have fun
- At the end of each training session athletes will help the coaches pull the courses, slip in the track, and pick up after themselves in the Comp Center

# Things to know about practice as parents

- Athletes do not need coach feedback every run
- Nightly goals are set at the beginning of each practice session
- Athletes should know what they are focusing on at practice. If they are confused they should ask the coaching staff for guidance
- As a parent, be encouraging throughout the season, ski racing is a physically and mentally taxing sport
- If your athlete has questions, concerns, or is confused about training or racing, encourage them to reach out to the staff directly. This will strengthen the coach athlete relationship and help build trust between the athlete and coach
- Athletes will spend a significant amount of time during the season working on skill acquisition through free skiing

# 2023/24 U14 Schedule

- Training Dates
- Race Schedule
- Camps
- <https://www.teamgilboa.com/page/show/904455-calendar>



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# U14 Race Day

- Register for races at [skireg.com](https://www.skireg.com) - More info to come on this from CR1
- Bring your bib for non-scored races
- Look for race day plan/schedule on “The Jump” app
- Be ready when the coaches run the TG morning meeting
- Take enough warm-up runs to understand snow conditions, establish timing, and gain confidence
- Understand the schedule
- Course inspection will be guided by coaching staff

# Race Day Continued...

- Check in with staff at the start before every run
- Free ski as much as possible between runs and during the race
- Find out from staff where 1st run video will be available. Watch 1st run video
- Focus on the process, not the outcome. If you acquire skills and learn to ski better the results will come.
- Learn to take appropriate risk

U14 Race Day Supplement PDF is a great resource!

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# Scored Vs Non-Scored Races

## Scored Race Day

- Races are all two runs combined time
- 1st run seeding (start list) is based off of USSS Points list (national ranking)
- 2nd run start list is based off of 1st run results (places 1-30 start in reverse order)
- Athletes who DNF or DQ on first run start second run at the end of the start list
- Scored races will have U14, U16, and some U18+ athletes

## Non-Scored Race Day

- Races are single runs, with new start lists each run (every run is a “clean slate”)
- Seeding for start list is usually random within age groups
- Non-Scored Races have athletes U8, U10, U12, and U14 in the field.
- U14 athletes are usually the last age group to start

# Bob Hosking Central Division Junior Champions

SnowRiver Resort, Wakefield, MI (formerly Indianhead/Blackjack)  
February 23, 24, 25

This is a premiere event within Central Division for U14 athletes.

- 3 days of racing slalom and GS
- Field is only U14 athletes
- Ranking from this event is used to qualify for Rocky Central Junior Championships (Winter Park, March 5-8)
- Team Gilboa staff encourages EVERY U14 to attend this race.

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# Out of division racing / training opportunities

## **What does out of division mean?**

These are races outside of Central Division (usually within Rocky Mountain Division)

## **How do I enter an out of division race?**

You need to tell Trevor & Savannah that you are interested well in advance (typically 6-8 weeks) so we can submit paperwork and request approval to attend the race.

## **Who should go to an out of division race?**

For U14s these opportunities are usually appropriate for 2nd year athletes who either attended JCs as a 1st year, or have a strong desire to qualify this year. If you're unsure follow up with Trevor & Savannah after the meeting.

## **Give me an example of what you are talking about.**

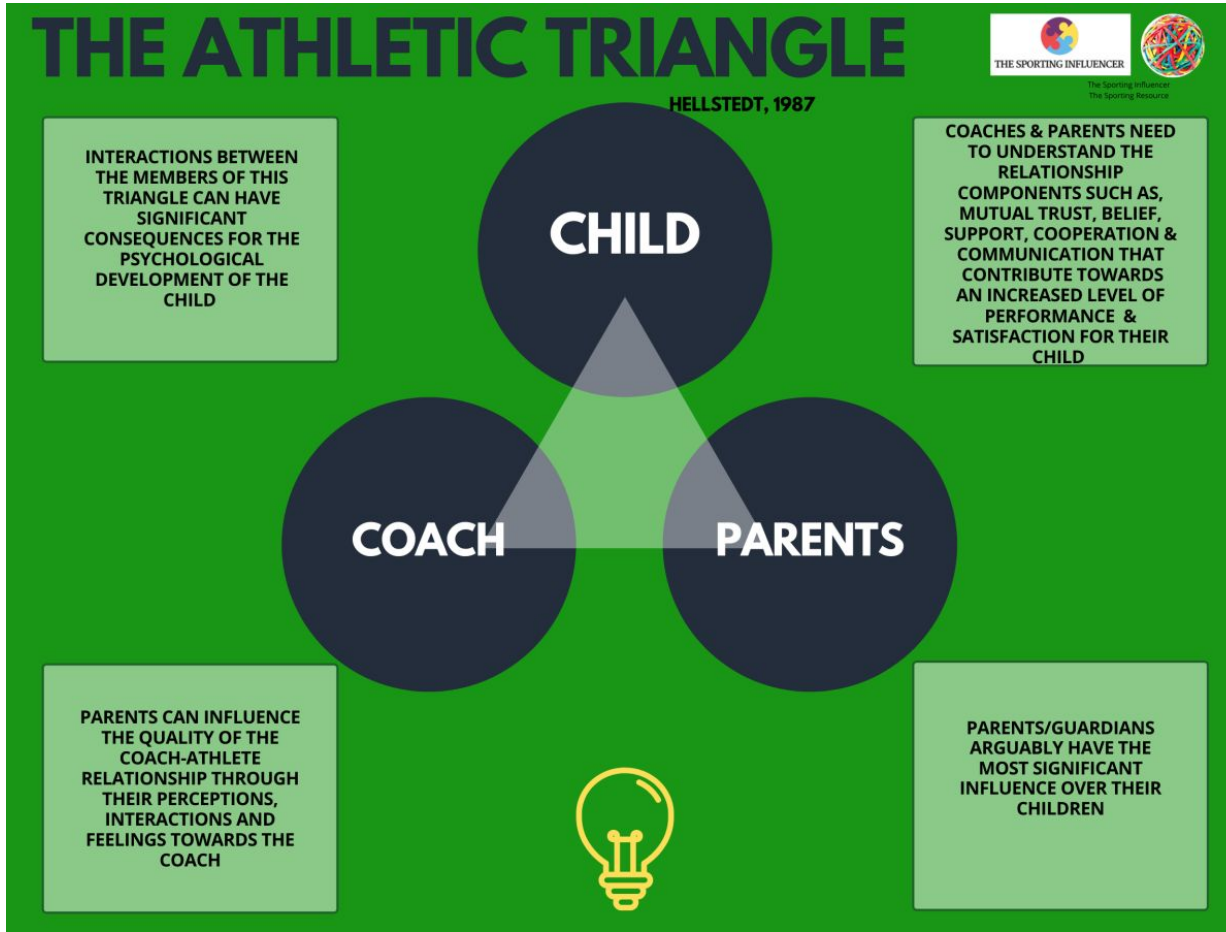
One race that U14s have attended in the past is the GS Spectacular, this year it is a scored race at Vail in mid-April. There may be other opportunities this year as well.

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# U14 Training Camps

- Early Fall Camp - Nov. 9 - 12th, Loveland, CO
- Thanksgiving Camp - Nov. 18 - 25th, Aspen, CO
- Holiday Camp - Dec. 26 - 29th, Hyland Hills, MN
- Mini Camp - Dec. 30 - 31st, TBD
- CR1 Prep Camp - Jan. 19 - 21st, Loveland, CO (Registration opens Dec. 1st)
- Mini Camp - Feb. 17 - 18th, TBD

# Communication



# Weekly Updates

We will try to be as efficient as possible with these communications. This is the primary source of communication from the coaches to the parents.

## The Jump

This season Team Gilboa will be using the app “THE JUMP” to facilitate increased communication amongst the membership. Download the app “The Jump” from the app store and join the Jump “Team Gilboa Community” and “Team Gilboa U14”.

This is a great opportunity for peer to peer parent communication as well

## TG Website

There are lots of tools at [www.teamgilboa.com](http://www.teamgilboa.com) including the digital calendar.



# Q & A

New to Team Gilboa or USSS? Here is a Welcome Packet filled with helpful information!

<https://www.teamgilboa.com/page/show/8230958-ussa-welcome-packet>

Don't hesitate to contact us if you have any questions!

Savannah Nelson - [savannah@teamgilboa.com](mailto:savannah@teamgilboa.com)

Trevor Davis - [trevor@teamgilboa.com](mailto:trevor@teamgilboa.com)

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