



2009/10 J3 Handbook

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Vision

We are a team within a team, pursuing our shared passion for ski racing, encouraging and challenging one another to train with intensity, race with confidence, and live with integrity.

Mission

We are a team within a team...

We recognize and embrace our status as role models and leaders to our younger teammates. We strive at all times and places to exercise good judgement, to employ positive language, and to model hard work and good sportsmanship.

...Pursuing our shared passion for ski racing...

Uniting us in our endeavor is the enjoyment we derive from the sport of skiing. Although we come with varying degrees of experience, we share the same passion for our sport. We are always mindful that the joy of skiing is the primary fuel igniting our training and competing.

...Encouraging and challenging one another...

Although our sport honors individual success, we seek always to succeed as a team. Knowing the season is long, the training demanding, and the competition determined, we commit our support and encouragement to one another and strive to honor one another by our words and actions. We are assured that the best road to achieving our personal goals and dreams rests in the bedrock of mutual support.

...To train with intensity...

We approach each training session with intensity, focus, determination, and a positive attitude.

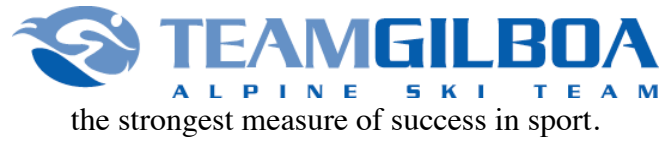
Knowing each practice is carefully planned, we arrive on time. Knowing each practice is intense, we arrive mentally and physically prepared. Knowing each practice holds the promise of improvement, we train with purpose.

...Race with confidence...

Having trained for success, we race with confidence. We arrive rested. We warm-up with enthusiasm and mutual encouragement. We demonstrate respect at all times for the rules of the sport, the work of volunteers, and the individual needs and aspirations of both teammates and competitors.

...Live with integrity.

Integrity matters most. Our attitude, discipline, and determination off the slope align with that on the slope. We pursue the highest good in mind and body for both our teammates and ourselves. We believe that how we conduct ourselves as athletes, competitors and teammates is





Staff Introductions

Team Gilboa Director

David Samuels

Head J1-2/FIS Coach

Scott Skavanger “Scully”

Head J3 Coach

Trevor Davis

Head J456 Coach

DJ Walling

J123 Coaching Staff

- David Samuels
- Scully
- Peter Maxwell
- Derek Hager
- Charlie Simacek
- Dave Mueller
- Trevor Davis

J456 Coaching Staff

- DJ Walling
- Nate Gruys
- Michelle Buck
- Judy Lloyd

Administrative Staff

- Boo Smith – Administration Boo@teamgilboa.com cell# 612.850.2202 (days)
- Susan Landa – Bookkeeping Susan@teamgilboa.com cell# 612.850.1615 (days)



Team Captains

In an effort to promote team unity and leadership, we've instituted team captains. These positions will be chosen annually and are intended to build in the strength of Team Gilboa. The Captains for the 2009-2010 season:

Lauren Samuels – J1 Athlete
Taylor Johnson – J1 Athlete
Ryan Quinlivan – J1 Athlete

The qualities that are expected from the captains leading their peers are as follows:

- Leadership
- Good communication
- Setting a positive example
- Taking initiative
- Mentoring younger athletes
- Good work ethic
- Being helpful

Duties:

- Leading Team Gilboa athletes at training, races, and on trips.
- Helping the coaching staff to run an efficient operation while at practice and races.
- Attending at least 3 practices with any of the younger age groups (J3,4,5,6). Attending includes skiing and training with the athletes, introducing themselves to the younger athletes, and being a good role model.
- Build team spirit and organize team building activities.

We ask parents and athletes to lend their support to Lauren, Taylor and Ryan as they take on this important role in Team Gilboa. Our goal is for the rest of the team to follow the captain's lead through teamwork and respect for one another.



Competition For Team Gilboa J3 Athletes

Region 1 USSA National Point Races

Team Gilboa JIII athletes are qualified to compete in regional USSA races (races sanctioned by the United States Ski and Snowboard Association) provided they are licensed USSA competitors and they have paid their Region One competition fee. Most of these races take place in Minnesota and Wisconsin. A few opportunities to race in Colorado are available during the season.

Primary Race Venues: USSA Region One national point races (Minnesota, Wisconsin).

How To Qualify: All USSA student or competition licensed athletes.

How To Enter: Automatic entry into all Region I USSA races with paid Region I dues; a separate entry form and race entry fee is required for Chuck Stone memorial, Jody Spooner Classic, Wild Mtn. Spring Fling. Check www.skifast.com for details.

National USSA Points

For every race that an athlete finishes in the United States, he or she will earn a *national point* result. All United States ski racers with a Y.O.B of 1996 and older carry national points. The lower the points the higher the athlete will be ranked nationally. National points are used by race officials to determine starting orders at USSA sanctioned races. Coaches use national points to evaluate an athlete's progress, determine his/her divisional and national rankings relative to his/her peers, and to qualify an athlete for entry into more competitive race venues (i.e., FIS races).



Team Gilboa Training Expectations for J1-3's

Preparation

- ❖ Skis are tuned.
- ❖ Wear a G.S. suit at all times with shorts and a training jacket.
- ❖ Bring water.
- ❖ If you need to eat between school and practice, eat healthy foods.
- ❖ Know your personal training goals for that session.
- ❖ Stretch and warm-up in competition center.
- ❖ Check the white board for training schedule and last minute instructions.

When Training

- ❖ Be on time.
- ❖ Take quality warm-up runs. Think about what the warm-up drills are trying to accomplish. Ski the entire length of the hill, using all the vertical we have available at Hyland.
- ❖ Always know what you are working to accomplish in any given free skiing run or training run in a course. If a coach asks you, you should be able to give an intelligent response.
- ❖ Always inspect a training course before making a run in it. Treat the first run in a trainer like it is the first run of a race.
- ❖ Make each training run a race run. Get set in the start. Visualize. Fire out of the starting gate.
- ❖ Seek out feedback from a coach every three to five runs. Be ready to tell the coach what you were trying to master on those runs and how it has felt. In other words, learn to coach yourself first. The coach will then be able to keep his feedback focused on the goals you have set for yourself.

Course Set Up, Maintenance, Take Down

- ❖ Be ready to help carry gates, key-in and key-out gates during course sets, and side slip. Get used to saying the following phrase this winter: "What can I do to help?"
- ❖ When side slipping, be aware of the line and slip any loose snow clear of the line. Slip all the way through the finish line.
- ❖ After each course is closed, whether for resetting or at the end of a training session, side slip the snow back into the ruts. This may take two runs down the hill. The hill needs to be buffed back into shape.
- ❖ At the end of training, help take gates to the bottom of the hill. If skiing g.s., roll panels.
- ❖ Always pick up broken pieces of gates on the hill when you see them. Not only will this reduce the chance of injury to you, it will reduce the wear and tear on you skis.

In The Competition Center

- ❖ Remember your position as a leader and role model on Team Gilboa at all times. Speak intelligently. Speak humbly. Speak kindly.



- ❖ Pick up after yourself and, if need be, after your slovenly neighbor. This means that food wrappers, beverage containers, used and unused scraps of duct tape, and anything else that you don't want gets deposited in the garbage can.

Travel Program

The Team Gilboa Travel Program provides athletes the opportunity to travel and lodge together, enhancing team unity and easing the rigors of a demanding travel schedule on parents. The Team provides travel in the team vans to and from out of state training & races. Accommodations are provided with adult supervision while teammates stay together.

The team fees include payment for coaching services for every practice and every Region 1 race from Sept 22 when dryland began to a date in March 2009, when Hyland closes for skiing and training. Every athlete going to races outside of Region 1 requires additional fees to support the cost of transporting the equipment and coaches travel expenses. An invoice will be sent by mail and/or email prior to travel.

The Travel Program will offer travel and accommodations for Indianhead Speed camp, Junior Olympics. The number of athletes that qualify will vary. The more athletes that take advantage of traveling with the coaches in the vans, the cheaper it will be for each individual. A cost will be assessed for coaches and equipment transportation and coaches lodging/meals.

As described above, travel invoices will be sent out for each camp or race. It isn't uncommon for quota selections to continue up to the week or days prior to an event. Payment for out of state and out of division races will be due prior to departure without exception.

The travel program is a value added service that is designed to cover expenses only. There is no profit made on these individual trips.

Sign-up for Travel Program Trips

Sign-up for selected trips will be on www.teamgilboa.com. Visit this page to view trip details such as departure dates and times, ski dates, race dates, lodging details, cost and any other logistical information pertinent to the trip. You will be able to sign up to ride in the van and stay with the team or you will notify us that you have different means of transportation and lodging. There will be a deadline date in which everyone needs to be signed up by. If the athlete has not signed up by this date, the coach representing the athlete at the race will not know if the athlete is racing and therefore may not represent the athlete.

This is a very important tool for the coaches because it lets us know what everyone's plans are without having to call each and every athlete multiple times. Please get to know this system for a more efficient and effective travel program. An email will go out when there is a new trip posted or when a deadline for sign-up approaches.



Team Gilboa Training Camps 2009-'10

Team Gilboa wants to make quality training opportunities available to it's athletes throughout the season.

Team Gilboa will offer four camps within Minnesota throughout the year. These camps will not require the athletes to miss any school and will have minimal travel expenses, but still provide quality training blocks at areas throughout the state.

Team Gilboa will also offer four camps outside of Minnesota and one group free skiing opportunity. These camps offer variable and challenging terrain, full length courses, and unique experiences traveling and learning with their teammates.

Team Gilboa coaches encourage athletes to attend at least one camp per month.

Camps within Minnesota

- **Lutsen Mini Camp**: December 5,6
- **Holiday Camp**, Hyland Hills: December 26-28
- **Local Mini Camp**, Location TBD: January 30,31
- **Local Mini Camp**, Coffee Mill: February 5-7

Camps outside Minnesota

- **Early Fall Camp**, Loveland, CO: November 4-8
- **Thanksgiving Camp**, Loveland, CO: November 21-29



- **Holiday GS Camp**, Summit County, CO: December 28 – January 1
- **Freeski Camp**, Snowbird, UT: January 15-18
- **Central Speed Camp**, Indianhead, MI: February 5-7

2009-'10 Camp Details

Camps Outside of Minnesota

Fall Camp – Loveland, CO

Dates : Travel November 4, Ski November 5 – 8 return the 8th.

Purpose: Early season focused training block with emphasis on fundamentals, free skiing, and brush courses.

Target Athletes: Any motivated athlete looking for early season on snow training with a focus on fundamentals.

Cost: \$650 (Transportation from MSP – Denver not included)

Thanksgiving – Loveland, CO

Dates : Arrive November 21. Ski November 22-28 with rest day on the 26th. Depart November 29th.

Purpose: Focused Training Block with race training and prep.

Target Athletes: Any motivated athlete looking for a focused training block with a race prep atmosphere.

Cost: \$1400 (Transportation from MSP-Denver not included)

Holiday GS Camp – Summit County, CO

Dates: December 28-January 1

Purpose: Full length mountain GS.

Target Athletes: Any motivated athlete seeking GS training on varied and challenging terrain.

Cost: \$975 (Including transportation from MSP by team van)

Utah Free Ski Camp – Snowbird, UT

Dates: January 15-18

Purpose: Develop fundamentals and team comroderie through big mountain free skiing.

Target Athletes: Any motivated athlete or family looking for a fun skiing vacation with



other Team Gilboa families and athletes.

Cost: TBD (Travel and stay with family / teammates)

Central Speed Camp – Indianhead, MI

Dates: February 5-7

Cost: Last year-\$585 all inclusive

Team Gilboa Summer Race Training- Mt. Hood, OR

Dates: 3rd and 4th weeks of June.

Purpose: Summer camp provides an extended focused training block with opportunities to work on fundamentals, full length courses, equipment testing and timing.

Target Athletes: Any motivated athlete looking for summer training to improve fundamentals, technique, tactics, and overall ski racing abilities.

Camps within Minnesota

Lutsen Mini Camp – Lutsen, MN

Dates: Travel December 4. Ski December 5,6.

Purpose: Full Length courses and focused race prep.

Target Athletes: Any motivated athlete looking for full length course race preparation.

Cost: Approximately \$300 (Team travel included)

Holiday Camp – Hyland Hills, MN

Dates: December 26-28

Purpose: Focused training block over the holiday break.

Target Athletes: Any motivated athlete

Cost: Included in Team Gilboa Tuition

Local Mini Camp – Location TBD

Dates: January 30,31

Purpose: Focused training block with full length courses.

Target Athletes: Any motivated athlete wanting extra training on varied terrain.

Cost: TBD

Local Mini Camp – Coffee Mill, MN

Dates: February 6,7

Details TBD



See www.teamgilboa.com and click on “Camp News” for online signup, pricing and all other details.



Contacts

Team Gilboa Hotline and Offices	952 831-5025 www.teamgilboa.com
Team Co-Director Dave Samuels	612-850-1719 david@teamgilboa.com
Head J1-2 Coach Scott "Scully" Skavanger	612-309-3588 cell scully@teamgilboa.com
Boo Smith Administration	612.850.2202 Boo@teamgilboa.com
Susan Landa Bookkeeping	612.850.1615 susan@teamgilboa.com
Region One Office Elaine Kolkmann	952-943-1214 952-943-1226 fax www.skifast.com ekolkmann@comcast.net
Central Division Manager Brewster McVicker	906-227-1172 bmcvicker@ussa.org http://www.ussacentral.org/
USSA National Office Park City, UT Athlete history and rankings	435-649-9090 435-649-3613 fax www.ussa.org
US Ski Team News	www.usskiteam.org
FIS website	www.fisski.com
Pierce Skate and Ski	952-884-1990
Hoigaard's Ski Shop	952 929-1351