

## U10/Snowstars FAQ's

Can my child be on the same team as their friends?

*Yes, if they are equally skilled, and provided that the team is not already at its maximum. We must ensure an adequate ratio of coach to racer.*

If we miss a day can we make it up?

*No, because each coach is assigned a certain number of athletes and if one more is added then this causes a problem with riding the lift safely.*

Can I choose who will be my child's coach?

*You can make a request but your child must be at the same skill level of athletes the coach is working with.*

Can my child come later in the day or can they leave early?

*Coming later and leaving earlier can only be done if the pick up and drop off time and location are clearly communicated at least one day before to your child's coach. It is not encouraged because if a lot of families did this, limited coaching would take place.*

Who do I talk to during the season if I have questions, concerns, or issues?

*Robert Tankovich is our U10/Snowstars Supervisor and can always be found at the drop off and pick up times on the Inn patio to answer questions.*

*Also during the season our Race Administrator can be reached Thursday – Sunday at [nwait@bluemountain.ca](mailto:nwait@bluemountain.ca) 1-(877)-445-0231 xt. 52808 or in the Spectacular Room at the INN on weekends too.*

*If you have questions or issues during the week or in the offseason please contact Rob Crossan [roccrossan@bluemountain.ca](mailto:roccrossan@bluemountain.ca) 1-(877)-445-0231 xt. 52807*

What is skills day?

*Skills day consists of various stations that are set up by the coaches for the athletes to ski through. Some include moguls, brushes, stubbies, full gates and timing. All the stations challenge the athletes in a safe environment.*

What are House League races?

*House League races happen twice a season, in February, and are an opportunity to have your child get timed while racing through a stubbie course. They get 2 runs at least and hopefully their second run is faster than their first, once they get a feel for the course.*

How are the trophies at the end of the year awarded and winners determined?

*U10/Snowstars awards and trophies are broken down into several sections:*

*Skills Day - 2 medals are awarded to each group. They are usually best boy/best girl. If however the groups have all boys or all girls then it is first and second place. This is based on coach's assessment and reviewed by the U10/Snowstars Supervisor at the end of skills day.*

*Club Championships - One race, at the end of the season, stubbie course from lower start on Smart Alec. Trophy presented is only first place boy/first place girl in the age categories 6 and under, 7 and*

*8 year olds, and 9 and 10(yes there are some exceptions to the age limits) year olds. This is further broken down into Saturday Snowstars, Sunday Snowstars, and 2 - day Snowstars.*

*House League Races - Usually 2 races during the season. Both races count (combined time). Trophies awarded for 1<sup>st</sup> to 3<sup>rd</sup> place for boys and girls. This is again divided into Saturday Snowstars, Sunday Snowstars, and 2 day program. Age groups same as before; 6 and under, 7 and 8 year olds, and 9 and 10 year olds.*

*Any certificates for best boy/girl, most improved, most spirited in each group are discussed between the coaches and the Snowstars Supervisor.*

**Why do U10/Snowstars not race/train with the large gates?**

*Large gates are not used because they don't give away if a small child hits them by accident.*

**What happens on very cold or rainy days?**

*"Do No Harm" (The safety of your child) is the guiding principle all coaches adhere to so on cold and rainy days more breaks are included in the daily routine. During these days, time may also be spent indoors watching ski videos or doing fitness training/stretching, etc.*

**What is the difference between the 1-day and 2-day program?**

*The athletes in the 2-day program get to experience more days on snow, in varying conditions, which helps them get better prepared for racing at the U12 level when they become 10 years old.*

*The 1 day program was created for athletes that play other sports, can only come up for the day or like to ski with their family on the other weekend day.*

**What are the Snowstars levels and certificates that my child receives at the end of the season?**

*The Snowstars levels give your child an indication of where they stand in terms of their development. Hopefully every year they achieve a new level and continue to improve.*

**Does the cost of the program include lift tickets?**

*No, but if you register for the Sunday only program the 6x7 pass is available.*

**Do I need to get a season's pass for the 1 day program or can I buy day tickets?**

*You can buy day tickets. See previous question. Keep an eye on the website because pre-season pass prices are always at a discounted rate.*

**Can I choose which program they go to?**

*We try to accommodate everyone and our only limitation is what the child's age is once they start League racing.*

**At what age can my child enter the U10/Snowstars?**

*Six years old is the age we accept athletes. The only exception to this is when a family with older siblings in the race program has a five year old that can already board the lift without help and can ski parallel with ski poles.*

What kind of skis does my child need and do they need poles?

*One pair of skis is fine at this level. Length will be determined by the ski shop you deal with and the size of your child. If you have to choose between a Giant Slalom or Slalom ski pick the Slalom ski because courses at this level have many tight/small turns. Athletes in U10/Snowstars need poles.*

Does my child need a Downhill speed suit?

*No*

Does my child need shin guards?

*Shin guards are recommended when the athlete is skiing stubbie type courses to prevent the sting of the gate on their shins. This gives them more confidence to be more aggressive and shin guards also protect the athlete's suit from being damaged.*

What type of helmet does my child need?

*The helmet must cover the head and ears with hard plastic not soft padding like some all mountain helmets. This is a requirement for all ski racers worldwide. A thin balaclava made to line the inside of the helmet is usually all that's required, since the helmet itself has warmth. Thick toques are not recommended, as they are not really meant to go under a helmet.*

What type of mitts/gloves does my child need?

*Avoid the long snowboard-type gloves with a long cuff. Make sure that the gloves fit properly and allow the child to properly hold the ski pole. Best to have the child with you when buying the gloves and bring a ski pole to make sure they can grip it, when trying on gloves. Mitts are often better than gloves for young kids because, in theory, they are warmer.*

Do I need to tune my child's skis?

*Two to three times per season have your ski shop do a tune.*

*Keeping your child's edges sharp will help them get the carving feeling that all good racers have.*

Where do we meet our coach?

*You meet outside on the Blue Mountain INN patio at 9:00 am.*

Is lunch supervised?

*No, lunch is not supervised. Athletes eat with their family. Coaches eat in the staff room unless they are eating with their families.*

What time does the team have lunch?

*Generally speaking most teams break for lunch from 11:30-12:30. Some coaches may change times to avoid busy days or to make better use of gate training time. Parents will be notified of any changes at the morning drop off or at the end of the day before.*

What time do we pick up our child at the end of the day?

*Pick up at end of day is 3:00 pm.*

How many races does my child have?

*1-Day Snowstars teams have two races and the Club Championship.*

*2-Day Snowstars teams that are the top skiers at this age group also race 2 races against TSC athletes for the coveted Canning Cup.*

How is the start list for each race determined?

*Your athlete's coach selects the order and generally changes it for each race so all athletes have a chance of skiing a smooth course, at least once during the season.*

How are the teams selected?

*Teams are selected during Christmas Camp and from the ski-off first day of programs, past results (Club Championships) and coach's knowledge of each athlete.*

How many athletes per team?

*Ideally there are 8-10 athletes per team with two coaches.*

How are the coaches selected?

*Coaches are selected based on the experience they have at this level. I always try to have a veteran coach with any new coaches that are just starting their coaching career.*

How come my child doesn't train gates every day, all day?

*Athletes ages 6-8 are recommended to spend free skiing with their coach 55% of the time and gate or course training 45% of the time.*

Will coaches be riding the lift with my child?

*Yes*

How can I help be a good athlete parent?

*Be supportive no matter what.*

*Only have positive things to say at a competition.*

*Acknowledge your child's fears.*

*Respect your child's coach.*

*Be loyal and supportive of your child's team.*

*Your child should have goals besides winning.*

*Do not: impose your ambitions on your child, coach your child, criticize the officials and expect your child to become an Olympian.*

How do I volunteer for our races?

*Talk to your team manager and he or she will assign you a job to do.*

What are the jobs to do at a home race?

*You can become a Starter, Gate Judge, Time Recorder, Announcer, Scoreboard Writer, Bib Collector, Side Slipper and Coat Runner.*

How can I become a certified Race Official?

*At various times during the season courses are offered through AOA [www.alpineontario.ca](http://www.alpineontario.ca) to help you become certified. A level 1 course takes 1 day to complete.*

How do you determine the cost of the program?

*The cost of the program is based on roughly \$64 per day.*

What is AOA?

*Alpine Ontario Alpin is the Provincial Sport governing body for alpine skiing.*

How do I sign up for an AOA camp?

*You can register online at [www.alpineontario.ca](http://www.alpineontario.ca)*

Why don't we run a March Break race camp?

*In the past registration has been low because families go on holidays or athletes try their luck in the Terrain Park and Pipe Camp. Also during this time there are usually special events at other clubs that our athletes enter.*

How does my child enter the Club Championships?

*If your child is in our programs they are automatically entered in the Club Championships.*

How is the start list for the Club Championships determined?

*The start list is determined by age, then sex (with females starting before males), then a random draw.*

What should my child be doing in the off-season to get ready for next year?

*Athletes at this age are recommended to be active doing other sports at least 320 days of the year. Sports involving Agility, Balance, and Coordination will be the most beneficial to young ski racers.*

What waivers do I need to sign?

*Once you register your child for the program here at Blue, you will be sent a waiver to be filled out.*