

Ausblick Ski Race Team



Team Meeting
November 14th, 2017



Ausblick Ski Race Team

Agenda

- New for 2017 / 18
 - Schedule & Rules
- Volunteering
- Team Structure
- Training
- Race Day
- Available Leagues
- Q&A



What's New - When do we train?

Christmas Camp:	Tue Dec. 26 th	7:00AM – 9:45AM
	Wed Dec. 27 th	7:00AM – 9:45AM
	Thu Dec. 28 th	7:00AM – 9:45AM
	Fri Dec. 29 th	7:00AM – 9:45AM
	Sat Dec 30 th	7:00AM – 9:45AM

WJR Regular Season Training

Mondays, Tuesdays, and Thursdays from 5:30PM – 8:00PM

USSA Regular Season Training

Mondays, Tuesdays, and Thursdays from 5:00PM – 8:00PM

Dryland Training

Sunday afternoon from Early Sep to Early Nov – Ausblick

Thanksgiving Camp (additional cost)

Week prior to Thanksgiving – Copper Mountain CO

*one year minimum race experience required



What's New – Important Dates

■ WJR Race Schedule

- Sat Jan 6th Sunburst SL
- Sat Jan 13th Ausblick SL
- Sat Jan 20st Alpine Valley GS – Staggered Start
- Sat Jan 27th Holy Hill GS
- Sat Feb 3th Tyrol Basin GS
- Sat Feb 10th Little Switz SL

■ Open Races

- Sat Dec 16th JT Hilligoss Memorial – Little Switz
- Sat Mar 3rd & 4th Mt. Lacrosse Spring Fling
- Sat Mar 17th & 18th Ski Brule Finale U14 and under

■ Metro-Cup / USSA / FIS Races

- Refer to website please

■ Other Dates

- Wed Feb 28th WJR Banquet – Alpine Valley
- Tue Mar 27th (Tentative) Ausblick Banquet - Ausblick



What's New

Results posting / inquiry's

- Race results will be posted to the WJR website shortly after the conclusion of the race
- DQ's will be posted on the last page of the Race Results and cannot be challenged after the designated 15 minute times immediately following the posting of DQ's on the scoreboard. This is an existing WJR rule.
- If a Race Result needs to be questioned, it must go through a WJR Board member. Please do not contact the timing crews directly.
- All Race Results will be final at 4:00PM on Monday immediately following the race and results will no longer be available for inquires.



What's New

Volunteer Positions & Ausblick Race

- Each family is required to select at least two volunteer positions
<http://www.signupgenius.com/go/10c084ca8a72ca6f49-2018>
- We have 100 volunteer positions to fill for the WJR Season
- Ausblick Race Day is Saturday Jan 13th. We have 41 available HOST positions in addition to the 39 Race positions.
 - Pat Dempsey will be coordinating the HOST positions
 - Ryan Talbot will be coordinating the RACE positions
- New families are encouraged to NOT sign up for volunteer positions for the 1st race of the season or at the Ausblick race. Enjoy these first two races with your athlete!



Ausblick Ski Race Team

Program Review



How is the team structured?

Ausblick Ski Race Team

WJR – Purpose is to provide an enjoyable club experience for the racers and families while providing the best possible skiing experience and athletic growth opportunity. Five teams in Southeastern Wisconsin.

USSA/FIS– These programs offers a network of higher lever competitive opportunities for ski racers of all ages as they strive to produce world class athletes.

Special Project Development Groups – Purpose is to provide elite training opportunities for athletes that meet the talent, attitude and commitment criteria to compete and excel on a National and International basis.



Board of Directors

- President _____ Craig Swinehart
- Head Coach & Ausblick Hill Liaison _____ Mike Guetzke
- Special Projects & Athlete Director _____ Bill Wong
- Vice President, FIS Liaison
Website, & Membership _____ Mike Hipp
- USSA Liaison _____ Scott Bence
- Thanksgiving Camp _____ Bill Bruss
- Early Camp _____ John Sorenson
- December Camp _____ Scott Bence
- Secretary _____ Mike Katz
- Treasurer _____ Peter Ogden
- Budget _____ Peter Ogden
- High School Liaison _____ Joe Orendorf
- WJR Liaison _____ Ryan Talbot
- Ausblick Race Day _____ Pat Dempsey
- Equipment _____ Brian Bence
- At Large Members _____ Mike Katz



Who are the coaches?

❑ WJR U14-U20

- ❑ Mark Shaw– Lead Coach
 - ❑ Mike Cummings
 - ❑ Kevin Bugel
 - ❑ Mike Wichert

❑ WJR U8-U12

- ❑ Courtney King – Lead Coach
 - ❑ Whitney Baker
 - ❑ Jeanne Steffen
 - ❑ Jim Young
 - ❑ Jeanne Barrett
 - ❑ Jimmy Hanson
 - ❑ Haley Zanskas
 - ❑ Ben Bickler
 - ❑ Tyler Cummings
 - ❑ John Siepmann
 - ❑ Ann Phillips
 - ❑ Abby Bamba
 - ❑ Brian Belt
 - ❑ Fred Kroepelin
 - ❑ JJ Hausmann

❑ Head Coach

- ❑ Mike Guetzke

❑ Special Projects & Athlete Director

- ❑ Bill Wong

❑ USSA/ FIS

- ❑ Darren Von Heimburg
- ❑ Billy Wong
- ❑ Mike Guetzke
- ❑ Luke Eskau
- ❑ Morgan Cummings
- ❑ John Sorenson



U8-U12

■ Coaching based on skill level

- Better training experience for our athletes
- Allows coaches to teach to a specific skill level
- Modeled after other very successful youth racing programs
- Allows coaches to use specific drills and a curriculum resulting in better practices and improved athlete development

■ Based on “SkillsQuest”

- US Ski Team training and assessment platform for young athletes

■ Three Groups

- Group 1, 2, & 3
- Based on the athlete’s command of the four basic components of skiing. Pressure, Edging, Rotation, and Balance.

■ Continual assessment

- Our coaching staff will continually monitor progress and move athletes between groups as necessary



What can my athlete expect at training?

■ Christmas Camp

- Variety of Drills/Some Gates
- Multiple Coaches
- Groups will be assigned based on skill level and may change during the course of the camp
- Look for your athletes group / coach assignment at the beginning of each day on the whiteboard

■ Regular Season Practice

- Combination of Drills & Gates as appropriate for each group
- 15 minute break sometime around 6:30

■ We practice in all weather conditions!

- Please dress appropriately. Time on snow is precious.

■ Lift Pass / Supervision

- New Ausblick pass to be worn at all times during practice.
- Children 14 and younger can't be at the hill without parent supervision (Hill rule).



What can my athlete expect at a race?

- Timing (Typical)
 - Arrive at hill by 8:00AM
 - Inspect course at 9:00AM with coach
 - 1st run begins at 9:30AM
 - Race typically complete by 1:00PM, slightly earlier for U14-U20 course
 - Awards typically complete by 2:30PM
 - **Refer to the “Fact Sheet” for each race, available on Ausblick Race website**
- Two courses
 - U8-U12 Course, with a reset between runs
 - U14-U20 Course, with a reset between runs
- Two runs
 - Each athlete will race the 1st course and 2nd course, regardless of result of 1st run
- Run order – **Available on the WJR website prior to the race.**
 - U8-U12 Course: Youngest to oldest, based on season standings
 - U14-U20 Course: Oldest to youngest, based on season standings
- Awards – Immediately following the race
 - U8-U12 top 10 in each group are announced and receive medal
 - U14-U20 top 5 in each group are announced and receive medal



What age class will my athlete be in?

Birth Year	Age as of Dec	WJR Group	
	31st	Course	Course
2011	6	U8	
2010	7	U8	
2009	8	U10	Youth Course
2008	9	U10	
2007	10	U12	
2006	11	U12	
2005	12	U14	
2004	13	U14	
2003	14	U16	Competition Course
2002	15	U16	
2001	16	U19	
2000	17	U19	
1999	18	U19	



How is the WJR race scored?

- Combined time of 2 runs = 1 race.
Lowest time scores 100 points. 2nd place scores 89 points and so on.
- Lowest scoring race will be tossed at the end of the year.
- In the event of a tie, both athletes will be awarded the same points.



Where do I find more information?

The screenshot shows the website for Wisconsin's PREMIER Downhill Racing Team, Ausblick Racing. The page features a navigation menu with 'Home', 'Calendar', 'Registration', and 'Contact'. A sidebar on the left contains links for 'Coaches', 'Helpful Links', 'Latest News', 'Photos', and 'Downloads'. The main content area displays a calendar for January 2018 with various racing events scheduled throughout the month.

Calendar Data:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 USSA Training, Location TBD	1	2	3	4	5 WJR Race at Sunburst	6
7	8	9	10	11	12 USSA Races, Marquette FIS Races - Spirit, Duluth	13 WJR Race at Ausblick
14 USSA Races, Marquette FIS Races - Spirit, Duluth	15	16	17	18	19	20 USSA Races, LaCrosse WJR Race at Alpine Valley
21 USSA Races, LaCrosse	22	23	24	25	26 USSA Race and Speed Training Project, Indian Head WJR Race at Holy Hill	27
28 USSA Race and Speed Training Project, Indian	29	30	31	1 FIS Races at Lutsen	2	3 WJR Race at Tyrol Basin

- Parent Handbook
- Scheduling info
- Race fact sheets
- Run Orders
- Scores



What else?

- Minimum skill level
 - Athletes must be able to ski with poles.
 - Athletes must be able to load and unload chairlift without assistance
- Equipment
 - All athletes need to have hard sided helmets
- Ausblick Liability Release & Concussion Acknowledgement
 - Should be completed on the website prior to payment for registration
- Bibs
 - All new athletes will be assigned bibs at Christmas camp
 - This will be your athletes bib for up to 3 years. Don't lose it.



Racing Leagues other than WJR



HOME OF UNITED STATES SKI ASSOCIATION CENTRAL DIVISION REGION 2





HOME OF UNITED STATES SKI ASSOCIATION CENTRAL DIVISION REGION 2

- The **U.S. Ski and Snowboard Association** (USSA) is the national governing body for Olympic skiing and snowboarding. Founded in 1905, the century-old organization provides leadership and direction for tens of thousands of young skiers and snowboarders from over 400 member clubs who share an Olympic dream. The association is headquartered in Park City, Utah.
- The country is split into three geographic racing regions including West, Rocky/Central, and Eastern. The USSA Central Division is part of the Rocky/Central Region. There are four local regions within the Central Division. We are in Central Region 2.
- Why USSA?
 - It's fun
 - Race/Ski at larger hills
 - Increased competition
 - Meet athletes from across our region and the country
- Costs of USSA
- U12 and younger athletes, Try the Metro Cup Series
- Visit: www.region2cussa.com



2017-2018 METRO CUP RACE SERIES



You're invited! Your athletes involvement in the Metro Cup gives them the unique opportunity of experiencing USSA racing without the commitment of a full USSA season.

- 4 races in the series (12/23-Sunburst, 2/11-Chestnut, 3/3 and 3/4-Tyrol Basin)
- U8 – U12 (athletes under 12 by 12/31/17)
- Series includes a mix of slalom and giant slalom
- Each day will also include a SkillsQuest development and evaluation period to promote strong skill development
- Season will end at Tyrol Basin with an action packed weekend including exciting year-end awards
- Perfect for athletes looking to add to their current WJR, WIJARA or Nastar schedules
- For more details and to register go to: <http://www.region2cussa.com>

VALUES

- EXCELLENCE** Personal and collective wins every day
- PASSION** Motivation for doing what we love
- INTEGRITY** Action based on values rather than personal gain
- COMMUNITY** Exceptional stewardship and lifetime inclusiveness
- GRIT** Courage, tenacity and perseverance in the face of adversity
- FUN** Fresh, positive, creative culture
- TEAM** Individual humility and collective pride



Critical Dates

- Sign up deadline: Dec 8th
- Sunburst Race Dec 23th
- Chestnut Feb 11th
- Tyrol Basin Mar 3rd
- Tyrol Basin Mar 4th





- The FIS program is for athletes 16 years old and older as of December 31st. FIS racing offers a competitive environment for USSA Club athletes and independents to race against other FIS athletes across the USA and Canada, participate in a season long competition, and qualify for age appropriate upper level racing in Nor Ams, US National Championships, Rocky / Central U21 FIS Championships and International FIS Races.



Ausblick Ski Race Team



Questions & Thank-you

11-13-17

