

# Informational Guide to Ausblick Ski Racing

## Coaching

- Fundamental Emphasis: Drills vs Gates vs Ski School—Differences and importance of each. Ski team is NOT ski school
- From WJR to USSA: ***Must have strong fundamental skills before athletes will succeed at the next level***
- Trust in Staff & System: Coaching experience, teaching credentials and reputation – respect our coaches. Coaches are there to set the athletes up for success. The athlete must take ownership of implementing drills to become a better racer. It takes a total commitment from the athlete to progress.
- Focus on becoming a better skier. Utilize “free” skiing to work on fundamentals. Watch video. It all helps.
- Communication: Ausblick Website, USSA Website, Email, Parent Handbook, Training & Race Schedule
- Training & Races: The value of training verses racing. 25 runs vs 2 runs.

## Parent/Athlete Commitment

- Parent Handbook - It's on our website. Please take the time to read it.
- Fitness: Off season dryland commitment. Building core strength will make you a better athlete in all sports.
- “Free”-Skiing: Most important, more important than “training”.
- Athlete Attitude: Are you the first one on the hill and the last one to leave? Do you help coaches at the end of practice? Attitude matters.
- Costs: \$ vs \$\$ vs \$\$\$\$
  
- WJR Team - \$
  - Races – We encourage you to attend all 6 races.
  - Training – In order to improve, we expect you to be at the weekly practices.
  - Volunteer – All families must volunteer their time at one race.
  
- DEVO Team - \$\$
  - What is the DEVO group? Developmental program designed to help promote USSA to our younger athletes and bridge the gap to the next level.
  - Who qualifies? Available to U12 & under athletes.
  - Who makes the decision? Ausblick coaching staff picks the group based on previous season's race results, ski ability, the athlete's dedication to the sport and desire to succeed. Family dedication and commitment to ski racing is also evaluated.
  - Races – WJR, local USSA venues and Shelley Glover in Marquette, MI.
  - Training – Attend out West early season training. Attend in-season training projects.
  
- USSA/FIS Team - \$\$\$\$
  - Races – Attend Ausblick supported races throughout IL, MI, MN & WI – as well as Qualifiers in Marquette, Michigan & Junior Championships in Colorado.
  - Training – Attend our out West early season training projects. Attend in-season training projects.
  - Responsible for your own travel arrangements and expenses. ie. Lodging, Food, Lift Tickets, Training Fees
  - Volunteer – We expect every family to volunteer at every race event, every weekend! No exceptions!
  
- High School Team
  - Races – Attend your high school and WJR race events.
  - Training – Attend your specified training nights and in-season training opportunities.

## **Athlete Training Groups**

- WJR – U8, U10, U12, U14, U16, U18  
Ability Grouping, 1-2-3 for U8, U10, U12  
Expectations – Attend dryland training, suggest attending Thanksgiving Camp at Copper Mtn., attend Christmas Camp at Ausblick and attend weekly practices. Attend all 6 races. Recommend attending one end of season race. ie. La Crosse Spring Fling, Chestnut “Nut Cup” Race, Brule Finale
- DEVO - U14, U12, U10  
Expectations – Include, but are not limited to the following. Attending early season dryland sessions. Attend November/December Rocky Mountain ski training projects - SL Camp, Thanksgiving Camp & GS Camp. Attend in-season ski training projects. Attend all Monday, Tuesday and Thursday practices. Attend WJR races. Attend local USSA races, including Metro Cup race events. Attend one end of season race. ie. La Crosse Spring Fling, Chestnut Race, Brule Finale
- USSA/FIS - U14, U16, U19  
Expectations – Attend dryland training in the fall. Attend all early season Rocky Mountain training projects – SL Camp, Thanksgiving Camp & GS Camp. Attend all mid-season training projects – Chestnut, La Crosse, Marquette...etc. Attend all weekly practices. Attend USSA/FIS races in WI, MI, IL, MN - that are supported by Ausblick. Attend qualifiers for Rocky Mountain Central Championships. Attend Championship races in Colorado.
- High School  
Expectations – Attend dryland training, weekly practices during the season, high school training projects and WJR races.

## **Equipment**

- Skis  
New vs Used – Utilize Ausblick annual ski swap.  
USSA Regulations - Verify if your equipment is compliant with current year standards.
- Boots  
Good fit = most important  
Proper Stiffness - Need the appropriate boot for age, weight and ability.
- Poles  
SL vs GS
- Helmet  
WJR - Hard ears  
USSA/FIS - Must be FIS approved helmet.  
High School - Hard ears
- Gate Protection  
Arms for GS/Speed  
Hands for SL  
Shins for SL
- Edges vs Wax  
Keep wax in the bases, but edges are most important!

### **Frequently asked Questions about USSA**

- Who is a good candidate for USSA and when is my son/daughter ready? *Athletes that are able to execute fundamentals in skiing. Accomplished racer. Athlete & parents that are looking for the next level of competition and commitment. Ask your coach for their unbiased opinion.*
- What's the difference between USSA & WJR? *More travel, longer & more challenging courses/terrain, increased expenses, greater athlete & parent commitment, higher level of competition.*
- What is the commitment level? *Early season ski training - which includes early November Camp, Thanksgiving Camp and December Camp. Special projects in WI, IL & MI. Attend Ausblick supported race events, including Shelley Glover, Qualifiers & Championships. Parent volunteering is required at each race day event. No exceptions.*
- Where are the races? *Colorado, Illinois, Michigan, Minnesota, Wisconsin*
- What is the additional cost? *Additional USSA membership (national and regional), regional race day fees, lift tickets, additional equipment, lodging, transportation, extra training fees*
- Does it require any special equipment? *Yes - see equipment matrix. Event specific skis - SL, GS, and SG.*
- Why USSA? *To get a higher level of racing competition.*
- Do I have to race as part of the Ausblick Team? *Yes, if you are registered and training with the USSA Ausblick Team – you will be racing for Ausblick.*
- Rules: *Parents and athletes – please spend the time to educate yourself on the rules associated with USSA racing. <http://www.region2cussa.com/page/show/2666563-rules>*