

A wide-angle photograph of a ski slope at night. The slope is covered in snow and illuminated by a series of warm white lights along its length. A chairlift with several empty chairs is visible on the left side of the slope. Tall, dark evergreen trees line the top and right side of the run. In the bottom left corner, there is a small green wooden building with a sign that reads "Chief Triple". A red safety fence runs along the right edge of the slope. The overall scene is serene and well-lit for nighttime skiing.

# 2023 Season Kickoff

Nashoba Valley Ski Club Race Team

# Welcome to the 2023 Kickoff Event!

- We are the Nashoba Valley Ski Club Race Team, one of five Eastern Massachusetts Buddy Werner League (EMBWL) teams
- Quick Team Board and Coach introductions



# Agenda

- Team Communications
- Lift Tickets
- Practices and First Practice
- Races and the Schedule
- The Heart of the Program, Volunteers and Responsibilities
- NVSC @Pats Peak
- Newcomer Orientation



# NVSC Factoids

- There are over 600 racers in the Eastern Massachusetts Buddy Werner League
- There are 171 registered with NVSC for this year
- This years team has families from 39 cities and towns
- 18 Junior Coaches
- 21 “Senior” Coaches, 5 dedicated to U8
- Roster Counts:

❖ U8 - 34

❖ U14 - 27

❖ U10 - 42

❖ U16 - 14

❖ U12 - 36

❖ U19 - 18

Acton  
Andover  
Arlington  
Bedford  
Belmont  
Billerica  
Boxborough  
Burlington  
Carlisle  
Chelmsford  
Chestnut Hill  
Concord  
Groton  
Harvard  
Holliston  
Lexington  
Lincoln  
Littleton  
Lynnfield  
Malden  
Maynard  
Medford  
Melrose  
Needham  
Newton  
Reading  
Rockport  
Somerville  
Southborough  
Stow  
Sudbury  
Taunton  
Watertown  
Wayland  
Wellesley  
Westford  
Weston  
Winchester  
Woburn





# Team Communications

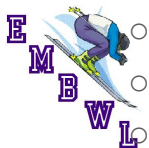
- Team mailing list - the primary way we communicate
- Weekly reminders:
  - Pre-practice notes (GS vs. SL, training plan, etc.)
  - Cancellations if necessary
  - Pre-race reminders
- [www.nvscracing.com](http://www.nvscracing.com)
  - Loads of info, race results, training videos, competition rules and much more
  - Videos, photos, share what you have!
- Team Calendar
  - Add the NVSC calendar to your smartphone
  - Go to Events and Race page, look for “Subscribe to ICAL Feed”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			2022 NVSC VIRTUAL TEAM KICKOFF EVENT Thursday, 7:30pm EST-8:30pm EST Virtual - Online! Tag(s) Home			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
						NVSC DAY AT PAT'S PEAK Saturday, 8:00am EST-4:00pm EST Pats Peak Ski Area, Flanders Road, Henniker, NH Tag(s) Home
19	20	21	22	23	24	25
26	27	28	29	30	31	



# Lift Tickets

- Buy individual tickets through the Nashoba Valley Ski Area online ticket system
- Or, buy season passes, \$600 through December 15
- On practice nights, buy discounted ticket at Nashoba, mention racer name at window, \$45.00
- Race day, buy discounted ticket at Nashoba, \$70 - 4 hour ticket
- Cost savings strategies - multi-packs and gift cards
- For consideration when deciding
  - **8+ practices planned, plus 4 home races (\$640)**
  - Of course, weather could cancel some dates
  - If you live nearby, a pass is worth considering



# Practices

- Head coaches
  - Adam Schayowitz (U8)
  - Glen Gaebe and Jon Weintraub (U10-U19)
- Practices -
  - Thursdays 6:30 - 8:00 for U8, 6:30 - 8:30 U10 and older
  - No practice during vacation weeks (12/30 and 2/23)
- Racers should have ticket, be on the snow and ready to go
- Notes about Equipment - reference NVSC website
- Typical practice routine
- What happens if my racer gets hurt?
- U8 racers receive a practice bib which they bring to every practice
- Behavior
  - No pole fighting, tackling, etc. violations, will be asked to leave
  - The ski areas do occasionally pull tickets for violating their policies



# First Practice

- Arrive early to be ready and possibly get in a couple warm up runs
- Waivers
  - **No waiver, no on-snow participation!**
- U8 racers will pick up their practice bib which they bring to all practices
- Meet up with your Pod
  - Pod assignments will be distributed ahead of first practice
  - Limited requests for groupings are possible, do this early
- Practice starts at 6:30pm sharp!
  - All racers should be with lift ticket/pass, fed, watered, on snow and ready to go at 6:30 sharp!
  - U8 practice ends 8:00pm, parents/guardians must be outside to pick up their racer(s)
  - U10-U19 ends 8:30, racers are released on their own



# Race Schedule

Date	Location	Team(s)	Notes
January 8	Bradford	vs. Bradford	GS - Giant Slalom
January 22	Nashoba	vs. Ski Ward	GS - Giant Slalom
January 29	Ski Ward	vs. Ski Ward	SL - Slalom
February 5	Nashoba	vs. Prospect Hill	GS - Giant Slalom
February 12	Blue Hills	vs. Prospect Hill	SL - Slalom
February 26	Nashoba	vs. Bradford	SL - Slalom
March 5	Nashoba	All Teams	Championship Race - GS + SL





# Volunteers and Responsibilities

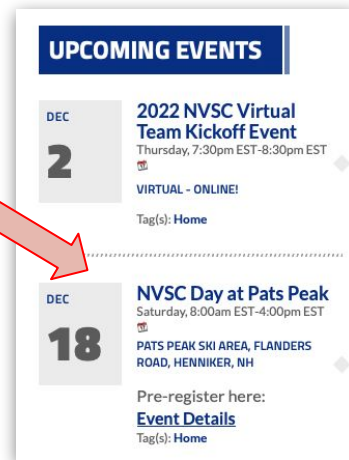
- Key points about the volunteer program
  - We are 100% Volunteer Program
  - It takes 40-50 volunteers for every race
  - We only work home races, fun races and Champs
  - Each family will have about 3 assignments
  - You are responsible for finding your replacements
  - I will try to get at least 1 assignment of 1st or 2nd choice for each family
  - U8 only families work U8 races - Assigned jobs
  - U8/U10 combinations work U10 races -please make arrangements for younger child care
  - If you have a conflict I need an email by 12/12
  - [volunteercoordinator@nvscracing.com](mailto:volunteercoordinator@nvscracing.com)



# NVSC at Pats Peak - Saturday, December 17

- \$40 per person for lift ticket, \$5 per person for unlimited gate runs
- Open to friends and families
- Pre-register through the [Event Details](#) link in the team calendar. You'll pay (cash or check) at the mountain during check-in.
- Ski area is open 8:30 - 4:00pm
  - Gates open 11:00 - 3:30pm
  - Using NASTAR course, create free NASTAR account ([www.nastar.com](http://www.nastar.com))
  - Provide your NASTAR number(s) on the pre-registration page
- Check in with the team upon arrival
- Watch for last minute updates via team email

Not a drop-off event



**UPCOMING EVENTS**

DEC **2** **2022 NVSC Virtual Team Kickoff Event**  
Thursday, 7:30pm EST-8:30pm EST  
VIRTUAL - ONLINE!  
Tag(s): Home

DEC **18** **NVSC Day at Pats Peak**  
Saturday, 8:00am EST-4:00pm EST  
PATS PEAK SKI AREA, FLANDERS ROAD, HENNIKER, NH  
Pre-register here: [Event Details](#)  
Tag(s): Home



# Jackets and other goodies

- T-shirts - Make sure you let Patricia know your t-shirt size at check-in
  - If you don't want a t-shirt, that is ok too, just let Patricia know
- NVSC items for sale
  - Hats, headbands, mugs, cowbells, magenents
  - Let us know what other items you would like to see our NVSC logo on!
- Jackets
  - More into to come...watch your email for updates



# Looking for other ways to get involved?

- Events

- Champs BBQ
- End of year party
- Team gatherings - 2023 and beyond

- Media/Tech

- Communications (Manage our facebook and email communication)
- Mange/create an online/app platform for practice sign up (e.g. TeamSnap)

- Other

- Manage team apparel
- Tax/Accounting/Law
- Fundraising



# Questions?





# Newcomers Orientation

- Becky Leonard, NVSC Race Chair
- What is EMBWL?
- Where do our members come from?
- Typical Season Overview:
  - Who do we compete against (Ward, Bradford, Bogastow, and Prospect)
  - Where are the races held (Bradford, Ward, Nashoba, and Blue Hills)
  - Regular races, the trophy race, and championship race
- The Board, other Volunteers, everyone must participate
- Other topics?



# Races Days

- Race every Sunday from January 8th through March 5th except the first weekend of February vacation (2/19)
  - Two types of races for U10-U19: GS and SL
  - Modified GS for U8
- The typical home and away race
- Course inspections
  - Some coaches will be on hand for races
- Racers must know the race order and which course the run on
  - Seed list and course assignments usually sent the night before each race



# Races Days (continued)

- Award ceremonies follow the conclusion of each race
  - Results to be posted online as always
- If Nashoba closes for any reason, practice or a race will be canceled
  - Conversely, if the ski area is open, the event is on!
- Equipment needed (or not needed)
  - race suits, **helmets**, chin, shin and hand guards
- Pay attention to communications daily, before each race
- Tickets were already covered by Mark, you need these
- Worker assignments to be covered next by Patricia

