



BUCK HILL SKI RACING TEAM

2019 / 2020 SEASON





BHSRC MISSION



To support our club members at all levels as they strive to achieve their individual goals.

Encourage the development of nationally and internationally competitive skiers who support the club values, coaching staff, and benefit the entire club by providing competition, demonstration, and lower points.

Advancing the sport of alpine racing regionally, divisionally, and nationally which directly benefits our athletes and our program.



THE TEAM AND THE CLUB



The Buck Hill Ski Racing Team is comprised of 3 arms that partner closely together to create and sustain the team.

Team Director - The Team is led by Jacob Olson who sets the objectives and creates the programming and training.

Buck Hill Ski Racing Club is a 501 (c) non-profit organization that consists of all parents and other people interested in helping our young athletes. The Club raises money to bring the program to its very best level. This is only possible if we have coaches at the FIS races with our top racers, who will then return to Buck Hill with lower points and a higher level of performance. This benefits every young member of our team. The Club also provides money to support out-of-division expenses such as car rental, airline tickets, hotels and special equipment needs.

Buck Hill, Inc. owns the ski area, pays the coaching staff payroll and handles the bookkeeping for the Racing Team.

Through this partnership model the Buck Hill Ski Team has created a sustainable organization that enables and encourages the achievement of our athletes.



DRYLAND TRAINING



Regular training will start on Saturday, October 5th at Buck Hill and go through around Thanksgiving, followed by training on snow as soon as possible.

Practices take place three days a week - Monday, Wednesday, and Saturday each week. Monday's and Thursday's from 6:30-8:00pm at Bloomington Kennedy Athletic Center and Saturdays from 9-11am at Lac Lavon Park in Burnsville or at Buck Hill.



Maria heads our Dryland Program, she is a graduate of St. Olaf College with a physical education degree and received her M.A. in Kinesiology/Exercise Physiology from the U of MN in 2002.

Contact her with any questions regarding Dryland Training
mariaschilling@icloud.com





PERFORMANCE DRYLAND

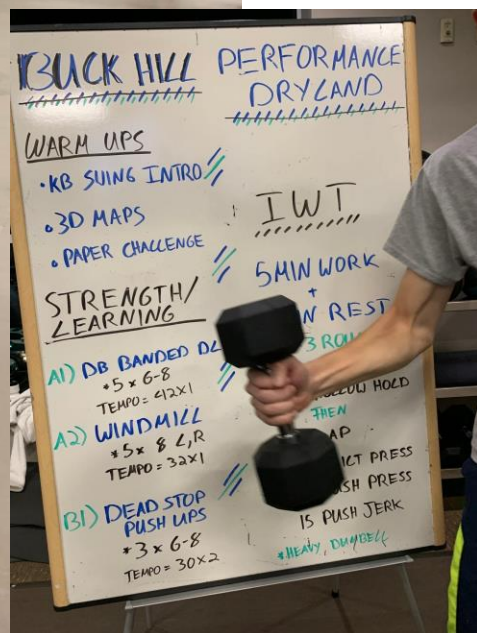


Buck Hill is proud to announce our new partnership with Life Time Fitness to provide a world class dryland program. The program will consist of both fall and summer sessions where professional trainers will train and coach athletes to maximize their strength, power and agility. A limited number of 15 spots are available for the fall session.

Ski racing is demanding and dryland can be a great equalizer. Maximizing our level of strength and conditioning will help our athletes be more competitive and achieve greater success.

Program Goals

Maximize the strength and conditioning of Buck Hill athletes by providing a world class dryland program where professional trainers coach and train athletes in a safe, effective and educational environment.



For Who:

- Program open to U16-U19s and 2nd year U14s (2006)
- A limited number of 15 spots are available

Location:

Lakeville Life Time Fitness
18425 Dodd Blvd, Lakeville, MN 55044
(5 minutes from Buck Hill)

Dates/Times:

- September 15th – November 13th
- Sundays 2pm-3:30pm Mondays and Wednesdays 6:30pm-8pm

Cost:

- \$390
- 27 sessions/\$14 session



NEVEPLAST DRY-SLOPE TRAINING



The team trains on Neveplast dry-slope this fall starting in September. Neveplast training takes place two nights a week through October.

Registration for the teams Base Camp training is open on the Buck Hill website.



TRAINING CAMPS



Winter Park Camp

The team currently conducts two one-week fall camps in Winter Park.

The camps are scheduled to take place on Nov. 24h through Nov. 29th, 2019 and Dec. 1st through Dec. 6th, 2019.

Brochures for these 2 camps will be mailed out in late August.



BUCK HILL

Christmas Camp

Christmas Camp is held at Buck Hill from December 26 through December 31.

This fabulous training opportunity is included in the team fees.

There is also limited enrollment available for non-team members for a fee.



REGULAR PRACTICE SCHEDULE



MONDAY

5:00 – 7:00pm
(beginning January 1)

7:00 – 9:00pm

TUESDAY

7:00 – 9:00pm

WEDNESDAY

7:00 – 9:00pm

Welch Village
6:30 – 8:30pm
(beginning January
2nd)

THURSDAY

7:00 – 9:00pm

SATURDAY

9:00am – 2:30pm
(1 hour break for
lunch)

Each practice will offer slalom and/or giant slalom training.

The practice schedule may change due to weather or other developments, the website calendar is the best place to check for changes. The coaches will also email out updates.

The Team also anticipates 1 or 2 training sessions at Mt. LaCrosse during the season. These opportunities typically precede a race that is scheduled at Mt. LaCrosse, and will be held on Thursday & Friday of the same week.



TEAM POLICIES



Attendance

Ski racing is a challenging sport and requires a lot of work both on and off the hill. In order to effectively compete at the Region, Division and National levels athletes should be attending training sessions. In order to maximize the benefit of the program and athlete success, it is the expectation that athletes are attending practice on time, engaged in each training session and asking questions whenever necessary.

Safety

It is the responsibility of each athlete to inspect all training environments, facilities, racing courses and their equipment prior and during training. Coaches setup each training and racing environment with safety as their number one priority. Questions or concerns regarding training safety should be brought to the coaches' attention immediately.

Code of Conduct

The team adheres to the USSA Code of Conduct which can be found here: <https://my.ussa.org/alpine-programs/masters/rules/code-of-conduct> and the above policies around attendance and safety.



PARENT/GAURDIAN CODE OF CONDUCT



YOUR RESPONSIBILITY AS A BUCK HILL SKI RACING TEAM PARENT or GUARDIAN.

As a member of the Buck Hill Ski Racing Team, each parent assumes certain obligations and responsibilities to the club, the team and its athletes. BHSRT parents pledge to conduct themselves in a manner that honors the legacy of the Buck Hill Ski Racing Team and demonstrates respect to athletes, coaches, officials, the public, and fellow parents. Each parent must understand his or her obligations of the club By-laws and follow the Buck Hill Ski Racing Team and Club's policies. The Buck Hill Ski Racing Team is dedicated to creating champions in ski racing and in life.

The essential elements in this "Code of Conduct" are HONESTY, INTEGRITY, and EXEMPLARY BEHAVIOR.

Those who conduct themselves in a manner that reflects these principles will bring credit to the BHSRT community, their athletes, and themselves. It is only through such conduct that our team can earn and maintain a positive image and make their full contribution to ski racing in the United States and around the world.

BHSRT supports the following behaviors for those participating or involved in any way with BHSRT and U.S. Ski & Snowboard.

- BHSRT parents are expected to model self-control and responsible behavior, consideration for the physical and emotional well-being of others, courtesy, and good manners.
- BHSRT values sportsmanship and positive behaviour. Derogatory comments directed at anyone are unacceptable. Use positive reinforcement with athletes and adults alike. It should be remembered that criticism, once made, can never be retracted.
- BHSRT parents are always welcome to encourage their athletes through voice, as long as it is at an appropriate volume and intensity level so as not to disturb or distract any other athletes, coaches, officials, and parents in training or competition at any time.
- BHSRT parents, like coaches, must always be aware of the tremendous influence they have on their athletes. They should always strive to be positive role models in dealing with young people, as well as with adults. Parents must treat athletes, coaches, officials, ski area employees, volunteers, and other club members with respect and in a non-harassing and non-derogatory manner.
- BHSRT parents that are in the training or competition environment, or attending club social events or fundraisers must always practice good behavior and never criticize, badger, harass, or threaten any athlete, coach, parent, official or program.
- BHSRT as an organization holds itself to a sport-leading standard of conduct at all times.



PARENT/GAURDIAN CODE OF CONDUCT



BHSRT parents' model good sportsmanship, showing respect for the sport and their child's competitors, behaving in a respectable manner toward other parents, coaches, resort employees and guests, and officials.

Communication- BHSRT parents work through the proper channels of communication to obtain information or to relay concerns. They use effective communication techniques with staff and their children.

Social Media - Parents will not post on any social media site with the intent to hurt, intimidate or humiliate any athlete, coach, official, volunteer, ski area employee or club member. The posting of negative, demeaning or derogatory comments will not be tolerated. These acts shall be considered harassment and may result in the immediate removal from the team.

Team Support- It is part of the BHSRT culture to support the team and cheer for all athletes unconditionally. BHSRT parents show support of their child's coach's efforts and respect the coach's role, understanding that they may not fully understand or agree with each other but that respectful dialogue will usually help both parties.

Model Behavior - BHSRT parents understand that our team is a large and a visible group, and because of this, are expected to conduct themselves with exemplary sportsmanship, modelling professional and non-biased support of the competition.

Education- BHSRT parents take an interest in the sport, learn the rules and are active volunteers.

Respect on-snow policies- It is understood that parents are interested in watching their athlete during training and competitions. Parents respect the need for the coaches and competition organizers to secure a training and competition environment free from unexpected movement.

Parents agree to adhere to all club policies and by-laws, failure to do so may result in a verbal or written warning or suspension of membership and any violation of the Code of Conduct is a cause for disciplinary action including suspension and/or dismissal from the Buck Hill Ski Racing Team and/or loss of benefits from membership of the club.



TEAM COMMUNICATIONS



Email, website updates and group text messaging will be used throughout the season to help keep both parents and athletes informed.

Email will be used frequently for regularly scheduled updates. Weekly updates will be provided throughout the season via email starting November 1st.

Please contact the head coach to confirm or add email addresses for communication updates. Group text messages will be used throughout the season for out of Division racing updates and championship events.

The Team website will also be utilized to post important announcements, results and events throughout the year.

To contact the team and Jacob or look out for communications use bhsrt@buckhill.com



RACE INFO



IN-DIVISION RACING

The schedule for all races within the division will be published in the Region 1 literature. Coaches will be in attendance at each race within the Region as well as selected division races (Mid-Am's, Age Class Championships, etc.)

OUT-OF-DIVISION RACING

A portion of the club's fundraising goes toward paying for expenses incurred traveling and entering out-of-division races for FIS level racers, as well as many races for U16 level racers in Colorado, and several races for U14 and U12 level racers.

Participation in these races requires planning ahead. There are very specific rules that must be followed in order to be eligible to participate in out-of-division races.

Jacob and Dave will closely review the out-of-division opportunities and will meet with anyone interested in racing out-of-division this season. Anyone interested in participating in the meetings should contact Jacob Olsen in September or early October.





FUNDRAISING



Buck Hill Concert Series

This year our team added a new fundraiser at the Buck Hill Concert series held July 10th-13th. Volunteers served beer and alcohol to concert goers with a portion of all sales going directly to the club. Look for more details at Buckhill.com regarding next years concert series.

Ski & Snowboard Sale

The sale will be held at Buck Hill from September 27 through September 29. This is an important fundraiser for the Club, and we need all racers and parents to participate in order to make it a success. Proceeds from this fund raiser will benefit every racer directly or indirectly. It is essential to have this ski swap for our total program, which competes with Ski Academies in the mountains. The tents sale chairmen will be calling you for your help.

The Chuck Stone Memorial USSA Invitational Slalom Race

The 43rd Annual Buck Hill Invitational (the Charles W. Stone Memorial Ski Race) will be held at Buck Hill on December 23rd, 2016. The invitational has a long tradition of hosting the best USSA slalom in the central division and depends strongly on club member's support.



BUDDY PROGRAM



In 2012, the Buck Hill Buddy Program was established as a way to improve the club's informational support to families, particularly those new to BHSRC providing them an immediate connection to the Club – a seasoned race family who can help to guide them through the myriad of registrations, reservations, and decisions faced during a typical USSA race season.

The program has been a HUGE success, in large part to all of the seasoned Buck families who stepped up and adopted a “new family” to mentor through the season. We need Buddy Family support at **all age levels**. Some of the responsibilities we would ask you to assume as a Buddy Family would include:

- Make contact by phone or email as soon as you are given your buddy family
- Discuss drylands, cover any club registration questions, hotel reservations (team blocks/discounts)
Encourage volunteering throughout the year at races and at the fundraisers
- Attend the New Parent meeting that kicks off the year with your “new family”
- Throughout the year act as a club ambassador to the family
- Discuss Thanksgiving camp, other training opportunities, and Christmas Camp
- Highlight races requiring separate registration (Afton Paul Augustine Championships, Chuck Stone, etc.)

In order for this program to be successful, we need the support of our current Buck Hill families!

If interested in becoming a Buddy Family please email Jon and Stacy Gustafson at liketoski11@gmail.com with your name, contact information and age level of racers.



BOARD MEMBERS



President – Brian George

Vice President – Mark Pendergast

Treasurer – Karen Bridges

Secretary - Beth Gubrud

Other board members:

David Servais

Skip Wilson

Georgetta Olson

Debbie Zeller

MAILING ADDRESS

Buck Ski Racing Club

PO Box 1622

Burnsville, MN 55337