

HVST – FAQ’s for Racing Parents

Welcome to the Hidden Valley Ski Team!

Before you ‘dive’ into the Parent Handbook, whether you are new to this program or you have been involved in the past, this overview, written by parents and coaches, will help answer many of the common questions that will inevitably arise during the course of the year. Here’s the list of our “FAQ’s” that we’ve answered in this Overview for New Parents:

- **Do I have to travel to other ski resorts?**
- **What is waxing and tuning skis?**
- **Can someone help us with tuning?**
- **Will the race schedule ever change?**
- **What do I do on ‘race day’?**
- **Can I inspect the course with my child?**
- **Where is my kid’s coat?**
- **Can I help on Race Day?**
- **Can I get my kid one of those snazzy, skin-tight suits?**
- **What is WIJARA? USSA? Do I need to join these organizations?**
- **What else do I need to know?**

Frequently Asked Questions for RACING PARENTS:

Do I have to travel to other ski resorts? If your son or daughter is on the Travel Team, or elects the “one-race” option on the Development Team, you do need to be there. There are usually a group of parents going. It is actually fun. If you are new to the team and new to a race, we’ll match you up with a “travel buddy” who will make sure you know what to do, where to go, and all that stuff. We are a member of the Wisconsin Junior Race Association (WIJARA) along with about seven other ski teams. Ski races are usually held on Saturday and Sunday mornings over a specific weekend. The races schedules, registration forms and ski resorts can be found in the Racing section of the HVST website. Detailed information about them is published each season and is available via a link on the team website (www.hvst.org).

What is waxing and tuning skis? For new parents, you need to be aware that your sons and daughters are skiing on all kinds of conditions. In Missouri; the thaw-freeze-thaw-freeze cycle creates a lot of ice at Hidden Valley. Your kids ski on solid ice, sometimes in deep “ruts” on steep terrain. Waxed skis help them not only with speed, but also with control. Ski racers require razor sharp edges. If you don’t keep your kid’s skis tuned regularly, they will basically be handicapped from improvement.

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Can someone help us with tuning? Yes. The coaches and other parents can help you learn how to do this. Plus, the Alpine Shop in Kirkwood will tune ski team member skis for a steep discount. We try to host a tuning clinic during the season. We are also available to offer one-on-one instruction for any parents that want to learn. As you begin the program, make sure you get the skis waxed and have the Alpine Shop tune them for you. As time goes on you or your child will learn more and be able to do most of the basic servicing of their equipment on their own.

Will the race schedule ever change? It’s possible, but the WIJARA dates for races and the central division races for USSA seldom change during the season unless there is a lack of snow which would make a race impossible to hold at a particular venue. But it’s always a good idea to check in with the coaches, especially those that are going to the race, just to be sure.

What do I do on race day? Race days are always filled with anxiety, triumph, and for some, disappointment. How do you best support your child? GIVE THEM SOME ROOM! Your child is learning how to become a ski racer. We are teaching them basic disciplines like figuring out where they need to be and how to plan their day. There is always a kid that forgets their boots, or helmet, or mittens. Within reason, let your child figure out how to get to the start at the proper time, with the things they need. You can help them of course, but it’s a good idea for them to learn this and become more self-reliant. You really don’t help them in the long run by always doing these things for them. We ask that you get your child to the base lodge of the race mountain not later than 7:45am. Once there, we will do things as a team. We will prepare as a team, inspect the course as a team, and race as a team.

Can I inspect the course with my child? Unless you are a registered coach, absolutely not. USSA rules allow coaches, athletes and officials on the race course, period.

Where is my kid’s coat? Another important race day lesson. The start of the race course is always a very confusing place. 150 kids and coaches, all furiously preparing for the big event. We teach the kids to support each other by “running” coats and warm-ups to the finish area. (The boys and girls don’t race at the same time...if they’re being nice to each other, they will run each others’ coats down to them....ahh team spirit!) Inevitably, though, there is a kid that forgets about their coat and other gear and then can’t remember where it is or where they left it... which is usually followed by a frantic parent desperately trying to find their child’s \$400 coat among all the scattered clothing at the top of the run or in the “race shack”. Please refrain from harassing the volunteers! Also, MARK YOUR KID’S NAME CONSPICUOUSLY IN THEIR CLOTHES. There will be many identical size 12 black Spyder pants in the pile.

Can I help on Race Day? PLEASE DO!! We want to help get your kids ready at the start, and also watch their runs to give them feedback. Lugging coats is our last priority. **We need your help!** Since Hidden Valley Ski Team doesn’t ‘host’ any of the ski races, the other teams rely on us to help them out during a race. There are a lot of jobs at a race, and if you learn how to be a gate keeper, you can watch your son or daughter compete from just a few yards away from the action! In fact, if you are a strong skier, we need your help at Hidden Valley setting up the training gates!

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Can I get my kid one of those snazzy suits? For young racers, a GS racing suit probably makes its biggest impact in the athlete's mind. They feel faster just by putting it on! You can buy them from a racing supply company online or ask around to see if anyone has one their son/daughter has outgrown that they'd like to sell.

What is WIJARA? USSA? Do I need to join these organizations? All HVST members that wish to race need to be members of WIJARA (Wisconsin Junior Alpine Racing Association) as well as having a valid USSA (United States Ski and Snowboard Association) license for the current season.

What else do I need to know? Read through the Parent's Handbook and check out the information on our website (www.hvst.org). If you still have questions, just ask one of the board members or one of the coaches... we'll get you an answer to your question.