

Hidden Valley Ski Team Kick-Off Presentation 2023-2024



Agenda



- Our Mission
- Our Board / Our Treasurer
- Our Coaches
- Team Structure
- NASTAR
- HVST Athlete's Accomplishments - NASTAR
- Team Communication Channels
- Vail
- Ski Pass
- Practices
- Dry-Land Training
- Camps
- Races
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- Optional Equipment
- Coats
- Katie Tull Memorial Award & Team Captain
- Code of Conduct
- Volunteers
- Calendar Overview
- HVST Fundraiser
- HVST Contacts
- Questions?



HiddenValley
Ski Team

Our Mission



Have fun!

Instill **character, confidence, commitment** and **responsibility.**

Develop life skills and growth opportunities.

Create champions on and off the slopes.



Our Board



Tim Missey

- Board Member, President
- Amanda (14), Teresa (11), Jenna (4)
3rd year on HVST, 4th year on ski team (previously with Blue Mountain Ski Team - PA)



Ana Johnson

- Board Member, Vice President & Member Chair
- Communications & social media
- Andre (13) & Adelina (12), 9 years on the team
- Race Coach Anthony Johnson – Husband



Our Board



David Coulter (Captain)

- Board Member, Head Coach
- Founding Member (1992)



Ainsley Proffit
Former HVST &
U.S. Ski Team

David Hromadka

- Board Member, Secretary
- August (14) & Isaac (12), 7 years on the team



Our Board



Lisa Berger

- Board Member, WIJARA Representative & Manager
- Jacob (15), Isabelle (12), 6 years on the team
- Coach Todd Berger - Husband



Our Treasurer



Dzenana (Jenny) Kurbegovic

- Team Finances (billing, etc.)
- Emil (10), Tarik (12), 5 years on the team



Our Coaches



- 30 + Ski Coaches + 2 Snowboard Coaches
- USSA qualified coaches following USSA guidelines
- Athlete-centered approach w/focus on the individual needs

Team Structure



DEV 1 Team

1. Meet once a week (SAT 9AM -11:45AM)
2. Grouped by ages & ability
3. **Required Skills:**
Get on and off the lift unassisted, skis parallel, get equipment on unassisted

DEV 2 Team

1. Meet twice a week (SAT 9AM-11:45AM, TUE 6PM-8:30PM)
2. Grouped by ages & ability
3. Attend one WIJARA race (addtl races@ \$75/race)
4. **Required Skills:**
Same as Intro

Race Team

1. Meet three times a week (SAT 9AM -11:45AM, TUE & THURS 6-8:30PM)
2. Grouped by ages & ability
3. Attend all WIJARA races and national races (if registered)
4. **Required Skills:**
Same as Intro + racing knowledge

Snowboard Team

1. Meet two days a week (TUE & THURS 6-8:30PM)
2. Skills required:
Same as Dev 1

NASTAR RACING EVERY SAT & SUN - ***Check TeamSnap To Confirm



NASTAR stands for National STandard Race and is the largest public grassroots ski racing program in the world. Founded in 1968 by SKI Magazine, NASTAR boasts more than 100,000 races at over 100 resorts around the country and gives recreational racers an opportunity to compete and compare their scores to friends and family. Racers are scored by earning a handicap that represents their ability. The handicap provides participants with a tangible number (handicap) that is the percentage they are behind the time of the National Standard or the National Pacesetter.

- Saturday's and Sunday's from 12:30 – 3:00 PM
- No additional cost to HVST athlete's and parents
- Liability waiver required and pass assigned
- Great opportunity to refine racing skills and gain confidence
- Coaches are often around for feedback and even run gates
- Open to the public, family & friends for a fee
- NASTAR National Championships – Early April, 2024
 - To qualify for the NASTAR National Championships participants must win a medal on one or more race days.
 - Participants can qualify throughout the season with the last day of qualification on March 31st.

NASTAR is open to the public for a fee, friends and family at a small fee.

You DO NOT need to be a skilled skier to participate!

Great way to have family fun!

HVST Athlete's Accomplishments - NASTAR



- Since 2008, HVST has had (8) National Champions
 - Steve Coulter (3)
 - Abigail Murer (4) + Fastest Overall
 - Adam Adkins
 - Andre Johnson
- HVST has ranked as high as 4th overall in the National Championships and been in the top 10 (5) times



HVST Athlete's Accomplishments - NASTAR



Year	Team Rank	National Champion
2021	9	
2020	N/A	
2019	11	
2018	4	Andre Johnson
2017	8	Steven Coulter
2016	12	
2015	12	Steven Coulter
2014	15	Adam Adkins
2013	8	Abigail Murer (Fastest Time)
2012	12	Abigail Murer
2011	8	Abigail Murer (Fastest Time)
2010	22	Abigail Murer
2009	27	
2008	27	Steven Coulter

HVST Athlete's Accomplishments - NASTAR



Ainsley Proffit

- Colorado Mountain College Ski Team
- 2020-21 U.S. Ski Team Member
- 4th Place SL, 2017 FIS U16
- 1st Place SL, 2018 FIS
- 2nd Place 2019 National Juniors
- 2nd Place GS 2020 U.S. Junior Nationals
- 1st Place GS 2021 FIS Sugarbush
- 2nd Place GS 2021 FIS Vail
- 2nd Place GS 2021 FIS GS Park City
- 2nd Place SL 2021 FIS Steamboat
- 3rd Place GS FIS Stratton
- 12th Place GS 2021 U.S. National Championships



Hidden Valley



Snowbird



w/ Lindsey Vonn



w/ Mikaela



w/ Abigail Murer, US Nationals

Team Communication Channels



- **HVST Email:** Confirm you are receiving team emails (membership_2023_24@hvst.org)
- **Facebook:** Hidden Valley Ski Team-St Louis (Everyone is welcome to post!)
- **Google Calendar:** <https://www.hvst.org/calendar>
- **TeamSnap**
 - Comprehensive team communications platform/application
 - New member should receive an invite
 - Push notifications – announcements, schedule updates, etc. by team, groups and sub-groups
 - Schedules – training, race and events
 - Possible Waiver completion, Registration and payments, Volunteer Management
 - **MAIN WAY OF COMMUNICATION DURING SEASON!**















- Vail Resorts dictates policy and procedures at Hidden Valley – HVST must comply
- We will adhere to the policy of any resorts we visit (no exceptions)
- Notes:
 - HVST athletes cannot store / leave items in the lodge
 - Reserving / holding tables on Saturdays, Sundays or Holidays is not allowed
 - Outside tables can be used for extended periods of time

Ski Pass



- MUST have a valid Epic Pass or Epic Local Pass
- For further information go to www.epicpass.com (20% of food and lodging)



epic PASS™	epic LOCAL PASS™	epic 4-DAY PASS™
ULTIMATE ALL-RESORTS ACCESS	ALL RESORTS WITH RESTRICTIONS	VISIT THROUGHOUT THE SEASON
\$929	\$689	\$383
ADULT (AGES 13+) MORE AGES AVAILABLE	ADULT (AGES 19+) MORE AGES AVAILABLE	ADULT (AGES 13+) MORE AGES AVAILABLE
 SKI AND RIDE VAIL, WHISTLER BLACKCOMB AND MORE	 SKI AND RIDE VAIL, BRECKENRIDGE AND MORE	 BUILD YOUR OWN 4-DAY PASS
 ACCESS ALL SEASON LONG	 EXCLUDES PEAK DATES	 OPTION TO CHOOSE PEAK DATES
 EPIC MOUNTAIN REWARDS	 EPIC MOUNTAIN REWARDS	 EPIC MOUNTAIN REWARDS
Learn More 	Learn More 	Learn More 

Practices



- **Practices begin when Hidden Valley Opens!**
- Please use TeamSnap to reply Yes or No for practice attendance
- When Hidden Valley is open we ALWAYS train!
- DO NOT BE LATE! This is especially important due to our attempts to maintain structure
- No team gatherings in the lodge on weekends or holidays (Team gatherings in the outside tables are OK)
- Athletes should be dropped off and ready to go with all gear / equipment on
- Lodge parents will be point of contact (POC) at the lodge

Watch for announcements on TEAMS NAP

DEV 1 Team

Meet once a week (SAT
9AM -11:45AM)

DEV 2 Team

Meet twice a week (SAT
9AM- 11:45AM, TUE
6PM-8:30PM)

Race Team

Meet three times a
week (SAT 9AM
-11:45AM, TUE &
THURS 6-8:30PM)

Snowboard Team

Meet two days a week
(TUE & THURS
6-8:30PM)

Dry-Land Training



- What is it?
 - Training session run by our Race Coach Squirrel!
 - Strengthen and gain skills to apply on the hill
 - Meet coaches
 - Meet fellow athletes
 - Meet parents
 - Opportunity to ask all questions (equipment, logistics, training, races, etc.)
- When?
 - Every Saturday starting September 9 - September 30 from 8:00 am – 9:30 am (OCTOBER - TBD)
 - ***LOOK OUT FOR SIGNUP GENIOUS***
- Where?
 - TBD - locations might vary from week to week. Check TeamSnap for location confirmation and equipment required

Everyone is encouraged to participate on at least one session

Camps



- **Thanksgiving Race Camp** (November 19-24)
- **Devil's Head Weekend Camp** (Mid Dec)
- **Other WI Weekend Camp** (Mid/Late Dec)
- **Afton Alps, MN** (December 27-31)
 - Managed by Team Afton
 - Epic Pass works

Information on Camps will be sent via email!

Races



- NASTAR: Local (national level comparisons / handicapped system)
- WIJARA: Midwest racing circuit (Contact: Lisa Berger / @ wijara@hvst.org)
- USSA: Regional and national races (Contact: Craig Spidle @ cspidle54@gmail.com)
- **All information will be in the Google Calendar and Weekly Email**
- **All dates are subject to change**

MONTH	NASTAR	WIJARA	USSA
DEC 2023			GS Camp/Race – Mont Ripley, MI – 12/28 – 12/30 (camp) / 12/31 (race)
JAN 2024	Hidden Valley – Every Saturday and Sunday	Chestnut Mountain, IL – 1/6 – 1/7 Sundown Mountain, IA – 1/20 – 1/21	Shelly Glover – Snowriver Mountain Resort, MI (SG, GS, SL) – 1/13 – 1/15 Dan Nagy Memorial – LaCrosse, WI – 1/21 – 1/22 Kelsey Bernard – Nub’s Nob, MI – 1/20 – 1/22
FEB 2024	Hidden Valley – Every Saturday and Sunday	Devil’s Head, WI – 2/3 – 2/4 Tyrol Basin, WI – 2/24 – 2/25	Bob Hosking Central Division Championships Snowriver Mountain Resort, MI – 2/24 – 2/26
MAR 2024	Hidden Valley – Every Saturday and Sunday		
APR 2024	National Championships Early April		

ALL parents attending races are required to volunteer by gate keeping OR by bringing snacks OR by contributing \$25. A SignUp Genius will be sent out prior to each race. THANK YOU IN ADVANCE!



Required Equipment



No athlete will be allowed to participate unless they have the basic required equipment

REQUIRED FOR ALL HVST ATHLETES

- Racing helmet (**NO SOFT EAR HELMETS!**)
- Ski clothing
 - HVST Team Coat
 - Ski pants, ski socks and proper underlayers
 - Ski gloves/mittens
- Goggles w/day and night lenses (clear/light/non-mirror for night training)
- Ski/snowboard boots that are properly fitted
- Ski poles that are the proper length
- Ski straps, 2-pair for each set of skis
- Proper length and tuned skis (more details follow) – No rental skis permitted
- **Label your athlete's gear**
- **Where to purchase equipment: HVST Facebook Page, The Alpine Shop, ski.com, etc.**
- **Questions about equipment? Contact David Coulter**



NO SOFT EAR HELMETS

Required Equipment



DEV 1

- Race Skis – Junior or Adult
 - Multi-event or SL required for all training and NASTAR
- Hard-eared helmet
- Ski poles with straps or glove clips

DEV 2

- Race Skis – Junior or Adult
 - Multi-event or SL required for all training and NASTAR
 - GS also recommended for U14 and older.
- Hard-eared helmet
- Race ski poles with straps or glove clips

RACE

- Race Skis – Junior or Adult
 - U12 and under - SL required, GS optional
 - U14 and older - Both GS and SL required
- Hard-eared helmet
- Race ski poles – GS and SL with hand guards



*****Race skis not recommended for use in the Terrain Park*****

Optional Equipment



Equipment – Optional

- Helmet SL Face Guard or separate SL helmet with face guard
- SL hand guards / Shin guards (SL) / Forearm guards (GS)
- Mouth Guard
- Race Suit
- All-mountain skis recommended for recreational skiing
- Cut resistant under layers
- Neck gator or face mask
- Boot bag (heated boot bag)
- Ski/board bag
- Boot dryers
- Microfiber lens cleaning cloth
- Ski/Board tuning equipment
- Waterproofing balm for leather gloves
- Hand/foot warmers
- Rain poncho
- **Equipment TUNING is highly recommended**
 - **Captain can advise and manage tuning @ Hidden Valley**



Coats



- If you haven't selected a size for your athlete(s), please contact Tim Missey (314.239.9050) or Hank Murphy (256-698-6383)
- We will have coats for pick-up at the team event / fundraiser and at the first practice or before
- For those going to camps, please make sure to get a coat prior
- You own your athletes coat and can then sell it or trade it when your athlete outgrows
- We will take new orders every March, so if you will need a new size, please inform us by Feb. 1, 2024
- Coats are purchased at a discount that is carried over to the family

Katie Tull Memorial Award & Team Captain



- **WIJARA #795 Katie Tull Memorial Award**

- A scholarship established in memory of Katie Tull by the Hidden Valley Ski Team Board. This scholarship recognizes outstanding commitment to ski racing, teamwork, leadership and community involvement.
- WHO IS ELIGIBLE TO APPLY? All Race Team athletes who hold a GPA over 3.2/4.0 and who are in 10-12 grade.
- DUE DATE: February 15, 2024
- Information and application will be sent to Race Team

- **Team Captain**

- The HVST board created a new role of Team Captain, which allows an eligible athlete to hold a leadership position that will focus on our team development, athletes and coaches support and coaching of younger athletes.
- WHO IS ELIGIBLE TO APPLY? All Race Team athletes who hold a GPA over 3.2/4.0 and who are in 10-12 grade.
- DUE DATE: September 1, 2023

Code of Conduct



- **SPORTSMANSHIP** - treat teammates, coaches, resort employees, general public, competition officials, facilities and opponents with respect & display good sportsmanship at all times
- **SAFETY** - follow all safety guidelines & report any safety concerns
- **DISCIPLINE AND COMMITMENT** - attend all practices and events unless there is a valid reason for absence, arrive always on-time and prepared
- **TEAMWORK** - Foster a positive team environment by supporting, encouraging and including teammates
- **INTEGRITY** - Compete fairly and within the rules of the sport & uphold the reputation of the team, both on and off the slopes
- **CONDUCT** - Be mindful of language and behavior, refraining from using offensive or derogatory remarks
- **COMMUNICATION** - Maintain open and respectful communication with coaches, teammates, and parents. **Express concerns or issues in a constructive manner, seeking resolution through proper channels.**
- **PERSONAL CONDUCT** - Be a positive role model for the team and the skiing community & avoid engaging in activities that may impair physical or mental performance. **Use of illegal substances such as VAPING, SMOKING, DRINKING ALCOHOL is STRICTLY PROHIBITED.** Failure to comply might result in losing the spot on the team.
- **COMPLIANCE** - Adhere to all applicable laws, regulations, and policies related to skiing and team participation.

By adhering to this code of conduct, all members of the ski team can contribute to a positive and supportive environment that fosters growth, teamwork, and success.

Volunteers



- As a volunteer-based organization, we rely on and welcome parent assistance:
 - Lodge Parent (POC at lodge / bottom of the hill)
 - Set-up / break down of racecourse
 - Weekly NASTAR races
 - HVST Race Day
 - WIJARA Gatekeepers
 - Other
- We will reach out with specific requests
- Please consider taking the USSA SafeSport training – we'll send this via a separate email
 - **SafeSport: Minor Athlete Abuse Prevention Policies (MAAPP) Training for Parents**
 - The U.S. Center for SafeSport provides mandatory training for all HVST coaches through U.S. Ski and Snowboard membership. In addition, SafeSport provides trainings for parents on the latest Minor Athlete Abuse Prevention policies (MAAPP) to help to education parents on the same policies to keep our athletes safe. SafeSport is offering free training via Zoom for parents November 8 and December 13. Preregister for the two-hour trainings (times are MST) here: <https://uscenterforsafesport.org/training-and-education/minor-athlete-abuse-prevention-policies/>

Calendar Overview



ITEM	Due Date
WIJARA #795 Katie Tull Memorial Award	February 15, 2024
Team Captain	September 1, 2023
HVST Team Fundraiser	October 1, 2023
Thanksgiving Race Camp	November 19-24, 2023

RACES CALENDAR

MONTH	NASTAR	WIJARA	USSA
DEC 2023			GS Camp/Race – Mont Ripley, MI – 12/28 – 12/30 (camp) / 12/31 (race)
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MAR 2024	Hidden Valley – Every Saturday and Sunday		
APR 2024	National Championships Early April		

HVST Fundraiser



- SAVE THE DATE!!! OCTOBER 1, 2023
- The only fundraiser of the year for our team
- ALL funds raised go back to our team (training equipment, team swag, coaches training, organizations fees, coats discounts, etc.)
- If you can't attend monetary donations are accepted
- All donations are tax deductible
- Activities during fundraiser:
 - Silent Auction (parents donations needed)
 - Swap & Sale (coats, equipment, etc.)
 - TeamSnap Information Booth
 - Races Information Booth
 - **Opportunity to meet coaches, fellow athletes and ask questions**

STAY TUNED FOR FURTHER INFORMATION AND DETAILS!

HVST Contacts



ITEM	CONTACT PERSON	CONTACT INFORMATION
General	Tim Missey Ana Johnson David Hromadka	president@hvst.org vicepresident@hvst.org secretary@hvst.org
Technical, Equipment & Ski Tuning	David “Captain” Coulter	skicaptin@earthlink.net
WIJARA	Lisa Berger	wijara@hvst.org
US Ski and Snowboard	Craig Spidle	cspidle54@gmail.com
Thanksgiving Race Camp	Matt “Squirrel” Sadl	squirrelsksis@yahoo.com
Membership & Communications	Ana Johnson	vicepresident@hvst.org
Billing	Dzenana “Jenny” Kurbegovic	treasurer@hvst.org
Coats	Tim Missey	president@hvst.org
NASTAR	David Hromadka	secretary@hvst.org
Dryland & WI Camps	Matt “Squirrel” Sadl	squirrelsksis@yahoo.com

Questions?

