



THUNDER RIDGE DEVELOPMENT RACE TEAM Winter 2023

A Guide for Development Parents

Welcome to the Thunder Ridge Development Race Program! The Development Team is comprised of skiers ages 8-10*. The primary focus is on developing good FUNdamental skiing skills, which are then applied to FUN (non-competitive) drills and games that will help to develop slalom and giant slalom racing skills. Although these skiers do not race, they are a vital aspect of the Thunder Ridge Race Team. Our "Devos" are the future skiers of our Race Team!

*8 & 9 year olds have the option of joining the Race Team or spending the season developing their skills in our Developmental Program. **10 year olds will also be considered for the Program based on discussion and evaluation by the Program Director. First year racers are recommended to join the Developmental Team. Our Coaches will be happy to discuss the appropriate placement for your child.

Please note -- Participants in this program must be able to ski intermediate terrain and ride all lifts unsupervised. You will be required to pass a chairlift test in order to participate in the Race Team program.

Thank you for sharing your racers and enthusiasm for the sport of skiing with us!

Registration Forms

There are 3 forms that you need to be concerned with: 1) Registration Form, 2) Medical Information, and 3) Photo Release and Behavioral Contract. Please make sure that these are completed and returned to Thunder Ridge Ski Area with your payment.

On the registration form you will see a line for your email address. We often communicate via email, so please give us a family address that you check frequently.

Program Schedule

Our program runs for 6 weeks starting January 7th. The dates are: January 7th-8th, 14th-15th, 21st-22nd, 28th-29th and February 4th-5th, 11th-12th. **Please be aware there is no training on President's Weekend February 18th-19th.** We may have a season-ending fun race, date TBD.

Daily Schedule

- **CHOICE OF SESSION – MORNING OR AFTERNOON** Saturday and Sunday practice is from 9:30 – 11:30 **OR** 12:30-2:30. The Coaches take the skiers to the lift at 9:30 & 12:30, so please come early to get ready and boot up.
- The drop off and pick up location is over by *Little Thunder base access area*, located by the ramp across from the restaurant parking area. Please come with your child to *sign them in and out*, and be sure to tell the coaches about any early pickups. Please make a note in the sign-in book!

Screening Procedures:

- **Chairlift Training**

At Thunder Ridge Ski Area we take chairlift safety very seriously. All participants in our Race Team program must participate in chairlift training prior to program commencement. You must be able to load independently, pull down the safety bar, and unload independently in order to qualify for the team. You will be required to pass a chairlift test in order to participate in the Race Team program.

If Chairlift Training and Test has not been completed, your child will not be able to participate. If you are unable to commit to your child participating in Chairlift Training before the program starts please do not sign them up.

Sick Policy

- If your racer is not feeling well the day of practice, please stay home!

Equipment & Clothing

- First, helmets are mandatory. Goggles are a good idea. As we are outside all day, please dress them accordingly – layers are best when it's cold, and then they can remove some if it warms up in the day. For warmth think neck warmers.
- Mittens are better/warmer than gloves for those little hands. Think waterproof, not fleece or knit mittens. Always have a 2nd pair of mittens with you in case the 1st pair gets wet.
- Stay away from cotton socks and cotton in general. It gets wet and stays wet. All long underwear should be OUT of the boot, and socks pulled up to keep from getting bumps and ridges in the boot. This can result in sore spots and bruises on the shin.
- Make sure that every night their boots and mittens are dry. Pulling out the inner boot liner will insure a dry boot. It takes a few times to get the hang of it, but it is sooo worth it! Condensation from wet and snow can make feet and hands miserable!

General Tips

To make your child's experience successful, please try and keep the following things in mind:

- ❖ Make sure that your racer has a good breakfast!
- ❖ Label, label, label everything!
- ❖ Have your child practice bathroom runs, without your help. After a couple of times with helmet, mitts, zippered jackets, suspenders, and snow pants, they will see that they need more time to go to the bathroom than they may have thought. This will help avoid accidents!
- ❖ If a child gets separated from their group, reinforce that they should wait at the lift for their group to reassemble. Their coach will tell them if there is another meeting spot.
- ❖ As weather can be variable, there are 2 ways to check for changes in schedule:
 - 1) Thunder Ridge web site: www.thunderridgeski.com, click on race page
 - 2) Race Team Hotline: 845-878-4100 press 6 for race teamAny changes will be updated by 5pm the night before. If there is nothing posted, follow your regular schedule. You will NOT receive a phone call or an email. WHEN IN DOUBT, CHECK IT OUT!
- ❖ Be patient the 1st weekend, especially with your racer. Come with time to spare as the first days are rather busy for everyone.
- ❖ Please get your child to practice on time....it is difficult to try and catch late arrivals up with their group.

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- ❖ The Race Room will be available for racers this season. Also, lockers will be available for rent on a first come, first served basis.
- ❖ The **Thunder Ridge Gift Card** is a great alternative to carrying cash. It is a prepaid card that can be used in the cafeteria for hot chocolate and lunches as well. It can become your skier's meal card! You can put any amount on it (\$20 minimum), and keep adding whatever you want, whenever you want. Zip it in your athlete's jacket, and forget having to give out hot chocolate or lunch money every practice!

