

## **2011 Council Reports**

### **ADK Report**

Council schedule of events: This year we had Snow Ridge GS, Polar Bear GS, Woods Valley SL, Dry Hill SL, and finally Mohawk Valley (McCauley) GS

Rules and regulations for participation in council races: J4,5,6  
NYSSRA and USSA registered represented by a club/coach

Recognized/awarded at council races: Top 5 metals by class and gender including J6.

Speed camps: J4 Gore, decent attendance from ADK council

Skills assessments: We did one skill assessment following the second run of each council race until all skills were completed. This was organized and scored by coaches and posted on web site. Majority, if not all, of the ADK council coaches find issue with the skill assessment as a requirement.

Council training days: We train as a council team prior to Kandahar champs and states. Polar Bear and MVST train together more frequently as we share McCauley.

Coaches clinics: Shaun Goodwin full day clinic at McCauley...excellent and well attended.

Team building initiatives: We have a strong sense of team in our council and all work together well. This year we replaced the "council cup" with the "nations" teams and it was a success.

State team selection procedures: Best 5 of 12 results from 4 council races.

### **Central Council Report**

JIV Speed Camp: The camp was held two days at Song Mt, Sunday/Monday (Martin Luther King weekend). There was almost a 100% attendance from our JIVs in the central council. We had a closed environment, being held on a trail homologated for SG. The elements included: a start and skate drill, a jump within the course (taking the jump at graduating levels of speed), combined long turns

with flats. This was done in sections within the course that was to be run the next day. We also had 6 consecutive whale back jumps set along the side of the trail for training terrain changes and absorption. A speed gun was placed in the section where the most speed was clocked, at the combined turns. Sections were run the second day. After the section training, we ran two timed runs, and the results were given to the coaches. We had a coaches lunch so that we could gather informally with the TD and discuss any changes that needed to be made.

Skills Assessment: This was handled by each club in our council. The three elements were incorporated in their regular day to day training.

Council Training: Training for the council was opened up by Mike Wetzel at Song Mt for JIV States and any days that followed that their mountains might be closed.

Coaches Clinic: This year we had a coaches clinic held at Togg in the evening. Our clinic was "Skills Assessment". We worked in 2-3 small groups. Part of the group would do one of the elements while the other part of the group would assess the skill that was being preformed. It was good to review this as we were to use these elements through out the year our training and see them at JIV States. It was well attended by our council.

Team Building: The central council held a " Kombi Day " that did not count for States. It was done on a weekend that no races were being held.

State Team Selection Procedures: Best four runs

## **GVSC REPORT**

Council schedule of events: We did Brantling dual (optional) new years eve. Kombi camp and a one run race at HH on Jan 15th( we started much later then usual, it was great for the kids). Then we had two GS races( Swain and Bristol) and two SL races ( HH and Brantling). The JIV speed camp was before all the races which was great for the athletes fundamentals!

Rules and regulations for participation in council races: Be a member of a team and have representation. Be a member of USSA and NYSSRA. JVIS are welcome but they compete with the JVs. We do not break JVIS out for awards.

Recognized/awarded at council races: JIV boys/ girls- JV boys /girls, we go 10 deep in each (JVIS are with the JVs for awards)

Speed camp: At Bristol, early season! Very positive response from athletes and coaches.

Skills assessments: GVSC did not do these within our council throughout the season. The only time they were done was at states.

Council training days: We had a camp in the AM the day of our one run Kombi race. The athletes rotated on the hill running the course in sections. The sections had the transitions from SL/GS and GS to SL. The camp was very productive and fun. It was a great way to teach Kombi. After lunch we had a 1 run kombi race. It did count for our selection to states.

We didn't have any formal council training before states.

Coaches clinics: GVSC tried to have a course setting clinic at Brantling (FREE to all GVSC coaches). This was set up by Si and Kevin and was going to be attended by at least 20 coaches. The day before we were told this WAS NOT approved by the NYSSRA education committee. This was then cancelled and it was a HUGE shame, many coaches were very disappointed. NO OTHER CLINICS WERE HELD!

Team building initiatives: Nothing formal at GVSC for team building, however, it seems the kids all know each other and spend time with kids from other teams. At the last race the kids spend time together doing tug of war and other fun activities.

State team selection procedures: We use 5 results. 4 runs ( at least one has to be a different discipline, ie...3 GS and 1 SL) The kombi run counts as either discipline. We also use 1 full race result.

	Buffalo Ski Club	Holimont	Holiday Valley	Kissing Bridge	Peek n Peak	Ski Denton	Totals
J-4	10	32	18	5	0	3	69
J-5	11	24	17	12	0	3	67
J-6	5	13	12	7	0	1	38
Total	26	69	47	24	0	7	174

Regular Season Events		J4/J5 Post Season Racing					
Bristol		Club	States	F Stars	K Champs	Piche	Can-Am
	SG Camp	BSC	3	0	?	0	0
HO	GS	HO	11	2	?	1	2
HV	SL	HV	12	5	7	5	1
KB	SL	KB	1	0	?	0	0
HV	GS	SD	0	0	0	0	0
BSC	SL						
HV	State Camp						

### # of Programs in NFSC-5

(Buffalo Ski Club, Ski Denton, Holiday Valley, Holimont and Kissing Bridge)

### # of Areas that host NFSC Council races- 4

**Format-** 3 SL and 2 GS Ages included J4, J5 & J6. 1 Speed Camp for J4 only.

**Selection Criteria used for 2010-2011 for States.** Best 7 of 15 including combined results.

**Speed Camp-** Held with GVSC at Bristol. The camp was 2 days. We include J3's that had families with a J3 and J4 racer.

**Coaches Education-** BSC held a 2 day event with Doug Lewis 1 day with Coaches and 1 day with athletes. The attendance was outstanding for both.

### New This Year:

- Tall Pole Slalom all year for J4's. A gate swap out was done after J5 and J6 athletes had run.

- HV ran 2 courses 1 female and 1 male. A gate switch was done for J4.
- Combined results were included for State selection
- Skills Assessment day was held for J4 at BSC
- 2 Skill assessments were held at HV the pole plant drill and one ski drill.

### **Team Building:**

- Four day State Camp
  - All 4 days were at HV due to scheduling conflicts
  - All coaches working with all kids regardless of club
- Worked together as council at State and Kandahar Champs events
- Color team competition
  - Kids of all ages are randomly placed on color team
  - Winning team is decided at end of year
  - Coaches adopt a color and serve as captains
  - Promotes less focus on club affiliation
  - Gives all kids an avenue for success

### **Mountain Council Report**

Council schedule of events: We have 5 races that count towards states selection, 5 runs each event. The Gore race has been a super-combined (GS & SL) the last few years, to give us equal # of runs.

Rules and regulations for participation in council races: USSA and NYSSRA members.

Recognized/awarded at council races: Decided by the local organizer but usually top 5

Speed camps: 2 day Speed camp at Gore along with Rip and Adk councils.

Skills assessments: We scheduled these to be done after races at Pisgah, West, and WF. Due to a power outage at West we did the pole plant drill before a race while waiting for the power to come back on.

Council training days: None

Coaches clinics: None this year

Team building initiatives: None, although with only 3 teams we are pretty

close knit.

State team selection procedures: This year 5 best results of 15, counting combined result. Next year recommend 7 of 15.

### **Rip Van Winkle Report**

7 out of 12 results are used for State Team Selection.

Coaches clinics were held with Steve Mergenthaler for speed and Jim Catalano for course setting.

J4 speed camp was held at Gore and viewed as a great event.

Second year J5s are allowed to compete in the council series only if they qualify during the first council race. The first race is an open and open to J5s. If a second year takes top 5 overall they may compete in the council series. This has only happened once.

One skills assessment was held and they did not post or give immediate feedback because the group felt that the scoring was inconsistent and not valid.

Nations teams are used in the team building initiative.