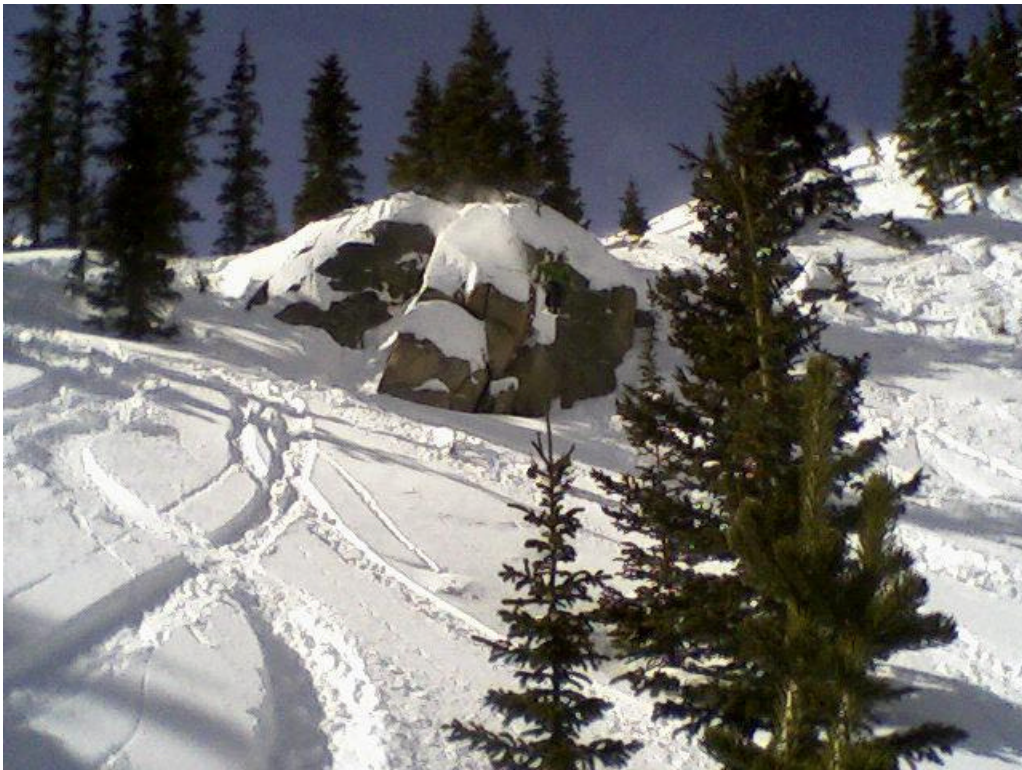


# **Freeski Team**

## **2009-2010 INFORMATION GUIDE**



**ALL OF YOUR  
QUESTIONS ANSWERED!**

**Please save this ALL SEASON  
as a reference guide!**

## FREESKI TEAM - QUICK REFERENCE GUIDE



### **IN THIS GUIDE:**

- First season Freeski Team!
- What are Big Mountain Freeskiing Competitions?
- Email/Phone Numbers/Websites you should know
- Calendar
- Communication Tools
- Which website does what?
- Parent Kahunas/WPSP

### **FIRST SEASON FOR THE WP FREESKI TEAM !**

The snow has been falling here in Winter Park and we are gearing up for the inaugural season for the NEW Winter Park Freeski Team! Soon stoked freeskiers will be rippin' it up on the fluffy snow. Please read and save this guide for reference throughout the season.

### **WHAT ARE BIG MOUNTAIN FREESKIING COMPETITIONS?**

According to MSI (Mountain Sports International) who is the host for the World Freeskiing Tour, big mountain freeskiing competition is judged on the following criteria: line choice, technique, aggressiveness, control and fluidity. Freeskiing allows competitors to utilize all natural terrain features between the start and finish area with higher points awarded for unique and difficult routes. Competitor's runs often include skiing down steep terrain at high speeds and skiing over cliffs and rock exposure.

## **EMAIL/PHONE NUMBERS/WEBSITES YOU SHOULD KNOW**

Competition Center General

[ccenter@skiwinterpark.com](mailto:ccenter@skiwinterpark.com) - 970-726-1590 or 303-316-1590

[jzunno@skiwinterpark.com](mailto:jzunno@skiwinterpark.com) – Jerady Zunno – Business Supervisor

[www.wpcompcenter.com](http://www.wpcompcenter.com)

[www.skiwinterpark.com](http://www.skiwinterpark.com)

[www.teamwinterpark.net](http://www.teamwinterpark.net)

Competition Center Fax

970-726-1690 or 303-316-1690

Helena Powell – Development Director

[hpowell@skiwinterpark.com](mailto:hpowell@skiwinterpark.com) – BEST way

970-726-1679 or 303-316-1679 – other way

## **FREESKI CALENDAR**

Mark your calendars at home! Here is how the Freeski Team schedule looks for our 2009-2010 Winter Season:

### OCTOBER

- 9-10 - 25th Annual Winter Park Ski and Snowboard Swap
- 10 - Comp. Center Programs Orientation
- 15 - Early Season Discount program sign-up ends

### NOVEMBER

- 18 – Rejoice! Winter Park Opens!

### DECEMBER

- 5 – Freeski Team first day on snow!
- 26 - 28 Holiday Camp

### JANUARY

- 1 – Happy New Year 2010!
- 30 - Parent/Coach/Athlete Meeting - Saturday

### MARCH

- TBA – 1<sup>st</sup> Annual WP Freeski Day

### APRIL

- 3 – Last training day and PARTY – Saturday
- 18 – Winter Park Closing Day and Spring Splash

Competition Calendar attached.

## **COMMUNICATION**

Good communication is the key to any relationship! Our tools so you know what's going on with the program:

1. **Freeski Team Email Newsletter** with ConstantContact. It will be a bi-monthly publication. It will be emailed to those who provide email addresses on your registration forms, and print editions will be provided in the Competition Center office for those who do not have access to the internet. All of the Competition Center newsletters and information is color coded. Freeski Team color is **BRIGHT YELLOW**. All paper Freeski Team correspondence will be on the right wall as you walk into the Competition Center office. The newsletter will contain program and avalanche information, highlight upcoming events and competitions, and provide any other pertinent information for skiers and their parents. **IF YOU HAVE PROVIDED YOUR EMAIL ADDRESS AND HAVE NOT RECEIVED A NEWSLETTER BEFORE DECEMBER 1, PLEASE EMAIL HELENA SO YOU CAN BE ADDED.**

2. **Coffee with the Coach**. There will be two sessions of Coffee with the Coach, dates to be announced. These will be informal meetings between the parents and the Program Director, Helena Powell, outside Coffee and Tea Market in the Balcony House. We will meet after the skiers and coaches leave the base area to go ski for the day. Comments, questions, and concerns will be addressed on skill development, general program and competition information, as well as anything else under the sun (you may even learn some secret powder stashes!). This is not mandatory by any means, but it is a good forum to share ideas.

3. **Athlete Evaluations**. Coaches will fill out two Athlete Evaluations for the season. The first one will be given out at the Parent/Coach/Athlete meeting in January, and the second will be a full season evaluation given to participants the last week of the program. The January meeting will be held at the end of the ski day so parents and coaches can all be on the same page as to where their skier's skill development is heading, and how daily fun activities benefit this path.

Team skiers will fill out goal sheets at the beginning of the season. These will serve as a guidance tool so athletes, parents, and coaches will be on the same page. These will be revisited during athlete evaluations.

Additional comments, questions, concerns? As always, there is an open door policy all season for questions and issues in the Freeski Team. Send any emails to [hpowell@skiwinterpark.com](mailto:hpowell@skiwinterpark.com).

## **WHICH WEBSITE DOES WHAT?**

The Team Winter Park website at [www.teamwinterpark.net](http://www.teamwinterpark.net) is your best source of information. The Team Winter Park website is for members of the Competition Center only. This website requires a log-in which is emailed to you when your registration is processed. Contained in this website is Competition Center news, an interactive and color coded calendar, sign-ups for events, articles, photos, and more! Check it out today!

Our other website [www.wpcompcenter.com](http://www.wpcompcenter.com) will still be up and running as well. This site is mainly for general program information. If you have any questions or concerns about the websites, please email Helena at [hpowell@skiwinterpark.com](mailto:hpowell@skiwinterpark.com).

## **PARENT KAHUNAS AND WPSP**

Do you want to be able to ski/ride everywhere your kids can? Are you a good skier/rider, but not quite ready for a Masters program? Kahunas and WPSP are for you! \*\*\*NEW\*\*\* this season is WPSP (Winter Park Snowboard Parents) the parent snowboard coaching that you have been looking for! The program fee includes a season pass and four days of coaching from our expert staff and guest coaches. If four days isn't enough, you have the ability to purchase additional sessions for just \$50 each. These program runs in January and February, and there are seven weekends available for coaching. There will be a free trial day December 19<sup>th</sup> and 20<sup>th</sup>, so come join us to see if the Kahuna program or WPSP are right for you. All skill levels are welcome! For more information and registration, please contact Helena Powell at [hpowell@skiwinterpark.com](mailto:hpowell@skiwinterpark.com) or Head Coach Mike Plante at [sportshots50@msn.com](mailto:sportshots50@msn.com)

# **2010 Freeski Team Competition Schedule**

Feb 4 – 6 – Telluride, CO – Subaru Freeskiing World Tour Qual

Feb 17 – 21 – Crested Butte, CO – Subaru Junior US Extreme  
Freeskiing Championships

Mar 10 – 13 – Taos, NM - Salomon Freeride Championships

Apr 1 – 5 – Crystal Mtn, WA - Silver King Junior Freeskiing  
Championships

TBA – Snowbird, UT – Snowbird Freeskiing Open

TBA – Aspen, CO – US Freeskiing Open

Tentative schedule – subject to change for our athletes.

# Understanding the Sport of Freeskiing

**It's a vertical free-verse poem on the mountain. It's the ultimate expression of all that is fun and liberating about sliding on snow in wintertime. What? You haven't heard about it? It's called *freeskiing* and it's arguably the most exciting snowsport competition of the 21st century!**

Forget placing slalom poles down the mountain. Forget building artificial jumps and hips and halfpipes and tabletops. Forget grooming the slopes even. Freeskiing contests are 100% natural, 100% clean. Indeed the event is all about celebrating the natural terrain and features found on any mountainside in the most exciting and elemental format possible. There's a start gate at the summit and a finish gate at the bottom. That's it. Best run down wins.

It truly is that simple. Think big-wave surfing. Think skiers and snowboarders choosing impossible-looking lines through cornices and cliff-faces and nasty little couloirs. Think progressive: Big jumps, mach-speed turns and full-on attack. Think entertaining. After all, it's not just surfers who ride barrels...

So how do you judge a freeride contest? After all it can't be easy – can it? It's not easy, for sure, but over the years the judging system has been honed to the point where most freeride athletes are entirely comfortable with the format. A Judges' Manual has been written by the event organizers and the Pro Freerider's Board. And it's all about overall impression. As the FWT Judges' Manual states: "A judge has to ask himself at all times how fast, how big and how much in control a rider is compared to how steep, how exposed and in what snow conditions the action is happening." In other words, the key to good judging is keeping the big picture in mind from the time the rider leaves the start gate to the time s/he crosses the finish line.

There are five categories, however, to which the judges need to pay special attention: difficulty of line, control, fluidity, jumps and crashes. Once these categories are taken into account the rest is simple.

## Difficulty of Line

But let's look at each category a little closer. Difficulty of line is pretty straightforward: it's all about the path a competitor chooses to take down the mountain. What's the danger factor like on his line? How does the rider link up the tricky passages along the way? How unique, imaginative, is her route compared to other riders? Is it a cool line? Does it tickle people's imagination? That's what the judges have to determine here.

## Control

Control is key in big-mountain riding. Possess it and you're golden. Lose it and you can go down. That's why the judges can be ruthless with those who don't show enough of it during their competition run. Did the athlete fall? Did he run the ragged edge of recovery all the way down? Or did he ride like he knew exactly what he was doing from start to finish? Often times, this is the category where neophytes struggle.

## Fluidity

Nobody likes watching stop-and-go action. And the Fluidity mark is all about rewarding those athletes who can ride from start to finish with no hesitation, no stoppage and no confusion. Did the rider have to embark on a long traverse to hit his landmark cliff? Did he get lost on the way down and have to climb to regain his line? Did she hesitate before dropping the big cliff? This is what the judges are looking for in this sector. Again – flow is what it's all about.

## Jumping

For many in the sport, the next category, Jumping, is what makes freeride competitions so exciting. Why? Because nothing is man-made – what you see is what you get. But like any other aerial sport, style and aggression play huge. How big was the jump? How did the rider enter the jump? What happened in the air? How well did he stick his landing? Was she like a cat thrown out a speeding car's window? Or did she know exactly where she was at all times? This is what the judges need to assess before assigning their overall mark.

## Crashes

Few freeride competitors have made it through their careers without a big crash or two. That's why the final evaluation, Crashes, is so important. That said, crashes have to be looked at from an overall-impression perspective as well. Did the rider lose it in a no-fall zone (a particularly dangerous section of the course)? Was the fall caused by a change in snow conditions beyond the athlete's control? And what about that iffy landing? Was that a planned move to save the rider from a dangerous situation? Or just a sloppy fall?

So there you have it: everything you always wanted to know about freeskiing. Now all you need to do is check out a contest first-hand...