

FREESTYLE AND FREERIDE INFO GUIDE

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EMAIL/PHONE NUMBERS/WEBSITES YOU SHOULD KNOW

Competition Center General

970-726-1590 or 303-316-1590

jzunno@skiwinterpark.com – Jerady Zunno – Office Manager

www.wpcompcenter.com

www.skiwinterpark.com

www.teamwinterpark.net

Competition Center Fax

970-726-1690 or 303-316-1690

Laurie Mooney – Freestyle and Freeride Director

lmooney@skiwinterpark.com

970-726-1586 or 303-316-1586

Dan Studer – Head Mogul coach

dstuder@skiwinterpark.com

970-726-1584 or 303-316-1584

Jesse Howe – Freestyle Devo Coordinator

jhowe@skiwinterpark.com

970-726-1594 or 303-316-1594

FREESTYLE & FREERIDE STAFF

Freestyle and Freeride Director

Laurie Mooney 970-726-1586 or 303-316-1586

lmooney@skiwinterpark.com

Freestyle Head Coach

Dan Studer

dstuder@skiwinterpark.com

970-726-1584 or 303-316-1584

Fulltime Coach

Freddy Mooney 970-726-1584
mogulfreddy@yahoo.com

Jr Team Lead Coach

Scooter McDaniel

Jr Team coaches

Matt Roark, Shunsuke Yokota, Mike Barron and Aerial Specialist Coach, Chris Seemann

Freeride Lead coach

Jeremie Livingston

Freeride Coaches

Hayden Howard and Kristi Johns

WPFT Devo Coordinator

Jesse Howe – ph. 970-726- 1594
jhowe@skiwinterpark.com

WPFT Devo Comp Squad Lead Coach

Jenn Stuart

WPFT Devo Comp Squad Coaches

Craig Middleton, Brett Phillippe and Geo Henderson

Devo Coaches

Cheryl Turner, Matt “Cowboy” Cowman, Matt Mulch, Katie Mulhern
Cole Dixey, Drew McElwee, Kelly Knowles, Piper Ehlen and Brian Roddy

Masters Lead Coach

Mark Kahre

Freestyle Masters Coaches

Julie Ray
Mark Burg
Erik Kahre

The Winter Park Freestyle Staff is committed to excellence!

FREESTYLE /FREERIDE CALENDAR

Mark your calendars at home ! Here is what the schedule for early season looks like

2009 – 2010 season:

OCTOBER

- 9 & 10 25th Annual Winter Park Ski and Snowsports Swap
 - 3pm Freestyle Programs Orientation
- 15 Early Season Discount program sign-up ends
- 4 & 18 Denver Dryland, go to website for details
- 11 & 25 Red Rocks Dryland for 13 and older, check website for details

NOVEMBER

- 1 Denver Dryland in Golden, check website
- 18 Rejoice! Winter Park Opens!
- 21 Jr Team and Freeride Training starts 9am
- 28 Freestyle Masters training starts
- 28 Parent info session for Freeride and Jr Team –9:15 am in Upper Balcony House
- 28 WPFT Devo Comp Team training starts –mandatory info session at 9am

DECEMBER

- 4 Freestyle Devo Friday starts
- 5 Freestyle Devo Saturday starts
- 6 Freestyle Devo Sunday starts
- 12 Freestyle Devo parent info session, location and time tbd
- 26, 27 & 28 Freestyle Devo Holiday Camp
- 27 – 31 Freestyle Team Holiday Camp
- 27, 28 & 29 Freeride Holiday Camp

When/Where:

Freestyle and Freeride Teams meet at 9:00am every Saturday and Sunday in front of Balcony House

Team Extreme meets at 10:00am on Fridays

Full-time meets at 1:00pm after school

WPFT DEVO meets at 8:45am Friday, Saturday and Sunday

COMPETITIONS - USSA

Freestyle and Freeride have the option of competing in every discipline that freestyle and freeride have to offer. All USSA RMD competitions are online registration by the individual at www.rockymountainfreestyle.com. All fact sheets and updates are posted at this website. Competition is not mandatory, but encouraged. Coach approval for competing is required. All registration deadlines are 1 week prior to that competition. Athletes MUST be licensed with USSA; applications can be found on the USSA website: www.ussa.org.

TEAM TRAVEL

Sign up for team travel to away competitions is done on the team website at www.teamwinterpark.net under sign ups. Once you sign up to reserve a spot on the van or with our lodging you ARE obligated to pay for it. Deadlines are usually 1 month in advance of the competition. Specifics about the event is posted on the calendar. To be eligible to travel with the team, you must read, sign and abide by our travel policy. See hand-out

See attached individual competition schedules for more details

COMMUNICATION

Good communication is the key to any relationship and we take this very seriously! These are our tools so you know what's going on:

1. **The Freestyle and Freeride Email Newsletter** with Constant Contact. It will be emailed to those who provide accurate email addresses when you receive the email from us on HOW TO register to receive our newsletters, and print editions will be provided in the Competition Center office for those who do not have access to the internet. All paper Freestyle and Freeride correspondence will be on the right wall as you walk into the Competition Center office. The newsletter will contain highlights, upcoming events, competition schedules for those who choose to compete, and provide any other pertinent information for athletes and their parents. **IF YOU HAVE PROVIDED YOUR EMAIL ADDRESS AND HAVE NOT RECEIVED A NEWSLETTER BEFORE DECEMBER 1, PLEASE EMAIL JERADY SO YOU CAN BE ADDED.**

2. **Parent\athlete\coach sessions.** These will be informal meetings between the parents, athletes and coaches to discuss the plan and progress of the athlete. Our goal is to strengthen the communication between all parties to make sure we are meeting or exceeding expectations. Comments, questions, and concerns will be addressed on skills development, general program and competition information, and anything else under the sun. This is not mandatory, 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 child's skill development is heading, and how daily fun activities benefit this path.

Additional comments, questions, concerns? As always, there is an open door policy all season for questions and issues in the Freestyle or Freeride Program. Send any emails to lmooney@skiwinterpark.com

ATHLETES SEPARATED FROM THEIR GROUP

We all know it happens from time to time: Coach turns left and a skier goes right. What is a lost skier to do? First, take a deep breath and know that everything is okay. Then, go to the nearest lift shack and inform the lift operator that you are a Freestyle or Freeride athlete and your group is lost. The lift operator will contact the Competition Center office, and coaches will be notified. The separated athlete may be picked up by another coach in order to reunite the skier with their group.

WHICH WEBSITE DOES WHAT?

The Team Winter Park website at 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 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 Laurie at lmooney@skiwinterpark.com

OTHER WEBSITES YOU SHOULD KNOW

Rocky Mountain Freestyle – www.rockymountainfreestyle.com

USSA – www.ussa.org

USASA – www.copperseries.com

WORK DEPOSIT

What is a Work Deposit?

The purpose of the work deposit program is to insure that workers are available and motivated to assist with Winter Park Competition Center fundraisers and athletic events. The Competition Center actively pursues many events to be held at Winter Park to give our skiers and riders the home-hill advantage and to ease travel costs related to competitions at other areas. We are one of the only resorts in Colorado to keep a professional competition event staff, but still need many helpers to make the events successful while keeping costs at a reasonable level. Work deposit hours or “Parent Hours” are time you work towards the refund of the work deposit portion of the total cost of your child’s program. The work deposit amount varies depending on which program your child is enrolled.

The work deposit for a **one-day ski or any snowboard program is \$200** (excluding Masters, Sharks and All Mountain Programs). This means that if your child is enrolled in a one-day or any snowboard program, then you must work **at least 20 hours** to receive a full refund of your work deposit. If you work partial hours, you will be refunded at the rate of \$10.00 per hour. The work deposit for a **two-day program is \$400**. This means that if your child is enrolled in a two-day program, then you must work **at least 40 hours** to receive a full refund. If you work partial hours, you will be refunded at the rate of \$10.00 per hour.

Each family is only charged one work deposit. If there is more than one athlete enrolled in programs requiring a work deposit the greater of the work deposits will be charged. (Example: one athlete in 1-day program and one athlete in 2-day program, only the 2-day program deposit will be charged.)

Work Deposit Refund

Refunds of work deposits will take place twice during the season. We will credit the credit card originally used or mail a check. For families that **complete** their **total** hours by February 1, 2010, payment will be processed by March 1, 2010. The remainder of refunds, full or partial, will be processed by May 1, 2010.

Work hours for refund credit must be completed by April 15th, 2010. Work hours earned during the summer of 2009 events will apply to 09/10 fees.

Earning Work Deposit Hours

Hours may be earned by working at qualifying events held here at Winter Park Resort. **The minimum age requirement for working toward work deposit credit is 13. Some events and positions may require older workers.**

You are responsible for making arrangements to work off your hours. An event coordinator may contact you based on how you complete the schedule of events sign up sheet, **however**, do not rely on a phone call from a coordinator in order to fulfill your hours. Please call or stop by the office and speak with the office staff to get additional information.

Thank you for your time and dedication to making the Winter Park Competition Center events and

programs a success.

SMITH ATHLETE PROGRAM

A TYPICAL DAY ON WPFT DEVO

As we approach the new season, there are many questions on how a typical devo day would go...

We start by getting ready the night before training. It is always a good idea to get a good dinner, a good night sleep, drinking lots of water, and setting your gear aside or simply getting it in the car you are driving to the mountain. It isn't a bad idea to check the weather in the mountains to see what temperature it might be, and what lenses to wear in your goggles. Don't forget your season pass either!! On the morning of training please try to be on time, eat a good breakfast, drink water and juice, put on sunscreen, and dress appropriately. It is very important to be ready to get on the hill at 8:45. If you are going to be late call your coach. The rest of the group will take a run and meet you at the morning meeting spot or on the mountain. Each morning the coaches will discuss what discipline we will be training that day and why. If it just snowed powder we will probably go ride the steeper bigger side of the mountain - MJ or the Bowl and some trees. After we take a warm up run, we find a warm spacious place to stretch. We stretch so we don't get injured, and to get our blood flowing. Stretching time is also when we talk about our day and what we need to work on/ train for. Then it is time to get serious on the hill! We will take water/bathroom breaks as needed, but we try to get as much hill time as possible. We take an occasional morning hot chocolate break, and play fun, bonding, balance games throughout the day! Lunch break usually takes place around noon, if we are in high crowd time, it may be early or late. We do NOT supervise lunch time so your child must be responsible to be on their own. After lunch a couple of mellow runs, and back to riding until 3:00. When we are training it is very important to stay with the group, if you get lost we will have a meeting place. The meeting place is the lift you were supposed to meet your group at. Stay at the meeting place until your coach gets there!! During training, no foul language is permitted, and everyone is a team player. Your fellow teammates become close friends. Sometime we have to wait in lines with other patrons on the mountain, so being respectful and patient is learned and required here. Same goes for on the hill. Obey all signs, closures, and the slope watch/ski patrol. Any inappropriate behavior can result in suspension. Most of all we are out to be safe, **have fun**, become great snow sport athletes, and listen to your coach! Parents remember it's usually more beneficial for your athlete to remain with their team without parent interaction from 8:45 to 3:00.

The coaches and returning athletes, look forward to having a great season of riding, fun, progression, and making new friends. See you soon!!!

ROCKY MOUNTAIN FREESTYLE DEVO SCHEDULE TENTATIVE AS OF 10-15-09

**Jan 23 – King of The Grommets at WP – young kids slopestyle
15 and under, not ussa sanctioned**

Jan 24 – RMF Devo Moguls at Winter Park

Feb 6 – Aerials at Aspen

Feb 7 – Single moguls at Aspen

Feb 20 – Duals at Vail

Feb 21 – Single moguls at Vail

Feb 27 – Duals at A Basin


Feb 28 – Single Moguls at A Basin

**March 12, 13 & 14 – DEVO CHAMPIONSHIPS IN TELLURIDE –
Slopestyle, J5 and under moguls, J4 and older moguls**

****** Steamboat has not yet submitted their dates. As a competitive traveling team we will not attend the Vail competition since it is very expensive and not an easily accessed venue. The comps in bold we plan on attending as a team.**

Development (DEVO) Series Information

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What is the Rocky Freestyle DEVO program? This program is for Freestyle skiers age 12 and under (as of Dec. 31 of the competition season) who are not competing in the Rocky Mountain Competitive Series program. The Devo program features 4 to 5 fun mogul competitions and may include additional duals, aerial, slopestyle or halfpipe events. Competitions are hosted on weekends at several different resorts across Colorado. Devo mogul competitions include a single jump and each competitor receives two runs; the better of which is counted. Speed is not a factor. A three judge panel scores each of the competitors. Each season concludes with a fun-filled Devo Championship weekend. The schedule and location of events is posted in the Rocky Freestyle news letter and on the Rocky Freestyle website.

Special J3 Exemptions

J3 (13 and 14year-old) athletes who do not compete in the Competitive Series program may be included in the Devo program with their coach's approval. However, they must obtain a full USSA Freestyle Competitor membership or Rookie membership (See below).

One-time Mogul DEVO Moveups

The DEVO Program is an introductory level program for Freestyle skiers. Once an athlete skis in a USSA scored Rocky Competitive Series event, they must remain at that upper level of competition. However, a Devo program athlete may, with the approval of their coach move up to compete at ONE Rocky Mountain Competitive Series "meet" each year without losing their Devo status or having to obtain a full USSA Competitor membership (a meet consists of all mogul events on a specific competition week-end, including Duals). However a Devo athlete cannot move up to a Champs/Sr. event. Please make sure to note "Devo Move-up" if registering for a Rocky Mountain Competitive Series event. One-time Devo move-ups do not receive USSA points at their move-up meet unless they hold a full USSA Competitor membership. Sometimes Competitive Series mogul events are designated as "unrestricted" Devo move-up events which means that a Devo athlete may compete in these events without the event counting as their one-time move-up.

Unrestricted DEVO Aerial, Slopestyle and Halfpipe Participation

Devo competitors may, with the approval of their coach, compete in any or all of the Rocky Mountain Competitive program Aerial, Slopestyle and Halfpipe events without losing their Devo status. Devo athletes are cautioned to ensure that their coach approves their jumps at these events in accordance with Section 3070 of the USSA Freestyle Competition Guide. Devo athletes will not receive points on the USSA points list for these events unless they hold a full USSA Competitor membership.

DEVO Event Fees and Registration

The registration fee for Devo events is only \$20. Athletes must notify their coach if they intend to compete at a Devo event. Coaches will in-turn provide a list of all of their participating athletes to the host team no later than the Tuesday before the event. NOTE: DUE TO THE LARGE NUMBER OF DEVO PARTICIPANTS, THERE IS NO ON-SITE OR LATE REGISTRATION AT DEVO EVENTS! ALSO, ALL COACHES MUST REGISTER THEIR TEAMS WITH THE HOST TEAM NO LATER THAN THE TUESDAY BEFORE THE EVENT – NO EXCEPTIONS! Parents are highly encouraged to verify with their coach that their athlete is on the registration list in advance of the cut-off date. Event Fact Sheets are posted on the Rocky Freestyle website. Events may be limited to the first 100 entrants.

DEVO Membership

Each Devo competitor age 12 and under (as of December 31 of the competition season) must hold both a valid USSA Freestyle Youth membership and a Rocky Mountain Division Youth membership. Both of these memberships are obtained together through the USSA on a single application. Membership information (fees, forms and payment options) are available on-line at "www.ussa.org".

Any coach-approved 13 or 14 year-old Devo competitor (see above) must obtain either a USSA Freestyle Competitor membership with a Rocky membership, or a USSA Rookie membership, as appropriate. Forms and information on these memberships are also available on-line at "www.ussa.org".

Any competitor who obtains a USSA Youth membership for the Rocky Devo program and later moves into the Rocky Freestyle Competitive Series program (except for the one time move up provided for above) will be required to purchase a full USSA Competitor or Rookie membership.

Devo Start Order

It is suggested to run all J5's and younger first, female, then male; then J4's, female then male. The older age classes specially approved should follow in the same format.


DEVO Awards

Awards will be given to the top five in each gender in age classes J4 and younger. All competitors will receive a participant ribbon as well.

Questions:

If you have additional questions about these events, please contact the Rocky Mountain Freestyle office by e-mail at RMFreestyle@ussa.org , or by phone at 303-202-0534.

Competitive Series REGISTRATION information

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Note: This information applies to all Rocky Mountain Freestyle events except Developmental (DEVO) Competitions.

For registration information about DEVO events "[click here](#)".

The Rocky Mountain Competitive Series program offers USSA sanctioned competitions in Moguls, Dual Moguls, Aerials, Slopestyle and Halfpipe. This program requires a USSA Competitor membership with a Rocky Division membership (or a Rookie membership if applicable). Competitors receive points on the USSA national points list (except for Rookie memberships).

Pre-Registration

Pre-registration is required for all Competitive Series events. This includes all Rocky and non-Rocky competitors. Deadline for event registration is 5pm Mountain Standard Time the Tuesday before a competition. However, registration may close earlier if the event becomes full. On-line registration "[click here](#)" is the only method for registering for an event except that on-site registration may be allowed for events (excluding dual moguls) if the field is not yet full. A late fee of \$15 will be charged for all on-site registrations including USFST members. There is NO REGISTRATION BY FAX, PHONE, E-MAIL OR MAIL. MasterCard and Visa are accepted for on-line registration (remember, VISA is the preferred credit card of the US Ski Team). Athletes must bring proof of their on-line registration to each event!

Event Fees

Weekend (meet) event fees for mogul events are \$50 for the first event, \$40 for the second event and \$30 for each additional event. Double freeride events (halfpipe, slopestyle and aerials) are \$60 for the first double event and \$50 for the second double event. The fees for the RMD Championships are \$65 for the first event and \$45 for each additional event. Any competitor who submits a returned check or bad credit card will be considered a "competitor not in good standing" and will 1) not be allowed to compete in Rocky events, 2) not receive any awards, and 3) may not appear on the USSA points list until all funds due are paid in full.

Event Refunds

Refund Policy: A maximum \$25 cancellation fee will apply for each athlete for each separate event or meet registration. The \$25 cancellation fee applies for non-injury withdrawal no later than the registration deadline from a weekend's meet or individual event. Non-injury refunds are not provided for cancellations after the event registration deadline. Refunds in the case of injury are not subject to the \$25 cancellation fee. Injury withdrawal request must be accompanied with a letter from the attending physician, a hospital bill, or other appropriate documentation, at the discretion of Rocky Mountain Freestyle. When an injury occurs on an official training day or competition day, the competitor is not entitled to a refund for that meet's fees.

Due to the fixed cost of events, refunds are not provided if an event can't be held or is not able to start on time. This includes, but is not limited to when the weather or other factors make it impossible to hold the event as scheduled. Under certain situations, events may be rescheduled or moved to a different resort.

If a competitor is injured he or she may request a refund by submitting a request in writing to the Rocky Mountain Freestyle office no later than May 1st of the competition season. When an injury occurs on the official training day or day of events the competitor is not entitled to a refund for that meet's (weekend) fees. A refund request for medical reasons must include a letter from the attending physician or a hospital bill stating the date and the nature of the injury. When a refund is given for a medical reason, RMD may request a release letter from a physician before the competitor is allowed to compete again.

Membership

All competitors must hold both a valid USSA Freestyle Competitor membership and a Rocky Mountain Division membership. Both of these memberships are obtained together through the USSA on a single application. Membership information (forms and payment options) are available on-line at www.ussa.org. A Rookie membership is available for first time competitors age 13 and up. Please see the USSA website for details.

Competitors who have not received their current memberships before their first competition will be required to complete a new application and pay the membership fees and late fees again. All applications will be sent to USSA and any duplicate application refunds must be applied for by the competitor from USSA. USSA membership cards should be carried by competitors at all competitions to verify membership.

Non-Rocky Division Competitors

Visiting competitors from other USSA divisions and foreign athletes may compete in a maximum of two Rocky events (i.e., up to two separate one-day competitions) without paying RMD dues. If that competitor wishes to compete in additional events, then the RMD dues are required. This payment will not cause the athlete's home division designation to be changed.

Bibs

Bibs are issued at the competitor's first event of the season. It is your permanent number for the season and must be worn during training and competition at each event. Unless there is a change in Rocky sponsors, athletes should reuse their bib from the prior season if it is in good condition. There is an additional \$30 fee to replace a lost bib during the season after the issuance of the competitor's initial bib. Loaner bibs are available for a weekend, for a deposit of \$30 and a fee of \$10. The current bibs are the black, Jagged Edge bibs; the previous white Fate bibs are not to be used during any competitions.

Start Orders

An official start order will be posted at the event check-in location. It is the athlete's responsibility to verify that they are on the start order before going on the mountain. Any omissions must be resolved with event officials prior to the start of the competition. Proof of registration is required if a competitor is not on the start order. Dual Mogul competitors are required to check the official entry list the day before the competition to verify that they are on the list before the duals seeding and run order is prepared.

Fall Workouts Winter Park Freestyle Ski Team

Monday: Cardio and Core

Warm-Up, 5 sets of 30 sec. intervals, 5 sets of 60 sec intervals, Cool-Down
As much core as you can do, finish with planks

Tuesday: Upper Body

Rotator Cuff Raises (where you hold your arms in a shoulder press position and rotate your hands forward), Pull Ups, Arnies, Curls on BOSU, Tri. Laying on ball, T Push Ups, Shoulder
Cable Pulls (high-low, straight, low-high)

Wednesday: Lower Body

Glute Cable Pulls, Fire Hydrants, Squats on ball, Hams on ball, 1-leg leg press w/ jump,
Calf Raises on leg press machine, 1-leg Straight Leg Deadlift (SDL), jump squats onto box

Thursday: Cardio and Core

Warm-Up, 25 mins at 160+ peats per minute, Cool-Down
As much core as you can do, finish with planks

Friday: Upper Body

Rotator Cuff raises (where you hold your arms in a shoulder press position and rotate your hands forward), Pull-Ups, Standing 1-arm lateral raises, 1-arm bicep curls, Cable triceps, 1-arm military press, Ball Pushups (all three kinds), bi and tri superset

Saturday: Lower Body

Fire Hydrants, Squats on ball, Hams on ball, Weighted jump onto a box, 1-leg SDL's, Calf Raises,

1-leg squats on BOSU (remember these where you stand on one foot on the BOSU and put the other leg as far out as you can in front, and then as far as you can behind you)

Sunday: OFF