



Sublette County Ski & Snowboard Association
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Welcome to all SCSSA Coaches SCSSA Home Team Training Goals and Philosophy

Overall Goals:

1. Teach safe skiing/snowboarding techniques.
2. Make skiing/snowboarding a fun, lifetime sport.
3. Prepare our athletes to compete in the Sonny Korfanta and Caroline Classic races

Helpful coaching hints:

Safety First - remember lift and hill safety at all times.

Please be familiar with, and go over with your groups, the Skiers/Snowboarder Responsibility Code. (see below)

We have prepared lesson plans for each week.

They are great to follow and to get ideas on what to do with the kids, but do not feel bound by the lesson plans.

Use your imagination.

One of most important things for our skiers to be doing is skiing and enjoying it! Have big air contests, use a stop-watch and time kids on courses, take the tree-trails, or skiing backwards - be creative! Think of games to play! Have something that worked really well - share your ideas with other coaches.

Ideally, we are teaching proper ski/snowboard techniques while we are having fun, so don't let drills and technical coaching get in the way. Mix it up – take a free run – take a hot chocolate break – run some gates – do whatever you can think of. Technique will come as long as our athletes love to ski/snowboard and are spending time on the hill.

We truly appreciate all the time and effort our coaches put in!

Thanks so much for supporting snow sports in Sublette County – here's to a great 2010/11 season!

Sincerely,

Jeff Wohl

SCSSA Head Alpine Coach

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Skiers/Snowboarders Responsibility Code

1. Always stay in control and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.