

## Hi Snowboarders

Hope you all had an awesome summer!

If you are new to the weekend program –welcome – We meet weekends and holidays from the day after Thanksgiving until the last weekend in March. This includes our groms. We will be meeting in the BBTS lunchroom which is located just above T-Bars restaurant The first weekend (November 28, 29 and 30<sup>th</sup>. We will meet at 8:30 am to meet your coaches and do equipment checks. At 9 am we will stretch and then get into our groups to rip it up. After the first weekend we will meet at 8:45 am so we can be on the snow at 9 for some warm up runs

If you are in your first year at the Academy – welcome – We meet weekdays Tues thru Fri. between 12:30 and 1 pm at the Quad. We will be training on snow till 4 pm and then heading strait down to the Sports center for workout. This is a little different then last season, so remember to bring your workout gear to the Mountain. On the weekends it will be mandatory to make it to morning meeting in the bbts lunchroom at 8:45am.

I look forward to a great season, so bring warm clothes and prepare to smile!

Bill

PS

This season we will be holding 3 events of our own. This will be a ton of fun for our young riders, It will be a good opportunity for our parents to see what we have been working on. On top of that it will be an excellent chance to earn some worker credits for the season. We are presently working on the dates and the space with the Mountain.

# 2008-2009

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## **Program Philosophy**

With the best mountain the East has to offer, and a highly experienced coaching staff, our program is designed to ensure a positive snowboard experience in a safe and secure environment. Our coaches have the know-how and the skills to instill riders with the confidence and the ability to push themselves to succeed. We will accomplish this through a qualified and dedicated staff that will promote and provide individual athlete attention and effectively communicate to athletes and parents.

## **Goals and Objectives**

1. To provide a safe training environment for snowboarders
2. To continue to run a successful program that produces athletes who achieve outstanding results and respect for their fellow competitors and coaches
3. To work together as "team BBTS" with coaches at Waterville Valley and at away competitions or training events
4. To place our athletes in state, regional and national championships by providing the appropriate individualized program for each BBTS athlete
5. To research and assist our athletes in the proper equipment and tuning choices
6. To provide and take advantage of additional opportunities that will assist our athletes in their development as snowboarders. (e.g. USSA development projects, training camps)
7. To pursue and provide any continuing educational opportunities for the snowboard staff.
8. To bring in higher level athletes to improve the dynamics of our training group and increase pace
9. To conduct appropriate and meaningful camps for our athletes.
10. To conduct ourselves as professional snowboard athletes and coaches and represent BBTS and Waterville Valley Academy with pride

## **Staffing**

Full Time Coaching staff

Bill Enos – Program Director

Pete Thorndike – Weekend Program Director and full time coach

Sam Harding – Full Time Coach

## **Conditioning and Nutrition**

New programs and Expectations

◆ All BBTS Full-time and weekend athletes should be following a conditioning program or participate in a fall sport and arrive in good condition and ready to ride.

◆ All WVA athletes will be tested when they arrive at Waterville Valley Academy. This testing data will be collected and be filed in the individual athlete athletic files. Athletes must inform coaches and trainers regarding pre-existing conditions or injuries (e.g. asthma, old ACL or Head injuries, allergies, frostbit )

## **Traveling protocol**

◆ Athletes traveling to away events and competitions are responsible for all lodging, food, coaches' expenses and related event fees and charges. WVBBTS will provide transportation within the New England Region **for WVA students**. Travel fees such as plane fare are not covered by WVBBTS and are the responsibility of the athlete or parent.



### **Behavior on the Road**

◆ Athletes are to represent WVBBTS/SEF and Waterville Valley Academy properly by showing respect for all adults, coaches, officials and other snow sport athletes. If a WVBBTS athlete's behavior is not acceptable to the coach or coaching staff that is traveling with them, he or she will take the appropriate action and resort to the rules and regulations outlined in the WVA Student Handbook.

### **Meals When Traveling**

◆ When traveling it is important for athletes to be flexible. Athletes need to eat properly and respect the meal services available. If athletes have special diets they need to inform their coach and be proactive in accommodating their own needs.

## **Training Schedule**

The Snowboard Program offers young riders outstanding opportunities to train and compete in half-pipe, slopestyle, racing (weekend athletes only) and boardercross. These disciplines are further broken down into age groups at training sessions. Riders have the option of training any of these

disciplines in the morning and then switching to another discipline in the afternoon. Our weekend GROMS Program is for developing snowboarders ages 5-9. Our GROMS are our future young rippers.

Outlined below is a general training schedule for WVA and BBTS weekend Snowboard athletes. As always training is weather and trail space dependent and subject to change.

WVA athletes train mid-week Tuesday through Friday in the afternoons. Athletes both Day and Boarding are expected to participate in ALL on-snow and off-snow workouts. If athletes need to be excused from an on-snow or off-snow workout they need to inform their contact coach ASAP.

Each Saturday and Sunday morning athletes will meet in the BBTS Clubhouse at 8:45 am for stretching and a quick morning meeting before heading out to the slopes at 9 am.

## Snowboard Competitions Programs and Competition Calendars

WVBBTS Snowboard Team members have the opportunity to compete at a variety of levels locally, regionally, nationally and internationally. See below.

<b>Competitive Activities by Team</b>		
<b>Team Name</b>	<b>Description of Competitions</b>	<b>Competition Calendar</b>
<b>National Travel Team</b>	Travels throughout the United States doing Triple Crowns, Grand Prix and US Open-type events.	See <a href="http://www.wvbbts.org">www.wvbbts.org</a> click on Snowboard and then Snowboard Competitions Programs and Competition Calendars and then National Travel Team subset for this schedule.
<b>Regional Travel</b>	Travels regionally	See <a href="http://www.USASA.org">www.USASA.org</a> New

<b>Team</b>	throughout the northeast, with hopes of making it to Nationals at Copper Mountain Colo.	Hampshire Series below.
<b>Locals only</b>	Entry-level competitions only at WV-fun, with lots of prizes	See <a href="http://www.wvbbts.org">www.wvbbts.org</a> click on Snowboard and then Snowboard Competitions Programs and Competition Calendars and then Home Team subset for this schedule. It was not available at the time of printing of this guide.

## **08/09 National travel team competition schedule**

**Nov. camp with WVA – early Nov.**

**Dec. 15-22 Dec. Camp ---staying in Frisco**

**Dec. 19-20 Breckenridge AST**

**Dec 20-21: Crotched Mtn NH Main Event – pending on AST**

**Jan 3-4: Wachusett Mtn MA Main Event**

**Jan. 8-11 Mt Snow AST – if we qualify from the Breck AST**

**Jan. 25-28 Copper REV**

**Feb. 4-6 Boreal REV**

**Jan/Feb: 31-1: Stowe Mtn, VT Main Event**

**Feb:14-15 Sugarloaf, ME Main Event**

**Feb. 20-22 Meadows REV**

**Feb 28th/March 1st Loon (Finals) Main Event**

**March 9-11 Sugarloaf Rev**

**March 13-15 Killington GP**

**March 16-22 US OPEN**

**April - USASA Nationals at Copper Mountain Colo.**

**Plus usasa events**

**Also if any riders qualify for the other GP's we will be taking you.**

**Grand Prix**

**Dec. 13 -14 Copper**

**Jan. 28 - Feb. 1 Boreal**

**March 13-15 Killington**

**Revolution Tour**

**Jan. 25-28 Copper**

**Feb. 4-6 Boreal**

**Feb. 20-22 Meadows**

**March 9-11 Sugarloaf**

**AST**

**Dec. 19- 20 Breckenridge**

**Jan. 8-11 Mt Snow**

**Feb. 19-22 Northstar**

**USASA SCHEDULE 09**

Jan 03 2009	1 Giant Slalom #1	Loon	New Hampshire	GS
Jan 03 2009	1 Slalom #1	Loon	New Hampshire	SL
Jan 11 2009	2 Giant Slalom #2	Waterville Valley	New Hampshire	GS
Jan 11 2009	2 Slalom #2	Waterville Valley	New Hampshire	SL
Jan 17 2009	3 Giant Slalom #3	Gunstock	New Hampshire	GS
Jan 17 2009	3 Slalom #3	Gunstock	New Hampshire	SL
Jan 25 2009	4 Half Pipe #1	Loon	New Hampshire	HP
Jan 31 2009	5 Slopestyle #1	Waterville Valley	New Hampshire	SS
Feb 07 2009	6 Boarder	Waterville Valley	New Hampshire	BX
Feb 08 2009	6 Giant Slalom #4	Ragged	New Hampshire	GS
Feb 08 2009	6 Slalom #4	Ragged	New Hampshire	SL
Feb 14 2009	7 Boarder#2	Ragged	New Hampshire	BX
Feb 15 2009	7 Boarder#3	Ragged	New Hampshire	BX



## Snowboard Competitor Membership Requirements

**USASA** membership is required for WVA and weekend snowboarders That are competing in usasa events [www.usasa.org](http://www.usasa.org)

**USSA** membership is required for all WVA snowboarders competing Nationally. Registration form is available at [www.ussnowboarding.com](http://www.ussnowboarding.com)

**FIS** license is mandatory for riders competing on the National team [www.fisSKI.com](http://www.fisSKI.com)