

Black Hills Ski Team
Team Handbook
2019 - 2020

WEEKNIGHT PRACTICES

Standard weeknight practices are from 5:30 to 7:30 on Stewart Slope under the lights. Team members who participate in evening practices must be comfortable skiing independently under these conditions. Family members are not allowed to ski at evening practices.

Coaches are typically stationed at the top and bottom of the course to give tips and to manage distance between racers. Racers are expected to wait at the top for starting signal and to stop at the bottom for coaching. This is generally true for gate training during daylight practices too.

Terry Peak typically leaves one door open on the lower level of Stewart Lodge during night practices so that team members have access to bathrooms and space for getting dressed. Team members need to be respectful of everyone using this small space and of Terry Peak property, keeping voices down, keeping the dressing area tidy, and helping to keep bathrooms clean. Team members are not allowed to be in the lodge during practice time without adult permission.

WEEKEND PRACTICES

Weekend practices typically run from 9:00 to 3:00 with a break for lunch from 11:30 to 12:30. Team members should arrive by 8:30 and be ready to assemble on the snow by 8:45. Assembling before the lifts open provides time for on-snow stretching, to determine groupings, and to talk about plans for the day. For team members who arrive after 9 AM, it's their responsibility to find a coach and group on the mountain. Assembling after lunch is similar to assembling in the morning, be on the snow and ready to ski at least a few minutes prior to 12:30.

LEAVING YOUR GROUP

During practices, team members are expected to ski with other team members and/or with coaches at all times. The only time team members should ski without a coach is if instructed by an adult or team captain. If a team member needs to go to the lodge or to leave early (night or day), they **MUST** tell a coach.

RIDING THE LIFT

The Black Hill Ski Team expects that team members **ALWAYS** ride the chair with another person. For lifts that have safety bars (all but Stewart), the safety bar should **ALWAYS** be used. During night practices, if a team member is alone at the bottom of the chairlift, he or she should wait for a teammate or coach to arrive. Riding with someone else is important for safety.

SKIING IN CONTROL

Team members must always ski in control and with respect for the safety of others. When stopping as part of a group, a team member should always stop **BELOW** the group, not above the group. When skiing near members of the general public, **SLOW DOWN** and give them space!! This is absolutely imperative for safety and to protect the team's reputation.

BEING RESPECTFUL

Team members must **ALWAYS** be respectful – of Terry Peak staff, coaches, other team members, the general public, and when traveling. **NO HORSEPLAY** in lift lines, on lifts, or in

the lodge. No cutting lines. Respectful behavior is essential for everyone's enjoyment, safety, and the team's reputation.

CODE OF CONDUCT

The BHST Code of Conduct is attached. It pertains at all practices, races, camps, and team-related events, both locally and out-of-town. Failure to adhere to the code of conduct may result in suspension or dismissal from the team.

DISCIPLINARY POLICY

The BHST Board of Directors is responsible for determining disciplinary action for a violation of the Code of Conduct. A team member accused of violating the Code of Conduct will be afforded the opportunity to share their side of the story with the Board of Directors if they so choose.

CAPTAINS

Team captains are identified each season. Coaches rely on the captains to help manage the team, and team members should give the captains the same respect they give the coaches. Captains are identified based on the following: 1) having expressed interest in serving as a captain; 2) being a 2nd-year U16 or older; 3) having qualified during a previous season for tri-divisionals, western regionals, or equivalent; and 4) having demonstrated good character. Mairen McGrath (senior at Sturgis Brown High School), Will Sayler (junior at Spearfish High School), Grace Schad (freshman at St. Thomas More High School), and Lauren Strand (senior at Spearfish High School) are this year's captains.

COACHES

The following have all completed nationally recognized training and are committed to the team for the 2019-20 season: Rick McGrath, Chad Sebade, Dave Mortimer, Shannon Schad, Courtney Schad, Sagar Patel, Scott Cornella, Mark Jobman, Nate Larson, and Ray Jensen. Collectively, our coaches volunteer hundreds upon hundreds of hours to the team. Please be sure to thank them for all they do!

HEAD COACH

Rick McGrath, 605-645-2852, mcdirt3@gmail.com

BOARD MEMBERS

Courtney Schad, President, 605-484-6090, schad.courtney@gmail.com

Betsy Sayler, Vice-President, 605-645-1676, bjsayler@spearfish.net

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TEAM CONTACT INFORMATION

Black Hills Ski Team

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Black Hills Ski Team

Code of Conduct

RESPECT

- BE respectful to all team members, parents, and coaches.
- BE respectful of Terry Peak employees and property.
- BE respectful when racing and training at other mountains.
- BE friendly and helpful with your team members and coaches.
- HAVE a good attitude.
- LISTEN to your coaches, give them your full attention, and do as they say.

COURTESY

- ALWAYS be courteous to other skiers and employees on the mountain.
- NO shoving, pushing, arguing, or talking back.
- DO NOT cut in lift lines. Wait your turn.

SAFETY

- ALWAYS ski in control.
- ALWAYS ski with your group unless otherwise instructed by your coach or a captain.
- ALWAYS tell your coach if you have to leave the group.
- NO tucking, unless part of a training exercise.
- When approaching your ski group, DON'T stop above the group. Stop below the group or off to the side. NEVER "hockey stop" towards others.
- ALWAYS use the safety bar on all lifts that have.
- NEVER ride a lift alone during practice. Always ride with at least one other person.
- DO NOT ski out of bounds.
- DO NOT ski off established runs unless instructed by a coach or captain.
- WEAR appropriate safety gear. Helmets are ALWAYS required. Other safety gear (chin guards, shin guards, hand guards, back protectors) depends on the discipline.
- MAKE sure you have the right clothing and gear to stay warm. Hand and foot warmers, face masks, and proper layers all help to keep you comfortable and safe in the cold.

REPRESENTING BHST

- Team members are expected to conduct themselves in a way that reflects positively on BHST. Team members are responsible for their actions during training, at competitions and camps, at related events, and while traveling.
- BHST members are expected to abstain from illegal use or possession of alcohol or drugs.
- BHST members are expected to abstain from using tobacco and vaping.
- Sexual misconduct of any kind will not be tolerated.

DISCIPLINARY POLICY

- Violations of any of the above may be grounds for suspension or dismissal from BHST.
- The BHST Board of Directors has final say in determining disciplinary action.