

# Outline of INTERCLUB

*Revised July 23rd, 2020*

The Mohawk Mountain Interclub program is a Mohawk Mountain Snowsports Discovery Center Program that provides coaching and racing in the USSS (US Ski & Snowboard) U10-U14 categories. We race in the Interclub League in the Tristate area of the USSS Eastern Division. Interclub races are held in the Berkshires, typically at Catamount, Butternut, Blandford, Otis Ridge and Bousquet.

Interclub racing is a lower level of commitment than the Mohawk Mountain Alpine Race Team but a higher level of a commitment than DSquad. The main difference between DSquad and Interclub is the additional commitment of attending all 5 races up in Massachusetts on Sundays, from late January through early March. Race days can be long with race registration typically at 7am and awards around 3 to 4pm (All Mohawk Mountain Interclub racers are expected to stay for awards and cheer on any of their team members who make the podium!).

Interclub focuses on developing young ski racers giant slalom and slalom skills, in a fun team environment, with a series of exciting and competitive races. Each racer both supports and is supported by their Interclub teammates and coaches. Our long term goal is to instill and nurture a love of skiing that will become a lifelong passion.

## **What the program provides: Coaching and Hill Space**

**Coaching:** Mohawk Mountain hires trains and develops coaches to provide the highest possible level of coaching for our athletes. All of our coaches are encouraged to pursue relevant certifications and attend training events that help to improve their own skiing and coaching abilities. Mohawk Mountain is also committed to providing in house training for both our current and prospective coaches through guest trainers, in house USSS/PSIA events, and regular coach's sessions among the existing staff.

Coaching will be provided for athletes on site during training and off site during races. The programed training starts the first weekend in January and ends the first weekend in March with no training or races on MLK or President Day weekends. Coaches assigned to away races will be provided a travel stipend in addition to regular pay. Mohawk Mountain has scheduled a winter break camp for December 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup>. This optional camp is not included in the program fee and is an additional cost for Interclub racers.

**Hill Space:** In order to provide the best possible training environment while balancing the needs of other programs and the everyday skier, the Interclub program will have clear and defined zones in which to set gates and drills for practice. These areas will include space on Arrowhead, Exhibition and Timber trails. One or two of these trails may be used on any regular practice day. Interclub athletes will share

hill space with either the Race Team or DSquad. Some restrictions may occur in relation to mountain conditions, race days or special circumstances, but these will be communicated ahead of time if they impact training.

### **Interclub Team Structure: Athletes and Coaches**

**Athletes:** Interclub athletes are between age 8 and 14. On training days athletes will be grouped by age and ability and may ski with multiple Interclub coaches throughout the day. Space in the Interclub program is limited due to available coaching staff, hill space and race day field sizes. Registration is through the annual Children's Development Program Lottery from September 1<sup>st</sup> through 15<sup>th</sup>. Places will be allocated to those who were unsuccessful in the previous seasons try out before any new spots are opened up. The program will help prepare athletes for the increased demands of the Mohawk Mountain Alpine Race Team. However, the process of obtaining a coveted spot on the race team is solely through the annual race team try out in February.

To compete in races, Interclub athletes must be registered members with US Ski & Snowboard (USSS) and Tri-State Alpine Ski Racing Association (TSASRA). Sign up for races is at an additional cost and it is the parent's responsibility. Sign up for races is on [Adminskiracing.com](http://Adminskiracing.com). Whilst many Interclub athletes choose to wear a race suit, it is not a requirement. Race Suits are optional.

**Coaches:** The general coaching staff's first priority is to the on hill experience of the athletes. Each coach is responsible for the development of their athletes and providing the best coaching possible with the resources provided. On a day to day basis, coaches will work together to ensure effective and efficient use of training environments. The Coaches will be asked to provide an evaluation of each athlete; their commitment and attendance, ability (skill development), and attitude. Some coaches maybe asked to take on specific additional responsibilities (commensurate with their skills and abilities) in order to provide a greater level of communication and/or organization.

While great communication between the coaches and the parents of athletes is integral to any ski/snowboard program, and valued highly by our families, it is not expected that coaches provide personal emails/phone numbers to families and communicate extensively off site.

Mohawk Mountain will appoint a Head Coach of the Interclub program. The Head Coach works closely with the Snowsports Director to form the leadership of the Interclub program.