

# Outline of MMART

*Revised June 21st, 2021*

The Mohawk Mountain Alpine Race Team (MMART) is a Mohawk Mountain Snowsports Discovery Center Program that provides coaching and racing in the USSS (US Ski & Snowboard) U10-U18+ age categories. We race in CYSL (Connecticut Youth Ski League) and Tristate as a part of the USSS Eastern Division.

Our goal is to provide a skiing experience that encourages the development of our athletes both on and off the snow. We believe that the MMART is more than just great skiing; it's being a part of a great team. Each racer both supports and is supported by their MMART teammates and coaches. Whether Mohawk Mountain racers end up on the World Cup circuit or never race competitively again, our 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. Periodically throughout the season, practices will end early to allow for coaches training time.

Coaching will be provided for athletes on site during training (approximately 8am to 1pm), off site for special travel days, and during both away and home races. The programmed training days consist of Saturdays and Sundays starting on December 11<sup>th</sup> (as snow permits) through to the end of the regular race season (CYSL and TriState). Thursday night practices will begin on January 6<sup>th</sup>. During post season coaching will be provided depending on the number of racers attending. Coaches assigned to away races will be provided a travel stipend in addition to regular pay. Coaches will also receive a travel stipend if assigned to an away practice (such as a trip to a large northern mountain). The final weekend of coaching on March 19<sup>th</sup> & 20<sup>th</sup> will be an end of season celebration with some fun dual courses! Mohawk Mountain has scheduled a winter break camp for December 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup>. This camp is not included in the program fee and is an additional cost.

**Hill Space:** In order to provide the best possible training environment while balancing the needs of other programs and the everyday skier, the MMART 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. 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.

## **Mohawk Mountain Alpine Race Team Structure: athletes and coaches**

**Athletes:** The Alpine Race Team is broken in to the USSS U10-U18+ categories. Each age group, while part of the whole, should operate with the needs of that group in mind. As such each age group will operate somewhat independently to provide the most effective practice possible. The Coaches will be asked to provide an evaluation of each athlete; their commitment and attendance, ability (skill development), and attitude. Based on this evaluation and alongside the annual open tryouts, the make-up of each age group will be decided for the following year. It is expected that most athletes on the team will continue to the next age group, but in cases where the desire, time commitment, or ability has changed that spot will go to a qualified new racer hoping to join the team. This process will be especially important to maintain workable numbers in each age group. Team and age group size are based on hill space and coaching availability.

**Coaches:** The general coaching staff's first priority is to the on hill experience of the MMART athletes. Each coach is responsible for the development of their athletes and providing the best coaching possible with the resources provided. On race days at Mohawk Mountain, coaching staff will assist (along with volunteers and relevant appointed personnel) the set-up and break down of the race environment. However, the coaches responsibility remains focused on the athletes. On a day to day basis, coaches will work together to ensure effective and efficient use of training environments. Some coaches may be 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/phones to families and communicate extensively off site. Mohawk Mountain has set up email addresses for the lead coach at each age group and this will be the channel of communication between coaches and parents. If individual Mohawk Mountain email addresses for all coaches are needed this will be set up. Each age group will have a lead coach who will help guide the age group during the day as well as be the point contact for communication with team leadership and planning age group specific training.

Tim Ruh will continue in his role as Head Coach of the MMART. Tim will be providing effective leadership in each of the following areas; athlete & coach recruitment, coaches education & training, the athletes training curriculum and team communications (providing regular updates to athletes, parents and coaches). The Head Coach works closely with the Snowsports Director to form the leadership of the MMART.

While this leadership is in place to help facilitate communication and organization, all coaches are part of the team and will work together to provide an exceptional training and racing environment for all the athletes to excel. All coaches should feel free at any time to communicate with or express ideas, concerns, comments or any other feedback with anyone in the SDC, including the Director. The 2021/22 winter season will continue to build on the successes of recent seasons.....GO MOHAWK!!!

## **COVID-19 Guidelines for Race Program**

Mohawk Mountain is not anticipating having to operate under the same strict guidelines from the State of CT, Litchfield County, the Town of Cornwall, and the CT Ski Areas Association. However, should the situation around COVID change at any time during the 2021/2022 winter we will move quickly to operate under any new guidelines and follow the COVID-19 Guidelines for the Race Program listed below.

Overall, our goal would still be to keep participants outside as much as possible, keep facilities and equipment clean and limit close contact. Maintaining everyone's good health, whilst developing racing skills and having fun would be our priority!

### **Dates**

Race Team will be in session every weekend from December 11<sup>th</sup> through March 20<sup>th</sup>. There would be no make ups due to this program being in session every weekend.

### **Transportation**

We would recommend Race Team athletes travel to and from Mohawk Mountain and away races with only members from their own household. Please leave extra time as transitioning from the parking lot to group meeting points may take longer than usual, especially with regards to using the bathrooms.

### **Session Start Times**

To avoid large gatherings and manage the flow of people from their vehicles to group meeting points, both at the beginning and end of sessions training day times could change and there is the possibility of staggering age groups. Staggering start and finish times would also help with staggering lunches to reduce the number of athletes and coaches eating at the same time.

### **Screening Procedures**

For the protection of fellow athletes, their families and Mohawk Mountain's employees, every athlete maybe required to undergo screening procedures before they can join their group. This would include answering a series of short questions including if they have recently been exposed to someone with COVID -19 and if the participant or any immediate family members are experiencing high fever, cough, respiratory distress or loss of smell or taste. Participant's temperatures may also be taken. Any

participant who answers yes to these questions or has a fever of 100 or higher would not be able to participate that day.

### **Group Assignments**

Once a participant leaves their meeting point, they would stay with their age group until the session finishes that day. Accurate group attendance would be taken to help facilitate any contact tracing.

### **Social Distancing**

Participants within the same age group and their coaches, would where possible, socially distance from each other, but given the nature of group dynamics this is not required. Groups would be required to socially distance from all other groups. This would include when out on the snow, in lift lines and during lunch.

### **Chairlifts**

All of Mohawk Mountain's chairlifts are triple chairs. We may have to load lifts with two people situated in the outside seats whilst wearing masks. We would ask racers to be good examples to our skiing public.

### **Handwashing & Personal Hygiene**

Participants and staff would be required to sanitize or wash their hands before their program starts (this can be done in the car), when the program finishes, before and after using the bathroom and before and after eating. CDC guidelines regarding covering coughs and sneezes would be followed.

### **Masks**

Participants and staff maybe required to wear masks both outside on the snow, taking chairlifts and whilst inside the lodges. The only exception would be whilst eating or outside if participants and staff are able to maintain at least a six-foot distance from all other people.

## **Cleaning and Sanitizing**

High touch surfaces would be thoroughly cleaned continuously throughout the day. This includes railings, door handles and bathrooms. Daily cleaning of lodges and facilities would be stepped up to use the latest commercial grade cleaning supplies to help fight the virus.

## **Bathrooms**

Athletes would have to wash their hands before and after going to the bathroom, adhere to occupancy levels, foot traffic patterns, and maintain social distancing. It would be important for athletes to use the bathroom at home before each training day starts and at lunchtime to avoid any unnecessary lodge breaks.

## **Personal Belongings**

All personal belongings that are not being used whilst skiing must be stored in your vehicle or in our designated bag check. This change is here to stay across all Northeast ski areas to make lodges a more comfortable place for everyone. Tables will no longer be able to be reserved by leaving personal belongings on them or moved together.

## **Lunch**

Lunches could be staggered by age group that start earlier and finish earlier (start mid-morning and all finished by late morning). Lunch location may change and could be designated at Pine Lodge or the Perch.

## **Parent/Guardian on site**

We will allow parents/guardians to be no more than 20 minutes away from Mohawk Mountain, and be in a position to drop what you are doing in an instant to head to Mohawk Mountain to be in a position to advocate for your child. The towns of Torrington, Litchfield, Warren, Kent and Sharon are all 20 minutes away from Mohawk Mountain. Parents/Guardians are welcome to stay and ski or wait in their cars.

## **Lodge Access**

Strict social distancing guidelines may be in place. As part of this, Mohawk may need to significantly limit the number of people in the lodge at any given time and limit the time people spend in the lodge. For race team parents, this means that the usual custom of hanging out in the lodge during training and on race days may not be able to occur. The good news is that if you like to ski, we encourage you to do so, as skiing is a great socially distanced sport! However, if you prefer not to ski, then we would ask that race team parents wait for their racers in their vehicles in the Mohawk parking lot or elsewhere during training and racing.

## **Sick Policy**

Race Team participants who are experiencing a cough, shortness of breath, fever of 100 or more, chills, diarrhea, vomiting, sore throat, unexplained muscle pains or a new loss of taste or smell cannot attend the program. The participant's physician should be contacted for further guidance and advice. If COVID-19 is suspected, the pediatrician will provide you with details on how to proceed. If your child has COVID-19 or there is a strong suspicion that your child has COVID-19, you must contact the Snowsports Discovery Center at Mohawk Mountain immediately.

Thank you for your patience and understanding should the need arise to adjust the Race Program. We are really hoping we don't have to, but it's good to know we still have a plan in place if we do.

Have any questions? Please reach out to our Snowsports Director, Andy Raybould, before you sign up for Race Team. [andyr@mohawkmtn.com](mailto:andyr@mohawkmtn.com) or 860 672 6100 Ext.117.