

# Outline of MMART

*Revised July 17th, 2023*

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 8:30am 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 9<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 4<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 16<sup>th</sup> & 17<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 27<sup>th</sup>, 28<sup>th</sup> & 29<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 into 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 breakdown 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.

The Head Coach of the MMART will provide 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 2023/24 winter season will continue to build on the successes of recent seasons.....GO MOHAWK!!!

## **Additional Program Information**

### **Dates**

Race Team will be in session every weekend from December 9<sup>th</sup> through March 16<sup>th</sup>. There will be no make ups due to this program being in session every weekend.

### **Athletes Health**

If your athlete is not feeling well we please ask that you keep them home and reach out to your lead age group coach with a quick email.

### **Chairlifts**

To maximize chairlift capacity and reduce wait times we ask athletes to fill the chairs, especially at busy times of the day.

### **Personal Belongings**

All personal belongings that are not being used whilst skiing must be stored in your vehicle or in our designated bag check. Tables will no longer be able to be reserved by leaving personal belongings on them. Please do not move tables together.

### **Lunch**

Lunches will be staggered by age group that start mid-morning and all will all be finished by late morning. Lunch is not included in the program fee. Lunch location may change and could be designated in the Main Lodge, Pine Lodge or the Perch.

### **Parent/Guardian on site**

We 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**

Mohawk Mountain will continue to manage the time guests can stay in the lodge to maintain a great experience for everyone. For race team parents, this means hanging out in the lodge during training and on race days for long periods of time will not be able to occur. The good news is that if you like to ski, we encourage you to do so!

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