



**2020-21 SEASON KICKOFF**

NOVEMBER 2020

# Agenda



- Our Mission
- Leadership Team
- Our Coaches
- Team Structure
- Notable Team & Athlete Accomplishments
- Communications
- COVID
- Epic Pass
- Practices
- Camps
- Races
- Equipment
- Coats
- Volunteers
- HVST Contacts
- Questions?



# Our Mission



**Have fun!**

Instill **character, confidence, commitment** and **responsibility**.

Develop life skills and growth opportunities.

Create champions on and off the slopes.



- 28 years
- Not-for-profit



NASTAR 1<sup>st</sup> Place





# Leadership Team



## Derek Stagner

- Board President
- Logan (14), 5 years on the team



## Glenda Sadl

- Board Vice-President
- WIJARA, coats and wealth of info!
- Karissa (16), 10 years on the team
- Coach “Squirrel” – husband





# Leadership Team



## David Coulter (Captain)

- Head Coach
- Founding Member (1992)



Ainsley Proffit  
U.S. Ski Team

## Ana Johnson

- Board Membership Chair
- Communications & social media
- Andre (10) & Adelina (9), 6 years on the team
- Coach Anthony – husband



# Leadership Team



## David Sloane

- Board Member, Past President & Coach
- Hattie (14), 8 years in the team



## David Hromadka

- Board Secretary
- August (11) & Isaac (9), 4 years on the team



# Leadership Team



## Troy Chaney

- Treasurer
- Team Finances
- Tyler (14), 4 years in the team





# Our Coaches



- 22 Ski Coaches + 1 Snowboard Coach
- USSA qualified coaches following USSA guidelines
- Athlete-centered approach, focus on the individual and evaluating throughout the season



# Team Structure



## Intro Team

1. Meet once a week (SAT 9AM -12PM)
2. Grouped by ages & ability
3. Required Skills\*: Get on and off the lift unassisted\*, skis parallel, get equipment on unassisted

\*If these requirements can't be met, we will discuss an alternative plan with the parents

## Development Team

1. Meet twice a week (SAT 9AM-12PM, TUE 6PM-8:30PM)
2. Grouped by ages & ability
3. Attend one WIJARA race (addtl races@ \$75/race)
4. Required Skills: Same as Intro

## Travel Team

1. Meet three times a week (SAT 9AM-12PM, TUE & THURS 6-8:30PM)
2. Grouped by ages & ability
3. Attend all WIJARA races and national races (if registered)
4. Skills required: Same as Intro + racing knowledge

## Snowboard Team

1. Meet two days a week (TUE & THURS 6-8:30PM)
2. Grouped by ages & ability
3. Skills required: Same as Intro

NASTAR RACING EVERY SAT & SUN!



# Accomplishments



## NASTAR Nationals

Year	Team Rank	National Champion
2019	11	
2018	4	Andre Johnson
2017	8	Steven Coulter
2016	12	
2015	12	Steven Coulter
2014	15	Adam Adkins
2013	8	Abigail Murer (Fastest Time)
2012	12	Abigail Murer
2011	8	Abigail Murer (Fastest Time)
2010	22	Abigail Murer
2009	27	
2008	27	Steven Coulter





# Accomplishments

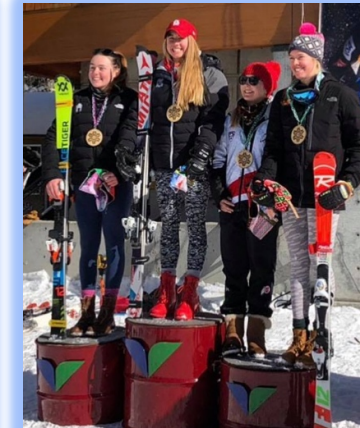


## Ainsley Proffit

- **2020-21 U.S. Ski Team Member**
- 4<sup>th</sup> Place SL, 2017 FIS U16  
Kranjska Gora, Slovenia
- 1<sup>st</sup> Place SL, 2018 FIS  
Snowbird, UT
- 2<sup>nd</sup> Place 2019 National Juniors  
Cavalese, Italy
- 2<sup>nd</sup> Place GS 2020 U.S. Junior Nationals



Hidden Valley



Ainsley 1<sup>st</sup> Place  
Snowbird, UT



Ainsley & Lindsey  
Vonn



Ainsley & Mikaela  
Shiffrin



Ainsley & Abigail  
Murer (U.S. Nationals)



# Communications



- **Weekly Newsletter:** Will be adding new information/callouts to body of email.
- **HVST Email:** Confirm you are receiving team emails (members 2020-2021)
- **Facebook:** Hidden Valley Ski Team-St Louis (Everyone welcome to post!)
- **Google Calendar:** <https://www.hvst.org/calendar>
- **TeamSnap:** Comprehensive team communications platform/application.
  - Set-up is in process. Member will receive an invite – parents and athletes.
  - Push notifications – announcements, schedule updates, etc. by team, groups and sub-groups
  - Schedules – training, race and events
  - Waiver completion
  - Registration and payments
  - Volunteer Management

# COVID



- Always subject to change and must comply
- Formal policy posted online & communicated during registration
  - Submitting to St. Louis County as part of new requirements
  - Submitted to Vail Resorts, Copper Mountain, WIJARA
- Vail Resorts policies dictate policy and procedures at HV – Team must comply
- Of Note:
  - **COVID Waiver – Athlete and Coach waiver MUST be completed before each practice/event.** (No storage of medical data.)
  - Smaller groups + tiered arrivals + designated meeting areas
  - Limited movement from group to group
  - Masks required at all times when not skiing (no exceptions, including lifts) and preferred when skiing
  - Social distancing required
  - Gloves and goggles required on lifts and while skiing
  - No use of lodge for anything except bathroom and quick snacks (no storage or waiting in lodge)
  - Lodge access: In one door and out the other
  - Riding lift only with associated party / group with distance maintained in line
- **Everyone is responsible for mitigating our team's risks**



# Epic Pass – Hidden Valley ONLY



- MUST have a valid Epic Pass / Hidden Valley Pass
- Preliminary approval for a blanket reservation for all HVST athletes and coaches
- Applies to all scheduled training days (Tues, Thurs and Sat) and trying to get blanket access or to at least include Sundays for NASTAR
- Does NOT apply to parents or other family members
- We'll be sending a link for you to add your athletes name and Epic Pass number
- This will only apply to Hidden Valley Ski Resort

# Epic Pass – Reservation Process



- To ski at any Vail Resort must have an active Epic Pass. For HV, users can have a HV specific Epic Pass
- Excluding HVST athletes and coaches skiing at Hidden Valley during designated times, all passholders will be required to make weekly reservation to 'unlock' their pass
- Reservations: [www.epicpass.com](http://www.epicpass.com). Specific details: <https://www.epicpass.com/info/reservation-details>.
- The reservation system opened Nov 6 for early season access to open Vail Resorts (Nov 6-Dec 7) and will go active Dec 8 for core season reservations (Dec 8-Apr 4).
- Each pass holder can select any seven (7) days across the entire season immediately, but aside from those days, each pass holder will be required to make reservations every week for the days they plan to ski. This is a Vail Resorts policy and there are no exceptions to this rule.
- We do not anticipate reservations to be an issue at Hidden Valley, but again, no one will be able to ski without a prior reservation to 'unlock' their pass and HVST will have no control over the matter, so please be sure to make reservations in advance according to the requirements.

# Practices



- When Hidden Valley is open we ALWAYS train!
- DO NOT BE LATE! This is especially important due to COVID and our attempts to maintain groups/pods.
- Gatherings will not be allowed in the lodge
- Athletes need to be dropped off and ready to go with all gear / equipment on
- Due to limited lodge access, parents should consider remaining in their cars for warm up, etc. This is especially true if you have younger athletes.
- No bags allowed in the lodge or generally around the premises (leave in car)
  - Make sure athletes have water bottle (if we can find a place to store), hand warmers, and money for snacks / beverages
  - We will do our best to make sure athletes can warm up (if needed) even if it means a run to the bathroom or a trip for a hot chocolate
- Lodge parents will be point of contact (POC) at the lodge
- Watch for email / TeamSnap\* / Facebook announcements



# Camps



- **Turkey Trip (11/22-27)**
  - Registration closed
- **Devil's Head Weekend Camp (TBD–Mid DEC)**
- **Other WI Weekend Camp (TBD)**
- **Afton Alps, MN (12/27-12/31)**
  - Epic Pass works



# Races



- NASTAR: Local (national level comparisons/handicapped system)
- WIJARA: Midwest racing circuit (Contact: Matt Sadl / Squirrel @ [squirrelsks@yahoo.com](mailto:squirrelsks@yahoo.com))
- USSA: Regional and national races (Contact: Craig Spidle @ [cspidle54@gmail.com](mailto:cspidle54@gmail.com))
- **All this information is in the Google Calendar and in the Weekly Newsletter!**
- **All dates are subject to change**

NASTAR	WIJARA	USSA
HVST Every Saturday and Sunday		12/30-31 Ripley GS Training Camp
National Championships (TBD)	1/9-10 Chestnut Mountain, Galena, IL 1/23-24 Sundown Mountain Resort, Dubuque, IA	1/1-2 Ripley GS Race, Mt Ripley, MI 1/15-18 Shelly Glover Race, Marquette, MI 1/23-24 Granite Peak Race, Wausau, WI, 1/22-24 Nagy Memorial Race, La Crosse, WI 1/29-31 Indian Head Speed Camp, Wakefield, MI
	2/6-7 Cascade Mountain, Portage, WI 2/27-28 Tyrol Basin, Mt. Horeb, WI	2/20-21 Location TBD 2/19-22 Hosking Championships, Marquette, MI
		3/6-7 U8-U12 Championships, Ski Brule, Iron River, MI 3/12-14 U14 Central Championships, Men, Marquette, MI



# Equipment



- Racing helmet (No soft ear helmets!)
- Ski clothing
  - HVST Team Coat + ski pants, ski socks, and layers
  - Race suit for more advanced skiers looking to compete
- Mask / neck gaiter – must be worn at all times, especially off the hill and in the lift line
- Goggles w/day and night lenses (clear / light for night training)
- Ski boots that fit
- Skis – Multi-event / GS / SL
  - GS and SL are typically for more advanced skiers competing or training to compete
  - Twin tips / all-mountain recommended for recreational skiing
- Ski poles
- Other equipment for advanced skiers:
  - SL helmet guard, SL poles with pole guards, SL shin guards
  - GS poles, GS forearm guards
- **Suggestion: Label all of your athletes gear. Kids leave things.**
- **No athlete will be allowed to participate unless they have the basic required equipment**
- **Equipment TUNING is highly recommended for care and best results**
  - 1) Captain @ Hidden Valley can advise and manage tuning
  - 2) Alpine Shop @ Kirkwood (Simon and Eric ONLY – Request hand tuning) offers a HVST discount

# Coats



## Returning Members

- If current coat doesn't fit, please spot clean, wash the coat, and make arrangements to exchange with Glenda
- Coats can be mailed or dropped off, but please coordinate and make sure Glenda is aware
- Coats need to be exchanged by this Wednesday, November 18th

## Keeping your coat(s) or need a coat(s) for Turkey Trip?

- Contact Glenda ASAP!

## New Members

- New member coat hand out TBD.
- Figure out your child's size (Youth 8-18, brand is Descente) and email size to Glenda. Due to COVID we cannot offer to try the various sizes of coats.

## Contact Glenda Sadl

- (314) 973-3509
- glendasadl@gmail.com
- 5 Heathwood Lane, Fenton, MO 63026



# Volunteers



- As a volunteer-based organization, we rely on and welcome parent assistance:
  - Lodge Parent (POC at lodge / bottom of the hill)
  - Set-up / break down of racecourse
  - Weekly NASTAR races
  - HVST Race Day (if applicable)
  - WIJARA Gate Keepers
  - Other
- We'll reach out with specific requests



# HVST Contacts



ITEM	CONTACT PERSON	CONTACT INFORMATION
General	Derek Stagner Ana Johnson Glenda Sadl	<a href="mailto:derek.stagner@me.com">derek.stagner@me.com</a> <a href="mailto:anamariaponguta@gmail.com">anamariaponguta@gmail.com</a> <a href="mailto:glendasadl@gmail.com">glendasadl@gmail.com</a>
Technical, Equipment & Ski Tuning	David “Captain” Coulter	<a href="mailto:skicaptin@earthlink.net">skicaptin@earthlink.net</a>
WIJARA & Coats	Glenda Sadl	<a href="mailto:glendasadl@gmail.com">glendasadl@gmail.com</a>
USSA & Turkey Trip	Craig Spidle	<a href="mailto:cspidle54@gmail.com">cspidle54@gmail.com</a>
Membership & Communications	Ana Johnson	<a href="mailto:anamariaponguta@gmail.com">anamariaponguta@gmail.com</a>
Billing	Troy Chaney	<a href="mailto:troychaney@hotmail.com">troychaney@hotmail.com</a>
NASTAR	David Sloane	<a href="mailto:dhgsloane@hotmail.com">dhgsloane@hotmail.com</a>
Dryland & WI Camps	Matt “Squirrel” Sadl	<a href="mailto:squirrelskis@yahoo.com">squirrelskis@yahoo.com</a>



**QUESTIONS?**