



WENTWORTH SKI RACING CLUB

Snowstars (U8 & U10) Coach Job Description

GENERAL

All coaches are expected to:

To provide a safe, fun-filled environment and to coach children and to promote the vision, mission, values and goals of WSRC. To follow the Canadian Snow Stars Program and the Alpine Canada Long Term Athlete Development Model.

- a) Ensure the safety and well-being of their racers; this is always the top priority.
- b) Communicate with racers and their parents about “Risk Management” in the sport.
- c) Coach and educate the racers in their group through explanation, interaction, and demonstration of skills and tactics appropriate for their level.
- d) Deliver, to the best of their abilities, the specified program content, as outlined by the Program Coordinator and/or Lead Coach.
- e) Know the names of each racer in their group.
- f) Teach within their group’s skill level on appropriate terrain, at all times.
- g) Teach and model appropriate on-hill behavior.
- h) Ensure all racers represent themselves, the sport of alpine skiing, and WSRC with the highest level of integrity.
- i) Motivate racers to excel in a positive manner.
- j) Create a positive and fun class environment.
- k) Fill out progress report cards when required.
- l) Attend parent-athlete meetings as requested.
- m) Consult with Program Coordinator and notify parents before changing classes.
- n) Assist with on-hill races, set-up and tear down of all courses or drills.
- o) Be certified and licensed before coaching on-snow, this includes all requirements including without exception the required criminal records check.
- p) Submit a personal goal-oriented coaching plan for upgrading over course of season to the Program Coordinator by December 20, 2019.
- q) Attend all Race Award ceremonies, year-end banquet and 12 HRS of Wentworth Fundraiser.
- r) Be willing / able to travel to a minimum of 2 away races.
- s) Be willing / able to demonstrate skiing skills required of athletes being coached.
- t) Have adequate ability and fitness to ski with age group.
- u) Avoid all public confrontation. If any situation should occur where a member of the public is involved, be clear but polite in communicating your concerns. If you feel there is need for further action, address the matter with the nearest ski patrol and advise the Lead Coach for your level of the situation.



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SET BEHAVIOURAL EXPECTATIONS OF ATHLETES

Coaches will, through example and/or direction, ensure that all racers will:

- a) Be RESPECTFUL and maintain appropriate behavior at all times. This includes but is not limited to: all team activities, training on and off the hill, at home and away races, camps, and any other related activities.
- b) Be courteous to, and RESPECT the decisions of the coaches, race officials, and all ski area employees and personnel.
- c) Maintain a high level of personal responsibility, abide by the Alpine Code of Conduct.
- d) Dress in a responsible manner for the day's weather.
- e) Not go under any ropes, including lift lines.
- f) Never ski "out of bounds".
- h) Always pay attention to the others around them.
- i) Always stop to the side of the trail, and below the others in their group.
- j) If lost, go to the bottom of the last lift ridden and stay there until a coach arrives.
- k) Never abandon the group.
- l) Use a "spotter" while jumping.
- m) Not tuck on any slopes, unless designated by coach.
- n) Slow down in crowds, at intersections, before getting on the lift, and all other designated "SLOW" areas.
- o) Treat hill operations staff with respect

SNOWSTARS-SPECIFIC

- a) Submit group EAP by December 30th to Snowstars Lead Coach and Program Coordinator.
- b) Develop "Group" seasonal goals for athletes after Week 1 on snow and submit to Snowstars Lead Coach and Program Coordinator before start of Week 2.
- c) Complete detailed group session plans submitted to Dawn & Gregor no later than 7:00pm Wednesday evening (7:00 PM) each week.
- u) Keep a training log to record weekly notes about athletes, what worked / what didn't - as well as attendance records. (This will facilitate mid and end of season report writing). Also include number of runs each session as well as noting conditions for reference (crowds / snow conditions / Group size / Lifts running / etc) which may have helped or hindered in attaining the goal for that day. (Note: A coach may be asked to produce their training log during the course of the season to confirm that it is being done.)



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TRAINING DAY

- a) Be at the coach's designated meeting area at the scheduled time for sessions, coaches meeting and/or daily briefing. This season planned to be: Meet / brief with the coaching staff at Training Center at 8:15am Saturdays and Sundays. Before-Action-Review (BAR)
- b) Pre-Brief Meetings will be held from 8:15 – 8:30 with Snowstars coaches along with the entire coaching team.
- c) Snowstars Coaches tasked with Drill Sets are to be on lift @ 8:30 – other Coaches will be tasked with tear down OR Reset @ lunchtime.
- d) Meet the racers at the scheduled time and place ready to ski.
- e) Complete the following number of runs in with group on a typical day, barring extreme conditions (temperature below -15, icy or tough snow conditions for group, precipitation, large crowds, lift stoppages, etc)
 - o U8 / U6 - 4 to 6 Runs
 - o U10 / U10R - 6 to 8 Runs
- f) Attend After Action Reviews (AAR) daily @ 2:35pm in Training Centre; duration will vary depending on the day.
- g) Be familiar with the Snowstars program. The Snowstars App is a useful tool for convenient reference.
- h) Be familiar with the appropriate sections of the Alpine Canada Long Term Athlete Development Program. It can be found online at: ltad.alpinecanada.org
- i) Communicate with Parent Groups as per form, format and schedule instructed by Snowstars Lead Coach.

PROFESSIONAL DEVELOPMENT

- a) PD will be incorporated within daily activities – Setting / Coaching / Video / Debrief – etc.
- b) Attend all mandatory coaches' clinics. (As per schedule)

RACE DAY PROCEDURES (GENERAL)

- a) Meet racers in lodge at 8:00 a.m or pre-agreed meet time.
- b) Pass out bibs, tickets etc.
- c) Meet as a group outside the lodge at 8:45 a.m.
- d) If possible, take a free run or two before inspecting.
- e) Snowstars coaches inspect with their group and free ski as a group.
- f) Junior and Senior Team coaches inspect as a group and then provide the option to take free runs or inspect on their own until the race starts.
- g) One coach should remain at the start and one coach at the finish to greet the racers and connect them with their parents.
- h) Stay after the race to give support during awards.