



WENTWORTH SKI RACING CLUB

U12 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 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.

SET BEHAVIOURAL EXPECTATIONS OF ATHLETES



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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

U12-SPECIFIC

- a) Submit group EAP by December 30th to U12 Lead Coach and Program Coordinator.
- b) Develop a simple Seasonal GOAL & PROCESS PLAN for EACH athlete in Group and keep track of progress toward these goals over the course of the season. This will involve at least bi-weekly discussions/meetings with athletes / Parents to review and adjust goals and mid step process goals as they move forward.
- c) Complete detailed group session and setting plans submitted to U12 Lead Coach and Program Coordinator no later than 7:00pm Wednesday evening (7:00 PM) each week.
- d) Keep a training log to record weekly notes about athletes, what worked / what didn't / athlete tendencies / performance state / effort levels 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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- e) Be available to participate in-person or conference call on Friday evenings from 7 to 7:30 to make sure U12 plans and personnel link up with the senior team to work out setters / tear down / hill space – etc for weekend.

TRAINING DAY

- a) Meet at trailer @7:30 A.M. to work with the Coaching Team on Setting / Prep / Dryland / warm-up assignments / etc
- b) Complete 8-12 runs with group on a typical day, barring extreme conditions (temperature below -20, icy or tough snow conditions for group, precipitation, large crowds, lift stoppages, etc)
- c) End of workday is 3:30 each day. Sundays included.
- d) Debriefs / Video / Seasonal Plan Reviews with athletes and staff at Training Centre after 2:30pm each day.
- e) Communicate with Parent Groups as per form, format and schedule indicated by U12 Lead Coach

PROFESSIONAL DEVELOPMENT

- a) PD will be incorporated into our daily tasks. U12 Coaches may be setting with Senior Team / Helping to Build training drills / Doing 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) U12 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.