

2016 – 2017 Alpine Ski Team Training

Indoor Training: All indoor training events (practices) are held on **TUESDAY** evenings, 6:30 pm – 7:45 pm at Ruth Eason School, Old Mill Road, Millersville, MD (2 blocks east of Veterans' Highway). **Athletes who do not attend at least 80% of the scheduled indoor practices MAY be ineligible to compete at State Games.** There is no indoor practice if:

- No school scheduled for that day (e.g. Christmas Break)
- School is closed due to weather or other unplanned reasons
- Early dismissal due to weather or other unplanned reasons
- After school events are cancelled due to weather or other unplanned reasons

On Snow Training: On snow practices are weather dependent. Our first opportunity for on snow practice could be as soon as December 31st. Coaches have their clinic on Saturday January 7th. The following Saturday, January 14th, we should be skiing. Most on snow practices will be held on Saturdays at Ski Liberty. However, 1 or 2 of these events could be at Whitetail (where State Games are held) or at Ski Roundtop (a little north of York, PA), where most skiers will have the opportunity to run gates on the NASTAR recreational race course. Lift tickets for athletes and coaches are paid for by the funds we've raised wrapping gifts at Eastern Mountain Sports. Transportation and meals are the responsibility of the individuals. As always, carpooling and caravanning are encouraged. **All on snow practices are OPTIONAL; however**, on snow practice significantly improves performance during qualifiers and State Games compared to indoor training alone.

Mandatory On Snow Training (also known as Athletes on Snow): Special Olympics Maryland (SOMD) puts on a 2-day event, Saturday & Sunday, February 11 & 12, 2017, that provides on slope training, ski clinics for athletes, race course (gate) training and SOMD-mandated time trials on Sunday. **Participation in the time trials on Sunday is MANDATORY for all athletes wanting to compete at State Games.** The event is held at Whitetail, and we spend Saturday night at a hotel in Hagerstown.

Winter Games: SOMD Winter Games are scheduled for Monday and Tuesday, February 27th and 28th, 2017, at Whitetail, near Mercersburg, PA. Things get started with Opening Ceremonies on Monday at 11:00 am., followed by competition at 2:00 pm. There will be an athlete social/ dance at 7:00 pm at a yet-to-be-determined hotel in Hagerstown. Competition resumes on Tuesday, beginning at 9:00 am. Things should wrap up Tuesday by 3:00 pm, probably sooner..

Snowsharks 2016 – 2017 Ski Team Training Schedule

DECEMBER

- 6 – Indoor practice, 6:30 – 7:45 pm, Ruth Eason School
- 13 – Indoor practice, 6:30 – 7:45 pm, Ruth Eason School
- 20 – NO PRACTICE; Holiday Party
- 27 – NO PRACTICE; Christmas Break

JANUARY

- 3 – Indoor practice, 6:30 – 7:45 pm, Ruth Eason School
- 7 – Coaches' On Snow Training, no practice for athletes
- 10 – Indoor practice, 6:30 – 7:45 pm, Ruth Eason School
- 14 – On slope practice, 9:30 – 4:30 pm, Ski Liberty (Carroll Valley, PA)
- 17 – Indoor practice, 6:30 – 7:45 pm, Ruth Eason School
- 21 – On slope practice, 9:30 – 4:30 pm, Ski Liberty
- 24 – Indoor practice, 6:30 – 7:45 pm, Ruth Eason School
- 28 – On slope practice, 9:30 – 4:30 pm, Ski Liberty
- 31 – Indoor practice, 6:30 – 7:45 pm, Ruth Eason School

FEBRUARY

- 7 – Indoor practice, 6:30 – 7:45 pm, Ruth Eason School
- 11/12 – Athletes On Snow (MANDATORY), Whitetail, Mercersburg, PA (overnight)
- 14 – Indoor practice, 6:30 – 7:45 pm, Ruth Eason School
- 18 – On slope practice, location & time TBD
- 21 – Indoor practice, 6:30 – 7:45 pm, Ruth Eason School
- 25 – On slope practice, location & time TBD
- 27/28 – Winter Games, Whitetail, Mercersburg, PA (overnight)

Four Simple Rules

1. Obey all the rules of the slopes, because each skier is responsible for skiing safely.
 - a. First rule and last rule of the slopes is to always ski under control. You must be willing and able to stop at any time.
 - b. Being safe at all times also applies to indoor practices!
2. Respect all others. Whether it means keeping your hands to yourself, listening to coaches (and other helpers), or something else, be polite. Other athletes are trying their best, too; and coaches and other helpers are there to help you succeed.
 - a. If you are having trouble with another athlete, tell a coach. You don't need to solve it yourself.
 - b. If you are having trouble with a coach, tell a parent – yours or any other Snow Shark parent that is nearby.
3. Be brave in the attempt – it's part of the Athletes' Oath. So do your best – in practice and in competition.
4. Have fun! Yes, Special Olympics is based on competition, and winning is usually fun! But if you're not enjoying yourself out there, even when (perhaps especially when) you're not winning, why are you still doing it?

Snowshoers are encouraged, and enthusiastically welcome to participate in all indoor training sessions. You just have to follow the 4 simple rules above.



Now THERE'S a Snow Shark!!