

Holiday Valley Mountain Adventures

Rangers Program Handbook

The Rangers Program is a seasonal program designed to improve the skills of young skiers and snowboarders, ages 4 - 11 years old; as well as to instill a lifelong passion for snow sports and the alpine environment.

The program officially begins December 19, 2015 and continues every weekend until March 20, 2016. This means that there will be approximately 33 Rangers sessions available for the 2015-16 season.

Although Rangers meet primarily on weekends, the program is also in-session for a weeklong Holiday Camp and the Mondays of Martin Luther King Day in mid-January and President's Day in mid-February.

Children enrolled in the program receive a "Combo" season pass, which allows them to ski or snowboard any time the resort is open. Rangers are also entitled to unlimited enrollment in Mountain Adventures group lessons when the Rangers program is not in session.

Aside from the skiing, snowboarding and lesson privileges highlighted above, there are many other "perks" of the program that Rangers and their families can look forward to:

- Holiday Camp will culminate with a complimentary pizza party for Rangers during their lunch period on New Year's Eve.
- Rangers will have the opportunity to participate in the annual "Penguin Paddle," to benefit the Lounsbury Adaptive Ski Program.
- There will be a Tubing Party for Rangers and families to be held at the Holiday Valley Tubing Park in mid-February.
- Throughout the season, there will be four skill-based competitions with awards for top performances from each of the individual events, as well as recognition for top performances for the overall series.
- Rangers will receive a complimentary NASTAR season pass while with their Rangers group / coach.

- Rangers signing up for one will receive a hooded sweatshirt commemorating their participation in the program for the season.
- In mid-March, Rangers will participate in the Mardi Gras parade through downtown Ellicottville, as well as ski/ride in the Winter Carnival costume parade down the slopes of Holiday Valley.
- There is an end-of-season family fun banquet with participation awards for every child in the program.
- Weather permitting, Rangers will get the opportunity to compete in the season-ending Northwind Super-G race.

MINIMUM ABILITY LEVEL

As a minimum requirement to enter the program and be assigned to a specific coach's group, children must exhibit the ability to ski/ride independently down the School Haus run (our 'bunny hill'). Children must be able to control their speed, turn in both directions and be able to stop on command.

Any child whose ability level prohibits him/her from being assigned to a Rangers group will be enrolled in Mountain Adventures group lessons (at no extra cost) until their skill level allows them to integrate into the lowest-level Rangers group. The decision to allow a child to join a Rangers group will be made by the Mountain Adventures program manager.

As always, the main focal point for any of our ski/snowboard lessons will be keeping children safe while they are with us in the alpine environment. Safety and risk-awareness training for the kids will be an early-season priority, as well as an on-going commitment to be stressed throughout the entirety of the season.

COACHING STAFF / PROGRAM STRUCTURE

During the early weeks of the season, every child's skill level will be assessed and groups will be formed with children who have like skill sets and age levels. Coaches are then assigned to the group they will lead for the season. It generally takes close to a full month before all the kids in the program have been through the assessment process.

The Rangers staff currently consists of ten ski coaches and two snowboard coaches. Depending on the number of children signed into the program on any given day, the Rangers coaching staff will be augmented by "YETI's" (Young - Enthusiastic - Teaching - Interns) who are junior members of the ski school staff.

DAILY NUTS 'N BOLTS

The typical Rangers day begins at 9:30 a.m. and ends at 3:00 p.m. The morning session runs from 9:30 – 11:30 a.m. There is a supervised lunch period upstairs inside the Creekside Lodge from 11:30 – 12:30 p.m. and the afternoon session runs from 12:30 until 3:00 p.m.

Children must be “signed in” at the Rangers desk in the Creekside Lodge every day Rangers are in session. Sign-in for morning and all-day sessions will begin at 8:00 a.m. and end by 9:25 a.m.

At the start of the new season, Rangers are assigned a personal storage cubby in the upstairs area at Creekside Lodge. As these cubbies aren’t locked, parents are encouraged to write the child’s name on any item he/she may be leaving there.

Parents will have the ability to either purchase a lunch for their Ranger(s) or to drop off lunch brought from home. Lunches brought from home are collected during the morning sign-in and stored in the child’s cubby until lunch. *Please remember the facilities inside at Creekside Lodge preclude us from cooking or re-heating lunches children may bring with them.*

Any time the Rangers program is not in session, children must be enrolled in Mountain Adventures group lessons at the main customer service desk inside the Creekside Lodge.

REGULAR GROUP LESSON TIMES ARE DIFFERENT FROM RANGERS SESSIONS! Please note that *the daily schedule for the Rangers program is slightly different than for children enrolled in regular Mountain Adventures group lessons.* For regular ski school, the morning session goes from 10:00 a.m. until noon; there is supervised lunch from noon until 1:00 p.m. and the afternoon session runs from 1:00 p.m. until 3:00 p.m.

After the morning sign-in period has ended, the Rangers sign-in book will be kept at the main desk for those signing children into the afternoon session. Children signed in for the afternoon-only session must meet their coaches on the deck outside Creekside Lodge by 12:25 p.m. or join the group upstairs before groups go back outside at the end of the lunch period.

Children should be at the Rangers drop-off location by 9:15 a.m. for the morning session. Parents should ensure that children are with their coaches before leaving. Groups will leave the lineup area for the start of the morning session promptly at 9:30 a.m. and at 12:30 p.m. for the start of the afternoon session.

Once groups have left the meeting area, the next chance for a late-arriving Ranger to meet with his/her group will be at the next hot chocolate break or at lunch. If children are waiting to “catch up” with their group, parents are expected to wait with them.

PROGRAM CONTENT

During the first several weeks of the new season, coaches will focus primarily on stance, balance and other fundamentals of the sport. Coaches will be responsible for lesson planning and written assessments of each child's progress.

After early-season group assignments are made and coaches have had the opportunity to work with their kids on fundamentals, the primary coaching focus will shift to carving and gate training for three or four weeks (from mid-January through early February).

During this block of time, children will be introduced to the tactics of racing; including proper turn shape, successful race starts, skating, tucking and movement in terrain. Highlights of this training will include brush gate courses, video / movement analysis and a race or weekend of racing with awards for the top performers in each gender and age group.

By mid-late February, the bumps and jumps will be formed and in excellent shape and all the terrain parks should be in as good of shape as they will be all season. The next three-four week block of time will focus on the freestyle arena: moguls and the terrain park.

In this concentration, kids will learn fundamentals of park etiquette and park safety. They will also learn the basics of jumping, sliding boxes and rails and skiing/riding moguls.

During this time, kids will be moving in and out of terrain park and mogul training, so as not to overload them with too much park or too much bumps on any given weekend.

The freestyle focus will culminate with terrain park and mogul competitions designed to highlight newly acquired skills in the freestyle disciplines.

In the event your child becomes sick or is having a problem in class, we will call your cell phone or put your name on the information board at the bottom of the chairlifts and ask that you return to the Creekside Lodge to check on them.

Questions or concerns about the program can be addressed by the Mountain Adventures program manager, Ranger coaches or any of the customer service staff.

Mountain Adventures Rangers Program

Schedule of Events 2015-16

December 2015 & January 2016

12/19/15	FIRST DAY FOR RANGERS!
12/27 - 12/31/15	Rangers Holiday Camp
12/31/15	New Year's Eve Pizza Party - Lunch provided at no cost
1/1/16	New Year's Day <u>NO RANGERS</u> - Group lessons available
1/16/16	Racer X #1 (NASTAR Course, on Foxfire)
1/18/16	MLK Holiday - Rangers Available

February & March 2016

2/6/16	Racer X #2 (NASTAR Course on Foxfire)
2/6/16	Rangers Tubing Party (Tentative)
2/15/16	President's Day - Rangers Available
2/20/16	Mogul X Bump Competition (Morningstar)
2/20/16	Penguin Paddle (Base of Yodeler)
3/5/16	Park X Slopestyle Competition - Sites T. B. A.
3/12/16	Ranger / Parent Race (NASTAR Course on Foxfire)
3/12/16	Winter Carnival Parade in downtown Ellicottville
3/13/16	Winter Carnival Costume Parade at Holiday Valley
3/19/16	End-of-Season Family Fun Party at The Holiday Valley Lodge
3/20/16	Northwind Super-G Fun Race (Tentative)

LAST DAY FOR RANGERS

Rangers Program Typical Day

8:00 - 9:20 - Children get signed in, have their lunches dropped off and assemble at the ski school meeting area (near the Magic Carpet).

9:30 - 11:30 - The morning session will begin **promptly at 9:30!** Kids arriving late must stay with parents until groups come in for hot cocoa break or until lunch.

11:30 - 12:30 - Supervised lunch period upstairs at Creekside Lodge. For the safety of all the children enrolled in Mountain Adventures programs, parents are not allowed upstairs during lunch. If it is necessary to see your child/children during this time, please let our customer service staff know and your child will be brought downstairs to you.

12:30 - 3:00 - Ranger groups go back on snow for the afternoon session. Children coming in for the afternoon-only session must be signed in and meet with the group before they go back on snow at 12:30.

3:00 p.m. - At the end of the day, groups assemble at the Rangers meeting area near the base of the Mardi Gras Quad. Children can only be picked up by their parents or by adults listed on the release form you will sign at the start of the season. We cannot release children to the custody of minors (baby sitters, older siblings, etc.).