

# Mountain Adventures Rangers Program Handbook 2020-2021

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, 2020 and continues every weekend until March 20, 2021. This means that there will be approximately 30 Rangers sessions available for the 2020-21 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. After the program begins on December 19th, Rangers are also entitled to unlimited enrollment in Mountain Adventures group lessons when the Rangers program is not in session. Rangers may not enter regular Mountain Adventures lessons prior to the program starting.

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.
- 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 are able to participate in Win-Sum Racing on Foxfire.
- Rangers are able to sign up to 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.
- The end-of-season family fun banquet with participation awards for every child in the program is not being offered as a lunch on Saturday March 19, 2021. That morning is the parent vs. kids race, and following the banquet parents are allowed to ski with their kids' groups.
- Weather permitting, Rangers will get the opportunity to compete in the season-ending Northwind Super-G race.

### **MINIMUM ABILITY LEVEL**

Rangers does not require a minimum ability level. If your child wants to ski or ride, bring them this way. 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.

### **MINIMUM AGE LEVEL**

Children must be age 4 before entering the program. Please be advised that the Rangers program does not serve as a daycare and lesson program. If you do not feel your child is able to handle an entire day on snow, of course with hot coco and lunch breaks provided, please make other arrangements. The expectations of the program are for children to be able to ski for the duration of the lesson.

### **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 10-12 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.

### **A Day In The Life...**

The typical Rangers day begins at 9:30 a.m. and ends at 3:00 p.m. The morning session runs from 9:30 – 11:00 a.m. There is a supervised lunch period upstairs inside the Creekside Lodge from 11:00 – 11:45 a.m. and the afternoon session runs from 11:45 a.m. until 3:00 p.m.

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

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 cubbies until lunch. ***Please remember the facilities inside at Creekside Lodge preclude us from cooking or re-heating lunches children may bring with them. Parents are not allowed in Creekside lodge lunch area.***

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. MOUNTAIN ADVENTURES 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 lessons, 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. Be advised lesson registration may be limited or denied on peak holidays. Please stop by Creekside lodge to register your child for Mountain Adventures.

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 11:45 a.m.

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 11:45 a.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. Coco breaks will be available throughout the resort this season to reduce capacity at one time within Creekside and to keep students spread out around the resort.

## **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. Students 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 Ranger Program Supervisor, Ranger coaches or any of the customer service staff.

### **Rangers Program Typical Day**

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

9:30 a.m.– 11:00 a.m. – 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.

11:00 a.m.– 11:45 a.m. – 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.

11:45 a.m. – 3:00 p.m. – 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 11:45 a.m.

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.)

## **COVID Procedures for Holiday Valley Seasonal Programs:**

11/30/2020

- Teams will be divided into groups of 6 athletes per 1 coach. Yeti's may be assigned to Rangers groups needing assistance.
- Groups will ride chairs, break, and ski or ride together. Groups within a team may actively slide together but may not ride chairs together.
- Groups will be allowed to ride chairs together however if a parent would like an athlete distanced on a chair they may ride alone or spaced at ends of a chair. Athletes will NOT ride with the public. YETI's may ride chairs with groups who need assistance.
- Athletes and Coaches are allowed inside the Training Center and Creekside Lodge with masks on and with their groups. Athletes may boot and suit up inside the Training Center and may leave day items in assigned locations.
- Lockers are available in the TC for overnight storage for athletes only, no additional family will be allowed. Creekside lodge will not have cubbies for item storage other than lunches.
- Teams and coaches will have staggered starts, breaks, and end times this year. Miguel will assign start and end times within the Training Center.
- Teams will meet coaches on snow.
- Rangers drop off will take place on snow in the normal meeting site. Sign-in will take place on snow, parents DO NOT need to come to Creekside lodge to sign in.
- All athletes and coaches are required to complete a New York State daily health screening form that will remain in the hands of the Training Center or Snowsports management.
- Events in house: time slots and staggered starts for teams and groups. Walk up spectators are not allowed. Parents may track results on live timing. Results will be emailed, no award ceremony.
- Lunches: teams will decide to go straight through or take a lunch. Groups will be assigned tables and must sit with their groups and coach. If athletes need to purchase lunch they may have coaches order pre boxed lunches to be delivered from Yodeler for the TC and the Main for Creekside.
- In the case of a positive exposure, groups may be asked to quarantine based on County contact tracing which may result in team and entire Training Center or Creekside staff quarantine if

guidelines above are not followed. If your children are experiencing any symptoms please remain home.

-Athletes from out of state are expected to follow New York State guidelines for entering.

-Holiday Valley does enforce face mask and social distancing policies.