

Team Philosophy and Coaching Philosophy

Team Philosophy:

The Bogus Basin Nordic Team (BBNT) is a non-profit nordic ski team focused on young athletes ages 9-19. Being a member of this team is a privilege not a right. The goal of the BBNT is to help each of the young athletes we work with to become better people through nordic skiing. The pursuit of nordic skiing teaches us many valuable life lessons including focus, discipline, self-confidence, teamwork, and the value of clean living. All of these attributes are qualities that will continue long after ski team is done.

A Note About Clean Living:

According to *A Report of the Surgeon General on Physical Activity and Health 1996*: “Only about one-half of the U.S. young people (ages 12-21) regularly participate in vigorous physical activity. One-fourth report no vigorous physical activity... Participation in all types of physical activity declines strikingly as age or grade in school increases.” The same document sites Modifiable Determinants to physical inactivity as: “Physically active role models... time spent outdoors... enjoyment... and physically active friends and siblings.”

The Bogus Basin Nordic Team provides an environment for physically active youth. Our coaches are physically active role models. We do 95% of our Comp Team training, and 100% of our Comp/Devo and Devo Team training outdoors. A major goal of this team is to provide the base for lifelong physical activity. Teammates often end up being lifelong friends who live active lifestyles. We also emphasize having supportive atmosphere for team members. We are happy that the team provides all of these positive determinants for continued healthy lifestyles.

Coaching Philosophy:

As coaches, we strive to create a friendly, fun, and supportive atmosphere. We believe that all goals are important and we will try to help each skier achieve his or her goals, whether they are about being fit, improving technique, or winning the World-Cup.

Everyone is included in our team. As an individual-team sport we are blessed to be able to “play everyone” to the extent that they want to be played. We are also blessed to have the safety net of team dynamics. We coaches strive to make the team stronger by stressing sportsmanship and positive leadership above all else.

Our sport combines endurance, power, balance, and rhythm to create one of the most challenging sports out there. We believe that it is this challenge that creates better people. People who leave this program leave with the ability to set goals and train for anything that life brings their way.

Teams and Age Groups:

Comp Team: Comp Team is short for competition team. Our Comp Team is for skiers who are 14 and older on January 1st 2009. This team is for those skiers who are looking to be strong junior racers in their age group, both divisionally and nationally. The Comp team will race most weekends during the winter. Training for this group is done year-round, with focus on technique, strength, endurance, speed and mental toughness. We strive to create an autonomous well rounded athlete, and our goal is to develop top nordic athletes.

Winter Schedule: September- March 20th
(Dryland) September- November 27: Tues, Wed, Thur, Fri, Sat

Meets 3:45-5:30 at Camels Back Park, BBO, or Municipal Park
(On-Snow) November 27- March 20: Tues, Wed, Thur, Fri, Sat
Meets 3:45-6:45 at the South Side of Bogus Basin Offices
Weekends 9:00-12:30

Summer/Dryland Schedule:

May 5- August: Mon, Tues, Wed, Thur, Fri
May 15- June 8: Meets after school at 3:45-5:30 at Camels Back
June 9- Till Boise School District Starts in '08: 7:30-9:15 at Camels Back

Comp Devo Team: Our Comp Devo Team is for skiers who are serious, or just curious, about nordic skiing. As the name implies, we are trying to bridge the gap between the Development Team and the Comp Team. Your child must be 12 or older on January 1st 2009. If your child is too old to be a Devo Skier, but not ready to compete at the competition level, this is the right team. Or, if your child has been on the Devo Team for two or three years and has mastered the “basics” this is the right team. This team is a three or four day a week commitment when we are ‘on-snow’ and two or three day a week for Dryland. The Comp/Devo Team has great racing opportunities and we encourage entering races at this level. At the Comp Devo level, the focus will be on improving balance, cardiovascular fitness, technique, rhythm, power, and strength. The travel team is based on age and ability. Most of our ‘away’ races this year will include kids who are 13 or older on Jan 1, 2009. The kids that were born after that will have the option to travel to races; just not as many. (See schedule in appendix for travel schedule.)

4 Day Winter Schedule: September 3- March 14th
(Dryland) September 3- November 27: Tue, Wed, Fri
Meets 3:45 at Camels Back Park, BBO or Municipal Park
(On Snow) November 27- March 14: Tue, Wed, Fri, Sat
South Side of Bogus Basin Offices 3:45-6:45 Weekdays - Weekends 9:00- 12:30 AM
Summer Schedule: June- August: Mon, Wed, Thur, Camels Back Park 7:30-9:15

3 Day Winter Schedule: Sept 3- March 14th
(Dryland) Sept 3- Nov 27: Wed & Fri
Meets 3:45 at Camels Back, BBO or Municipal Park
(On Snow) Nov 27- Mar 14: Wed, Fri, Sat

Development Team: Devo Team is for our up-and-coming superstars 4th, 5th, and 6th Graders. We will focus on the “basics”: technique, speed, strength, and most importantly, having fun! Devo skiers will have the option of skiing in regional races on some winter weekends, but this team will mainly participate in local Bogus Races. Our big travel weekend is to Sun Valley for the Western States Youth Ski Festival. The Team will meet one to two days a week starting on November 5th until March 14th. Our goal on this team is to make nordic skiing fun. We play a lot of games that stress agility. The team learns about the different techniques, and about how to take care of their equipment. This team is a winter-only program.

Winter Schedule Only: November 1- March 15:
(Dryland) November 1st- November 27th: Wed
Meets Camels Back Park at 3:45-5:30
2 day(On-Snow) November 28th- March 14th: Wed & Sat
1 day (On-Snow) November 28th- March 14th: Wed
Meets at the South Side of Bogus Basin Office

We depart at 3:45- 6:45 on Weekdays, 9:00-12:30 Weekends

Summer Training: (Comp and Comp/Devo Only)

Summer Training is what separates the best young skiers in this country from the rest. We are flexible with your needs of summer activities and family plans but hope that all Comp and Comp Devo skiers will participate in dryland training. Our summer programs are tailored to each of our age groups. We begin summer workouts with the comp team in early May, and continue right up to ski season.

Age Groups, Winter 2008/2009: Determined by the United States Skiing Governing body.

OJ-Born January 1, 1989- December 31, 1990 J1-Born January 1, 1991- December 31, 1992
J2-Born January 1, 1993- December 31, 1994 J3-Born January 1, 1995- December 31, 1996
J4-Born January 1, 1997- December 31, 1998 J5-Born January 1, 1999- December 31, 2000

Equipment:

Your equipment is important to your success as a skier. It should be well maintained, and in good working condition at all times. This means that your skis should be waxed and cleaned at least once per week. (Every time you ski if you're a J2 or older) This can be done at home or in the wax room at Bogus.

Devo Team: (1st year skiers will not need boots, skis, or poles because the Bogus Basin Nordic Center donates their rental equipment to the team for use, assuming availability. The equipment stays at the Nordic Center.)

2nd year Devo Skiers should have:

- ✓ Appropriate winter exercise clothing
- ✓ Water bottle carrier
- ✓ 1 pair of "combi" skis with bindings
- ✓ 1 pair of "combi" boots
- ✓ 1-2 pair of poles
- ✓ One pair running shoes

Comp Devo Team should have:

- ✓ Appropriate winter exercise clothing
- ✓ Water bottle carrier
- ✓ 2 pairs of skis, 1 skate and 1 classic with bindings
- ✓ 1 pair of "combi" boots, or 1 pair of skate and 1 pair of classic boots
- ✓ 2 pairs of poles, 1 skate and 1 classic
- ✓ Running shoes
- ✓ Appropriate summer/fall training clothes

Comp Team should have:

- ✓ Appropriate winter exercise clothing
- ✓ Water bottle carrier
- ✓ At least 2 pairs of skis, 1 skate and 1 classic with bindings (high quality)
- ✓ 1 pair of skate and 1 pair of classic boots (high quality)
- ✓ 2 pairs of poles, 1 skate and 1 classic (high quality)
- ✓ Running shoes
- ✓ Appropriate summer/fall training clothes
- ✓ Roller skis & RS ferrules for poles

*Coaches note for Comp Team Skiers: The kids who are competing at the junior level (J2 and up) should check with the coaches before ordering equipment. Boots, skis, and poles make a huge difference in performance, and our team athletes put in it too much effort just to get beat by better equipment.

Team Updates, Info and Scheduling:

We have 4 different methods of getting information to all of you (skiers and parents).

These include:

- ***The BBNT Website (bogusbasinnordicteam.com)
- E-mail (if we don't have your current address, please let us know)
- The Phone Tree: The phone tree will be sent out via e-mail before our on-snow training schedule starts in November.
- Direct Mailings: newsletters, banquets, and annual parent meetings.

*****We will use website postings for most information.** Please check the web site often and become familiar with what it has to offer as an information resource. We will activate the phone tree on occasion for last minute changes and reminders. E-mail, and direct mailings are only used for the trips, banquets, and fundraising events.

E-Mail is a great way to get a hold of us to ask questions. Please, don't hesitate.

Freeheel_scott@hotmail.com or (208) 409-0181

Note: this handbook is a valuable resource for team information. Please, read it carefully and keep it on hand in case you have any questions about how the team works.

Travel Procedures:

Information Sheets for all away races will be available no less than 5 days before the departure date for that trip. Trip info sheets include all of the following information:

- Event title
- Event location
- Event date(s)
- BBNT Groups (Devo, Comp Devo, Comp) or age-groups for who the trip is appropriate.
- Comprehensive event and travel schedule
- Cost information
- Payment procedures and deadlines
- Lodging information and contact numbers
- Coaching staff

If the trip is appropriate to your ability level and position on the team (i.e. Comp, Comp Devo or Devo), and you are interested in attending, you must:

- Let a coach know of your intention to attend as soon as possible.
- Get a check for the cost of the trip (usually made out to BBNT) to Treasurer, Laurel Smith by the date specified on the info sheet.
 - 719 Ridgeline Rd, Boise, ID 83702
- If you do need to cancel after you have paid, let us know as early as possible, and we will refund to you any money that has not yet been committed.
- Show up on-time for the trip – we often leave very early in the morning!

Types of Races:

There are several different types of events that the BBNT and its athletes participate in.

Bogus Challenges – This race series is designed for local and regional racers of all ages. The Nordic Center at Bogus will be holding three races throughout the season. There are age groups and raffle prizes for these races.

Regional Races – Races around our area (often in Sun Valley, Tamarack, and McCall) that are open to citizen racers and junior skiers. Several different distances are often offered, and these trips are open to all team member that we can take in the two vans.

Junior National Qualifiers – These are primarily junior races held on 3 weekends throughout the course of the season. For many of our skiers, these are the big events of the winter. Race distances are provided for all age-groups. We usually try to take as many skiers as possible. Vans for JNQ trips are filled by Comp Team athletes first, then Comp Devo skiers.

Festival Events and Youth Competitions –

- Western Regional Junior Championships is in West Yellowstone MT this year. It is a regional championship race in March. This is open to all racers J3 and older.
- The Western States Youth Ski Festival in Sun Valley is open to our youngest racers. This is a fun event that challenges skiing skills without too much emphasis on competing.

US National Championships / Super Tour Series Races – These races are for the most committed members of the BBNT Comp Team. Only the older Comp Team athletes will have the option to race at Nationals. There are no junior categories at these events, and young skiers race side by side with members of the US Ski Team, college athletes, and top regional and national athletes.

Invitational Races (Jr. Nationals / J1 Scandinavian Series / Jr. World Championships) – These are the premiere events for junior skiers, and to participate, you must qualify.

- Qualifying for Junior Nationals is done at the JNQ races mentioned above – 42 (21 of each gender) skiers from our division will be named to the JN Team. Criteria for JN selection can be found on the Intermountain Division Web Site. (www.intermountainxc.com)
- Qualifying for J1 Scando Series and Jr. World Champs are both done at US Nationals. Typical team size is 12 skiers (6 of each gender) for each trip, selected from all of the junior racers in the country. Success at this level is pinnacle of achievement for junior nordic racers.

Team Fees and Associated Costs:

Team Wax:

BBNT will provide all race wax, both kick and glide. This may include pure fluorocarbon wax (big \$\$\$) when deemed appropriate by the coaches. Training glide wax is the responsibility of each individual skier, while training kick wax will be provided by the team at the beginning of each training session. As a team we primarily use **Swix** waxes, so if you are purchasing wax we recommend that you start to get to know this wax brand.

Bogus Basin Nordic Center:

***A Nordic Season Pass is required for all BBNT members.**

The BBNT is lucky to have the Bogus Basin Nordic Center as its home training ground. This means that you need to respect the Nordic Center. A few rules to follow:

- Keep all of your gear in the BBNT Team Room.
- Keep our locker room neat!
- Be courteous to all Nordic Center patrons and employees.

Tuition and Scholarships:

Tuition is dependant of what team you are a part of. Tuition covers a fraction of what the total team budget is. Tuition is used to help pay coaches salaries, transportation costs, and insurance. We do our best to keep tuition reasonable. If tuition costs are the reason that you won't join, or continue, with the team then we do have some scholarship money available. Please contact Scott for more details.

USSA Membership Fees:

USSA (US Ski and Snowboard Association) is our sports governing body. As a team we get Liability Insurance through this organization. In order for the team to be covered we must all be members. The cost for membership is dictated by age. Kids who are 13 or younger on January 1st 2009 have membership costs that are \$40 annually. Kids who are 14 or older on January 1st 2009 have membership costs that are \$120 annually. The membership lets us buy insurance for the team, and it also allows for our competitive athletes to be ranked nationally. Being ranked gives these athletes the possibility to be noticed by US Ski team Coaches, and Collegiate coaches alike. Comp team members are also required to get an Inter Mountain Division (IMD) license. IMD is the USSA division the BBNT races in, having this license is a requirement to going to JNQ's and having your JNQ points counted for the race series.

Team Transportation:

BBNT Team Transportation is done with our two 15 passenger team vans. We own these vans, so we ask that you treat them with respect. Keep them clean!

To Bogus: We provide transportation from the Bogus Basin Offices at 2600 Bogus Basin Road, to the Nordic Center on all midweek training days, and most weekend training days. The only exception to this is during periods when our team vans are out of town with a part of the team. It looks as though we will have more skiers this year than spots in the van. We might need to set up parent car pools on Wed, Fri, and Sat in order to get everyone to practice.

Payment Schedule: We will collect the transportation payment when the second team tuition payments are due.

To Away Races: The BBNT team vans will travel to all of our scheduled away races. Fees for team transportation will be on a per event basis, based on the duration and distance of the trip.