

**West Point
Junior Alpine Ski Team
(WPJAST)**



**2010-2011
Season (# 8)**



WPJAST: Board Members

President: Corina Morano-Ender

**Vice Presidents: James Barnard +
Tony McGowan**

Treasurer: Kristine Learey

Secretary: Diane Ryan

**Director of
Coaching: Dave Brzywczy**

Coaching Staff (PSIA)

<http://www.thesnowpros.org/>

Dave Brzywczy

Bob Rodi

Corina Morano-Ender

Steven Skyer



Assistant Coaches (ASIA):

Austin Zivec

Tony McGowan

Matthew Learey

James Barnard

Luis Gaitan

Hylmar Fenger

Race Day-Parent Coordinator:

Daria Archer

WPJAST web site:

<http://mysite.verizon.net/vzer0g6a/wpjast/index.html>

WPJAST Board Contact Info:

Corina Morano-Ender (coriname@aol.com)
James Barnard (james.barnard@usma.edu)
Tony McGowan (gerard.mcgowan@usma.edu)
Dave Brzywczy (david.brzywczy@usma.edu)
Diane Ryan (diane.ryan@usma.edu)
Kristine Learey (learey2001@yahoo.com)



Our Mission

- to provide a co-educational, recreational junior ski racing program for West Point youth ages 8-14
- to bridge the gap between the West Point Ski School and local area high school ski racing programs
- to teach ski racing skills + to give advanced youth skiers a venue for competition to challenge themselves mentally and physically



WPJAST Eligibility



- Ages 8-14 (as of 31 Dec 10)
- Must be eligible to use the slope
- Must purchase season pass
- Skills required: at least wedge christie, ski under control, can turn and stop on demand, and listen/take action under the direction of an instructor

Dues:

\$100 first child; \$75 for each additional child)

\$ 50 Deposit per racer per family towards

“Race-Day Requirement”

Age Groups

- **J- III** born in 1996, 1997 (Grade 8+9)
- **J- IV** born in 1998, 1999 (Grade 6+7)
- **J- V** born in 2000, 2001 (Grade 4+5)
- **J- VI** born in 2002 (Grade 3)

Training

http://www.youtube.com/watch?v=l4q-h_aOoVo&NR=1



Coaching Philosophy



- Have a plan (early on & always – stance, turn shape balance/control)
- Keep it simple (no more than two things to think about on any run)
- “Less Chatter, More Clatter” (keep kids moving)
- Small groups of racers and rotate coaches each week
- Positive Reinforcement
- Everybody is a WINNER: The race is against yourself
- **SAFETY** – racers set example for courtesy on the hill
- **SAFETY** – buddy system
- **SAFETY** – skiers follow coaches’ instructions

Dry-Land Training Sessions

- starts Tuesdays (23+30 Nov, 7 Dec)
- 7:00 – 8:00 PM
- Youth Center: Gym
- wear gym clothes (shorts and sneakers)

<http://www.skiracingvideos.com/videos/236/stubby-sl-new-snow>

In-season Practice

- starts Tuesday, 4 Jan
- Tue. (6:30-8:00 PM) + Sat. (9:00-11:30 AM)
- at Victor Constant Ski Slope
- NO practice on 17 Jan (MLK) or 19 Feb (Pres)



Races:

22 Jan

Home Race # 1

29 Jan

Home Race # 2

5 Feb

Home Race # 3

12 Feb

Home Race # 4

26 Feb

“Polarfest” (MWR Event)

Away Races:

Belleayre, Hunter, Plattekill

(optional; 2 hour drive;
depending on weather
conditions + availability
of coaches)



Equipment



Mandatory items:

- properly fitting helmet (snug)
- poles
- shaped skis
- front-entry boots (3 or 4 buckles)

Ski Tuning

Well-fitting boots are MORE important than skis

Registration

Application packet includes:

1. Membership Application
 2. Medical Release Form
 3. Rules of Conduct (signed by child + parent)
- **Return all completed forms and a check payable to “WPJAST” tonight or by mail**



Ski Swap

- Nov. 21, Sunday, 12-6 PM
- Nov. 22, Monday, 3-9 PM
- at Victor Constant Ski Lodge
- They do NOT sell racing skis at this event
- Discount for season lift ticket = 10%
- LOCKERS are downstairs, \$ 75
(lottery sign-up via web site)

<http://www.westpointmwr.com/ACTIVITY/SKI/index.HTM>

http://www.westpointmwr.com/ACTIVITY/SKI/ski_locker_application.pdf

Budget

2010 **Balance** = \$ 3079

includes: \$ 360 Grant (D.U.S.A.)

\$ 1481 Grant (W. Pt. Women's Club)

 \$ 1841

 \$ 200 Pre-Registration Fees for racers

2010 **Fall Purchases** = \$ 1000

("Start" + "Finish" Banners, Turning Key,
2 Key Belts, 30 Brushes, Wax)



Projected Budget 2010-2011 Season

Projected Income: (Approximately \$3000)

+ \$ 1000 Remainder of Pre-registration Fees

+ \$ 2000 New Racers (20) at \$100 each

Projected Expenses: (Approximately \$3000)

- \$ 200 Reg. + Transp. for Away Race

- \$ 100 Reg. for 4 Home Races

- \$ 300 Wax

- \$ 700 Hats or T-shirts for Racers

- \$ 500 Medals

- \$ 900 ASIA + PSIA Training Coaches

- \$ 300 Helmet name tags



Q + A