



Mitey-Mite Full Season & Mitey-Mite Prep Parents' Questions & Answers

GENERAL

Who is the Program Director of CMAC?

Alan Lauba is CMAC's Program Director and you can reach Alan best by email at cmacski@aol.com.

Who is the Director for the Mitey-Mite Sunday program?

Kelly McCann is the Director for the Sunday mitey-mite program and you can reach Kelly best by email at kellydmccann@cs.com.

Who is the Head Coach for the Mitey Mite Sunday program?

Each age group has its own head coach all of whom are best contacted by email:

J4	Matt Brewster	mebrewster@gmail.com
J5	Blaine Olson	perfprod@yahoo.com
J6	Tamara Hall	tamarahall@msn.com

Who is the Director for the Mitey-Mite Prep Saturday program?

Paul Clarke is the Director for the Saturday prep program and you can reach Paul best by email at pclarke650@msn.com.

Who is the head coach for the Mitey-Mite Prep Saturday program?

Each age group has its own head coach all of whom are best contacted by email:

J4	Paul Clarke	pclarke650@msn.com
J5	Steve Alger	stevealger@msn.com
J6	Kirsi Longley	kirsi_1@lycos.com

How does the Saturday program differ from the Sunday program?

The mitey-mite prep season program is designed to be an introduction to ski racing and consists primarily of directed free skiing with limited gate training. The Sunday program starts in December and is designed for the more serious, experienced skier who wants to concentrate on developing their racing skills.

What if my child starts in the Saturday program and wants to get more serious about gate training can they transfer to Sunday?

Yes your child can transfer if there is a space available. In addition you will have to pay the extra cost of tuition

TRAINING DAYS

Where and when do the kids meet?

On Saturday and Sunday kids meet at the CMAC shack at 8:30 a.m. ready to depart and train at 8:45 a.m. sharp. If your child is taking part in the J4 training on Saturday then it is 8:30 a.m. at the CMAC shack.

Are kids expected to ski by themselves while the coaches are setting courses?

Yes full season (Sundays) J5s and J4s will often be given some drills while gates are being set. Prep season kids (Saturdays) will be skiing with their coaches.

What if they are late?

Check Gold Hills to see if your racer's group is there training. If not we suggest you do some family free skiing and perhaps you'll run into the group. Most CMAC Mitey-Mite coaches have a red/black coat. Look for a CMAC coach and ask them radio to find the location of your racer's group – but make certain you know the full name of your racer's coach. Failing any of these options, meet the group after lunch.

What if it is raining?

We still train but recommend bringing some extra clothing, particularly gloves. Hey it's the Pacific Northwest.

If the mountain shuts down due to bad weather where will I find my children?

At the beginning of the season your child's coach will establish a meeting area for lunch and end of day. This area will also be the meeting place in the case of mountain shut down.

Are kids expected to come on a regular basis

Yes, it is best if your child attends on a regular basis; however, we understand that families take vacations and if it is a ski vacation – great.

If they miss a day can they make it up at another time?

No, we do not have a system to do "make ups".

When do they take lunch?

11:30 to 12:45. It is important that you pick your child up promptly from the agreed meeting area to allow plenty of time for both you and your child's coach to have lunch.

Should my child have money/snack in their pocket?

Yes, particularly the younger children who tend to become cold quicker than the older children. That way the coach can take a "warm-up" cocoa stop with the children.

What time in the afternoon are they dismissed?

3:00 p.m. at the agreed meeting point. We ask that you please be punctual in picking up your child both for their sake and their coach's sake.

Can they carry a family radio/cell phone with them?

Yes; however, sometimes the coach will ask that radios/phones be turned off as they can be a distraction. We recommend that you keep your radio/phone on and let your child be the one to contact you rather than the other way around.

What happens if they get hurt?

Your child will be taken to the Crystal Mountain Ski Patrol. Your child's coach will endeavor to contact you. Please become aware of the reader boards at the bottom of all lifts as this may be a means to reach you.

What happens if they get separated from their group?

Your skier should ski down to the bottom of the last lift that they rode, and wait/look there for the coach. While waiting, they should stop ANY CMAC coach and ask them to radio their coach. If the child still can not locate their coach after some time, they should ski to the CMAC meeting area.

What do coaches do if one child has to go to the bathroom?

Older kids, J4s, training gates will be allowed to go and come back on their own. The coach and his or her group will wait for the younger children.

Where do they do their gate training? Do they gate train all day?

Gate training is done almost entirely on Gold Hills (chair 7) and if not there, on Chair 4. They will do a combination of free skiing and gate training during the day.

Where do they do their free skiing?

That is driven entirely by ability and conditions. If they are a strong skier, just about anywhere on the mountain.

Can parents shadow/accompany training?

The first day for the younger children is fine but it really is better just to let the coach do their job. Remember your child is not alone, he or she is surrounded with teammates.

Can I train with the kids?

No, as this can take away from the training of program Mitey Mites. Parents who want to learn or practice gate training should join the Masters Program. The Masters program often trains on the same hill as the kids.

How do coaches feel about me coaching my child?

During a training day, it is best if the kids learn from their coach and the coaching staff. This maintains consistency of the skills being taught and prevents kids from become confused and frustrated.

Do the coaches want to talk with me after training days?

The programs are designed so that usually there is no need for coaches to talk with parents after the training day. The program will follow the posted calendar.

If I would like to talk to my child's coach, when is best time?

At the CMAC shack at 8:30 AM before training starts, before or after lunch, on the chair lift, or at the end of the training day. Be mindful of the coach's time constraints. One of the best ways to communicate with your child's coach is via email and that information is listed right here on the CMAC web site. Concerns or questions with CMAC policy should be directed to Alan Lauba, or one of the CMAC board members.

EQUIPMENT

Does my child need a helmet and face guard?

The CMAC MM program has a mandatory helmet rule except for slalom where slalom protective headgear is allowed, so yes your child does need a helmet. Face guards on helmets or slalom protective headgear are optional for slalom. If your child is getting close to the gates a face guard is a good idea.

Where do we buy ski equipment? Are there any equipment deals for my child? Are hand-me-downs OK?

Sturtevant's is a great supporter of CMAC racers, look for their yearly racer discount day advertised on the web site and through blast mails. You may also look at our equipment page for coaches that represent various products and may be able to provide you pro form costs with the use of your USSA membership. We also encourage hand me downs providing they are still in good condition. Equipment is forever changing hands at CMAC, check the "for sale" page of our web site.

How many times can you move bindings?

The more you move bindings the weaker the ski becomes, certainly not more than twice. You can always try it but the ski is likely to break.

How long should skis be?

That is hard to say as brands differ, it is determined on the measurements of the ski. We do recommend for mitey-mites that you go with a general junior race ski that will work for both slalom and giant slalom.

How many pairs of skis should a kid have?

For J5 and J6 age racers, one good pair is usually fine. As racers approach the J4 level, a pair of skis for slalom and a pair for giant slalom is the norm, but not required.

How do you know when a kid needs new skis?

When the bases and edges are beyond tuning or when the child outgrows the pair they have. If you are not sure ask your child's coach for their opinion. Look to see what other kids are skiing on, or ask your tuning shop.

Can you tune skis yourself? Are there any classes? Where do you buy wax etc.?

Yes you can tune your kid's skis yourself and classes are given by World Cup Skier Services. The classes are excellent and definitely worth attending if you plan to tune your own skis. In your welcome packet you will find an order form for Dominator waxes, the prices and product are excellent.

How long should poles be?

In the past it was recommended that your elbow be at 90° when your pole is in the snow. Now a little longer is regarded as better.

Does my child need special poles, pole guards, GS poles, etc.?

They don't need guards unless they are hitting the gates and they will let you know when they start hitting the gates. They don't need GS poles.

CLOTHING

Where do you buy the CMAC Karbon gear?

Kelly McCann is your Karbon gear resource. Kelly places the CMAC order at the END of the ski season for next years clothing.

Where do you buy the racing suits?

You can order Karbon racing suits through Kelly McCann. Kelly places the CMAC order at the END of the ski season for next year's suits. Race Place is another good place to order suits from using their web site.

Are there any extra items we should have on hand?

Absolutely you should have extra gloves, a neck gator to protect your child from frostbite on very cold days and a set of dry clothing for wet days and accidents)

RACING

Does my child have to race?

No.

*Can kids in the **prep** season compete in the Warm Up Slalom and the Cherry Tree Charge?*

Your child may enter any of the races providing they are members of the USSA. However the Cherry Tree Charge's Super G race is open to J4 skiers only. We do recommend you discuss race entry with your child's coach as they can best advise whether they feel your child is ready or not.

Does my child need a USSA number to race? How soon should I apply for it?

Yes your child needs be a member of USSA to take part in PNSA (Pacific Northwest Ski Association) MM races (such as the Warm Up Slalom and the Cherry Tree Charge that is put on by CMAC). Applications can be obtained on line through USSA. Prep skiers do NOT need to be members of USSA if they ONLY race in the Sally McNabb Cup. Prep skiers will need USSA memberships if they choose to race in other races.

How do you enter a race?

For races that CMAC host, go to the CMAC web site and print off an entry form. For away races go to the host mountains web site and again download the entry form. There is an entry fee per race plus a bib deposit. Providing your child doesn't walk off with the bib you will get your bib deposit back. Your child will be given a bib on the first day they race that will be good for both race days. If your child is only racing the first day you must be sure to return the bib to an official at the finish area. Remember to enter a MM PNSA race your child does need to be a member of the USSA.

Can we keep the bibs, they'd make a great souvenir? When do I return the bib?

Bibs MUST be turned in. If your child is only racing the first day of a two day race series then you need to make sure your child's bib is given to an official in the finish area. On the last day of a race series, usually a Sunday, a volunteer will be in the finish area collecting bibs as the kids cross the finish line.

Can my child compete in all races?

Both prep season and full season kids are welcome to enter all PNSA MM races. USSA rules limit Super G races to J4s or above. Only prep season kids can race in the Sallie McNabb cup which is a club only race at the end of their season.

In what races do Prep skiers compete?

The Prep program's only scheduled race is our club race, the Sallie McNabb Cup, on the last day of the Prep season. However, Prep skiers can choose to compete in any PNSA race (such as the Warm Up Slalom and Cherry Tree Charge at Crystal) so long as they have their USSA membership. Depending on schedules, they may miss a training day in order to race.

What is the Sallie McNabb Cup?

The Sallie McNabb is a club race held on the last day of the Saturday program. Only children signed up for the CMAC prep season are permitted to race. The race is held on Gold Hills (Chair 7) and is usually followed by a BBQ lunch. It is a fun finale for the children in the prep program.

When should we be at the mountain on race day?

We recommend you arrive at the mountain at 7:30 a.m. thereby having plenty of time to collect your child's bib, have them go to the bathroom and eat some breakfast. They need to be at the top of the race course to meet their coach for a course inspection by 9:00 a.m.

How does the race day format go, i.e. which age groups go first, when's lunch etc?

Do I take my kid through the course? Why is course inspection important? How can I make sure my child doesn't miss inspection?

Apart from the super G race where the kids get only one run each child will have two runs per race day, one in the morning and one in the afternoon. Usually the younger children go first, girls then boys, followed by increasingly older children. It is very important that your child arrives at the mountain in good time to make course inspection. By inspecting the course he or she will be familiar with what they are skiing and the best line to take. Course inspection is a very important part of ski racing that they need to learn. In the morning have your child at the top of course by 9:00 ready for course inspection. When your child has completed their first run take them off for some lunch then return them to the mountain ready for afternoon inspection. After the last person skis their run there is an interval of about one hour before the second run begins.

Can I slip the course with my child?

If your child has missed his or her coach then yes but make sure you start the slip at the top of the course and officials know that you are on course with your child. Never duck under the rope.

Can I be inside the race course on race days?

Except for the above, only if you are working on the course.

What if they fall (DNF) or miss a gate (DQ)?

We do let all kids take both runs even if they DNF or DQ the first run. They will however not get a combined time.

What should my child do if he/she misses a gate?

If they are not too far down then climb up and go around. If they find themselves a distance from the gate then ski out of the course.

What should my child do if a ski comes off during a race?

Pick his or her ski up and clear the course immediately. After the ski/s have been put back on, if the child is still within the roped off race course area (race arena) the child should then exit by ducking under the rope. Do not reenter the course.

What if my child's ski comes off at the end of the course and they travel through the finish gate standing up – does the run count?

Yes

How far down are medals given?

That depends entirely on the host team. CMAC usually give medals through 10th place.

What is the Buddy Werner Championship? How do you qualify?

Buddy's is a ski racing competition comprised of the best 7 girl and 7 boy skiers from each club in PNSA. CMAC team is made up of J4 racers selected upon their four best runs from the Warm Up Slalom in January and the Cherry Tree Charge GS races in February. The team is announced after medal presentation on the Sunday of the Cherry Tree Charge. To know more about the Buddy Werner Championship you can speak with Kelly McCann.

How do away races work? Do we send coaches?

The only away races CMAC sends coaches to are the Bantam Cup at White Pass and May Day at Mt. Bachelor. To enter away races you need to go to the host mountain's web site and download the entry form, or enter on line if the option is given. As with all races make certain you arrive at the venue early and your child slips the course before racing. Prep program skiers can also compete in these races provided they have a USSA membership. We recommend that Prep skiers/parents discuss this with their coach first. The Prep coach may not be at the race, so Prep skiers will meet with the full-season coaches at the race.

Who is responsible for parents' and children's accommodation at away races?

You are responsible for making your own bookings but options have been posted on our web site for selected resorts.

VOLUNTEERING

Do I have to volunteer? Can't I just donate my deposit?

Yes you do have to volunteer. There are times when it is impossible and we understand that completely but it really is important that EVERYBODY step up to the plate and share the work. After all we could all just donate our deposits but then who would run the races for our kids?

How do I find out what volunteer positions are available?

Go to the CMAC website at cmacskiracing.com and in the center of the home page you will see a listing the races to be held at Crystal Mountain. Under each race will be a listing of positions that are still available.

How do I find out what the volunteer job entails?

In your welcome packet and on the website you will find a Description of Volunteer Positions which describes the job duties. Alternatively you can call our volunteer coordinator Leilani Sundt at (360) 808-2642.

Do I need special training?

No we'll give you complete instructions so please don't worry about that. None of the positions are complex you just need some enthusiasm and the willingness to give it a go!

How do I sign up to volunteer?

Call Leilani Sundt at 360-808-2642 if you have any questions or concerns. If you have any friends or family members that would like to volunteer to work a race and earn a Crystal Mountain lift ticket please have them contact Leilani.