

DPSEF Tahoe League Team

Race Day Procedure

Entry Procedure:

- ◆ BY December 18th all racers should have submitted post-dated checks made out to DPSEF. In addition, liability release forms should be signed for each competition – see Tahoe League web site for Waiver downloads <http://www.tahoeleagueraaceseries.com/>. Please take the time, download them, fill them out, and get them to the Race Shack either in person or via mail or deliver to Petra on the first day of the program.
- ◆ AFTER DECEMBER 18th, all race entries to Tahoe League races must be handled by the racer on race by race basis.
- ◆ TO REMOVE your name from a race; e-mail Petra and indicate your desire to be removed from the race no later than 5 DAYS prior to the event.

General plan for meeting:

- ◆ Each competitor will have their own Tahoe League racing bib for the season. Bibs will be distributed at the first race. Each racer should bring the racing bib to each race; you cannot race without a bib!
- ◆ Announcements for upcoming races will be sent out by e-mail. These instructions will include the meeting place. Most races will consist of two race runs for each racer.
- ◆ At the meeting place, the Tahoe League Team coaches will be there to provide lift tickets and verify your entry/ bib number for the upcoming competition and conduct our morning pre-race meeting.
- ◆ After the pre-race meeting we will head out to the race hill AS A GROUP. This is normally 15 minutes prior to course inspection.
- ◆ Parent volunteers provide for a successful and safe race-day for our young racers. Their help is greatly appreciated. Parent volunteers should attend the morning pre-race meeting.

Pre-race routine:

- ◆ At the pre-race meeting we will review the LOST racer procedure. This will highlight the steps a racer should take if he/she separates from the group.
- ◆ All racers will be assigned 1 or 2 buddies in their respective age group.
- ◆ If needed volunteer parents are grouped with the racers.
- ◆ The team heads up to the STAR of the racecourse and sets up DPSEF Base location. This will be home base for the racers prior to the race. Racers will check in with the Tahoe League Team coaches prior to additional warm-up free runs.
- ◆ **Please NO PARENTS in the START area – NO EXCEPTIONS – Tahoe League Rules.** Let the coaches do their job and focus on the kids not the parents.
- ◆ Course inspection will take place in one or two groups.
- ◆ The Tahoe League Team coaches will warm up the racers and allow for additional free runs depending on the start times. The coaches will provide a focus for the racer during the warm-up runs.
- ◆ The Tahoe League Team coaches will inspect all racers equipment prior their run – please note that we are NOT allowed to adjust athlete's bindings without parent permission.

- ◆ Each racer should leave the extra jackets and skis in the DPSEF base location. Depending on the arrangement with the parent volunteer's and weather conditions some clothing might be transported to the bottom of the course for each racer.
- ◆ A Tahoe League Team coach will be present with each racer as they make their way to the starting gate.
- ◆ Racers should be ready to take a re-run if necessary; timing glitches, DSQ protests, etc can happen. The parent volunteers and coaches will attempt to notify racer via the race officials at the finish. Be aware of your number and listen for it following your run, you may be asked to take a re-run.

Mid-Race break plan:

- ◆ Racers will meet the parent volunteer or assigned coach for their group at the end of their first run. Depending on the weather, the parent volunteers might have transported the racers extra ski clothing to the bottom of the race.
- ◆ Following the finish of their first run, the racer should locate the parent volunteer or assigned coach. They will either take the racers directly to lunch or proceed back up to the DPSEF home base at the top of the course.
- ◆ Either on the way back up the hill or on to lunch, each racer should review the following questions:
 1. What did I do right in my run?
 2. What can I do better? Review it with a coach.
 3. What is the next step, i.e. what will you do better next time.
- ◆ The racer needs to eat lunch in between the runs.

Second Run Plan:

- ◆ The Parent volunteer or assigned coach will get the racers back to the DPSEF Home base prior to the start of the second run. Coaches will review the first run and re-inspect the racer equipment.
- ◆ Following the second run, racers **MUST** proceed back up to the DPSEF Home Base to review their run with the coaches and to retrieve all their belongings.
- ◆ Time permitting; the racers can take some free runs with parent volunteers and coaches prior to the Awards Ceremony.
- ◆ The time of the Post Event Awards meeting is normally about 45min after the last racer. You will be given exact time and location at the pre-race meeting. All racers are encouraged to attend the Award Ceremony.
- ◆ The racer should not be skiing without supervision following the race event. **Racers will not be released without their parents or designated guardian. Parents please notify coaches when you pick up your athlete to leave the ski area – a text to Petra or another coach on the hill is acceptable method of communicating.**