

NEW CANAAN HIGH SCHOOL – ALPINE SKI TEAM COACHING POSITION

The position involves a commitment of four days per week after school from approximately mid-November through the first week in March.

- **Pre-season:**
 - Mid-November through late December/early January (until Mt. Southington opens)
 - 4 days per week of 1-1.5 hours of dryland training at the high school.
- **Once Mt. Southington is open:**
 - 2 days per week at the high school for 1-1.5 hours of dry land training.
 - 2 days at Mount Southington (one practice day and one race day).
- **Mountain training and race days:**
 - The team travels by private van with ski trailer that holds skis and poles.
 - One parent volunteer always goes up in their own car with boot bags and equipment that doesn't fit in the van.
 - The parent volunteer also serves as an additional point of contact for the coach, driver, and team parents, i.e. traffic delays etc.
 - The parent volunteer stays with van upon return to the high school until everyone is picked up.
 - The coach can either travel with the team in the van or can drive independently up to the mountain and back home afterwards. This saves commuting time at the end of on-mountain days.

Traditionally the first parent information meetings are held in early October.

Early October	* Ski team information meetings with parents and skiers. * Forms sent to league and mountain.
Mid November	* Dryland training 4 days per week (1-1.5 hours).
Late December/Early January through mid-March	* Dryland training 2 days per week (1-1.5 hours). * Ski practice 1 day per week. * Ski race 1 day per week.
	* Fridays are off days.
	* Coach has the option to drive to mountain and return directly home afterwards or take van back to high school.

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