



## **SNOWSPORTS CLUB COMMITTEE**

### **PRESIDENT**

Lucienne Agius

### **TREASURER**

John Day

### **TEACHER-IN-CHARGE SNOWSPORTS**

#### **Senior School**

Cameron Cutchie  
1 Morrison Street, Hawthorn 3122                      9810 4321  
*Email:*    cameron.cutchie@scotch.vic.edu.au

*continues on the inside back cover*



**SNOW**  
*SPORTS CLUB*

*SNOWSPORTS Club*  
Parents' Handbook 2012

Senior School

## **TABLE OF CONTENTS**

<b>Welcome message</b> .....	<b>2</b>
<b>Snowsports at Scotch College - Mission Statement</b> .....	<b>3</b>
<b>School Snowsports calendar</b> .....	<b>4</b>
<b>Uniform and Equipment</b> .....	<b>5</b>
<b>Team selection Policy</b> .....	<b>6</b>
<b>General Information</b> .....	<b>7</b>
<b>Pre-season training and nutrition</b> .....	<b>8</b>
<b>Race Rules</b> .....	<b>9</b>
<b>Parents' Role</b> .....	<b>10</b>
<b>Division Co-ordinators' Duties</b> .....	<b>11</b>
<b>Team Managers' Duties</b> .....	<b>12</b>
<b>Parents' Events</b> .....	<b>13</b>
<b>Information about Koomerang Ski Club</b> .....	<b>14</b>
<b>Supporters of Scotch Snowsports</b> .....	<b>15</b>



**WELCOME TO  
THE 2012 SNOWSPORTS SEASON!**

**This booklet is intended as a guide for parents and supporters of Snowsports at Scotch. We hope you will find it useful. More detailed information through the winter terms will be posted on the School website [www.scotch.vic.edu.au](http://www.scotch.vic.edu.au) - via the SnowSports link. Please check regularly during the season for updates. Other information on the Inter-schools competitions can be found at [www.Interschools.org.au](http://www.Interschools.org.au)**

The Snowsports Club was formed in 2004 to support students entering state and national Inter-School competitions and to provide an opportunity for interested parents from Junior and Senior Schools to meet.

Scotch students have a long history of involvement in Snowsports with students racing for many reasons. For some it is a second winter sport whilst for others it is an extension of their Koomerang Ski Club family membership.

In 2011 almost 50 Scotch boys from Scotch College Senior School competed in the Victorian Inter-Schools Competition with 17 boys qualifying for the Australian Inter-School Competition.

The Victorian Inter-Schools Competition attracts approximately 6,050 students from 130 public and private schools across Victoria. Boys that compete for Scotch range from highly experienced racers through to those with limited or no previous racing experience. We encourage any boy who has the basics of recreational alpine skiing, snowboarding or cross country skiing to participate.

I hope you enjoy the 2012 Season.

*Cameron Cutchie*

**Teacher-in-Charge (Senior School)**



## **SNOWSPORTS AT SCOTCH COLLEGE**

### **MISSION STATEMENT**

To facilitate involvement in the Inter-Schools Competitions providing an opportunity for the Scotch Community to enjoy, participate and excel in Snowsports.

### **VISION**

To be recognised as the leading school in Inter-School Snowsports competition.

## **HISTORY OF THE INTER-SCHOOLS COMPETITION**

### **SCOTCH AND THE INTER-SCHOOLS**

The first official Inter-schools races were held in 1958, a year after a trial race was organised by parents from Scotch College Melbourne and Melbourne Grammar.

Although Melbourne Grammar won the first race in 1957, Scotch College won the first official Inter-schools race in 1958. In that year Scotch was represented by David and Peter Wenzel, Simon Brown, Colin Stuart and Ian Lonie. Peter and Simon went on to represent Australia at the 1964 Winter Olympics.

The first years of the Inter-schools were organised by parents and held during the September school holidays. For many years the Scotch students also represented Koomerang in the Inter-Club races which were very strongly supported during the late 1950s and 1960s.

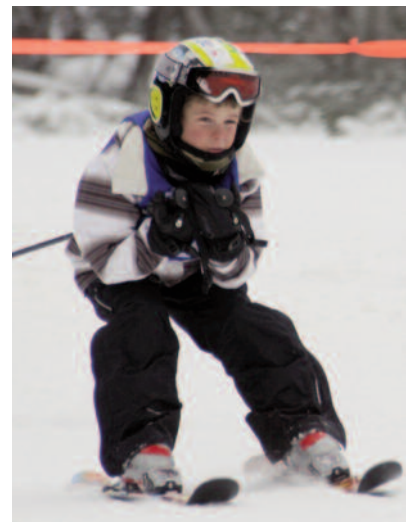
A number of old Scotch boys have gone on to represent Australia in international competition, some of them being Simon Brown, Peter Wenzel, John Rodd, Fred Goetz, Barry Field and Hannes Zirknitzer.

Another Old Boy, Andrew Swan represented Australia at the World Winter Games for the Deaf and for 12 years was the best deaf skier in the world, winning a total of 16 medals and being awarded an MBE for services to disabled sports.

During the next couple of decades (70s and 80s) the Inter-schools competition expanded with a number of the private schools taking part with both girls and boys schools represented. By the 1990s the number of schools wishing to compete was expanding, so the VSA took over the running of the event. By the late 1990s it was decided that the event had grown to a size that required its own board of management and hence the Schools Snow Sport Development Foundation was formed.

In 2011 the Inter-schools attracted in excess of 6,000 entries with over 3,000 Victorian school children competing in the largest event of its kind in the world. There are now more than 130 schools competing with nearly half of them coming from the State School Sector.

Scotch students have competed in every Inter-schools Championship and for many years have been one of the best skiing teams in Victoria.



**SENIOR SCHOOL SNOWSPORTS CALENDAR 2012**

<i>Month</i>	<i>Date</i>	<i>Activity</i>
<b>APRIL</b>	SUNDAY 1ST TO THURSDAY 12TH	Whistler Ski Tour
<b>MAY</b>	WEDNESDAY 17TH	Pre-Season Cocktail Party - Kooyong Lawn Tennis Club (6.30 pm)
<b>JULY</b>	MONDAY 9TH TO SUNDAY 15TH	Intermediate Ski Camp - Queenstown, New Zealand
	SATURDAY 21ST	Race coaching Cross Country trials  Cocktail evening/Family function - ABOM restaurant 6.00 pm until 8.00 pm
	SUNDAY 22ND	Junior and Senior School Alpine and Snowboard Trials Mogul coaching, Race coaching, Mogul grading Snowsports parents GS race
	SATURDAY 28TH TO TUESDAY 31ST JULY	Beginners' Snowsports camp - Mt Buller
	SATURDAY 28TH and SUNDAY 29TH	Cross Country and Development Squad training weekend - Mt Hotham
<b>AUGUST</b>	SUNDAY 12TH	Victorian Inter-Schools Cross Country Championships - Mount Buller
	SUNDAY 26TH TO WEDNESDAY 29TH	Victorian Inter-Schools Snowsports Championships - Mt Buller
<b>SEPTEMBER</b>	THURSDAY 6TH TO SUNDAY 9TH	Australian Inter-Schools Snowsports Championships, - Perisher
<b>OCTOBER</b>	WEDNESDAY 17TH	Snowsports Presentation Dinner - (Venue TBA)

## **UNIFORM AND EQUIPMENT**

**When participating in any School SnowSports event, students are required to provide their own equipment. With the exception of cross-country events, the wearing of helmets is compulsory at all times.**

Weather conditions in the Alpine environment are unpredictable and extreme. Students are expected to cater for changes by ensuring they have adequate clothing, eg. Gloves, goggles and waterproof outer garments.

### **SENIOR SCHOOL**

#### **SOFT SHELL JACKET WITH INSIGNIA**

Sizes: XS-XXL

Contact: Lynda Day 0418 374 402



## **SNOWSPORTS CAMPS**

**In addition to the support provided to students competing for the School in the Inter-Schools Competition, Scotch run two camps to provide students new to Snowsports with the opportunity to experience the joy of snow based sports and for experienced students to practice and enhance their skills in either skiing or snowboarding.**

The BEGINNER'S CAMP is for first-time/beginner level with priority given to Year 7-8 students. Lodge accommodation is provided. Lessons are provided each morning with boys in groups of 8-10. In the afternoon students and staff ski or board together on suitable runs. A staff member can be contacted by mobile phone at all times.

The Intermediate Ski Camp is for those boys who have skied before at any level. Generally not for first-timers, it is a camp focussed on experienced skiers and boarders in Years 9 and 10. Based in Queenstown, boys are free to ski with friends over the five days at both Coronet Peak and The Remarkables. Supervising staff are always on hand to help boys if necessary.

## **TEAM SELECTION POLICY**

**Students wishing to compete at the Victorian Inter-schools Snowsports Championships must attend the trials, held at Mt Buller during Term 3.**

Students must trial in each category for which they are nominating except where no trials are held, eg. Skiercross. A student may only be granted exemption from the trials in exceptional circumstances after discussion with the Teachers-in-Charge of Snowsports. Such circumstances may include:

- The student is already registered to race in an accredited event on another mountain on the same day. In this case, the student must provide the Teachers in Charge with his times for events entered on that day. These will be considered in conjunction with the boy's results from the previous year.
- Illness, injury or family emergency. A note from parents to confirm this is required. The boy's Inter-schools results from the previous year or other recent race results will be considered to determine his place in the team.
- A pre-arranged school commitment, eg. drama rehearsal, expedition or sporting competition. However, it should be noted that the trials date is published in the School calendar.

Any student who does not fall into one of the above categories and fails to post a time at the Mt Buller trials will be placed in a team at the teacher's discretion.

The Snowsports Team will be announced as soon as possible following the trials. It is important to note that the results of the Mt Buller trials are the primary basis for team selection. However, the following factors will also be taken into account when assembling teams: results from external events (eg. race club results; FIS events); all aspects of training; past performance; attendance; and team ethic. In addition to the above, Cross Country selection will take into account any training day/camp activities.

If the trials are unable to be held for any reason they will be deferred if possible to the following weekend. If this is not possible then places will be awarded on the basis of the previous year's final race results or on current results gained from another accredited event during the current season.

Students selected to the A team of any division in any event must declare themselves available to compete at the Australian Inter-schools Snowsports Championships held in September. Teams will only be changed for reasons of absence, illness or injury.

In all cases, the decision of the Teachers-in-Charge is final and discussions will not be entered into. The Teachers in Charge reserve the right to consider extenuating circumstances in all matters of selection and to use their judgement as to the most suitable composition of the Team.

Current competitors in Years 11 and 12 that take part in the Inter-Schools races are eligible to receive full and half colours. Half colours are awarded to any boy that has competed for two consecutive years and raced in four 'A' teams or more over that time. Full colours are awarded to any boy that has competed for three consecutive years and raced in six 'A' teams or more over that time.

*Cameron Cutchie*

**Teacher-in-Charge (Senior School))**

## **GENERAL INFORMATION**

### **New to Scotch SnowSports?**

Mt Buller is Scotch's 'local' mountain. Approximately three hours from Melbourne, it will be the host mountain for most of our events this year. For the latest and best information on how to get there, where to stay, eat, hire and ski, please visit [www.mtbuller.com.au](http://www.mtbuller.com.au).

This year the National will be held at Perisher. For similar information visit [www.perisher.com.au](http://www.perisher.com.au).

Koomerang is the ski club associated with OSCA and has lodges at Mt Buller, Falls Creek; Mt Hotham and Thredbo. Current boys, Old Boys and their immediate families are all eligible for membership. Visit [www.koomerang.com.au](http://www.koomerang.com.au). There is more information about Koomerang on page 14 of this handbook.

### **DEVELOPMENT SQUAD**

Initiated in 2010, the development squad is aimed at providing additional training and race opportunities to senior school boys that show significant natural ability but are not currently part of a race program. The development squad enables boys to have limited release from winter sport to focus on dryland training in Term 2 followed by on-snow training and extra race activities in Term 3. Boys are invited to join the program based on the previous year's results. See Mr Marquet for further information.

### **RACE SUPPORT TEAM**

Each year a small team of Old Boys will be at the start of each race on the trials weekend and also at the inter-schools. The boys are all ex-racers themselves and will provide useful advice and encouragement to old and new racers alike. They will also have a waxing kit to provide last minute race waxing for boards and skis prior to an event. (Note: For GS, Skier X, Snow Board and Boarder Cross events only).

## **SNOWSPORTS DEVELOPMENT SQUAD**

The "Snowsports Development Squad" is a ski training program aimed at our best skiers in each division to provide extra training and competition experience. The program will involve weekly dry-land training with Steve Brown and Barry Field. Steve, a passionate and highly experienced alpine skier and personal trainer, will conduct weekly general and specific fitness sessions. Barry Field, a qualified coach and ex-Olympic and Australian cross country specialist, will train the boys in Cross Country.

The program will also involve at least two weekends of competition and training in addition to the Scotch trials and Victoria Interschools, and a day of Cross Country skiing. All members of the development squad will be required to compete in both disciplines and must also have their own equipment. Equipment hire can be arranged. The school will coordinate transport to events as a team (for those who require it), event entry in to the various events, and supervision. We will not cover accommodation costs and ski passes.

For Term 3, your son will be exempt from his regular winter sport training and matches if he so wishes, although this must be done in consultation with the relevant coach. Your son will be expected to continue with his normal sports commitments during Term Two. Please remind your son that attendance expectations for the development squad will be the same as for regular Scotch sports.

The development squad is overseen by Mr Marquet and any questions or expressions of interest can be directed to him by either completing and returning the expression of interest letter, or by emailing him directly at: [olivier.marquet@scotch.vic.edu.au](mailto:olivier.marquet@scotch.vic.edu.au).

## **PRE-SEASON TRAINING AND NUTRITION**

**Pre-season training is an essential part of ski and snowboard training.**

To maximise your on-snow performance and minimise the risk of injury during on-snow training, you need to have maximum fitness. Pre-season training is designed to improve and maintain fitness, balance and strength through the following:

- Regular middle-distance running.
- Combining the above with personal preference cross-training (such as a sport that you really enjoy!)
- Dryland training for Cross country events will be made available this year with Barry Field. Please contact the snowsports staff or Barry directly if you wish to take advantage of this.

### **NUTRITION**

Competitors who choose to eat sensible, nutritious foods and monitor what they eat will perform better.

Extract from *Sunrice High Performance Booklet* titled *Eating Strategies*:

### **YOUR HIGH-PERFORMANCE TRAINING DIET**

Your training diet needs two important components. It must:

- provide enough of the essential nutrients for good health, and
- have enough energy to meet the demands of training and enable you to recover well.

To help you get the best performance out of your body during training we have developed seven Sunrice High Performance eating Strategies:

1. Eat more carbohydrates
2. Eat less fat
3. Eat more protein
4. Eat plenty of dietary fibre
5. Ensure an adequate intake of vitamins
6. Ensure an adequate intake of minerals
7. Drink more water



## **RACE RULES**

**The following is a synopsis of the major race rules.**

1. The boots and ski tips of the racer have to pass between the two poles of the gate or the holes where the poles were.
2. It is permissible to knock a gate pole away, provided the boots and ski tips pass between the place where the pole hole was.
3. A racer must finish with at least one ski attached and one ski stock in hand. This only refers to the last three gates and the finish.
4. Disqualification can be for a number of offences, including false name, false start and being late for the start. The main reasons are:
  - a) The boots and or ski tips fail to go between gate poles.
  - b) The skier accepts outside help in a race (eg. after a fall).
  - c) The skier unjustifiably requests a re-run.
  - d) The skier shadows a course or inspects the course while closed.
  - e) For skiing off the designated course (Note: 5 below).
  - f) For not wearing a race bib while inside the course area.

### 5. **Re-Runs**

When a racer is hindered while racing by an error of an official, a spectator, or any other obstruction (missing pole), and wants a re-run, he must immediately leave the set course, ski to the bottom within the ropes, find a member of the jury or the finish referee and request a re-run. When skiing down, do not ski through any more gates and do not ski through the finish line.

### 6. **Missed Gate**

When a racer believes he has missed a gate, he may ask the gate keeper which gate was missed and “have I gone back far enough”: so that rule 1. is complied with.

7. When a race is in progress, it is permissible to ski slowly down beside the course, within the ropes. Do not shadow the course or ski when a racer is passing. Do not ski through the finish.
8. When inspecting the courses or when inside the roped off area, the racer’s bib/number must be worn.
9. Participants will be permitted to enter all seven disciplines (events) offered in their respective division (age) category. These include Alpine GS, Skiercross, Moguls, Snowboard GS, Snowboardcross, Cross Country Classical and Cross Country Relay.



## **PARENTS' ROLE**

**The Snowsports Club operates as a support club for junior and senior students competing in snowsports.**

As a member of the Snowsports Club, your involvement is critical to the functioning of the Snowsports Calendar. The structure of the support group is:

- The Committee, including staff representatives from Junior and Senior Schools
- Sub-Committees

### **Uniform:**

Assists the teacher in charge of Snowsports with all matters relating to uniform

### **Social and Fundraising:**

Organises social functions and fundraising events

### **Volunteer Officials**

Volunteers play a critical role in the function of both the Scotch team and the interschool events. There is an expectation that each parent where possible will participate in some way during the Inter-Schools. Due to the large number of entrants, the Club is required to provide numerous volunteers, particularly as race officials and gate marshals, in addition to team managers and co-ordinators.

As a general rule, the Club is required to provide one marshal per race team. A failure to meet these requirements could result in the disqualification of a Scotch team. We thank you in advance for your assistance in this matter.



## **DIVISION CO-ORDINATORS' DUTIES**

**To maintain a list of contact details of the boys in their division with the assistance of the Secretary.**

To:

- assist with transport and accommodation of boys in their division, where necessary, by making contact with parents who have offered their help.
- act as a contact point for team managers, parents and competitors.
- assist with the distribution of bibs and tickets and to liaise with the Teachers-in-Charge.
- be familiar with the Inter-School and National Snowsports participation requirements by attending the Volunteer Race Official Training Program.
- organise volunteers for each race and to brief them on their duties prior to the race.
- Identify and organise experienced competitors to lead course inspection before each race.



## **TEAM MANAGERS' DUTIES**

**To assist the Year Level Coordinator by having responsibility for a team of students (usually three or four) on race day.**

To:

- ski or snowboard so that they can fully accompany the students in their care.
- maintain contact with the Teachers-in-Charge to report any changes/incidents etc.
- be aware of (and prepared to manage) any medical/special needs of their team members. For example, this may include but is not limited to asthma, diabetes, disabilities etc.
- ensure they know the latest timetable for their allocated race, (this can be checked with the Inter-Schools' hotline and by listening to the Mount Buller radio station), and to communicate with their team members if there have been any changes.
- meet team members at a pre-arranged time and place, and to check that team members are wearing their correct race bib for the event.
- accompany team members to the race start area and ensure they all complete course inspection. This includes making sure they know the start time of the first and second runs. They should also take detailed note of the nature of the course, snow conditions, number and placement of gates, start and finish area etc, and make sure team members understand the race procedures for their event.
- understand the rules of the event, including procedures for requesting re-runs, disqualification, protests etc. See the separate page on race rules.
- ensure that team members have a plan once their event has been completed. For example, accompany them to a pre-arranged meeting place where they can meet parents.
- take jackets and pants to the bottom of the race course for their team members.
- As a general rule, the parent of the number one skier in each team will be asked to act as manager

## **USEFUL WEBSITES**

[www.Inter-Schools.org.au](http://www.Inter-Schools.org.au)

[www.com.gov.au/](http://www.com.gov.au/)

[www.mtbuller.com.au](http://www.mtbuller.com.au)

[www.perisher.com.au](http://www.perisher.com.au)

[www.mthotham.com.au](http://www.mthotham.com.au)

# Snowsports PARENTS' HANDBOOK



## PARENTS' EVENTS

### SEASON LAUNCH AND FUNDRAISER; PARENT INFORMATION EVENING

*Date:* Wednesday, 17th May 2012  
*Venue:* Kooyong Lawn Tennis Club  
*Time:* 6.30 pm

### TRIALS WEEKEND COCKTAIL PARTY

*Date:* Saturday, 21st July 2012  
*Venue:* 'Abom', downstairs at Mount Buller  
*Time:* 6.00 pm - 8.00 pm

### TRIALS WEEKEND PARENT GS RACE

Ski for family honour and the Koomerang Family Trophy! Race held during the trials.

*Date:* Sunday, 22nd July 2012  
*Venue:* Same course as GS trials

### ANNUAL GENERAL MEETING AND PRESENTATION NIGHT

*Date:* Wednesday, 17th October 2012  
*Venue:* TBA  
*Time:* AGM 5.30 pm, Presentations 6.00 pm



## INFORMATION ABOUT KOOMERANG SKI CLUB

Koomerang was established in 1957 by a group of Scotch College students, Old Boys and parents who shared a common interest in skiing. There are now around 500 adult and 70 junior members. The club has ski lodges at Mt Buller (42 beds), Thredbo (16 beds), Falls Creek (12 beds) and Mt Hotham (8 beds).

The club's website [www.koomerang.com.au](http://www.koomerang.com.au) has general information about the club and its lodges. Current tariff rates can be viewed by members but are not viewable in the public area of the club's website. They are available on request.

Scotch students, Scotch Old Boys and close relatives are eligible to join and details of specific eligibility can be found on the website. Members pay an annual subscription which for 2012 is only \$126 for junior members.

Junior members can book into the club's lodges and invite their family, and friends, as guests. A junior member must be accompanied by a parent or guardian.

Members pay a lower nightly tariff than guests at Buller and Thredbo.

### BOOKING ACCOMMODATION

The ease of booking beds for specific dates and lodges depends on when the booking is made, the dates/lodges requested and how good the ski season is. To increase members' chances of getting their preferred bookings, the Club has a 2-stage booking process.

Booking Stage 1 occurs before the ski season starts, closing in late March. A member can apply for bookings for a one-week period plus 4 weekends, for themselves and one guest or their immediate family.

Stage 2 bookings commence in late April and are made on-line or by phone and are confirmed immediately. In Stage 2, members can book multiple guests.

Buller and Thredbo are booked by bed and the Booking Manager for each of these lodges assigns rooms. Falls Creek and Hotham are booked by room.

### SNOWSPORTS AND THE KOOMERANG BULLER LODGE

The entire Buller lodge is reserved for the 3 nights of the Beginners camp and each boy on this camp will receive a free membership for the balance of 2012 and the full year of 2013.

There is a separate Stage 1 booking form for the Snowsports trials weekend which junior Koomerang members can apply for. The Koomerang Booking Liaison Manager and Buller Booking Manager will attempt to fit in as many racers as possible which may mean a maximum of one parent per racer.

Junior members can book for relevant Inter-schools dates. Due to the demand, it is suggested that you book at Stage 1, when you have to book the full mid-week period. However, you can later cancel nights that are not required, releasing beds to racers in other Divisions, as long as you do this 21 days before the first night of the booking.

If you would like to see more information or wish to apply for membership

Please contact Koomerang's Membership Secretary, Rod McNab, by email, [membership@koomerang.com.au](mailto:membership@koomerang.com.au), or phone, 9818 4058.

**SUPPORTERS OF SCOTCH SNOWSPORTS**



**Mt Buller** Be on top of the world



Offering 20% off hire to all  
Scotch competitors

**Black Mountain Retail and Demo Centre**



**EMC**

**Eastern Mountain Centre**  
**68 Whitehorse Road**  
**Deepdene Vic 3103**  
**(03) 9817 1477**

*9-11 Hardware Lane,*  
*Melbourne*  
*VICTORIA 3000*



**Auski**  
Since 1949  
03 9670 1412

Natalie's Travel  
Ski Travel Specialist  
P: 0425 320 505

natalie@nataliestravel.com  
www.nataliestravel.com  
ABN: 68 230 174 784  
Travel Agents Licence: 2TA07633



