



Yarmouth – High School
2022-2023 Alpine Ski Racing Team Overview
[High School Ski Team Web Site](#)

Coaches

Sean Marsh – Head Coach – coldbrookinn@gmail.com - 401 450-9064

Sean has 3 children in the Yarmouth school system (a senior in high school who is a ski racer, two 8th graders, one of whom is a current ski racer and the other is retired). Sean began skiing at the age of 3 and has raced competitively for 40 years throughout the US. He continues to compete in adult race leagues at Pleasant Mountain and Whaleback, NH. He has coached U8 – U14 / middle school and high school ski racing in Massachusetts and Maine. He also coaches youth soccer and lacrosse in Yarmouth and is the Boys President of the Yarmouth Lacrosse Boosters.

Monica Moore – Assistant Coach - mmoore@msad51.org 207-749-3966

Monica has 2 children (a freshman in college who is a ski racer and an Junior who is a ski racer). She has been skiing for 30 years. She taught both her kids to ski and most importantly, she fostered a love of the outdoors and spirit of adventure in them. She continues to ski with her family at Sunday River and Sugarloaf. She is currently a 5th grade teacher at Greely.

Sean Lynch – Assistant Coach - lynchsmail@gmail.com - 978-424-7037

Sean has 2 children in the Yarmouth school system (a 9th grader and an 11th grader, who are both competitive skiers). Sean has been skiing for 40+ years and has deep skiing expertise as a graduate of the United States Marine Corps, Winter Mountain Warfare School, and as a ski instructor in the military. He and his family continue to ski throughout Maine. He has coached youth baseball in Lancaster, MA and Yarmouth, ME.

Instagram: https://www.instagram.com/yarmouth_alpine_ski_team/?hl=en

Program Overview

The High School Alpine Ski Racing Team is a fun and exciting way for 9th - 12th grade students to participate in a 3 month, outdoor, varsity athletic team. The season runs from November 29 through February 27, 2022 with Eastern High School Championships occurring the weekend of March 2-5, 2023.

For those thinking about trying racing for the first time, this is a learn to ski race program but **it is not a learn to ski program**. In previous years, athletes on the team have had a range of racing abilities from novice racers to some of the best ski

racers in New England. All racers, however, are very good skiers which is a required, prerequisite.

Our Goals for the Season are:

- 1. Have fun**
- 2. Build our confidence**
- 3. Become a better skier / racer**
- 4. Make new friends and become a tight-knit team**
- 5. Be safe**
- 6. Ski Fast**

Commitment to the Team

Alpine Ski Racing is a varsity sport and the expectation of the coaches and all the team members is that athletes are committing to fully participate in the program by attending and fully engaging in all practices and races. Exceptions to attending practices and races for academic needs, health needs (mental and physical) will be accepted. If you cannot attend a practice or a race, please text coach Sean (401-450-9064) and let him know that you can't attend. If you are physically sick, please do not attend. If you need any help from a mental standpoint, you are excused from attending and you are encouraged to ask coaches for any help. Finally, academics should be your top priority, if you need time to complete school work or get assistance from a teacher or a tutor or you need to study for a big test, that should be your first priority. This is not an open excuse for never attending practice or races, you should also be working to balance and manage your time so you can ski and succeed in the classroom.

If you skip practices or races without communicating with Coach Sean and without having a legitimate reason for not attending, you may not be able to participate in future races, championships or you might not obtain a varsity letter and in extreme situations, you might be asked to leave the team.

All of your teammates are relying on you to help the team succeed. Please take your commitment seriously to the team.

Skiing Ability Prerequisite

Participants must be advanced to expert skiers and be able to do the following in order to participate safely and be able to enjoy the program:

1. put on their own ski boots, manage all of their equipment and be responsible for their items including skis, poles, helmet, goggles, gloves, masks, etc.
2. load and unload the chairlift unassisted.
3. Make multiple parallel turns in succession at speed on a black diamond rated run.
4. Be able to stop by using a hockey stop
5. If a skier is still snow plowing to get down a hill or to stop, this is not a good program for them

Please watch this video <https://www.youtube.com/watch?v=4u5AHbewkWo>

You need to be able to ski at the level of the skiers in this video.

We **do not cut** athletes from the team, the reason for the above skiing ability is not because of performance, it is for the safety of the racers (racers will need to ski through a race course at a high speed and link parallel turns between the gates.) Without the abilities described above, racers are at a higher risk of being hurt from falling and / or colliding with obstacles (plastic gates, nets, trees, snow making equipment, lift poles, etc.)

If you have any questions or concerns about ability, please contact Sean Marsh to discuss.

Skiers who meet the above skiing ability criteria but have never been through a race course to racers who participate in USSA (United States Ski and Snowboard Association) are encouraged to join. Other racing teams in the league have similar rosters of new racers and experienced racers.

The goal of the program is to give racers access to a competitive racing experience in which they will improve their skiing and ski racing abilities, increase their own self confidence as a racer and a person, develop new friendships with their teammates and participate in a truly team based approach where everyone on the team is working together to succeed and enjoy the outdoors.

Racers will learn the basics of slalom and giant slalom racing from a coaching team that has extensive competitive ski racing expertise as coaches, volunteers and as racers, themselves.

Racers will ride the bus to and from Pleasant Mountain (fka: Shawnee Peak) for races and practices. There will be dryland in December in Yarmouth. Individual exercising (weight lifting, cardio, running, etc.) is encouraged.

Racers should bring all of their gear to school (preferably in a ski bag and boot bag) and store it in the locker room.

Lift tickets will be provided to racers for training and racing.

Equipment

The following are the basic requirements:

The school will provide a uniform / speed suit for racing. We have brand new suits that are excellent.

Athletes must provide the following:

Skis, boots, poles, helmet, goggles, neckie or face mask, warm jacket, mittens (gloves get cold), ski pants, fleece or vest, long underwear, ski socks, hand warmers, toe warmers.

One pair of race skis is preferred. While a performance ski is acceptable, it will not give the athlete as much control, speed and confidence as a race ski. If the racer has more than one pair of skis for slalom and giant slalom, it is fine for them to use these

but it is not required. Coach Sean is available to discuss skis. We will also have someone from the team at the Yarmouth Ski Swap on November, 19, 2022 where they will have used race gear that could be a good fit.

Race protection/armor (shin guards, hand guards, forearm guards, slalom chin guard, base layer cut resistant clothing) are highly recommended but not required. **A hard ear helmet is required.** Coaches are available for further discussion about how much “armor” is needed.

A hard ear helmet is required and if you are buying a new helmet for a racer, a FIS approved hard ear helmet is encouraged as it is probably the safest choice. Clear goggle lenses are really helpful for racers since most training and racing is at night.

The most important aspect of the racer’s equipment is well tuned skis with **SHARP** edges. Skier’s Edge in Auburn is a great choice for all your equipment needs and for tuning throughout the season (get a tune every two weeks, if you or your racer are interested in tuning their own skis, coaches are happy to help with learning this part of the sport or go to Youtube and watch Swix tutorial videos). Tuning skis can be dangerous as edges, especially those tuned with a machine, can be extremely sharp. If you decide to tune your skis, please wear rubberized gloves to protect your hands. Jim Myrick owns Skiers Edge and is also a ski racing coach, he will help you with everything that you need.

You must NOT apply fluoro wax to your skis. This wax has been banned. If you are having a tune at Myrick’s or other locations, please remind them to not apply fluoro wax.

COVID Safety Precautions

This season we do not have any further restrictions beyond those that are prescribed by the school.

If you have any sickness or symptoms, do not come to practices or races.

Training

In late November and December, we will have dryland training that will consist of weight room sessions and outdoor sessions on the turf and running around town. We will likely train right after school on Monday, Tuesday and Wednesday and will adjust our schedule based on weather. The exact dates will be determined soon and will be posted on the school’s athletic calendar and will be emailed to all team members.

We plan to train and race on snow, at Pleasant Mountain (fka: Shawnee Peak) and sometimes at Lost Valley, on Monday, Tuesday and Thursday evenings. We are hoping to leave immediately after school to go to the mountain but this will be dependant on bus driver availability and sometimes we might have to leave at 4:15pm on training days. On race days we will have to leave by 2:30 pm as races usually start between 5 and 5:30 pm. We will try to return to the school by 9pm. Coaches will communicate with racers and parents each Sunday to provide a plan for the week.

Training will include a lot of directed free skiing as we attempt to achieve the perfect turn. We will also train in gates (the red and blue poles that make up a race course) in an effort to apply our knowledge learned from free skiing and drills. All of us will get better at skiing and racing through the year. We will ask racers to take a lot of video of each other training and racing in order to use the phones for something useful, to make new friends, help one another and to use video as a training tool to improve. Video is an amazingly powerful training tool to improve form, technique and success. Make sure you smile when you are training and racing in the course, you are probably going to be on video!! We also have our timing equipment to measure our speed during training.

Racing

The team races in the Western Maine Conference (WMC) that includes the following schools: Yarmouth, Greely, Lakes Region, Freeport, Cape Elizabeth, Fryeburg Academy and Gray New Gloucester. Yarmouth has a proud tradition of ski racing success. The girls team won the state championships and the boys team place 3rd in the state championships this past season. Both the boys and the girls had numerous successes in races during the year including many top five and top ten finishes and substantial time improvement from all racers over the season.

Races are generally held on Mondays. In some situations, a race might be added on another day, this will be communicated to racers and parents as far in advance as possible. **Every** athlete on the team who comes to a race gets to race during the regular season (approximately 6-8 races). The team is limited to 12 racers for Western Maine Championships (but we will adjust the rosters for SL and GS so everyone gets a shot). Unfortunately, for State Championships we are limited to only 6 racers and 2 alternates attend in case a racer is unable to participate. Attendance at State Championships will be based on the race results during the season.

Races usually have 3 or 4 teams competing and have a total participation of 60 -90 racers depending on the participating teams. Each race will either be a giant slalom race (where the gates / poles are spread out and the turns are bigger and the race is faster) or slalom (where the gates / poles are closer together and the turns are shorter and the race is slower).

The team will inspect the course before the beginning of the race to discuss strategy and approach to the course. The Coaches will participate in inspection and racers are encouraged to add their thoughts about how best to navigate the race.

Historically, the girls start at 5pm and the boys race immediately after. Each racer on the Yarmouth team will be expected to stay at the finish and cheer for their teammates and other racers as they come through the finish. There are two runs for each racer in the same course. The girls start their second run almost immediately after the boys finish their first run, so the Yarmouth girls can go back up the lift to the start once all the Yarmouth girls have finished their first run. If the weather is very challenging (cold, blowing snow, etc.) then racers will be allowed to go into the lodge.

The boys team and girls team are scored separately based on the best 4 finishes of the racers on each of the teams using the individual racers place in the overall race as the score. The team with the lowest sum of 4 finishes as compared to the other school's teams is in first, and so on. As an example, if the Yarmouth girls top four racers finish 1,2, 3 and 4, then their overall score is 10.

Every racer matters because even if a racer doesn't score themselves, they still can finish ahead of a racer on another team and increase the score of that team which helps Yarmouth. As importantly, a racer must finish 2 runs to score, so if a racer with a low finish place in the first run falls in their second run, one of their teammates can finish both runs and give the team an overall score. Finally, each racer is ultimately racing the clock and the most fun and rewarding competition is to see your times get faster over the course of the season which shows you that you are improving.

Each racer will be given a number that they wear in each race. They will start in the order of their number (so the racer with number 1, starts first). A person at the start will say to the racer "Racer ready, 5, 4, 3, 2, 1, go". You can start anytime after the starter says racer ready. Basic racing rules are that if you fall, you can get up and keep racing (this is encouraged). If you fall or accidentally go past the gate on the wrong side, you can stop and hike up to go on the correct side of the gate (this is encouraged). If you lose your skis in a fall, you can put them back on and finish the race (this is encouraged). **If someone in front of you in the race falls or is going slow to the point that they are in the course when you are coming close to them, STOP, ski out of the course and down to the finish and DO NOT go through the finish line.** Find a Yarmouth coach at the finish and you will be given a re-run (you come back to the start, find your Yarmouth coach at the start and the coach will help you.) The coaches have radios and will communicate with each other about these type of things.

The race runs are relatively quick (times are generally less than 1 minute) and the overall race is usually complete in one hour. Racers will go in a specific order and will have a number on a bib, this will be determined by the race officials and the coaches will hand out the bibs at the race. Start order for all races is based on prior race results.

Schedule

The Maine Principals Association (MPA) has determined that the first date for ski racing practices with coaches is November 21, 2022. We will not have a dryland practice that day and will begin the season on November 28, 2022.

We are planning to have a pre-season camp at Sunday River on December 16-18. We will arrive Friday evening, the 16. Families with houses at Sunday River will provide racers accommodations. Transportation to the mountain on the 16th will be provided by school bus and transportation home on the 18th will be the same. Transportation at the mountain will be provided by parents. Parental approval for racers to ride with other parents will be needed. Tickets, breakfast and dinner, and lodging, etc. will be provided to racers for no cost. Lunch can either be purchased at

Sunday River lodge or racers can bring food and make lunch to bring to the mountain.

Class B State Championships are currently scheduled during February vacation for February 20th and 21st in Ft. Kent and Mars Hill. The team will leave the school on Sunday, February 19th and drive to Presque Isle and will stay there both nights. More information on the particulars will be provided soon.

Alpine Shootouts are scheduled for February 23 or 24 at Black Mountain. The top 15 finishers in slalom and giant slalom at the state championships as well as any racer who has been on the State Team in the past will qualify to race in the Shootouts. The top 12 finishers at the shootouts qualify for the Maine State Team and will compete at the Eastern High School Championships during the first weekend of March at Attitash, NH.

The above schedule is dependent on bus transportation and is tentative each week until the school is able to confirm bus availability.

If bus transportation is not available, coaches will notify parents and racers as far in advance as possible regarding the cancellation but it is possible the cancellation will occur the day of the race or training. If we have to cancel, we will try to lift in the gym or have a training / dryland session on the turf or in one of the school gyms.

Yarmouth Alpine Ski Racing Team, 2022/2023 Schedule

Dryland Training Schedule

November 28, 30, December 5, 7, 14, 19, 21

- 4-5pm, HS Weight Room

November 29, December 8, 15

- 3-4pm, dryland on the HS Turf

December 5 - HS Cafe

Winter sports kick off night, 5:45pm

December 13 - Optional Jibe Spin, Connect with Coach Monica, \$10-\$15 cost

4:00pm at Jibe in Yarmouth next to Hannaford

December 13 - Coach Sean Lynch's House

Ski tuning and pizza party, 6:00pm. Bring all your gear if you have questions about boots, skis, helmets, etc. We will tune skis that need it and have some pizza.

Bring all equipment for the season to have it reviewed and checked

December 14 - HMS Cafe

Annual ski teams potluck dinner, 6:00pm

- Freshmen families - bring salad / appetizer
- Sophomore families - bring main course
- Junior families - bring drinks
- Senior families - bring dessert
- Coaches / Boosters - bring utensils, plates, napkins

December 20, tentative, HS Gym

- Presentation of Girls State Championship Banner, Girls and Boys Sportswomenship/Sportsmenship banners at HS basketball game, 6:30pm

On Snow Training and Racing Schedule

Train - December 16-18, Sunday River. GS and SL - CANCELED DUE TO TRAVEL/WEATHER

- Depart Yarmouth HS at 4pm, December 16
- Depart Sunday River at 4pm on December 18, return to Yarmouth by 6pm
- Boys will stay at coach sean's house, girls with coach monica at another house
- We will have dinner together each night at coach sean's house
- All food, tickets, training fees, etc. are compliments of the boosters and the school

January 3 - no training

Train - January 4 - CANCELLED

4:30-7pm - GS skis - no gates, directed training and drills

- Depart Yarmouth HS at 3pm

Train - January 5 - CHANGED TO WEIGHT ROOM

- 4-5pm, HS Weight Room

Train - Monday, January 9

4:30-7pm - SL, no gates, drills and race skiing

- Depart Yarmouth HS at 3pm

Race - Tuesday, January 10 FA, Free, Yarm, Greely, LR, GNG, Cape S 5:15 pm.

- Depart Yarmouth HS at 2:30pm

Train - Wednesday, January 11

4:30-7pm - SL on Main / Terrain Park area

- Depart Yarmouth HS at 3pm

Race - Thursday, January 12 Yarm, Cape, LR, GNG, Wells GS 5:15 pm.

- Depart Yarmouth HS at 2:30pm. This might change to a SL, stay tuned.

Race - January 16 Cape, Yarm, FA, Falm, Marsh, Chev. GS 2 pm. - POSTPONED

- Depart Yarmouth HS at 11:15am

Train - January 17

4:30-7pm - SL on Main / Terrain Park area

- Depart Yarmouth HS at 3pm

Race - January 18 Cape, Yarm, LR, GNG, Wells, GS 5:15 pm

- Depart Yarmouth HS at 2:30pm

Train - January 19 - CANCELED

4:30-7pm - GS on Headwall/East Main

- Depart Yarmouth HS at 3pm

Race - January 23 Cape, Yarm, Free, FA S 5:15 pm. - CANCELED

- Depart Yarmouth HS at 2:30pm

Train - January 24

4:30-7pm - SL on Main / Terrain Park area

- Depart Yarmouth HS at 3pm

Train - January 26 (change to a race)Yarm - 5:15 pm.

- Depart Yarmouth HS at 2:20pm

Race - January 30 Greely, Yarm SL 5:15 pm.

- Depart Yarmouth HS at 2:30pm

Train - January 31

4:30-7pm - SL on Main / Terrain Park area

- Depart Yarmouth HS at 2:20pm

Race - February 2, FREE, YARM, CAPE, ETC. GS - 5:15pm

- Depart Yarmouth HS at 2:20pm

Race - February 6 Yarm, FA, LR, Wells SL 5:15 pm.

- Depart Yarmouth HS at 2:30pm
- Todd Forest is volunteering as starter

Train - February 7

4:30-7pm - SL on Main / Terrain Park area

- Depart Yarmouth HS at 2:20pm

Race - February 9 [Western Maine Conf. Championships](#) GS 10 a.m., SL to follow

- Depart Yarmouth HS at 7am

Race - February 13 [LR](#), Greely, FA, [Yarm](#) GS 5:15 pm.

- Depart Yarmouth HS at 2:30pm

Train - February 14

4:30-7pm - SL&GS on Main / Terrain Park area

- Depart Yarmouth HS at 2:30pm

Tune - February 16

5:30-7pm - Coach Lynch's House

February 19-21 - State Championships

- February 19, depart Yarmouth HS at 1:30pm
- February 20, SL Race at Lonesome Pines, Ft. Kent
- February 21, GS Race at Big Rock, Mars Hill
- Return to Yarmouth by 10pm

February 24 - State Team Qualifier (Shootouts) - Black Mountain, Rumford, ME

If you place in the top 15 for GS or SL in the state championships, you are qualified to race

If you have been on the state team in your highs school career, you are automatically qualified to race

- No school transportation, racers must find transportation for themselves
- Coaches will be in attendance

March 2-5 - Eastern High School Championships - Cranmore, NH

- No school transportation, racers must find transportation for themselves
- Coaches will be in attendance

Parent Volunteers

Yarmouth will host 2 races during the season on January 12 and February 6 and we will ask parents to volunteer to help. Usually we need two volunteers (a starter and a bib collector).

Spectators

Will be allowed at races and in the lodge. Western Maine Conference races are usually well attended by family

Apparel (Swag)

The store should be open December 20. An email will be sent out.

Team Dinners

During the season we will have team dinners on evenings where we don't have practice or races. Captains families will likely host these and it will be a great opportunity for the team to spend time together and get to know one another.

Communication/Cancellations

The coach phone numbers and emails are provided to parents (see above). Additionally, we will send a weekly email on Sundays detailing the week's schedule. There will likely be cancellations of training and races because of weather or transportation issues. This will be communicated via email as quickly as possible once it is known and the schedule will be changed on the website. This can occur during the school day so please be aware that snow storms, really cold weather or a lack of a bus can result in a canceled training or race the day of the event. Coaches will also communicate training ideas, suggestions about waxing, conditions, etc. via email so racers and parents are encouraged to provide email addresses so everyone can receive the communication.

The team will have a group text that coaches and captains will also use to communicate all information related to the team.

If a racer or a parent wishes to connect with any coaches to notify us of anything or if there are any questions, please email, text or call us.

Code of Conduct

All racers will be expected to follow all rules and adhere to the code of conduct of Yarmouth High School while participating in all ski racing activities on the bus, on

the mountain and in the lodge. Racers are reminded that they are representing themselves, their school, their town and their family as a participant in this program and that all of the coaches, officials, parents and other racers from all of the teams will be observing behavior.

Furthermore, all racers must observe the rules and policies of all ski areas, hotels and other venues that the team visits including responsible skiing, skiing slowly in marked areas and slow skiing zones and being aware of other skiers. Safety is critical when skiing and all racers must be observant and careful. Going as fast as possible in the race course is expected, when you are not racing, you must ski in control and not endanger others. This is not a freestyle team, we are not taking racers to ski in the terrain park. We expect all racers to stay with their teammates and coaches and follow all coaching instructions. This is not a program for racers to go and free ski alone.

Any violations of rules or the code of conduct will not be tolerated and will result in appropriate discipline.