



TAS NEWS

Team Alpental Snoqualmie Ski Education Foundation

Late Summer 2011

tasskiteam.org

Important Dates:

September

- 11 Kick off BBQ
- 15 Snoqualmie Season Pass deadline
- 24-25 Boot Camp (Juniors)
- 28 Concussion Testing (Juniors)

October

- 1 World Cup Race Day
- 1 USCSA College Fair
- 1 PNSEF Dinner & Auction
- 2 Sturtevant's Race Day
- 2 Dryland Begins
- 4 Buddy Werner Parent Meeting
- 22 TAS Dinner & Auction

November

- 6 Officials Clinic
- 9 World Cup Tuning Clinic
- 11-13 Fall Timberline Camp (>J4)
- 25-29 Thanksgiving Apex Camp (>J4)

Director's Report

I'm excited to be back for my second season leading the TAS Community! The past year saw many new faces in the club including two new full-time coaches and many first time families. Led by the experienced core group of TAS coaches and veteran families we quickly found the training hills and helped the new athletes find their way to the start for their first races. TAS continued to produce great results with outstanding races at all levels of the team. A big thanks to everyone for helping host several successful home races and making road races and the many other TAS events an enjoyable experience for all.

As a new season approaches, I would like to outline several athletic goals for the team with a target of continued racing success and improved athlete retention. Firstly, physical fitness is a keystone of alpine skiing. I challenge athletes to enter the season in the best physical conditions of their lives. Not only does being physically fit allow you to ski faster and improve consistency it also increases injury prevention. Playing a diverse range of sports is the most important aspect of conditioning for younger athletes. As athletes mature strength, core and ski specific exercises should increase in volume. No matter the age of an athlete coordination, balance, and mental skills

can always be developed. TAS offers several supplemental conditioning options including a general training plan (found online), weekly dryland, and educational opportunities around the Seattle area. I am directly involved in a weekend seminar called Boot Camp, overseeing ski specific conditioning and injury prevention. This season's Boot Camp is set for September 24-25 for athletes J3 and Older. In the end, athletes need to take ownership of their skiing and take pride in their pre-season preparation. Please contact me with any specific questions regarding conditioning for ski racing. **[continued]**

Mounsey Trains With U.S. Ski Team

On the heels of successful first season on the FIS race circuit, Anna Mounsey was invited to participate with the Women's Development Team this summer. Anna spent several weeks training on snow at Timberline and conditioning in Hood River. The opportunity crossed over to TAS coaches as well, allowing several staff members to guest coach seeing first hand how the best coaches and athletes in the country approach the sport.

President's Message

Greetings TAS Families,

Hard to believe it is already time to put the warm days of summer behind us (what warm days?) and turn our attention to preparing for the upcoming ski season.

In Alpine ski racing, this preparation not only includes equipment, clothing and physical conditioning, but financial preparation as well, and part of that preparation needs to include fundraising activities for TAS. We could not have the premier Alpine training and racing program without the generous support of our member families. **[continued]**



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Bronze Sponsor



Get to Know Coach Jimmy Matthieson

Experience: Ten + years coaching for SPAC and 3 years Head Buddy coach. Ten years coaching for Team Lyon. Referee, COR, COC. Level 3 PSIA. Twelve years coaching for Ballard Soccer and National D license, referee.

In his own words: After over 20 years of coaching and 50 years as a competitor, I have come to realize that sports should be fun. Having fun doesn't mean that you aren't competitive, having fun means that you are relaxed and if you are relaxed you will perform better. Being relaxed makes you confident and confidence is the key ingredient to be a successful athlete.

There was an article in Ski Racing by Franz Strobl former Austrian team member, 2 time winner of the Hahnenkamm and 31 podium finishes where he said: "What I want to do in the future is bring kids on the snow....I just want to give kids an experience, or my way to find success in young people. I'm a special guy. I was always in the gate with a smile. I want to give that to the young boys and girls."

There are two psychology professors at UW, Frank Smoll and Ronald Smith, who have written quite extensively on youth sports, they came up with these commandments for youth sports.

1. Sports should be fun
2. Anything worth achieving is rarely easy
3. Mistakes are a necessary part of doing well
4. Effort is what counts
5. Do not confuse worth with performance
6. Pressure is something you put on yourself

I think that these ideas are important for coaches and parents. The most important goal for a coach is to create a positive learning environment that emphasizes that success comes from within. All sports started as play and play was the way to learn life skills. Ski racing teaches the kids great values: sportsmanship, personal responsibility, honest effort, goal setting, teamwork, preparation, positive attitude, corrective instruction, effective communication, and above all to have fun.

-Jimmy

Off the slopes: Jimmy is an avid cyclist and is also handy with his tools as a master carpenter. Jimmy dreams to one day explore the ski areas of Japan. Jimmy lives in Ballard with his wife and has two adult children Chiara and Colin, both former ski racers.



Jimmy is prepared; rain gear and the SMILE!

[Director] Secondly, our on-snow focus will continue to be balanced between fundamental skills and gate training. Ski Racing is an extremely challenging sport rewarding those who have mastered the basic movement patterns. I will be implementing a skills acquisition program that will recognize athletes who progress through a system of drills and skills. This model is also being adopted at the PNSA divisional level with the Buddy Werner Championship holding a competition for each team to show off their ability correctly execute a baseline of skills. This approach, both at the club and divisional level, will increase athlete incentive to reach their potential much in the same way as rewarding driving, chipping, and putting for a golf tournament. What this approach will not affect is our ability to train plenty of gates, free ski to our hearts desire, or to Go Fast—Have Fun!

Make sure to keep up to date with team events and news by checking the website regularly. I look forward to seeing everyone soon. **-Evan Weiss**

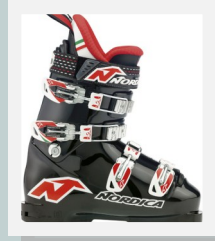
Time to Fit Your Equipment

Properly sized and high quality equipment is very important in our sport. Make sure to consult your coaches with any questions before purchasing.

- * Stertavant's Race Day October 1
 - * World Cup Race Day October 2
- Consigned equipment is also recommended. TAS, other local teams, and the PNSA website provide quality classified adds.

The Boot Debate

Properly performing and fitting boots are the most important piece of equipment. It is highly recommended athletes have their boots fit by a professional each season. Small adjustments made in the shop will provide dividends in performance on the hill and will solidify your investment in the sport. Local boot fitters offer discounts for race teams.



Local Boot Fitters

- Jim Mates, *Custom Boot Service* 206-297-9298
- Steve Forsythe, *Centerline Ski and Boot Service* 425-451-3869
- Kelly Timmons, *Dr. Happy Feet* 206-547-7879



[President] Our most important fundraising event, the annual TAS Auction (10/22 at Ste Michelle winery), is only 8 weeks away. Funds from this event are critical and enable TAS to acquire equipment, coaches and training that tuition revenue alone simply cannot cover.

For TAS to have a successful Auction we need two very important preparation tasks completed by all TAS families;

1 – Procurement and Donations of items for the auction. Without a large variety and number of items to auction off, we simply will not have a successful auction no matter how many people attend. So please start right away and procure, procure, procure. The more the better and the earlier you donate these the better. Lets try and double the number of items we had at last years auction.

2 – Participation by yourselves and invited guests. A large Auction attendance is crucial for a successful Auction. Not only does large attendance increase the number of likely bidders, it also creates the buzz and excitement needed to create a successful event. So please not only plan on coming yourselves, but also invite family, friends and others right away so they set aside the date. If we don't each do our part to ensure we invite folks from outside TAS, we'll just end up selling most of the things we donate to each other, which if you think about it, would be rather silly. To have an attendance as impressive as the venue, lets try to surpass 200 attendee's at this year's auction.

The Auction is 2 weeks earlier this year then in the past, so don't delay getting started on these two Auction "preparation" tasks right away. Each of us can make a difference. A successful Auction is so vital to our program and to your young athletes success.

Thank you for your support and for being part of the TAS organization.

Best Regards,

Rodger Nelson
TAS President

TAS Hosting Seven Days of Racing in 2011-2012

TAS will be hosting seven days of racing this season. Home races help keep costs down for families, raise money for the program and give us the home hill advantage! All team members benefit from TAS hosted races, even if your athlete doesn't participate, with revenues from races going towards team equipment such as gates, drills, and radios.

Hosting races also takes considerable volunteer support. There are many ways to volunteer including organizing the events, registration, gate-keeping, officiating, and course-crew. Mark

your calendars for the November 6th officials clinic and contact TAS Race Chairs Darrell Zeldes or Samir Rustagi to get involved.



2011-2012 TAS Hosted Races

- **December 29-30** Proliance Web Moffett Cup
- **January 29** I 90 Series GS
- **February 29** Alpentel Night Slalom
- **March 23-25** J3 Finals

***Complete competition schedules are now online**

2011 TAS Auction

October 22nd, 6pm
Chateau Ste Michelle Winery

Join us for dinner and festivities at our major annual fundraising event of the season. A new location and motivated auction committee promise to make a fun evening.

Early procurement and increased attendance incentives have been added this year, check the website for details.



TAS Ski Team

PO Box 1600
Issaquah, WA 98027
Tel: 206-909-7504
E-mail: tasskiteam@gmail.com
Web: tasskiteam.org

GO FAST--HAVE FUN