



## Jack Frost Race Team - Development Racer Welcome Guide

Dear Parents,

Welcome to the Jack Frost Race Team 2020-2021 ski season! We hope you find this guide useful for the season ahead. And, if you have any questions, please do not hesitate to reach out to any of the Coaches or Jack Frost Racing Foundation (JFRF) Board Members at the contact details below. Feedback is greatly appreciated as we continue efforts to improve communications, especially with our newer family members.

*Please note that given COVID-19 and social distancing guidelines, this season will operate very differently than in the past, and therefore we haven't updated this document in detail in hopes that future seasons will revert back. Please connect with your coaches on the latest. Summary of changes are included below.*

Yours in powder,

Jack Frost Racing Foundation Board

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### Summary of Changes for 2020-2021

1. General
  - With cases rising, no one knows if things will change, but this is the info as we know it - end of November
  - Racers don't need reservations; parents of course do
  - Race team signup/purchase is coming out via email in batches to signup
  - No kids < 7; no exceptions; no new racers/families
  - Face coverings required at all times at the mountain; balaclavas are considered acceptable
  - Racers go straight from car to slope with ski boots on
  - They will have a system for temperature taking and online health attestation each day
2. Training
  - Coach to racer ratio is 1:6; groups can't be larger than 6; will arrange by skill level
  - Considering buddy assignments for lift riding
  - No mid-week training at BB (this could change)
  - Implementing formal rotation schedule on training drills to keep the teams spread out on the mountain
  - Lunch will be reduced to 30 minutes
  - May stagger starts times between sanction and development
3. Races
  - Max 100 kids per race



- 3 U12 races; 3 U14 races (didn't catch the rest); schedule to be published soon
  - Races will be as automated as possible to limit the # of people needed (wondering if that means we finally get our living timing at JF?!)
  - Racers will not all congregate at top near the start, they'll be given time windows when it's their turn
  - Derbies are still planned, but no other post-season racing
4. Facilities
- Indoor tables will be available, very limited and spread out
  - Pre-packaged food options only; assume bring your own lunch
  - No bars will be open, but will offer pre-packaged beer and wine
  - No personal belongings, ski bags, etc. will be allowed inside the lodge
  - No lockers

## Contents

1. Schedule & Logistics
2. Gear & Clothing
3. Fun Races
4. Communications/Info Sources
5. Events
6. Parents' Mountain Class
7. About JFRF
8. Coach and JFRF Board Contact Info

### 1. Schedule & Logistics

The Development Team meets every Saturday & Sunday starting mid-December through end of February and runs from 8:30am-11am and 12pm-2:30pm. In past years, the coaches have extended the program by one week into early March, so stay tuned and look out for updates.

The Racers convene outside of the lodge in front of Jane's Lane Lift/Magic Carpet Ski School area and promptly start skiing at 8:30. We recommend you arrive by 8:00/8:15 latest to gear up and get outside in time to meet your group. The first run is typically on Jane's Lane. If you are a little late, you can wait out front of the lift (D Lift) to join your group once they come back up.

Most racers get ready in the Race Team Room which is the room with the lockers in between the Cafeteria and Guest Services. Many race families rent lockers from Jack Frost for the convenience of storing skis and gear. You can ask about locker rentals at Guest Services.

When convening outside, kids should be ready to go with helmets/goggles, gators, gloves, etc.



The Racers are assigned into their groups over the first few weekends. The coaches will work with you to find the right group based on age and ability. Please provide your coach with your contact information in case of emergency. They ask for you to provide an index card with your child's information along with your names and cell phone numbers.

At 11:00, the Coaches bring the Racers back to the same meeting spot for the parents to pick them up for lunch. While lunch starts a bit early, it is convenient to avoid the lines and crowds.

For the race team's convenience, the mountain has afforded us a ski check to secure our skis during lunch. *Note that tips are appreciated by the ski check staff!*

The Racers should meet back outside at same spot and geared up at 12:00 and will return back at 2:30 to be picked up by parents.

## 2. Gear & Clothing

The children are expected to wear typical ski gear: waterproof jackets/pants, helmets, goggles, gloves/mittens, etc. Most wear gators to cover their neck and face on cold days as well. Helmets are mandatory.

Jack Frost Race Team offers the option each year to purchase team jackets, and parents are notified on timing, etc. via email. This year orders are due by end of January. Questions can be sent to the Apparel Committee at [jacketorder@jackfrostraceteam.com](mailto:jacketorder@jackfrostraceteam.com).

Jack Frost Race Team Pride Pack gear can be purchased online here: <https://teamlocker.squadlocker.com/#/lockers/jack-frost-race-team>

Coaches can provide advice on ski type/length, etc. but families are expected to handle this individually. Many families go to Alpina nearby on 940 where they have knowledgeable staff and sell both new gear and used gear on consignment. You can buy used gear or also sell your own used gear on consignment in return for store credit. They offer discounts to JFRF families with your membership card.

## 3. Fun Races

Fun Races are typically held on Sunday afternoons throughout the season. They are an exciting way for the kids to get acclimated to racing in a fun and \*mildly\* competitive fashion. The program provides racing bibs for the kids to borrow and medals at the end of the races for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers. Parents line the sides of the slopes to cheer the racers on with cowbells. Races are typically held near the bottoms of Lehigh or Challenge, however be sure to confirm location with David Bond or your Racer's coach, as can vary based on other activities at the



mountain that day. The medal ceremony typically takes place right after the race team is over for the day around 2:30/3:00 in the Race Team room, or on nice days on the deck outside the Frosty Toboggan.

#### 4. Communications/Info Sources

The Race program has several methods in place for keeping our community up-to-date.

1. Website: [www.jackfrostraceteam.com](http://www.jackfrostraceteam.com)
2. Email distribution list from Jack Frost Racing Foundation. Please make sure your contact info is provided for the email lists. If you're not sure, send an email with your information to [info@jackfrostraceteam.com](mailto:info@jackfrostraceteam.com).
3. Social media:
  - a. Jack Frost Racing Foundation (Facebook Parent's Group): <https://www.facebook.com/groups/52466490766/>
  - b. Jack Frost Race Team Foundation (Facebook Mountain Site): <https://www.facebook.com/jackfrostraceteam/>
  - c. Jack Frost Race Team (Twitter): <https://twitter.com/jackfrostracing?lang=en>
4. Meetings – Pre-season meetings are typically held in the Fall and once the season starts, there will also be some parent meetings held in the race room.
5. Contact info – you can also contact the Jack Frost Race Team via email at [raceteam@jfb.com](mailto:raceteam@jfb.com).

#### 5. Events

Events and parties are a special part of building the Jack Frost Race Team community. The following events typically take place each year. ***We assume that these will unfortunately not be able to take place this season.***

1. Pizza party – early Jan date TBD at 6:30pm at the Jack Frost Lodge. The Frosty Toboggan bar stays open for us and we usually have live music – sponsored by the Jack Frost Racing Foundation.
2. Pot luck – usually on a Saturday night mid-season in February in the Jack Frost Lodge. Each family brings a dish of their choice to share. Again, the Frosty Toboggan bar stays open for us and we usually have live music.
3. Family Fun Race – date TBD - typically held the Saturday after the last weekend of the race program. Friendly family competition to see if the parents have a shot at beating their racers.
4. End of Season Banquet – date TBD - usually held the Saturday after the last weekend of the program. Beautiful event held at Split Rock in the evening where everyone gets to be a bit dressed up, celebrate the season with gifts and scholarship awards, and to have a nice dinner and dance the night away. The event also typically has a silent auction and other fun activities for both the adults and kids.



## 6. Parents' Mountain Class

The program offers a special class for parents to ski together and gain expert instruction. It's also a great way to meet other parents.

- Saturdays only - 2 hour morning and afternoon sessions
- January 4, 2020 to February 22, 2020

PARENT MEMBERSHIP: \$175 for the season (Season Pass not included, you must purchase the Peak Pass separately)

## 7. About the Jack Frost Racing Foundation (JFRF)

The Jack Frost Racing Foundation's purpose is to offer junior athletes a developmental opportunity to reach their desired goals, whether it be joining the United States Ski Team, developing their skills with an eye towards college scholarships, or simply to become a better skier. Through the dues paid to the Foundation, we support our athletes in many ways. Please keep in mind that money paid to Jack Frost Mountain for training fees is separate from money paid to the Foundation.

**MEMBERSHIP:** Each family is expected to pay membership fees on an annual basis to support the Foundation and racing program. Membership is \$100 per family with one racer, plus \$25 per each additional racer in the family (e.g., a family with 2 racers should pay \$125). Fees can be paid by check made out to "Jack Frost Racing Foundation" or by PayPal to [info@jackfrostracetteam.com](mailto:info@jackfrostracetteam.com) or via the Team App. An added benefit of becoming a Foundation member is that you will obtain access to discounts to local businesses that also support JFRF.

Jack Frost Racing Foundation and your membership dues provide support in the following ways:

- Assist with equipment purchases, including Fun Race equipment and medals
- Promote the team to ensure future growth and sustainability of the organization
- Execute on annual fund raising campaigns
- Provide scholarships opportunities to racers/coaches to help them pursue their college educational goals
- Provide for coach training & certification
- Work closely with Jack Frost Mountain to ensure the facilities are kept up and the team is being supported properly
- Organize race team events and supplement costs of these events and the annual race team banquet, including end of year awards and medals. As a result, membership is a requirement to attend the banquet.

Our 501(c)(3) application was approved in 2015, and is a significant milestone in our history. The 501(c)(3) status allows us to be tax exempt and to accept donations from local sponsors and families to provide the necessary support to the program.



**VOLUNTEERING:** The sanctioned and developmental races do not happen without the help of the volunteers of the Jack Frost Racing Foundation. To host a race or event, it takes the cooperation of the ski area, coaches, and volunteers. It takes ALL OF US - both developmental racer and sanctioned racer parents in order to pull off these events for our team members. Parent volunteers are the backbone of these races.

DO NOT BE AFRAID! There's very little to learn and it's great to jump in with both feet. It's also a very small time commitment, generally a little over an hour of your day for most 'beginner' positions. It's a great way to meet other families and see how the program really works. Remember, each racer family has an obligation over the course of the season for volunteer time (per racer).

We also need people to participate as Committee Members and help us to get going on a successful path! It begins with YOU. Please take a moment to email your experiences of the past and suggestions on how to improve the program. Do you have experience with Public Relations? Fundraising? Coaching? Web Design? Graphic Design? Wait no further! Take a moment to send us an email at [info@JackFrostRaceTeam.com](mailto:info@JackFrostRaceTeam.com) and get started!

Committees that are always looking for new leadership or members:

1. Race volunteers
2. Apparel
3. Events, including banquet committee
4. Communications
5. Fundraising

## 8. Coach & JFRF Board Contact Information

### *Race Team Director*

- David Bond, Race Team Director, [raceteam@jfb.com](mailto:raceteam@jfb.com)

### *JFRB Board Members*

- President: Mitchell Kantrowitz, [President@JackFrostRaceTeam.com](mailto:President@JackFrostRaceTeam.com)
- Vice-President: Wendy Lawson, [Vice-President@JackFrostRaceTeam.com](mailto:Vice-President@JackFrostRaceTeam.com)
- Treasurer: Chris Murphy, [Treasurer@JackFrostRaceTeam.com](mailto:Treasurer@JackFrostRaceTeam.com)
- Secretary: OPEN, [Secretary@JackFrostRaceTeam.com](mailto:Secretary@JackFrostRaceTeam.com)
- At-Large: Heather Steinman, [At-Large@JackFrostRaceTeam.com](mailto:At-Large@JackFrostRaceTeam.com)