

# Rut Riders 2018/2019 Season



Information Packet

Welcome to Rut Riders! We are so excited to have you and your child as a part of our team. This packet will outline some of the major goals of our program, while also iterating some of the logistics and rules of Rut Riders.

## **Our Coaches:**

### **Catherine Regan**

*Head Coach*

*Hometown:* Wayland, MA

*Years with LRT:* 10 years as an athlete; 1 year as coach

*Fun Fact:* When I'm not skiing, I work in the Cardiac ICU at Boston Children's Hospital!

[Regan.ca@husky.neu.edu](mailto:Regan.ca@husky.neu.edu)

508-380-8832 (call or text)

### **Steve Gabel**

*Hometown:* Littleton, MA

*Years with LRT:* 3 years coaching

*Fun Fact:* Steve spends the summers riding his bicycle around Massachusetts to train for the Pan Mass Challenge and raise money for pediatric cancer research!

### **Libby Hamilton**

*Hometown:* Franconia, NH

*Years with LRT:* 4 years as an athlete; 1 year as a coach

*Fun Fact:* Libby has been skiing since she was two years old!

### **Olivia Economides**

*Hometown:* Plymouth, NH

*Years with LRT:* First year here!

*Fun Fact:* Olivia has a cat with thumbs!! His name is Ed.

### **Isa Miller**

*Hometown:* Easton, NH

*Years with LRT:* First year here!

*Fun Fact:* Isa can bend her tongue to look like a corn chip! Yes, seriously.

## **Schedule:**

### **8:30 – 11:15: Morning Session**

*(optional 10—10:30 am break)*

### **11:15 – 12:15: Lunch**

*Supervised by parents*

### **12:30 – 2:30: Afternoon Session**

Break is a time where your child can eat a snack, grab some water and go to the bathroom. Sometimes on nice days, we shorten this break so that we can enjoy the weather and snow. The only time Rut Riders have hot chocolate at break is if temperatures dip below zero, because we might spend more time at break and therefore there is time for it to cool down. Please either give your Rut Rider a Food and Beverage Card to buy a snack or give them a snack from home each day for break time. On the calendar attached, you will see the days that we will be going to the waffle cabin. If you are okay with your child getting a waffle, please give them cash on these days because the waffle cabin does not take the food and beverage card.

Parents are responsible for lunch. The coaches **do not** watch the kids during this time, so it is important that a parent or guardian is there to watch your Rut Rider.

Drop off and pick up times are very important to the Rut Rider coaching staff. We leave the comp center at exactly 8:30 am. After lunch, we leave the comp center at exactly 12:30 pm. If you know that you are going to be late, please contact Catherine to let her know, and we will do our best to accommodate.

## **Poles**

Rut Riders start off each season without poles. This is important to our program as it helps to create an understanding of balance and specifically how balance relates to skiing. Rut Riders will all be getting their poles at the same time. Our aim is to have them by the first weekend of January, but depending on how the season is going, we may get them a week earlier or later. The main criteria for Rut Riders getting poles is that they have their hands up and out in front of them. Once every Rut Rider keeps their hands up consistently, they will receive poles.

With poles comes great responsibility. The coaches of Rut Riders take poles very seriously. We also take safety very seriously. Dropping poles off lifts, hitting with poles and other actions that we deem “unsafe” will be grounds for the Rut Riders losing their poles for the day. Additionally, if there is a break from our athletic stance (i.e. they start skiing with their hands down and in the back seat), the Rut Riders could also lose their poles. However, Rut Riders stick together, if one Rut Rider drops their poles, they all lose their poles for the morning, afternoon or day. This may seem harsh, but even in situations where something was an “accident,” it is still a safety issue, so we strive to stress the responsibility code that each skier abides to on the mountain.

## **Equipment**

Gear is the foundation of our skiing and being on the wrong skis or in the wrong boots could be detrimental to your child’s progression. You will notice that all the coaches wear helmets. Hard-eared helmets are required for all LRT athletes.

Before you buy any skis, talk to us. Before you buy any boots, talk to us. If you have questions about how to fit for poles, talk to us. I would much rather get millions of emails and texts about equipment than have a child show up on gear that won’t work for them.

## Reminders about the Rut Rider Program

Attendance is very important. Children learn very fast, and missing a weekend can set a child back while others have been progressing. Additionally, if you are free-skiing with your child, please try to keep everything as consistent as possible. This means that if we aren't using poles, please don't give your child poles. We also have all the Rut Riders buckle their own helmets, zip their own jackets and **carry their own skis**, so please encourage them to do so when you are one-on-one with them.

If you drop your child off on a day that is windy, icy, rainy or any other undesirable condition, we are still going skiing. We do not watch movies or play games inside. It is always up to you as the parent to keep them home if you feel conditions are unsafe.

## Our Mission

In Rut Riders, our number one priority is safety, but it is closely followed by fun. When the coaches sit down at the beginning of each season and think about our goals for Rut Riders, fun is always on the forefront of our minds. We want every child outside the comp center at 8:30 am on Saturday and Sunday mornings to be excited about skiing. Creating a passion for skiing is our ethos at Loon Race Team and Rut Riders. If we have done that, then, in our minds, we have done our job right.

Another one of our main goals is to create a good fundamental base of skiing ability that Rut Riders can build from throughout their time at Loon Race Team. We strive to do so by focusing on edging, pressure, balance and rotary. Though this packet could go on forever, detailing each drill and explaining what each drill does for your child, we encourage you to ask questions throughout the season if you do not understand a certain drill and why it is important.

We look forward to a fun season of skiing. If you have any further questions, please contact Catherine. Otherwise, we look forward to seeing you around the mountain (we're the ones in the red jackets)!

## December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1 Kick off Banquet</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24 Christmas Eve</b>	<b>25 Christmas Day</b>	<b>26</b>	<b>27</b>	<b>28 WAFFLE CABIN</b>	<b>29</b>
<b>30 Rut Rider Bingo</b>	<b>31 New Year's Eve</b>					

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 Calcutta Banquet
20 Calcutta Race	21 MLK WAFFLE CABIN	22	23	24	25	26
27	28	29	30	31		

## February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 President's Day	19	20 DAY OFF!	21	22	23 WAFFLE CABIN
24 Vertical Challenge	25	26	27	28		



March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Rut Rider Race	4	5	6	7	8	9 Parent's Day! Waffle Cabin
10	11	12	13	14	15	16
17	18	19	20	21	22	23 Governor's Cup
24	25	26	27	28	29	30
31						