

SNO SECRET

No 4 June 2018

THE THIRROUL SKI CLUB LIMITED

MARANATHA LODGE

PERISHER VALLEY

KOSCIUSZKO NATIONAL PARK

ABN: 33 000 801 338



PO Box 70 Thirroul NSW 2515

Club website: www.thirroulskiclub.com.au

June 2018

Dear Members,

This is a mini newsletter that came about because of a request from the Sports Captain, but like Topsy, it just grew. Most of it is in the form of attachments so you can make up your own mind whether you open and/or read them.

I strongly encourage you to at least open and scan them. Your own safety may depend on it.

After a slow start the show has arrived. It is even holding up quite well as the sunshine returns. Let's all keep our fingers crossed for a good season.

Our booking information includes the following statement:

Accommodation rates include bed, breakfast, lunch and dinner. Meals are organised on a set menu basis. People with special dietary requirements please contact booking officer prior to booking.

While having a set menu helps us to keep accommodation rates at an affordable level and is consistent with our family atmosphere, Clark is happy to make adjustments for special dietary requirements such as allergies, gluten-free and vegetarianism. However, he cannot be expected to make allowances for those who choose to adopt one of the many "fad diets" (I hate that term but not the concept) that abound today. We do not run an a la carte restaurant. If we were to cater for all the "diets" that members/guests might request, it is quite conceivable that Clark may well have to prepare 5 or 6 different meals on any evening. That is not part of his job description.

If you have chosen to follow an unconventional diet, please recognise that you may have to suspend it during your skiing holiday.

Enjoy your skiing

Kevin Donegan

Publicity Officer

Important information from the Sports Captain

Thirroul Ski Club Senior Races 28th July 2018 and Brian Donegan Memorial Illawarra Senior Interclub Races 18th August 2018.

Members who have participated in recent years will know that registration via a Perisher website is necessary. I need to send you a link to the registration website so you can register. NO registration NO race. Also note: NO helmet NO race.

All those intending to participate in the above events in 2018 please contact Mark Phillips via email at arnie_0@optusnet.com.au or phone 0419287484 and indicate which disciplines you will be competing in so that he can send you the link.

This is doubly important if you are not booked into the lodge that weekend and wish to compete.

Mark Phillips

Sports Captain

Addendum to Sports captains section.

In response to concerns from some members we have prepared a summary of the policy regarding Junior Training and Junior development. While there is one name at the bottom of this document, it should be regarded as coming from the committee.

Maranatha Juniors Program

The Thirroul Ski Club runs a training program that aims to cater to most abilities and ages of kids. There are 3 main events on the junior calendar:

1. Junior Training Weekend – held before the July school holidays.
2. Junior Development Week – held in the July school holidays.
3. Illawarra Junior Interclub Race Weekend – held normally in the first weekend of September or last weekend of August.

The 2 weekend events are open to all junior members and children of members. If numbers are too high then preference is given to junior members. The Junior Development Week is open to junior members only and selection is required (this will be discussed later). Following is a summary of the events:

1. Junior Training Weekend

- a. This is open to all members and children of members.
- b. This is open to all abilities – from beginner up to advanced.
- c. It is focussed on downhill skiing only.
- d. We hire 2 Perisher instructors to assist in tuition.
- e. If conditions allow, the more advanced group will gain some race gate training. However, most years there has not been enough snow to allow for courses to be set.
- f. I normally take a group of kids as well if there are too many varying ability levels.
- g. The main objectives of this weekend are:
 - i. Comaraderie
 - ii. Fun
 - iii. Skiing improvement
 - iv. Developing skills and attitudes that will shape and encourage them to be good adult members in the future.

2. Junior Development Week

This is a tough week for the junior members selected for the training. It is expected that attendees will compete for the club in the Junior Interclub as well. This week is aimed at the kids who are very keen on skiing and racing for the Club. There are 3 disciplines that the kids must train:

- a. Downhill Skiing
- b. Snowboarding
- c. Cross Country Skiing

The overriding purpose is to promote the sport to enable the kids at first instance to race for the Club in our Junior Interclub Races (and later the Senior Interclub Races). Skiing is meant to be fun and I know from my childhood that it was wonderful to ski with friends of similar abilities. I want to see all the kids develop and become friends and enjoy the same camaraderie that I enjoyed through my junior training years.

The week is very tiring for all the kids and will involve a minimum of 2 disciplines each day. This means walking up (and usually down) with gear each time. The downhill race training is normally held in the mornings and then cross county and/or snowboard in the afternoon and sometimes evening. The following expectations for the kids must be adhered to:

- a. Able to walk down and back to the lodge with all their gear up to 3 times per day.
- b. Be responsible for their own equipment.
- c. Able to get up and dressed ready for breakfast.

- d. No complaints about any meals and they must eat a hearty breakfast to give them the energy for the day.
- e. Prepare all equipment and clothing for each day's training.
- f. Place all required items into the drying room areas ready for the next day.
- g. Be ready on time for all scheduled activities.
- h. Put in their best effort at all times during the week.
- i. They must listen to coaches.
- j. Complete lodge duties when rostered.
- k. Go to bed at allocated times.

This week is not for the light-hearted. Some days will involve 3½ hours of downhill training, walk back to the lodge for an hour for lunch followed by 2 hours snowboard training and then 2 hours cross county training. These are tiring days. Due to the tough nature of the week, it is necessary to apply some **selection criteria** that are used to assess any expressions of interest for the week:

- a. The downhill skiing ability must be of a certain level – minimum intermediate. Typically, kids will attend the junior training weekend to demonstrate their ability.
- b. The fitness level of the kids must be high – it is one thing to go through the program for the first 2-3 days, however, it takes a higher level of fitness to complete the 7 days without having a melt-down.
- c. The kids need to demonstrate their ability to listen and participate in all activities. They cannot choose which disciplines they will participate in and skip others.
- d. The kids need to be supportive and encouraging towards others.
- e. The kids need to be willing to eat what is given to them. Fussy eaters will not be catered for. We try and make sure they are getting healthy meals that most kids enjoy. They need the energy they receive from their food and to miss meals will not be tolerated.

The criteria are not hard and fast rules – they are subjective. Generally, we are looking to run the training for 10-14 kids. The skiing ability and ages selected will depend on the kids involved. We try to cater for as many as possible but in the case of the numbers getting higher than 14, then decisions need to be made around the ages and abilities of the kids on the list. In this instance, the older kids with more advanced abilities will be given preference. They are only in the juniors till they are 16 according to the Interclub Rules.

Generally, kids should be at least 10 years old, however, all the above criteria need to be met. The younger kids certainly need to be athletic to cope with the demands of the week. If the numbers are lower, than it is possible to accept younger kids. However, numbers will not be filled for the sake of filling numbers. We need to look at all the criteria as well as the fit of kids into the training program. We hire 2 specialist coaches and the kids need to fit into one of the groups.

There is a general rule that it will be 1 parent per family except where there is space available or more than 2 kids in the family. We need to limit parent numbers as much as possible to ensure we can fit in the lodge. All parents are expected to assist when required

which may include the breakfast duty and preparation of lunches for when the kids arrive back shortly after midday. This is hard work for the parents as they will need to be back at the lodge by 11:30am to start preparations. They cannot turn up thinking they are going to get 5-6 hours of skiing in each day.

There are no hard and fast rules around selection, but it needs to start with an expression of interest to the training coordinator or the Bookings Officer. Usually, kids are requested to attend the junior training weekend first so that I can assess their suitability.

3. Illawarra Junior Interclub Race Weekend

All kids involved in the junior development week are required to attend this weekend. This weekend is also open to all junior members and children of members. We normally try and book beds in another lodge to assist with the overflow.

- a. The main race day is Saturday which has all 3 disciplines. Kids who were involved in the development week must compete in all 3 disciplines – snowboard is excluded if they are unable to ride a T-Bar on a snowboard.
- b. We try and ski together on the Friday on downhills early and then cross country training in the afternoon.
- c. The kids attend a presentation at the hosting club.
- d. If conditions allow, a fun biathlon is held on the Sunday morning and then the kids are able to leave after that.

Summary

The junior program caters to all ages and abilities. The parents whose kids who are interested in the race program are invited to express an interest in attending. It is always best to attend the junior training weekend first. This will give the kids a taste – and the parents. If you think you might be interested, then please contact me at bookings@thirroulskiclub.com.au or on my mobile phone 0417 704 375.

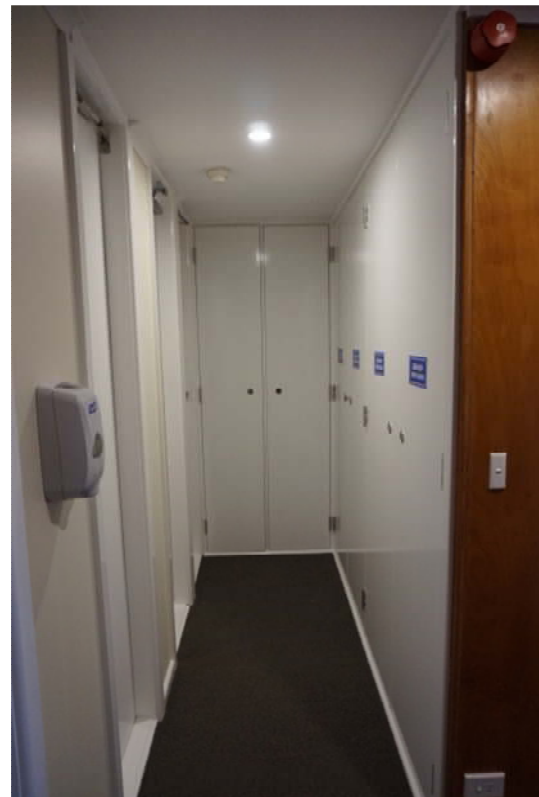
Regards
Heath Barnes
Junior Coordinator

From the Maintenance Officer's workshop

Those of you who have not been to Maranatha this winter will not have had an opportunity to see the finished version of our showers on levels 2 and 3.

Close your eyes (no peeking) before you go to the next page. Open your eyes after moving down to the next page.





Left – On the inside looking out

Right -Level 2 showing entrance to showers, toilets and linen cupboards

Lost and Found

A pair of women's brown suede shoes was found under the bed in room 3. Contact the committee to claim them.



Members are reminded that all personal property including skis and boots should be removed from the lodge at the end of the season.



