Alpine

2021 Season. Updated 11/16/2020
Return to Play 2020 -2021

- Practice Guidelines
- Competition Outline
Alpine Season Time Line

Season November 1\textsuperscript{st} – March 14\textsuperscript{th}

- November – Mountains open for skiing
  - Teams gather and work on fitness and conditioning
- January 1\textsuperscript{st} – March 12\textsuperscript{th}
  - Race Series competition window
- March 13\textsuperscript{th} & 14\textsuperscript{th}
  - State Event race weekend
Season Outcomes

- Practice & improve skill development
- Improve skiers conditioning & fitness
- Offer more competitive ski opportunities throughout the season
- Encourage skiers to ski on race courses throughout the season and earn points toward awards
- Races between teams may be set up
- Awards will be awarded at the end of the season
Practice
Practice

Teams may gather following Massachusetts guidelines for COVID 19

- Max of 50 people outdoors per practice session teams must check with their local mountain on capacity & lift guidelines.
  - head count includes all participants, coaches and volunteers
- Only individuals from same household allowed together on ski lift. Check with your mountain on any local guidances
- Masks must be worn at all times by everyone
- Social distancing protocols must be followed at all times
- Recommend use same groups for every practice session
- No sharing of any equipment or clothing
Practice

• No spectators allowed
• Activities must end by 9:30pm
• All players and coaches must wash and sanitize hands upon arrival, frequently during and at conclusion of practice
• All equipment must be sanitized prior to start of, frequently during and at end of practice
• All individuals attending practice must take a COVID-19 screening prior to start of practice, (refer to return to play power point in coaches resource section of SOMA website)
Competition
Competition Opportunities

• Race Series
  • Players are divisioned against others from across state in a virtual competition.
  • Awards provided at conclusion of season

• State Event
  • Tentatively scheduled for March 13th & 14th at Berkshire East
Race Series – How it will work?

Advanced & Upper Level Intermediate Skiers

- Will be encouraged to register for NASTAR, if they are not already. Registration is free
  - Can only participate in race series if you have NASTAR #
- Skiers may race at any mountain that has a NASTAR course and submit each medal earned to SOMA
  - Fee may apply to race on course and vary from mountain to mountain
- Points will be assigned for each NASTAR medal earned
  - Platinum - 4 points / Gold – 3 points / Silver – 2 points / Bronze – 1 point
- Divisions will be created using Special Olympic division guidelines. No less then 3 per division and no more then 8 per division
- Leaderboard will be updated each week so athletes may see where they stand vs other athletes within their division
- Athlete with most points earned at the end of the season will win their division
Race Series – How will it work?

Lower Level Intermediate & Novice Skiers

- Programs work with their local mountain to set up a race course that is similar to Gunstock’s “Try Me Course”
  - 6-8 gates over a 225’ drop
  - SOMA will work to set up a central mountain(s) were athletes can come to ski on course on scheduled days
- Athletes set a time on the course at start of season.
  - Athlete may race on course as many times as they want on a given day
  - Take best time for the day as their score
  - Submit daily score to SOMA
  - Athletes receives 5 points if their best time for the day sets a new personal best
- Leaderboard will be updated each week so athletes may see how many points they've accumulated
- Awards will be presented at end of the season based on point level athlete reaches
  - Gold – 50 + points / Silver 25-50 points / Bronze 0 - 25 points
State Event

- Tentatively scheduled for March 13th & 14th at Berkshire East
  - *Awaiting final confirmation from Mountain*
- Two one day events
  - Intermediate Skiers on March TBD
  - Advanced and Novice on March TBD
- Number of events offered maybe reduced due to time
- Lodge guidelines and capacity *information to come*
- Ski lift may only be shared by people from inside athletes personal bubble
- No overnight housing will be made available through SOMA
- Meals will be the responsibility of individual
Questions?

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