

Ski Preparation Support Team Job Description

Ski Preparation Support Personnel

- i) Provide assistance for the duration of the trip unless otherwise arranged in advance with the Lead Coach.
- ii) Assist the lead coach with any ski preparation related tasks assigned. It is important that the team work together to support all athletes, and each task on race day is an important cog in the wheel.
- iii) You are not there to look after your child; you are there to look after the needs of team; athletes are responsible to ensure they are prepared as directed at team meetings.
- iv) Be honest with your understanding and level of waxing expertise. Ask questions if you are unsure, the club is aiming to develop long-term expertise in it's waxing resources and is committed to helping interested volunteers to develop their skills at appropriate events.
- v) You are there to ensure the skis are appropriately prepared on time and you need to be available to make last minute adjustments as necessary.
- vi) Working on the wax team means, early rising and long hours, but the smiles on an athlete's face make it all worthwhile.
- vii) In general, do not **expect** to have free time, and skiing time and do not make plans outside of trip support – support resources are planned to minimize costs, so there is no contingency for when you may not be available.
- viii) Assist with other aspects of the trip as requested by the Trip Coordinator.
- ix) Volunteers need to follow CCC guidelines regarding alcohol consumption. Coaches should refrain from the consumption of alcohol when working with athletes, and drivers should have a zero blood alcohol level value while transporting skiers. Alcohol use should be limited in the presence of athletes and at all times any alcohol use must be undertaken responsibly and within legal requirements.
- x) Be calm and positive.
- xi) Submit any relevant receipts to the Trip Coordinator within 1 week of the end of the trip to claim reimbursement.

The following Guide will assist you with your Ski Preparation Role at Events:

For provincial cup and National races, Nakkertok relies on parent volunteers to assist the coaches with waxing for the team. The following is a description of the roles and responsibilities of the parent volunteers working in the wax room.

Given the size of our team and the need for multiple pairs of skis for different race formats, it is not unusual for there to be 100 to 200 pairs of skis to be processed on a racing trip. Being organized is the key to success.

On each trip there is a designated head wax technician whose role it is to oversee the overall production, and to keep track of processes involved in creating the fastest skis given the conditions. The coaches are involved in testing the skis and providing guidance to the head wax technician. Parent volunteers assist in set up, preparing skis with glide wax, scraping, brushing, applying grip wax, touch-ups, etc.

Pre-Race

- Based on the predicted weather, the head coach for the trip will email all participants with instructions on how the athletes should prepare their skis for the upcoming race. See Appendix 1 for an example of this email.

Day 1 - Arrival at race site

- We aim to arrive early so that we can secure facilities that suit the unique requirements associated with a team as large as Nakkertok's
- Set up the wax room – assemble benches, ski straps, locate power, test equipment, etc
- Receive the skis from the athletes and inspect them:
 - Name is clear; numbering is legible
 - Inspect bindings, bases, check for warpings, etc
 - Classic skis are clean in the centre
- Using a checklist of athletes, take inventory and ensure all race skis for next day are in wax room
- Organize the skis by category of skiers
- Take note of the surroundings – quality of the snow, sunlight on courses, etc.
- Depending on conditions, weather forecast, and start time for next day's race, begin as much prep work as possible
- Everyone learns and follows the lexicon of skis – how the position of the ski and binding indicates what treatments have been applied to a given ski

Race Day

- Arrive at race site 2-3 hours before first start time
- Aim to have skis ready for athletes 45 minutes ahead of their start time

- Coaches begin testing skis well ahead of races, and continually test as conditions change
- Warm-up skis provided to athletes to check in advance of the race; continuous feedback loop for waxing
- Notify skiers when their race skis are ready
- Provide touch-ups as required
- If possible keep monitoring wax results during race and be ready to respond to changes
- After the last skier has started, clean up and start prepping next day's skis
- If this is the last day of racing, clean up and tear down wax room
- Celebrate a job well done!

Ski Prep email

From: Trip Organizer/Lead Coach
Sent: Wednesday, December 17, 2008 12:46 PM
Cc:
Subject: Ski Prep Details for Duntroon trip
Greetings All;

A Few important notes from the Wax Crew;
 There will be close to 200 pairs of Nakkertok Skis at Duntroon this weekend.
 Please take a little time to organize and prep your skis before you leave home to avoid any confusion at the race site.

General Notes;

- Ensure that your full name is on all your skis and poles. Ideally just above the binding, in a contrasting colour and legible.
- Ensure that you have a "T" on your training or warm up skis to avoid them getting mixed up with Race skis.
- Your Race skis for the next days event (and those skis only) should be given to the wax team in the wax room and they will be prepped and stored there until you pick them up just prior to your event.
- All unused race skis, training or warm up skis, and ski poles will be stored by you in your ski bag, in the Trailer which will hopefully be parked near the wax room.
- Keep track of your equipment, only you can recognize it and know where it is.
- Athletes should avoid going into wax rooms.

Ski Specific Notes;

- Skate Training or Warm up Skis for Saturday and Sunday;
 - Prepped (Glide wax, Scrape, Brush) with Swix CH 7 (-2 to -8) or similar (you need these skis as soon as you arrive)
- Skate Race Skis for Saturday and Sunday
 - Travel waxed, unscraped
- Classic Training or warm up Skis for Monday
 - Glide Prepped (Glide wax, Scrape, Brush) with Swix CH 6 (-5 to -12) or similar
 - Grip Prepped with 3 layers of Swix VR 40 or Similar
- Classic Race Skis for Monday
 - Grip zone clean and Travel Waxed, unscraped

Please assist us with the above and we will do our best to give you the best skis possible.

Thanks!
 The Wax Crew