



RMD Age Class Open Races, Live-Timing Information

Hello RMD Age Class (U8-U14) Parents, Athletes, and Coaches

I am excited for the Age Class racing season to begin!

This Fall the Age Class committee passed a proposal to not use live-timing for the two age class open race weekends, Jan 4-5 & Feb 1-2. Race organizers may opt to utilize paper scoreboards.

The idea for this came from discussions by the Health of Sport Working Group while brainstorming ways to keep ski racing fun and developmental at the grassroots level of our sport.

While our sport is objective by nature, we don't want to overlook that athletes in this age group are still developing the skills needed to become good, or even great, ski racers!

We hope that athletes learn to transfer what they feel in training to race day. We want them to reflect on their race and ask themselves questions like:

“How did that run feel?”

“What did I do well?”

“Is there a section of the course that I could have been faster?”

An athlete's time doesn't always tell the whole story. Maybe they skied really well before making a mistake. Maybe they executed a difficult part of the course or transferred a newly learned skill from training to race day.

I can also say that as a U14 coach, I've seen athletes following live-timing before their run who become more focused on their competitors than their own skiing.

We understand that family members cannot always attend races in person. Times will be posted electronically, on live-timing/WhatsApp, shortly following each race run for viewing and so that athletes can correlate how they felt to their time.

Remember, athletes of this age don't know ski racing without live-timing. I would encourage all of us to lean into this and identify the benefits of it.

Feel free to come find me on the hill or send me a message with your thoughts, comments, or concerns.

Have a great season!!

Joe Paul
SSWSC U14 Head Coach
RMD Age Class committee member
Health of Sport Chairperson