

Snow Tracks

The GPSD Adaptive Snowsports Newsletter
Volume 1, Issue 3 – Season Start 2008



Mission of GPSD Adaptive Snowsports

To provide snowsports experiences and skill development for people with disabilities utilizing the safest and most effective adaptive equipment and qualified/trained volunteer staff in a supportive and positive learning atmosphere

Welcome Old and New Volunteers!

GPSD Adaptive Snowsports is great because of all of you! For those of you who are new this season, please take a minute to look through the “Frequently Asked Questions” on the backside of this newsletter – returning volunteers may need a refresher as well! Here’s to a wonderful, fulfilling experience volunteering out on the snow, helping people of all abilities enjoy skiing and snowboarding!

Important Dates for 2007-2008

Season Starts	Sunday, December 30, 2007
Winter Challenge Week	Sunday, January 27, 2008 through Thursday, January 31, 2008
Season Ends; Picnic	Sunday, March 16, 2008



Winter Challenge Week 2008!

The Winter Challenge Week is fast approaching! It will be held January 27 to January 31, 2008. Volunteers are needed for a day, 2 days or the whole week. Put it on your calendar and contact either Robyn King (robynking@roadrunner.com) or Jim Cappellett (jcappellett@stny.rr.com).

Building Use

Please follow these guidelines when using the GPSD Adaptive Snowsports Building:

- Security:
 - If the key in the Snowsports School Pro Room is used to unlock the building, it must be returned to the Snowsports office immediately
 - Whenever the building is empty, the outside door to the work/equipment room the creek side door, the office door, and the inside combination door must remain locked
 - The last person using the building will be responsible for locking up, turning down the heat, and shutting off all lights and fans
- Sign-in and sign-out: On non-program days, all volunteers must sign in when they arrive and sign out when they leave.
- Clean-up: Those using the building during non-program hours are responsible for leaving the premises vacuumed and picked up.
- Minors: Family members of program volunteers should not be left in the building without an adult in supervision.
- Lockers and equipment storage: Volunteers and their families may store equipment in the locker room if there is space. Locker rental is available for a \$30 donation.
- Equipment use: Program equipment may be used only with prior permission by at least two members of the Board of Directors.

Unclaimed Boots and Skis

There were a number of boots and skis located in the locker room this summer. They have been moved to the shed outside the Adaptive Building. Take what belongs to you. In February, we will give away or throw away anything still unclaimed!

Volunteer Concerns

Volunteers who are experiencing problems within GPSD Adaptive Snowsports or who feel something in the program needs attention may wish to contact Gregg Macey (penboy123@aol.com) or Dick Anechiarico (rlaraa@att.net). Each or both of them will work with those volunteers in an unofficial, off-the-record manner to see if they can find explanations or solutions. If their efforts do not help, Gregg and Dick will assist volunteers in getting the information to the Board of Directors for review.

Submissions to “Snow Tracks” Newsletter

Please feel free to send possible submissions to the GPSD Snow Tracks newsletter to Lynn Anderson at andersonL@cortland.edu. This newsletter is available in alternate formats (large print, electronic) and is posted on the GPSD web site: www.skigpsd.org.

FREQUENTLY ASKED QUESTIONS (FAQ'S)

Who is on the Board of Directors for GPSD Adaptive Snowsports?

James Cappellett, President	jcappellet@stny.rr.com	Lynn Anderson	andersonL@cortland.edu
Peggy Andersen, Vice President	peggy@graphics.cornell.edu	Richard Anechiarico	rlaraa@att.net
Randy Lacey, Vice President	DRL4@cornell.edu	Pat Crowley	pvcasailor@aol.com
George Ehlers, Treasurer	g.ehlers@lmco.com	Gregg Macey	Penboy123@aol.com
Ken Maxwell, Secretary	Kmax1232@yahoo.com		



What time should I be here on Sunday morning to volunteer?

8:30 am or so. If you come after 9:00 am, you may not get an assignment, and you may not ski or ride that day with the program.

Where should I park?

All volunteers and participants should park in the main Greek Peak parking lots. The limited parking located near the Adaptive Building is reserved for drivers who have disabilities and an accessible parking pass. Be sure to factor in the time it takes to walk from the Greek Peak parking lot to the Adaptive Building, to make it on time to the program.

What do I do when I get to the Adaptive building?

Sign in on the sign-in sheet. If you need a lift ticket and rental, check in with the volunteer assigning those (usually George or Julie). Check out an adaptive jacket in the back work room. Get ready to get out on the snow at 9:00 am.

Who will I work with each Sunday?

Peggy Andersen or Randy Lacey will assign a participant for you to work with each Sunday. Your experience, skills, and goals are taken into consideration for assignments. Don't worry, if you feel uncomfortable about an assignment, you can talk to Peggy or Randy. Often, another more experienced volunteer coach can go with you that day, to help you get more comfortable. Our mission is to help ALL people enjoy snowsports, so you will work with ALL people throughout the season!

How can I learn more about the participant I am assigned?

You can read about the participant in the participant progress notebooks, located on the tables by the check-in area. Notes from previous sessions are kept on an ongoing basis, and include information such as equipment rental information (boot size, ski/snowboard length, etc.), which trails the participant has been on, skills acquired, things that worked well, things to avoid, etc. Also, feel free to talk to the parent(s) if you are working with a child. You can also chat with the volunteer coach who worked with the participant the previous week, or with Peggy.

Can I take my participant on black diamond trails and into the terrain parks?

NO! These areas are not used during the program.



What happens after we are done skiing or riding, at the end of the day?

Give the participant feedback on how he or she did that day, and goals for the next week. Write a progress note on your session in the participant notebooks. Write your hours in the volunteer notebooks. Check your jacket back in. (Note: For those of you who keep your jacket, remember it is only to be worn when skiing or riding with the program.) Smile – it will have been a good day with meaningful accomplishments!

Is training offered throughout the season for volunteer coaches?

Yes, training clinics are offered throughout the season on a periodic basis. Listen for announcements, watch the whiteboard in the Adaptive Building, ask around. If you have a request for a specific training need, let one of the board members know.

Is it true I can earn a season's pass at GP by volunteering?

Yes. If you are interested, talk to Jim Cappellett or Peggy Andersen for details.

Is it possible to get certified as an adaptive snowsports instructor?

Yes, see the Snowtracks newsletter, Volume 1, Issue 2 for further details. GPSD Adaptive Snowsports will help pay certification costs. Training to help you prepare for certification exams is offered throughout the season. Contact Pat Crowley for more information (pvcasailor@aol.com).

How can I help GPSD, besides volunteering on Sundays?

You can also volunteer on Saturdays (talk to Jim Cappellett). You can recruit new volunteers and new participants for the program. You can come up with new adaptive equipment or teaching ideas. You can help find sponsors for Winter Challenge Week. You can donate money, or get others to donate money. There are many ways to get involved!

What if I still have questions?

Talk to any board member or seasoned volunteer, or check the website: www.skigpsd.org. Have a great season!