

Snow Tracks



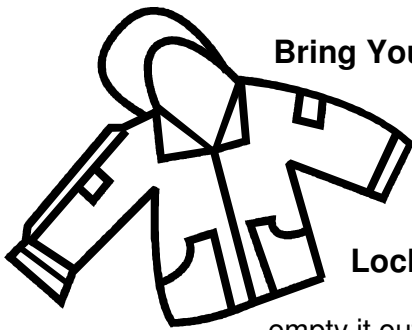
The GPAS Adaptive Snowsports Newsletter
Volume 2, Issue 4 – Late Winter 2009

Mission of Greek Peak 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

GPAS Picnic Sunday, March 15th

- GPAS will provide sandwiches, pizza, potato salad, chips, beverages and cake
- Please bring a dish to pass with a card of listed ingredients
- Two times to eat – 11:45 and 12:05 with
- Annual awards ceremony to begin around 12:30
- SKI THE CRAZY CONE RACE AND WIN A PRIZE!

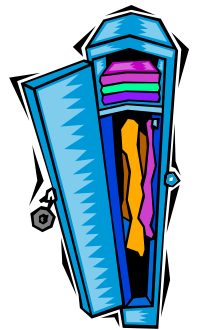


Bring Your Own Jacket!

Bring another jacket to wear on the last day of the season, March 15th. You will need to turn in your GPAS program jacket before you leave that day. Please make sure your jacket is clean when you turn it in that day.

Locker Area

It is the end of the season! If you have a locker, remember to empty it out, remove the lock and take all your gear home. Anything left behind will be moved to the shed and then sometime next season, offered to whoever wants it. Eventually, if there are no takers, the belongings left behind end up in the landfill.



Amy Burke Takes Gold

Amy Burke placed gold in her division in mono-skiing at Whiteface Mountain in the Empire State Winter Games. Congratulate Amy on her accomplishment when you see her! She competed in February at the annual event held in Lake Placid, NY.

Your GPAS Board:

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Volunteer Responsibilities

GPAS volunteers will:

- Accept only assignments for which they have the skills and preparation;
- Arrange a method of contacting the participant's responsible adult should there be an emergency or the lesson ends early;
- Gather the available information about the participant's skiing and health;
- Determine who will be the lead instructor when there is more than one volunteer involved;
- Regularly check with the participant for discomfort or fatigue during a session;
- Not take a participant onto a black diamond trail without prior approval of a program administrator;
- Know, follow, and teach the Skier's Responsibility Code;
- Act to stop and/or report immediately any action which is detrimental to the program or its members;
- At no time be alone in an enclosed area with a participant;
- Not leave a participant until the responsible adult or a program administrator can take over;
- Fill out the progress report at the end of the lesson;
- Fill out an accident report should there be an injury;
- Keep their skiing equipment in good working order.



What Volunteer Coaches are Saying about the Saturday Program at GPAS

As volunteers, Patrick and I have enjoyed the Saturday and the Sunday programs this year. Both are very well run, Saturdays have gone especially smoothly. I cannot imagine dropping the Saturday program and having the building so crowded again. We have obviously grown, and I am impressed that our volunteers have grown and stretched along as well. This season, we really needed the flexibility of being able to participate on both days as we have had a crazy schedule with travel and work. I have noticed that the more "crowded" our adaptive building is, the greater tendency to a "chaotic" atmosphere, which is undoubtedly counterproductive for a "good time" by a majority of our clients. I love the generally cheerful atmosphere we have at GPAS, and expanding the program to the 2 days has certainly helped maintain it. Kudos to all involved!

From my perspective it has worked out really well and is terrific for both Special Olympians and volunteers. Plus I love having the opportunity to volunteer on both Saturday and Sunday as needed while still making a regular commitment to one day.

The "trial" was excellent this season and is the only viable and cost effective solution to the overcrowded conditions of the adaptive building on Sunday without the Saturday program.

- Establishment of the Saturday program has successfully relieved the overcrowding in the Adaptive building on Sundays creating a nicer environment for all.
- The Saturday program allows more participants and coaches to be involved, because of scheduling conflicts that some folks have on Sundays.
- The Saturday program provides a time to focus on the needs of those involved with Special Olympics.
- The Adaptive building is better utilized by having the program operate on two days rather than one.
- The Saturday program is not exactly the same as the Sunday program. The philosophy of coaching assignments is not the same and the focus (special olympics) is different. Having two "flavors" benefits many, because not everyone likes the same thing. Experimentation may also lead to positive changes.
- Programs on two different days gives more people an opportunity to participate in leadership positions which translates into more coaches who have the experience and confidence to manage various aspects of the program.
- The only thing that I don't care for with the Saturday program is that our one big family has been split in two. There are so many folks that you never see if you only attend on one day. However, I think the positives far outweigh the negatives

This newsletter is available in alternate formats by contacting Lynn Anderson at lynn.anderson@cortland.edu.