

Snow Tracks

The GPAS Adaptive Snowsports Newsletter
Volume 2, Issue 1 – Fall 2008



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

Welcome Old and New Volunteers!

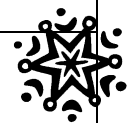
Greek Peak Adaptive Snowsports is great because of all of you! For those of you who are new this season, please take a minute to look through the "Frequently Asked Questions" on the backside of this newsletter – returning volunteers may need a refresher as well! Here's to a wonderful, fulfilling experience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

Important Dates for 2008-2009!

The 2008-2009 snowsports season is fast approaching! Mark your calendars for this year's meetings and trainings. More details will be available as the snow season nears. All meetings and trainings are held at the GPAS Adaptive Building.

2008-2009 Schedule

GP Swap Shop	Sat/Sun, October 25 & 26, 2008 Sat/Sun, November 1 & 2, 2008
General Meeting	Sunday, November 9, 2008 (starts at 10:00 am)
Dry Land Clinic	Sunday, November 9, 2008 (start at 11:00 am) Dr. Vicki Wilkins, SUNY Cortland
On-Snow Clinics	Sat/Sun, December 13 & 14, 2008 Sat/Sun, December 20 & 21, 2008 (starts at 8:30 am and 12:30 pm)
Season Starts	Sunday, January 4, 2008
Winter Challenge Week	Sunday, January 25, 2009 through Thursday, January 29, 2009
Season Ends	Sunday, March 15, 2009



New Jackets ARE HERE!

Thanks to a grant from the George and Margaret Mee Foundation, we have beautiful new jackets this year. We will be warmer, dryer, and much more spiffy!!

Winter Challenge Week 2008!

Our Winter Challenge Week is entering its 5th year. Winter Challenge will be held January 25 to January 29, 2009. Typically, participants arrive on Sunday, get set up with equipment, are given an overview of the week, and sometimes get a little snow time. Our days start early and are intense...everyone from participants to coaches to shadows are exhausted and exhilarated. It's a great week! We all get so much out of it that it is well worth the experience. 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).



Volunteer Concerns

Volunteers who feel something in the adaptive program needs attention can contact Karen Hart, jojokiki@stny.rr.com, Gregg Macey, penboy123@aol.com, or Dick Anecharico, rlaraa@att.net. Each or all of them will work with these volunteers to see if they can find explanations or solutions. If their efforts do not help, Karen, Gregg, and Dick will assist them in getting the information to the Board of Directors for review.

FREQUENTLY ASKED QUESTIONS (FAQ'S)

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. 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 Pat Crowley for more information (pvcasailor@aol.com).

How can I help GPAS, besides volunteering on Sundays?

You can also volunteer on Saturdays (talk to Dick). 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.gpadaptive.org. Have a great season!

Your GPAS Board:

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