

Snow Tracks

The GPAS Adaptive Snowsports Newsletter
Volume 2, Issue 2 – Early 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

2008-2009 Schedule

Season Starts	Sunday, January 4, 2008
Winter Challenge Week	Sunday, January 25, 2009 through Thursday, January 29, 2009
Season Ends	Sunday, March 15, 2009

Winter Challenge Week 2009!

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).

The Special Olympics State Competition will be held at Bristol Mountain on February 7, 2009

We will not have a Saturday program at Greek Peak on February 7. Anyone wishing to ski or ride with the program should attend Sunday, February 8 instead. Good luck to the Special Olympians!

The Hartford Ski Spectacular Update

Contributed by Gregg Macey

The week of December 6th - 13th, Robyn King and I were privileged to attend the 2008 Hartford Spectacular in Breckenridge, Colorado. Here is a brief account of my experience. On Saturday afternoon, we arrived at Denver to unseasonable 60 degree weather. John Solowiez was kind enough to meet us in his pickup truck (we filled it) and drive us the 2 hours to the beautiful Beaver Run Resort at Breckenridge. As we climbed from Denver's 5,000 feet to Breckenridge's 10,000 feet, the temperature dropped and the snow piled up. Having never visited the Rocky Mountains, I was quite amazed how truly beautiful the peaks and valleys are. Checking in and finding our rooms was a story of itself, the place is large and confusing.



Sunday morning we wandered around the quaint little town of Breckenridge and in the afternoon, we volunteered to help with the registration of the Wounded Warriors Project, by processing 2 busloads of Warriors and their families to the resort. Very moving.

Monday was the first day of courses. In the morning, I took "First Time Out" which was intended to take up where the skier left off last year, and fine tune your skills. The afternoon class was "Your Strengths/Weaknesses in Challenging Terrain" I was the only mono-skier in that class, so that was sort of cool. It began to snow hard that afternoon and I was soon sinking into the deep powder, to the point where I needed to lengthen my outriggers about 4 inches. Challenging indeed. Our instructor (John Lincoln) was up to

his waist in snow, pulling me out of deep spills. We had dinner at the Coopertop Cafe (on site) and afterwards the DSUSA race awards were given out. Some very inspiring athletes were highlighted.

Tuesday morning class was "Skills Needed to Ski Bumps." This was a very fun and informative class. The afternoon class was "Good Lesson / Great Clinic". We took the 5 minute shuttle bus in the evening to Mi Casa to cash in our complimentary margarita coupon and enjoyed a great Mexican meal on John Solowiej.

Wednesday was spent inside. Morning was "Mono/Bi ski setup" by Kevin Krill from Loon Mt. (N.H.) where I got more familiar with the Bi ski. The afternoon session was



"Risk Management for Adaptive Sports Programs" by Leslie White, covering some very important aspects for a safer and more effective program. In the evening - Robyn and I also attended "Organizing an Effective Training Program".

Thursday morning the course was "Who's got the Kids" with Leslie White, again. She basically went over the ATS teaching system and covered the Responsibility Code. Something we should be stressing more to our new volunteers. In the afternoon was spent in "High Speed Mono Analysis" We went to the race course and observed several skiers running the gates as well as watching a movie indoors. That evening we went in to town and ate at Bubba Gumps.



Friday morning was my free ski time and in the afternoon, Robyn and I both attended the "Ski Bike" clinic. I was really looking forward to this clinic and was not disappointed, except that I was not able to ride one. The ski bike is a very important adaptive device that I would love to see in the GPAS program. I was fortunate to leave that clinic early to hook up and ski with a guy named Quintin - who works full time for the resort. He is at the forefront of the mono-ski world, and was a big help in my personal skiing. Another plus was that John Solowiej was in our group. As the snow fell that final afternoon, looking down those beautiful slopes and up to the peaks above the tree line, for the hundredth time that week - I realized that this was a trip of a lifetime. I am truly grateful to have experienced this blessing. I wish to thank all that made this trip possible. Sincerely - Gregg Macey

Eight Emerging Athletes Received U.S. Paralympics Sponsorship to Attend the Hartford Ski Spectacular

In an effort to identify emerging athletes in the sports of alpine skiing, nordic skiing and biathlon, U.S. Paralympics sponsored eight athletes to attend [The Hartford Ski Spectacular](#) in Breckenridge, Colorado December 7-14. Ski Spectacular, an event of Disabled Sports, USA (DSUSA), is one of the nation's largest and most exciting winter sports festivals for people with physical and visual disabilities. Along with other participants, the sponsored athletes had the opportunity to improve their ski skills, learn to race and be mentored by experienced athletes from the [U.S. Paralympics Alpine Skiing National Team](#). Sherwood Fendryk of Greene, N.Y. was one of the eight national athletes invited to attend. Way to go Sherwood!!!!

Lockers

Seasonal lockers are available on a "first come" basis. The annual fee is \$30 (The money from locker rentals is used to help defray our heating costs). If you decide to take a locker, pick out an unclaimed one, put your name on it, give the payment to any Board member along with your name and the locker number. You can also mail your information and payment to GPAS, P.O. 8538, Endwell, NY 13762. Remember, our insurance policy does not cover personal items left in the building.

Greek Peak Support of GPAS

Belleayre Mountain, which is a ski area run by NYS, offers adaptive lessons of 2 ½ hours for \$110 which includes lift ticket and equipment. Compare this to GPAS which offers a full day with ticket and equipment for \$25, and you can understand why our program is as large as it is. Our rate is so low because we are all unpaid volunteers and Greek Peak provides the tickets and equipment at a very steep discount. We are thankful for Greek Peak's continuing support of what we do.

A number of years ago, the Greek Peak management decided to enhance its support of the adaptive program by offering season passes to our most consistent volunteers. Those volunteers who regularly gave their time to teach and/or coach our participants were offered a season's pass so that they could improve their skills on the snow in their free time. The season pass is also meant to facilitate a volunteer's work on "off weekend" hours (for example, when a GPAS volunteer assists a student with a disability during weekday school programs). GPAS was asked to distribute these passes. Greek Peak supports us by considering as employees those of us who are consistent volunteers giving regularly of our time to teach or coach our participants. Greek offers us a season pass program similar to that offered to their employees with the stipulation that we are continuing in our volunteering and are abiding by the policy code. The passes are the property of Greek Peak which can revoke them at any time for any reason; they certainly are not offered as compensation for what we do but as a way for us to ski more and strengthen our skills during our free time. Again we are thankful for Greek Peak's continuing support.

Building Use

- Adaptive Building - at non-program times, the building is available to our volunteer staff.
- Security - if the key in ski and ride school is used to unlock or lock the building, it must be returned to the ski and ride school office immediately.

- Whenever the building is empty, the outside door to the work 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/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 times are responsible for leaving the premises vacuumed and picked-up.
- Minors - family members of program volunteers should not be left without an adult in supervision.
- Equipment use - program equipment may be used only with prior permission by at least two members of the Board of Directors.

The Board of Directors

At present there are nine members of the Board of Directors. There are a number of responsibilities divided amongst us such as: keeping track of equipment needs, building maintenance needs, supplies, maintaining the web site, fund raising and grant writing, tax reports, budget, correspondence, volunteer concerns, liaison with Greek Peak, payments, newsletter, season passes, Winter Challenge, participant evaluation, training clinics, end of the year picnic, and clean up. For each responsibility, we try to have 2 people knowledgeable. The Board meets at lunch time during the Sunday program 5 or 6 times, and during the off season, we usually meet in the Adaptive Center for about 2 hours, 4 or 5 times a year. Please feel free to contact any of us with your ideas.

Your GPAS Board:

James Cappellett, President	jmccappellett@yahoo.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
Jeanne Mack, Treasurer	mackjeanne@yahoo.com	Gregg Macey	Penboy123@aol.com
Ken Maxwell, Secretary	Kmax1232@yahoo.com		

GPAS Season Pass Eligibility Policy

- Those volunteers who amass 45 hours of volunteering IN A SEASON may become eligible for a Greek Peak employee pass for the following year as long as they continue volunteering and abide by GP's policies of documenting binding checks, and attending some on snow training. The volunteers must submit to GPAS their time sheet filled out clearly. GPAS must be able to account for the names on our season pass eligibility list.
- Three hours are credited for each session taught at Greek Peak even if the session ends early. Clinics and work done away from Greek Peak earn ½ credit.
- Those credited with 60 hours two years in a row would be eligible for family passes. These passes remain the property of GP which can revoke them at any time.
- At the end of the season each time sheet should be in the volunteer folder. GPAS will tabulate the hours claimed, and if everything is in order the volunteer's name will be placed on the eligibility list which is turned in to GP. If there is a problem, the volunteer will be contacted to ascertain what is wrong.
- Each volunteer who believes he/she has become eligible for the season pass program must fill out a season pass application (available in the office or on our web site in the future), and get it to Peggy Andersen, Jim Cappellett, or Ken Maxwell on or about the day of our general meeting in the fall.
- The application can be handed in, sent electronically or through US Mail. GPAS will check the applications against the eligibility list and forward them to Greek Peak management.
- GPAS will do what it can to have the passes ready when the on snow clinics begin as long as we have the waiver forms and the binding check documentation.
- Volunteers who are on the season pass eligibility list and who want to ski before getting their passes can arrange to get a day pass voucher from Pat Crowley. It is best to do this in advance.

Care of the New GORE-TEX Program Jackets

- Machine wash warm (104 F) (powder or liquid detergent - no fabric softener), rinse thoroughly. Tumble dry medium (or warm steam iron) until completely dry (the heat from the dryer will help to reactivate the durable water repellent - DWR - treatment on the garment's outer fabric). Product may also be dry cleaned (request clear distilled solvent rinse and spray repellent).
- No chlorine bleach. It may damage the garment.
- Stain Removal; Use a pre-wash treatment such as Shout or Spray'n Wash, following manufacturer's instructions.
- Water Repellent Treatment: Gore recommends applying a topical water repellency restorative (DWR treatment), available at outdoor retailers. Gore does not recommend wash-in treatments as they can affect the garment's breathability.

What is the Hartford Spectacular?

Contributed by Robyn King

The Hartford Ski Spectacular is the nation's largest winter sports festival for people with physical disabilities. 2008 marked the 15th year of this event with over 800 participants. This week-long festival, hosted by Disabled Sports USA, is a many-faceted event, with PSIA-AASI Continuing Education Academies, Wounded Warrior adaptive training, NorAm Races (North American Cup Ski Racing Club), and opportunities to network with adaptive snowsports staff from around the country and around the world.

The Hartford Spectacular is held in the scenic mining town of Breckenridge, Colorado. Gregg Macey, Jeanne Johnson (our official photographer), and I attended this year's event. The six days spent in the high altitude of the Rockies was a whirlwind of activities, networking, and information. The three "Greeks" spend Sunday afternoon volunteering to help the Wounded Warriors Program. Our assignment was to check in 150 registrants, organize their goodie bags, and direct them to equipment set-up and their rooms (Beaver Run Resort is a maze of elevators, "Peaks," hallways, etc. – I'm sure some of the people are never seen again!).



For those of you not familiar with the Wounded Warriors Project – it is a partnership between DSUSA, its community chapters (GPAS is a chapter), and the Wounded Warrior Project (a non-profit organization), providing year-round sports programs for service members severely wounded in Iraq, Afghanistan, and the global war on terrorism. (Note: For the Winter Challenge Week 2009, we will have four Wounded Warrior participants).

Meeting some of these young Warriors was a moving experience. The injuries these young service personnel have sustained could be devastating, but yet, there they were, putting their lives back together with positive attitude, camaraderie, sport, and competition. What positive role models for us all.

Tuesday, Jeanne Johnson traveled with race teams to Copper Mountain, to lend a hand with that day's races. Jeanne said it was amazing to watch the speed, grace, and spunkiness of the racers.

Monday through Friday passed rapidly with PSIA/AASI continuing education classes from 9:00-11:30am and 1:00-3:30pm every day, with additional round table discussions après ski. PSIA/AASI classes ranged from guiding blind participants, new teaching programs, what's new in adaptive equipment, bi-ski, mono-ski, ski-bikes, 3-tracking, 4-tracking, snowboarding, autism, developmental disabilities, racing techniques, skiing and riding the bumps and steeps, movement analysis, and risk management, to name a few. Between classes, we could visit vendors, exchange information with other programs, and generally expand our knowledge base.

Every day we were on the mountain, we'd hear, "Hey Greek, I skied there when I went to college," or "Greek, I'm from Elmira!" Our new program jackets were certainly noticeable on the mountain, and real ice-breakers!

All in all, it was a great week. We met some great people, we learned a tremendous amount, and we established some great connections. If you are ever offered the opportunity to attend the Spectacular, seize the moment!

Snow Tracks and Website Information

Snow Tracks is published five or so times a season. If you would like to contribute an article or photos, please email Lynn Anderson at lynn.anderson@cortland.edu. *Snow Tracks* is emailed to all GPAS volunteers and participants as a pdf. If you are not receiving the newsletter by email, let Ken Maxwell, board secretary, know by emailing him at kmax1232@yahoo.com. The *Snow Tracks* newsletter is also posted on the GPAS website. You can access the current and past issues at www.gpadaptive.org.

The website also contains announcements, dates, photos, news, and other important information. Check it frequently! www.gpadaptive.org.

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

