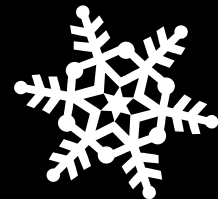


# Snow Tracks

The GPAS Adaptive Snowsports Newsletter  
Volume 3, Issue 1 – Fall 2009



## Mission of Greek Peak Adaptive Snowsports

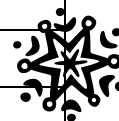
To provide snowsports experiences and skill development for people with disabilities utilizing the safest and most effective adaptive equipment and qualified/trained volunteer staff in a supportive and positive learning atmosphere

## 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! You can also read through the Volunteer Handbook, available in the Adaptive Building and on the website.

## 2009-2010 Schedule

GP Swap Shop	Sat/Sun, October 31-November 1 Sat/Sun, November 7-November 8
General Meeting	Sunday, November 8, 2009 (starts at 10:00 am)
Dry Land Clinic	Sunday, November 8, 2009 (start at 11:00 am) David Ayers and training DVD
On-Snow Clinics	Sat/Sun, December 12 & 13, 2009 Sat/Sun, December 19 & 20, 2009 (starts at 8:30 am and 12:30 pm)
Season Starts	Saturday, January 2, 2010 (Saturday program) Sunday, January 3, 2010
Winter Challenge Week	Sunday, January 31, 2010 through Thursday, February 4, 2010
Season Ends	Sunday, March 14, 2010



## Winter Challenge Week 2010

Our Winter Challenge Week is entering its 6th year. Winter Challenge will be held January 25 to February, 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 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](mailto:robynking@roadrunner.com)) or Jim Cappellett ([jimcappellett@yahoo.com](mailto:jimcappellett@yahoo.com)).

## Building Use during Program Hours

It has been a long standing policy of GPAS to make the Adaptive Center available to volunteers and their families during non-program hours. However, some volunteers use the building during program hours so they can ski or ride on weekends. This has become more prevalent since we instituted a Saturday program. Of course, it has added to our numbers in the building and its crowdedness. We ask those who wish to use the building during program hours to be considerate of our participants and working volunteers. You can alleviate the conditions if you keep your gear and supplies out of the way and plan your day so you are not in the building much during our most crowded hours: 8:15 am - 9:15 am 11:30 am – 1:00 pm 2:30pm – 3:30 pm

## Availability of GPAS Season Passes and Vouchers

Those of you who are eligible for season passes and who mailed your applications to our PO Box should understand that the information was turned in to Greek Peak Management. Greek Peak will review this information, and print the passes on their schedule, so we do not know when they will be ready. In the past, the passes were given to us at the start of our on-snow clinics. We can assume that they will be available for the clinics this year as well. It is part of our agreement with Greek Peak that volunteers who receive season passes will continue their training and continue to work in the program. Applications for season passes and pass distribution must go through GPAS. Please, do not go directly to Greek Peak offices.

If the passes are not ready for the on-snow clinic days, Greek Peak will provide us with day passes for those taking part in our clinics. Should there be skiing or riding before the clinic days, those who are eligible for a season pass can request a voucher for a day's lift ticket any day they want to ski or ride at Greek Peak. The procedure is to contact Pat Crowley, who can authorize the vouchers. Pat can be reached by e-mail at [pvcasailor@aol.com](mailto:pvcasailor@aol.com) and/or [PCrowley@Greekpeak.net](mailto:PCrowley@Greekpeak.net). By phone, you can call Greek Peak at 1-800-955-2754 and ask for Pat's extension. You can also try his home phone at 607-849-6822, or his cell phone at 607-279-6427. It would be best to contact Pat 2 or 3 days before you plan to ski or ride. He can then prepare a voucher and leave it on his desk if he will not be at Greek Peak on that day. He is not a full-time employee of Greek Peak this early in the season, so it can be difficult to reach him. It could also be frustrating if you just show up at Greek Peak.

## 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](mailto: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!

### Can I bring my pet with me when I volunteer?

No, the only animals allowed in the Adaptive Building are those who are deemed service animals.

### What if I still have questions?

Talk to any board member or seasoned volunteer, or check the website: [www.gpadaptive.org](http://www.gpadaptive.org). Have a great season!

### Your GPAS Board:

James Cappellett, President	<a href="mailto:jmcappellet@yahoo.com">jmcappellet@yahoo.com</a>	Lynn Anderson	<a href="mailto:andersonL@cortland.edu">andersonL@cortland.edu</a>
Peggy Andersen, Vice President	<a href="mailto:peggy@graphics.cornell.edu">peggy@graphics.cornell.edu</a>	Richard Anechiarico	<a href="mailto:rlaraa@att.net">rlaraa@att.net</a>
Randy Lacey, Vice President	<a href="mailto:DRL4@cornell.edu">DRL4@cornell.edu</a>	Pat Crowley	<a href="mailto:pvcasailor@aol.com">pvcasailor@aol.com</a>
Jeanne Mack, Treasurer	<a href="mailto:mackjeanne@yahoo.com">mackjeanne@yahoo.com</a>	Mark Friebe	<a href="mailto:mfriebe@gmail.com">mfriebe@gmail.com</a>
Ken Maxwell, Secretary	<a href="mailto:Kmax1232@yahoo.com">Kmax1232@yahoo.com</a>	Robyn King	<a href="mailto:robynking@roadrunner.com">robynking@roadrunner.com</a>
		Gregg Macey	<a href="mailto:Penboy123@aol.com">Penboy123@aol.com</a>

This newsletter is available in alternate formats by contacting Lynn Anderson at [lynn.anderson@cortland.edu](mailto:lynn.anderson@cortland.edu).