

## 2023 H&K Equipment SkillsQuest

*Presented by Hidden Valley Race Club (HVRC)*

<b>Event Date</b>	January 22, 2023
<b>Event Type</b>	SkillsQuest
<b>State</b>	Pennsylvania
<b>Region</b>	West
<b>Site</b>	Hidden Valley Resort
<b>Trail(s)</b>	Angel's Elbow / Comet
<b>Lift(s)</b>	Avalanche

<b>Radios:</b>	<p>Radios will be provided to starter/scorer committees for each skills station.</p> <p>Coaches chaperoning individual athlete groups will have separate radios and be connected to event coordinators and the Chief of Race.</p>	
<b>Station Inspection:</b>	n/a	
<b>Jury:</b>	<b>TD:</b>	Doug Houston-Ludlam
	<b>Chief of Race:</b>	Jim Pottinger
	<b>Referee:</b>	TBD
	<b>Ass't Referee:</b>	n/a
<b>Connection Coach(es):</b>	n/a	
<b>Course Setters (Names / Teams):</b>	<p>Steve Jupena (HVRC) will oversee setting and ensure stations conform with applicable USSS standards (<i>see, e.g., <a href="#">SkillsQuest Skiing Assessment Tasks</a></i>)</p>	
<b>Lift Open:</b>	<p>Avalanche lift:</p> <p style="padding-left: 40px;">Course setters – 8:00 am</p> <p style="padding-left: 40px;">Coaches &amp; Athletes – 9:00 am</p>	
<b>Warmup and Training Area:</b>	<p>Controlled, free-ski warmups may be done on adjacent slopes and Lower Comet.</p>	
<b>Inspection:</b>	<p>Athletes will not formally inspect or enter the stations prior to their appointed time slots (<i>see below</i>).</p> <p>To the extent accessible, athletes may slip between station sets on Comet and Angels Elbow but may not enter or directly inspect the stations prior to their assigned station times.</p> <p>All of the stations will have been previously described to participants.</p>	

<b>Entry for Athletes Closed:</b>	n/a
<b>Photographers In Place:</b>	n/a
<b>Entry for All Closed:</b>	n/a
<b>Station Starters/Scorers in Place:</b>	9:00 am
<b>Forerunners:</b>	n/a
<b>Groupings &amp; Start Times:</b>	<p>Each athlete will be assigned to a single competitor group (e.g. A1, A2, A3, A4, B1, B2, B3, and B4).</p> <p>Each athlete will have the opportunity to make a practice run and a scored run at each of Stations 1 thru 4 during the appointed time slots summarized below:</p>

**Below are the anticipated station sets and order of competition. If these tasks change (e.g. due to snow conditions or lift/resort restrictions), HVRC will notify western-region coaches ASAP.**

Time	Station #1	Station #2	Station #3	Station #4	Open Skiing
	<b>Balance</b>	<b>Pressure</b>	<b>Edging</b>	<b>Rotary</b>	
<b>U10 Task</b>	P-3 Free-ski Lane Changes	P-2 Pole Jumpers	P-2 Outside Ski Turns	P2 Straight Run to Side Slips with Edge Set	Open Skiing
<b>U12 / U14 Task</b>	P-4 Free-ski Hourglass	P-3 Pole Jumpers in a Tuck	P-2 Outside Ski Turns	P3 – Pivot Slips	Open Skiing
<b>Location</b>	Skier's Right Upper Comet	Lower Comet	Skier's Right Top of Angel's Elbow	Skier's Left Lower Angel's Elbow	Coach's Choice
<b>9:15-10:30</b>	<b>A1 &amp; A2</b>	<b>A1 &amp; A2</b>	<b>A3 &amp; A4</b>	<b>A3 &amp; A4</b>	<b>All "B" Groups</b>
<b>10:30-11:45</b>	<b>B1 &amp; B2</b>	<b>B1 &amp; B2</b>	<b>B3 &amp; B4</b>	<b>B3 &amp; B4</b>	<b>All "A" Groups</b>
<b>11:45-12:15</b>	<b>Lunch Break</b>				
<b>12:15-1:30</b>	<b>A3 &amp; A4</b>	<b>A3 &amp; A4</b>	<b>A1 &amp; A2</b>	<b>A1 &amp; A2</b>	<b>All "B" Groups</b>
<b>1:30-2:15</b>	<b>B3 &amp; B4</b>	<b>B3 &amp; B4</b>	<b>B1 &amp; B2</b>	<b>B1 &amp; B2</b>	<b>All "A" Groups</b>

<b>Start Interval(s):</b>	Each athlete will be directed to start into the station as soon as the previous athlete has completed the station and the station scorers indicate they are ready for the next competitor.
<b>Preparation Breaks:</b>	n/a
<b>Slip Crews:</b>	Volunteers will continuously cycle through each station during the event. Coaches are welcome to slip as available.
<b>Intermediate Times:</b>	n/a
<b>Awards Ceremony:</b>	LOCATION: Avalanche Lodge  WHEN: ~3:00  AWARDS: 1st thru 3rd / U10, U12, U14 / boys and girls
<b>Start Order:</b>	Based on randomized grouping order and bib number
<b>Miscellaneous:</b>	
<p><b>PARKING:</b> Free Parking is available at the Avalanche Lodge on the Summit side of Hidden Valley Resort.</p> <p><b>REGISTRATION:</b> On-line registration available through <a href="http://www.adminkiracing.com">www.adminkiracing.com</a>. Online registration will close three (3) days prior to the event. On-site registration will <b>NOT</b> be available.</p> <p><b>REFUND POLICY:</b> Registration fee will be refunded to all athletes who do not compete. The race secretary attempts to process refunds within a week of the race.</p> <p><b>LIFT TICKETS:</b> Event registration does not include a lift ticket. Hidden Valley is now a Vail Corporation resort and honors corresponding Epic passes. Registered athletes that do not have an Epic pass may purchase competition day-passes for \$74 from the Hidden Valley ticket office at the main lodge (the Valley Side of the resort) on the morning of the race. For additional lift ticket information, please see: <a href="https://www.hiddenvalleysort.com/">https://www.hiddenvalleysort.com/</a></p> <p><b>BIB DISTRIBUTION:</b> Bibs will be distributed by club to Team Captains at the Team Captains Meeting. Team Captains will be responsible for distributing bibs to their respective athletes.</p> <p><b>BIB DEPOSIT:</b> None.</p> <p><b>EQUIPMENT CONTROL:</b> SL skis are recommended.</p> <p><b>MEDICAL PLAN:</b> Available online at: <a href="https://hiddenvalleyraceclub.org/wp-content/uploads/2022/01/HVRC-Medical-Plan-January-2022.pdf">https://hiddenvalleyraceclub.org/wp-content/uploads/2022/01/HVRC-Medical-Plan-January-2022.pdf</a></p>	



**ATHLETE SAFETY:** U.S. Ski & Snowboard works to provide a safe environment in which athletes can train and compete, free from abuse and inappropriate behavior. Please review U.S. Ski & Snowboard's Athlete Safety policies, the SafeSport Code, and the Minor Athlete Abuse Prevention Policies.

If you are an athlete who has experienced inappropriate behavior or know of an athlete who has experienced inappropriate behavior, please report to the U.S. Center of SafeSport [HERE](#) or U.S. Ski & Snowboard [HERE](#). All adult participants are mandatory reporters. Reporting violations may be made anonymously and there are no fees for reporting. We all are part of promoting a culture of safety through education, listening, and speaking up.

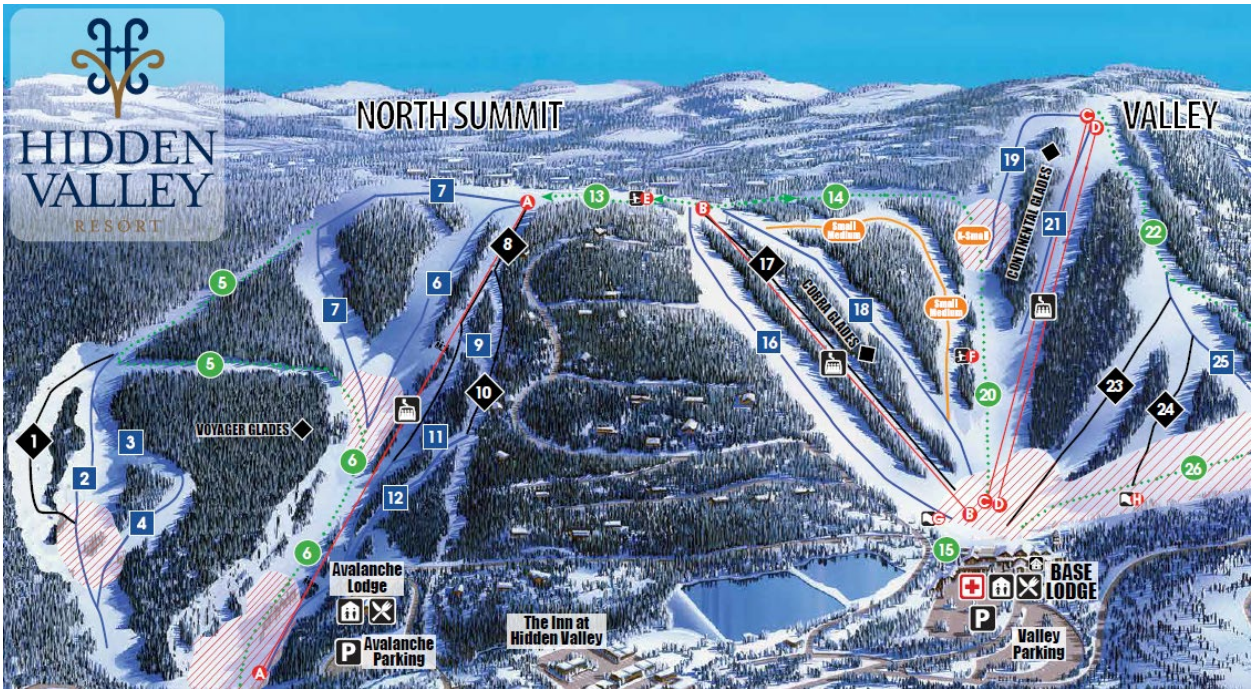
**COVID-19 DISCLAIMER:** An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Center for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending this race, you voluntarily assume all risks related to exposure to COVID-19.

HVRC and US Ski and Snowboard cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in US Ski and Snowboard sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a US Ski and Snowboard sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless HVRC and each of their officers, directors, agents, employees, or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection therewith.

## 2023 SkillsQuest —Additional Event Details

**Location**—The event will be held on the North Summit side of the Hidden Valley Resort. Event day parking will be available in the Avalanche parking lot. Depending on conditions, the skill stations will be set on Angel’s Elbow (#7) and Comet (#6).



**Preliminary Master Schedule:**

Time	Activity	Location
6:30-8:30 AM	Station Sets	Angel's Elbow / Comet
8:00-8:30 AM	Coaches Meeting	Avalanche Lodge
8:30-9:00 AM	Athletes report to groups	Avalanche Lodge
9:00-9:15 AM	Groups travel to first station	Avalanche Lift
9:15-10:30 AM	All "A" Groups: SkillsQuest Stations	Angel's Elbow / Comet
	All "B" Groups: Open Skiing	Coach's Choice
10:30-11:45 AM	All "A" Groups: Open Skiing	Coach's Choice
	All "B" Groups: SkillsQuest Stations	Angel's Elbow / Comet
11:45 AM-12:15 PM	<b>Lunch Break</b>	
12:15-1:30PM	All "A" Groups: SkillsQuest Stations	Angel's Elbow / Comet
	All "B" Groups: Open Skiing	Coach's Choice
1:30-2:15 PM	All "A" Groups: Open Skiing	Coach's Choice
	All "B" Groups: SkillsQuest Stations	Angel's Elbow / Comet
1:30-2:15 PM	Tear Down	Angel's Elbow / Comet
~3:00 PM	Awards	Avalanche Lodge

**Preliminary Racer Station Schedule:**

**\*\*\*any changes will be immediately communicated to club coaches\*\*\***

Time	Station #1	Station #2	Station #3	Station #4	Open Skiing
	Balance	Pressure	Edging	Rotary	
U10 Task	P-3 Free-ski Lane Changes	P-2 Pole Jumpers	P-2 Outside Ski Turns	P2 Straight Run to Side Slips with Edge Set	Open Skiing
U12 / U14 Task	P-4 Free-ski Hourglass	P-3 Pole Jumpers in a Tuck	P-2 Outside Ski Turns	P3 – Pivot Slips	Open Skiing
Location	Skier's Right Upper Comet	Lower Comet	Skier's Right Top of Angel's Elbow	Skier's Left Lower Angel's Elbow	Coach's Choice
9:15-10:30	A1 & A2	A1 & A2	A3 & A4	A3 & A4	All "B" Groups
10:30-11:45	B1 & B2	B1 & B2	B3 & B4	B3 & B4	All "A" Groups

<b>11:45-12:15</b>	<b>Lunch Break</b>				
<b>12:15-1:30</b>	<b>A3 &amp; A4</b>	<b>A3 &amp; A4</b>	<b>A1 &amp; A2</b>	<b>A1 &amp; A2</b>	<b>All "B" Groups</b>
<b>1:30-2:15</b>	<b>B3 &amp; B4</b>	<b>B3 &amp; B4</b>	<b>B1 &amp; B2</b>	<b>B1 &amp; B2</b>	<b>All "A" Groups</b>

### U14 / U12 / U10 Participant Information:

- The event will be limited to 120 athletes.
- U14 and U12 athletes will have the first opportunity to register—remaining spots will be made available to U10 athletes beginning January 16, 2023.
- Each athlete will receive four (4) station scores, and these scores will be totaled to determine a final “finish order” within each age/gender.
- The U14 and U12 “finish order” will be treated as a single run for the purposes of PARA, Western Region derby-qualifying points.
- Athletes will be grouped by age and club, skiing with a coach from their home club.

### SkillsQuest Links & Tools:

- SkillsQuest Scoring Table – [SkillsQuest Scoring Table](#)
- Task Descriptions – [SkillsQuest Skiing Assessment Tasks](#)
  - Phase 2 - Pole Jumpers - Page 7
  - Phase 2 - Outside Ski Turns - page 8
  - Phase 2 - Straight Run to Sideslip with Edge Set - page 9
  - Phase 3 - Pole Jumpers in a Tuck - page 12
  - Phase 3 - Pivot Slips - Page 14
  - Phase 3 - Freeski w Lane Changes - page 15
  - Phase 4 - Freeski Hour Glass - Page 19

Task	Video Link
Phase 2 - Pole Jumpers	<a href="#">P2 - Pole Jumpers</a>
Phase 2 - Outside Ski Turns	<a href="#">P2 - Outside Ski Turns</a>
Phase 2 - Straight Run to Sideslip with Edge Set	<a href="#">P2 - Straight Run to Sideslip with an Edge Set</a>
Phase 3 - Pole Jumpers in a Tuck	<a href="#">P3 - Pole Jumpers in a Tuck</a>
Phase 3 - Pivot Slips	<a href="#">P3 - Pivot Slips</a>
Phase 3 – Free-ski Lane Changes	<a href="#">P3 - Freeski Lane Changes</a>
Phase 4 – Free-ski Hourglass	<a href="#">P4 - Freeski Hourglass</a>

### **SkillsQuest Station Notes:**

- SkillsQuest station #1 will be at the top of Comet slope. SkillsQuest station #2 will be lower on the same hill. These two stations should be completed back-to-back without a chair ride and no hiking required.
- SkillsQuest station #3 will be at the top of Angel's Elbow slope. SkillsQuest station #4 will be lower on the same hill. These two stations should be completed back-to-back with a short hike to the start of station #4 but no chair ride.
- In each time slot, two groups will start at SkillsQuest station #1 and two groups will start at SkillsQuest station #3. As the initial group completes the task, they should advance, as a group, with their coaches, to the next task.
- Time slots for SkillsQuest stations will be one hour and 15 minutes. First runs through each station will be practice runs. Second runs will be scored.
- Open skiing time can be used for coach guided practice. If terrain and conditions permit there may be additional, non-scored, stations (dual racecourse and / or combi obstacle course) available to athletes during Open Skiing time.

### **Event Scoring:**

- Scoring will be done by USSS certified SkillsQuest evaluators and PSIA instructors. As necessary, and after consultation with each club, coaches from Western region clubs will substitute for PSIA evaluators.
- Scoring for each SkillsQuest task will be on a 1-10 scale, in half-point increments, in accordance with the SkillsQuest Scoring Table linked above.
- Racers will receive two (2) scores per station. These two scores will be averaged for the athlete's individual score at that station.
- Finish order will be determined by adding the athlete's score in all (4) SkillsQuest stations to arrive at a total score.
- Ties will not be broken (e.g. if two (2) U12s tie for first place, they will each be awarded a "1" for the event and the next highest U12 will receive a "3").
- Finish order in this SkillsQuest event will count as the equivalent of one race run for PARA Western Region derby qualifications.
- Individual awards for the event will be given to M/F 1st, 2nd, 3rd by age group.