

Flathead Valley Ski Education Foundation



All Mountain Ranger - Learn to Race
Program Orientation 2025



Lloyd Muldown

Lloyd "Mully" Muldown, with his friend and fellow ski pioneer Ole Dalen, made the first descent of Big Mountain on skis in the winter of 1933-34, fifteen years before the Big Mountain resort was founded. Muldown's ski advocacy, vision and volunteerism over more than 60 years earned him the unofficial title of Father of Whitefish Skiing.

Muldown, a graduate of Hamline University in St. Paul, MN, came to Whitefish in 1928 to teach and coach in the local schools. In the 1930s, he and a group of other Whitefish ski pioneers formed the Hell Roaring Ski Club, getting together to hike up the mountain and ski down. They built two shelter cabins on the mountain, one in 1935 and one in 1937. Muldown spearheaded the club's effort to hold the first high school interscholastic ski meet in Montana in 1939, before there was a road into the area.

Mully was instrumental in bringing Ed Schenck and George Prentice to Whitefish and convincing them that the mountain had potential as a commercial ski area, despite the south-facing slopes. He was heavily involved in volunteer work for the new venture and played a major role in bringing the U.S. National Ski Championships to Whitefish in 1949 and 1951.

In 1960, Mully was named Whitefish superintendent of schools. Muldown School is named after him. Always active in skiing, he became a full-time ski instructor after he retired from the school system, and he served on the Winter Sports Inc. board of directors for nine years.

Well into his 80s, the diminutive Mully, by then nearly blind, could be seen flying down the slopes, his long coat flapping in the breeze. He died in 1993.



CLASS OF **2013**

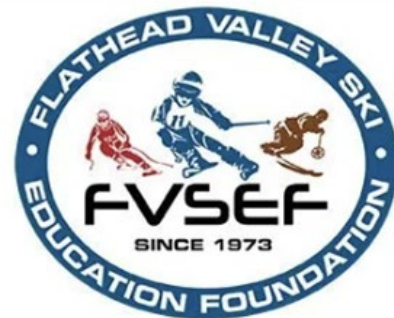
There is a long history and tradition of ski racing on Big Mountain!

- First ski descent of Big Mountain by Lloyd "Mully" Muldown and Ole Dalen 1934
- Hellroaring Ski Club formed 1930s
- First Montana High School Association Race in 1939 – required hiking and camping!
- Big Mountain T-bar operation 1947
- US National Ski Championships 1949 and 1951
- FVSEF formed 1973
- Resort renamed Whitefish Mountain Resort on Big Mountain 2007

Welcome to the Club!

Who Are We?

- Volunteer based non-profit organization celebrating over 50 years in the Flathead Valley. Founded 1973
- A valley-wide, community-based, youth organization promoting athletic and personal excellence through educational and competitive programs in skiing.
- *Mission: Build better athletes, better students and better citizens... For Life!*
- Over 2,300 participants have benefited from FVSEF Programs



Board of Directors

- Tom Heinecke– President
- Mike Anderson – Vice President
- Justin Breck – Secretary
- Cyrus Hadidi– Treasurer
- Tori Marcial - Development Committee Chair (fundraising)
- Hailey Love - Sport Committee Chair (parent contact)
- Josh Smith – Director at Large/Freeride rep
- Don Harring- Director at Large
- Cari Klepper – Director at Large (fundraising)

Coaches

Exec Director & Head Coach-
Hilary Lindh

AMR Program Coordinator-
David Fischlowitz

AMR Lead Coach-
Pierce Whalen

AMR - LTR Coaches

Lara Mann

Jim Bungener

Al Clough

Christian Bitterauf

Natalie King

Todd Burris

Katie Brust

Megan Pleeter

Ella Shaw

Ryan Glick

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AMR Philosophy

3 Pillars : Safety, Fun, and Learning (in that order)

- Skiing is the vessel through which we become more capable humans.
- Not all progress is technical.
- The more fun we have, the more capable of learning we become.
- Behavior and attitude considered when advancing to the Development Team.
- Self-Awareness, Perseverance, Courage, Community.

AMR Team Guidelines

All Mountain Rangers		
Chronological age	Ages 7-10	Ages 10-13
Objective	Getting Started	Learning to become better Racers
Official title	Phase 2 of ATS	Phase 3 of ATS
Also knows as:	"Learn to ski"	"Learn to ski"
Experience in the Sport	1-4 years	4-8 years
Skiing Involvement	skis 2-3 days a week	Skis 3-4 days a week
	50ish days a year	70ish days a year
Training Emphasis	90% freeskiing* and associated drills 10% gate training	90% freeskiing* and associated drills 10% gate training
Progressions	Course familiarity	All-Mountain Integration
Competition Emphasis	Local fun races (Tommy Moe Series)	Local fun races and perhaps the home YSL race

USSS's Long-Term Athlete Development Model

- Guide for providing age appropriate training and competition throughout the athlete's childhood.
- Focus on long term growth in Fundamentals, Athleticism, and Passion



Alpine Training Systems

Development Phases Domain							
Elements	Phase	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6
	Biological Age	Early Childhood	Late Childhood	Pre-puberty before growth spurt	Puberty and growth spurt	Post Puberty after Growth Spurt	Full Maturation
	Chronological Age	2-6 years old	6-10 years old	Girls: 9-13 Boys: 10-14	Girls: 11-15 Boys: 12-16	Girls: 12-17 Boys: 14-18	Girls: 16+ Boys: 17+
	Time in Sport	1-4 years in sport	2-5 years in sport	4-7 years in sport	5-8 years in sport	6-11 years in sport	10-15+ years in sport
	Training Volume	50 hours per season 1-2 sessions per week	150 hrs/season 2-3 sessions per week	220 hours/season 3-5 sessions per week	360 hours/season 4-6 sessions per week	480 hours/season 5-7 sessions per week	540 hours/season 5-7 sessions per week
	Summer/Off season Training	None	0-5 days	10 days	20 days	25 days	30+ days
	Coached Freeskiing	75%	60%	45%	30%	20%	15%
	Coached Drills	10%	20%	20%	20%	20%	15%
	Coached Gate Training	10%	10%	25%	35%	40%	45%
	Competition Simulation	5%	10%	10%	15%	20%	25%
	Freeski with friends and family	As much as enjoyable	As much as enjoyable	As much as enjoyable	As much as enjoyable while balancing rest, travel and recovery needs.	As much as enjoyable while balancing rest, travel and recovery needs.	As much as enjoyable with necessary balance of rest, travel and recovery needs.
	Complementary Sports	Participate in many physical activities. Explore individual coordination or balance-based sports. Team sports to build teamwork, ethics, and fair play.	Participate in many sports and activities. Active participation in coordination or balance-based sports. Participation in team sports build teamwork, ethics and fair play.	Continue to participate in many activities and sports. Begin to identify with primary vs. complementary sports.	Continue to participate in complementary sports while identifying clear goals in primary sport.	Use complementary sports and activities for variety and to enhance aerobic conditioning by increasing training volume in all activities.	Use complementary sports and activities for injury prevention, avoiding burnout, and to maintain all aspects of physical fitness.
Physical Fitness Domain							
	General Concepts	Begin to develop fundamental movement skills through play, fun, novel activities.	Increase play to develop and enhance specific elements of physical fitness in open environments.	Start to incorporate focused dryland training 1-2 days per week. Enhance body awareness, balance, timing of movements and spatial anticipation through games and drills.	Physical fitness is becoming an integral part of the season. 1-3 sessions per week. Increase hours of training with varied volumes and intensity.	Implement periodized training with varying volumes and intensity. Training is now essential to seasonal programming with 2-3 sessions per week and off-season fitness plans.	Multi-year periodized training plans with varying volumes and intensity are essential to prepare for full competition, training loads and long term performance.
	Growth and Development (Body Composition)	Body begins to develop into adult-like proportions in terms of how various body parts relate to each other. Muscle mass increases and fine motor skills begin to emerge.	Body continues to develop into adult-like proportions. Rate of growth slows, strength increases and ability to perform fine motor skills increases.	Rate of growth increases again in preparation for adolescence. Growth rate may have adverse effect on agility, balance and coordination. Weight and height increases.	Rate of growth reaches peak (Peak Height Velocity). Bodies reach adult heights, muscles grow rapidly while muscle to fat ratios differ between males and females. Heart rate, cardiac output and respiratory capacity increases leading to greater tolerance for exercise.	Growth rate slows and stops. Bodies are adult in proportion and muscle to fat ratios. Very little change in height from this point forward. Muscular, skeletal, cardio and respiratory functions are fully formed with capacity for heavier exercise or training loads.	Body finishes adolescent growth and development.

Technical Goals for All Mountain Rangers

		Phase 1 : Ski School	Phase 2+ : FVSEF	Technical Domain
Elements	General Focus	Active start - Learning and fun environments	Adventure stage - Skiing all terrain, exploring the mountain	Technical stage - Developing precision of basic skills while learning advanced techniques over a variety of terrain and features
	Athletic Stance and Balance	Ski stance is athletically adaptable. Can ski medium radius turns with parallel skis while maintaining balance. Upper body (pelvis and torso) orients down the fall line.	Can balance on the outside ski. Leg rotation is independent of upper body (torso and pelvis) to initiate short radius turns. The body stays perpendicular to terrain changes.	Able to demonstrate a clear balanced weight transfer in transition. Able to initiate turn on either inside or outside ski. Beginning to utilize fore aft pressure throughout the turn. Can maintain ski to snow contact on most terrain.
	Skills (Rotary, Edging and Pressure)	Movements are varied, such as; wedge, parallel, converging & diverging steps, skating, etc. leading to outside ski dominance. Able to move from foot to foot and jump off both feet. Can turn both legs in same direction.	Skier demonstrates outside ski dominance throughout the turn, and becomes aware of the skis orientation on the snow. Skier demonstrates rotary, edging and pressure skills individually and within a ski turn.	Skier is able to edge ski in different phases of the turn. Edging is achieved by angulation and/or inclination as turn radius and speeds change. Rotation comes from the hip socket.
	Turn Strategies	Able to make short, medium and long radius turn relative to the skier's physical size.	Turn size and shape is dictated by the skier. Activities emphasize a wide variety of turn shapes and sizes. Athlete is able to make short, fast rhythmical turns.	Ability to maintain turn shape in a variety of turn sizes. Explore turn size allowing for smooth arc to arc execution.
	Coordination of Movements	Leg rotation is simultaneous while maintaining a parallel relationship between the skis. Can skid down the slope on the uphill edges while maintaining parallel skis. Can flex and extend the lower body proactively and reactively in certain situations.	Leg rotation is smooth that may be complimented with leg flexion and extension movements. Lower body rotation starts to show separation from upper body. Upper body shows discipline complimented with an arm carriage that may facilitate contributory pole action.	Turn initiation movements appear to start in the ankles and move up the kinematic chain. Upper/lower body separation is demonstrated by a stable upper body biased down the hill or race line. Optimal ski to snow pressure is maintained through gross and micro leg movements

When do we get to race?

- Tommy Moe Series - WMR
 - Jan. 18, Feb. 15, & Feb. 22 (All Sundays)
 - Age 12 and under only
 - Participation is encouraged, but optional.
 - Racers may join group for afternoon training once competition is complete
- Biggie Banks Series - WMR
 - Skiercross, not “true” racing, but still encouraged.
 - Jan. 17, Feb. 28, Mar. 7
 - All day event - No training on competition day
- US Ski & Snowboard Sanctioned Races
 - YSL races- home race 1/24-25
 - Requires USSS membership, Communication with Lead and Head coach, and advanced protective equipment.
 - High level of competition, not recommended for most Rangers.

How is the sport governed?

National Governing Body:

US Ski and Snowboard Association (USSS)

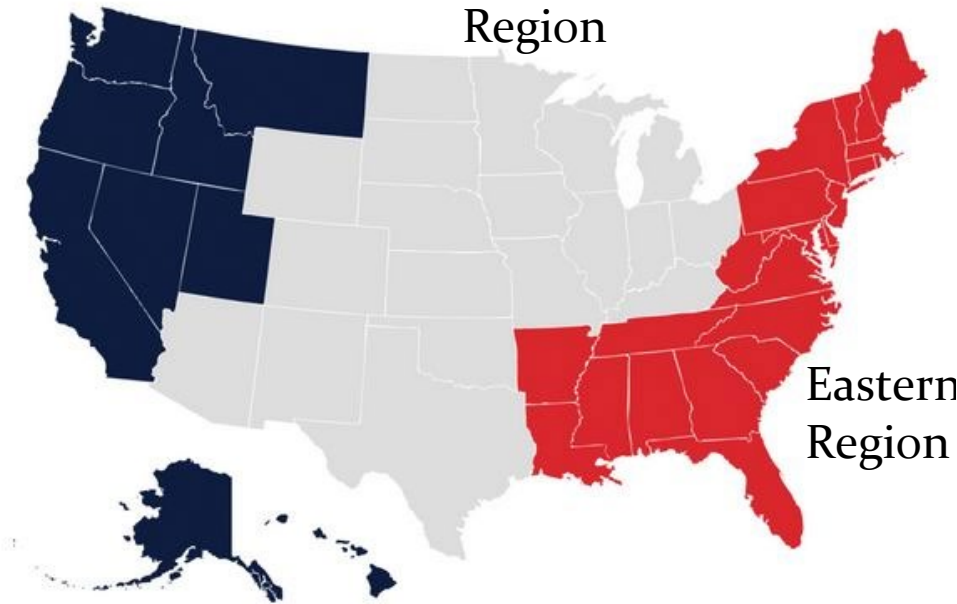
- Local, Regional, and National Competitions
- International Ranking System



Western Region

Central/Rocky
Region

Eastern
Region



WESTERN REGION

NORTHERN DIVISION

PNSA

INTERMOUNTAIN

FAR
WEST

ALASKA



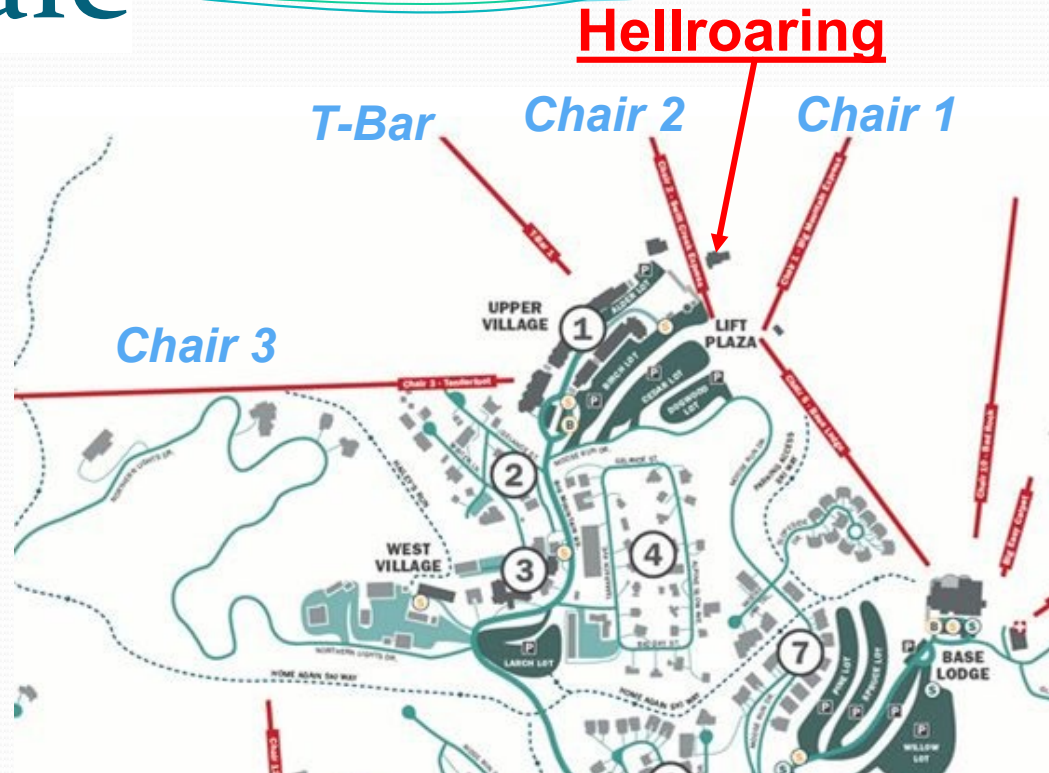
Racing & Freeride

- Racers make the best Freeriders.
- Racing mentality is easily transferable to Freeride.
- We train Racers who love to ski.
- Freeride option available at a later age to those who are highly skilled and mentally capable.



Daily Schedule

- Meet at 9:15 at Hellroaring. Ski away at 9:30.
- Break for a 1-hour unsupervised lunch 11:30-12:30
- Limited space to eat Sack Lunches in Team Room
- Athlete's responsibility to return to Hellroaring for afternoon training
- Training ends at 3:00 pm.



West side, under Chair 2

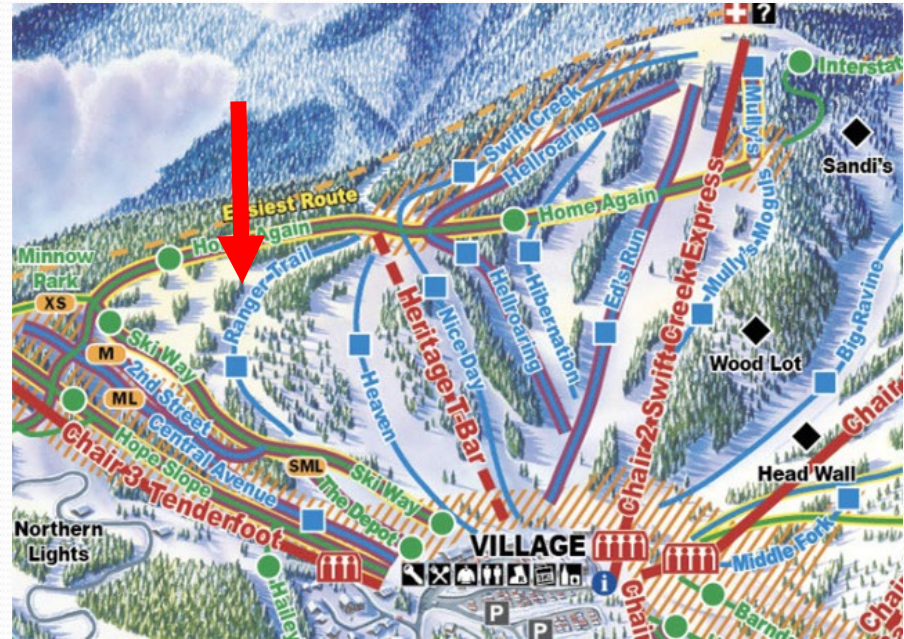
Season Schedule

- Rangers first day of training is Friday, December 12 (Saturday, December 13; Sunday, Dec 14). Last day is March 15
- No Holiday Camp
 - Normal training days through holidays
 - No other holiday breaks- We train on MLK Jr. and President's Day weekends
- Additional training available Wednesday's 4pm-6pm January & February at extra cost; space still available.



Typical Training Day

- Courses and Drills in the morning, Focused Freeskiing in the afternoon.
- Lessons build on one another throughout the season
- Courses/Closed Training on Ranger Trail as a pilot this season
- Approximate time distribution:
 - 20% drills and exercises
 - 65% all-mountain skiing (both groomed and ungroomed)
 - 15% gates and courses



How can you help us create the best experience for your child?

- Please be on time (Goldilocks)
- Have your athletes rested, dressed warmly & well nourished.
- Check your email, and the weather.
- Add all relevant guardians to Playmetrics
- Ski with your child as much as possible prior to our first meeting day. Help them learn to stay oriented on the mountain.
- Provide proper, well tuned equipment.
- Nametag on helmet, whistle on jacket.
- Read Parent/Athlete Handbook and USSS Parent material
- Communicate frequently

Equipment

- Skis
 - Length- Between Nose & Forehead
 - Start well tuned, Wax throughout season.
- Ensure bindings are functional frequently
- Multiple pairs of skis for higher level can be helpful, not necessary.
- Boots (room to grow is NOT desirable)
- Protective Gear
 - Helmets (more requirements with age)
 - Goggles
 - Mouth Guards optional
- **Not needed until Devos:**
 - Race Suits
 - Face/Chin guards
 - Hand guards
 - Shin Guards
 - Back Protectors



Communication

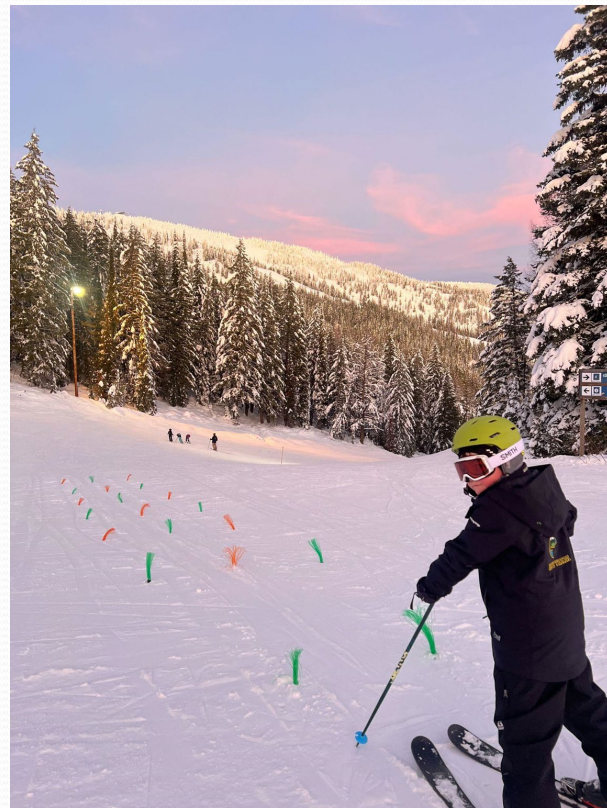
Website <https://www.fvsef.org>

- Parent/Athlete Handbook
- Messaging – Playmetrics App for phones; add both parents as contacts
- Buy/Sell Equipment on our website
 - Club Info/Parent/Athlete Resources



Team Jackets (Optional)

- Michelle Hoover- New/Used
michellecodiga@hotmail.com



FVSEF: *POWERED BY VOLUNTEERS*

Volunteer for events in the “Support FVSEF” tab on website

- Warren Miller movie this weekend - volunteer roles are filled
- Showcase of the Chefs - now and day of
- B - Net installation & maintenance – early January
- T-bar operations every weekend Jan- Mar
- Local hosted YSL races January 24-25
- End of season BBQ



Skiing is a lifelong Journey





... So enjoy the ride!

Questions?

