

# Team AK Ski Jumping



## Parent Manual 2021-2022



## Introduction

### **Our Facility: The Karl Eid Ski Jumps**

Every kid dreams about flying through the air. The Team AK Ski Jumping program makes those dreams come true. Our certified coaches teach skiers how to execute jumps safely while enjoying the thrill and exhilaration of flight.

We are lucky to have one of the best youth jumping facilities in America! The Karl Eid Jumps have four hills for all abilities: 10 meter, 20 meter, 40 meter, and 65 meter. Recent upgrades to the Karl Eid Jumping Complex now allow Alaska's ski jumpers to train and compete year-round.

In the summer, the jumps use a combination of water, steel tracks and a special plastic grass surface to simulate slippery snow and allow for year-round ski jumping. In the winter, our newly installed snow making system helps extend the jumping season.

Team AK Ski Jumping is part of the Nordic Skiing Association of Anchorage (NSAA) and offers programs for young jumpers ages 5 and up.

## Program Information

### Equipment

New ski jumpers of any age start on alpine (downhill) ski equipment. **New jumpers must provide their own alpine skis and boots.** Once they “graduate” to jumping equipment, a rental fee of \$70/winter, \$50/summer, and \$40/fall must be paid to NSAA to use the club’s ski jumping equipment.

**ALL JUMPERS MUST PROVIDE THEIR OWN HELMETS!  
40m and 65m jumpers must have full plastic helmets that cover the ears.  
No soft ears and FIS certification required.**

Ski jumping equipment will be assigned to jumpers at the beginning of each session (winter and summer) and throughout sessions as new jumpers progress out of alpine equipment and into jumping equipment. Please only use the equipment assigned to you.

A limited number of loaner team jackets can be checked out for free, but requires a \$50 deposit—checks and credit cards only, please. There is an opportunity each year to purchase jackets and xc ski suits to keep.



## Program Overview

**Cubs:** Ages 5-7.

Meets once per week for 8 weeks with a goal of a gentle introduction to the sport. Jumpers provide their own alpine equipment (skis, boots & helmet).

**U10:** New and experienced jumpers under 10 years old. Practice one or two times per week.

**U12:** Jumpers ages 10-11. Practice one, two, or three times per week

**U14:** Jumpers ages 12 and older. Practice three or four times per week with slightly longer hours and occasional dryland training

**U16-U20:** Jumpers ages 14 and older. Practice three or four times per week with slightly longer hours and occasional dryland training. Training logs are used and monitored by coaches.

**Adult (20+):** Jumping isn't just for kids! Adults also begin on their own alpine equipment. Buy a 10 try punch card and give it a go!

**Nordic Combined:** Our nordic combined programs is for athletes that want to ski jump and also cross-country ski/run. Athletes will do all of the ski jumping training, but will also spend time building endurance through cross country skiing, running, and biking.

**NSAA Membership** is required to participate in Ski Jumping. Your membership supports trails and ensures that NSAA can continue to provide Nordic skiing opportunities for youth of all ages and abilities! Look for Membership when registering online.

## Our Coaches

We have two experienced and USSA Certified coaches:



**Zak Hammill** has been with NSAA's Ski Jumping program for 8 years. Zak came to us from Ishpeming, Michigan, where he was the head ski jump coach. He was also a Central Division coach. Zak started ski jumping in Iron Mountain, Michigan, and moved on to train and compete at the highest levels in the USA and Europe. Zak received his degree from the Outdoor Studies program at Alaska Pacific University.



**Natasha Hammill** is NSAA's small hill ski jumping coach. She has been coaching for NSAA for 7 years. Natasha joined us from Eau Claire, Wisconsin, where she was a part of a ski jumping dynasty. Her three siblings, Nick, Nathan and Natalia, all ski jumped at various levels. Natasha began jumping when she was 5 years old. She earned her degree in Sustainability Studies from Alaska Pacific University.

## How Practices Work

**Check for Updates:** We cancel at -5 F or for conditions that make jumping unsafe such as high winds or poor snow conditions. Please see contact page.

**Arrive on Time, Ready to Go:** Practice time is short and there's a lot to fit in. Have a snack/drink water before coming to practice. Make sure your child is dressed appropriately.

**Warm Up:** The first 30-45 minutes of each practice consists of a game, dynamic stretching and technique training. The warm up is not to be overlooked!

**Jumping:** During this part of practice, the coaches are up at the jumps. Parents, check with coaches to see if they need help during the session.

**Wrap Up:** Coaches will announce last jump. Kids then change and put their equipment away, including hanging up their suits. Please respect the equipment!

All practices are directed by the coaches. If you have questions about practice, don't hesitate to ask them!



## Hill Progression

Moving up jumps is at the sole discretion of our coaches. Criteria for progression includes the following skill based criteria.

### **Moving from Landing hill to 10 meter**

- Good balance throughout landing hill ride.
- Has learned inrun and can hold inrun down the landing hill.
- Has balanced hop while riding down landing hill.

### **Moving from 10 to 20 meter**

- Improvement to a lower and balanced inrun.
- Locked legs during flight phase.
- Balanced jump from the inrun to the landing/ solid landing.
- Keeps arms at side during flight.

### **Moving from 20 to 40 meter**

- Has well balanced inrun (not sitting too far back or on toes).
- Jumps on time and with effort from legs.
- Keeps chest forward (in front of legs) in air with arms in.
- Legs locked during flight.
- Ankles cocked during flight and skis under control of athlete. -Stable telemark landing.

### **Moving from 40 to 65 meter**

- Complete balance and stability throughout jump.
  - Demonstration of push down on takeoff and effective flight position.
  - Jumping 35+ meters.
  - Stable telemark landing.
- \*Age based considerations may be taken to keep athletes on smaller hills\*

## Frequently Asked Questions

### **When will my child move to jumping equipment?**

Moving from alpine equipment to ski jumping equipment is at the discretion of the coaches. Children should not be moved too early because jumping equipment is very different from alpine equipment: The boots have a very aggressive shin angle and aren't as stiff as alpine boots. The skis are much longer and do not have edges, plus the heel is free and is not locked down like it is in an alpine set-up.

### **Do I need to purchase jumping equipment?**

No. When your child is ready for jumping equipment, the coach will fit him/her with boots and skis and the club has suits to use. You must then pay a rental fee to NSAA. The rental fee goes into a reserve to fix and purchase new equipment when the old equipment wears out.

### **Where can I purchase equipment?**

All jumping equipment must be purchased from Europe. We have at least one equipment order each year. You will be notified by email. Sometimes other jumping families are selling used equipment. Talk to a coach if you would like to purchase equipment for your child.

### **Safety**

Ski jumping is generally a safe sport with few injuries, but as with any activity, it requires adherence to some simple rules and physical and mental diligence and awareness.



## General Rules:

- Jumpers must warm up.
- Jumpers should be **rested**. Please do not bring your child to practice after another sport—Junior Nordic, cross-country running, etc.—or after a slumber party or late night.
- Jumpers should have a healthy snack or meal before practice. Bring additional snacks to longer weekend practices.
- Jumpers should be mentally prepared.
- Jumpers should be dressed appropriately and ready to spend several hours outside. Hand and toe warmers are helpful in the winter.
- Jumpers should listen and pay attention to the coaches.
- Jumpers should check their gear for broken/missing parts **before jumping** and notify coach of problems.
- Jumpers should do one last gear check on the jump—binding clips in, helmet strap buckled, boots tightly laced, goggles on.
- Jumpers must check with a coach and receive the “clear” before starting to ski the inrun.
- Jumpers must move out of the way at the bottom of the landing hill as quickly as possible to make way for the next jumper.
- Before crossing the bottom of a landing hill or outrun, always LOOK UP and check the inrun for a jumper.
- Dogs are not encouraged but if they are present they **must be on a leash** and are not allowed on outrun or hills.

## A few words about falls:

Falls are part of ski jumping. At some point in your child's training, he or she will fall. Fortunately, modern ski jumps are designed with safety in mind and injuries are rare, but they can happen.

Most falls are the "tip and skid" variety. But there are a few common scenarios that can lead to bigger falls and should be avoided:

—Never bend your knees in the air. Air pressure can get on top of the skis and you can "tip in."

—Don't snow plow. The landing hills are steep and you will be pitched forward. Let the outrun slow you down.

—Don't jump if conditions are affecting your confidence—for example if wind or ice is making you nervous. Or the bar is too high. Go down a hill size or move the bar down. Ask for help if necessary.

—Stop when you're tired. Don't try to take one more, or move up to a bigger jump at the end of practice.

—Pressure is not allowed at the ski jumps. Encouragement is good, but pressure from other jumpers or from parents is not okay. The ski jumps are a no-pressure zone.

When you do fall, raise an arm when you come to a stop to let people know you're ok. The coaches have had first aid training and any injuries need to be reported to them.

## Volunteer

**The jumping program relies on volunteers to operate!** Our club must maintain the jumping facility, groom the hills and make the snow required to have practices. NSAA Operations does not help us with this, therefore, we cannot have practice without help from parents and other volunteers. Please check in with coaches when you drop your child off at practice to see if there is anything that needs to be done and please pitch in. From time to time we also have weekend work parties to accomplish larger projects: brush cutting, painting, small projects. Emails will be sent announcing dates and times of work parties. Thanks in advance for helping!

## Club Contacts:

### Messaging

Sign up for text updates on Remind. Text @alaskasj to 81010

### Coaches

Zak Hammill | Program Director, Coach, & Facility Manager | +1 (907) 802-1282 | [akskijump@gmail.com](mailto:akskijump@gmail.com)

Natasha Hammill | Coach | 715-577-3414 | [n.hammill54@gmail.com](mailto:n.hammill54@gmail.com)

### NSAA Office

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