



St Leonard's College

An education for life.

Snowsports Information Night

March 18, 2024



Acknowledgement of Country



We acknowledge the Bunurong People of the Kulin Nation as the Traditional Owners and Custodians of the land on which we meet.

We pay our respects to their Elders, past, present and emerging, and to all Aboriginal and Torres Strait Islander peoples who are present with us.

Acknowledgement of Country



We acknowledge the Traditional Owners of Victoria's alpine resorts as the original custodians of these lands. We acknowledge their unique ability to care for Country and deep spiritual connection to it and pay our respects to their Elders past, present and emerging.

- *Gunaikurnai*
- *Taungurung*
- *Wurundjeri*

STL Link

The site to check and stay informed about Snowsports – and most other things happening in the College

<http://learn.stleonards.vic.edu.au/outdooredextn/snowsports/>

A copy of this Powerpoint and all Snowsports documents are available to download.

Outline of tonight

- Introductions
- Dryland training
- Interschools XC Championships
- Victorian Interschools Snowsports Championships
- Divisions, Events and other details
- Questions



About the staff:

Ben Woolhouse – Head of Outdoor Education.

Teaching at St Leonard's since 2004.

Before working at St Leonard's, worked as a Ski Instructor for 4 years at Mt Hotham, Whistler (Canada), Sierra at Tahoe (California), Sun Peaks (Canada) plus work as ski technician and on mountain photographer.

Has 2 daughters – Taya (Year 9) and Sierra (Year 11) both at St Leonard's, both have been members of the Snowsports team.

Other staff involved:

Jake Matthews, Camp Ibis caretaker / OED leader

Christine Mravlek-Bonello, Head of Club Sport

Nat Cannon, Club Sport Administrator

Sally Northcroft, Director of Cocurriculum

2024 Snowsports Leaders

Emmett Wilson



Cyan van der Merwe



Dryland / Preparation Training

- Maximise performance
- Minimise chance of injury
- Maximise enjoyment
- Utilising the College's great gym facilities and staff
- Non- compulsory (we recognise some students are already have heavy training loads with other sporting commitments)

Contact:

Nat Cannon Nat.Cannon@stleonards.vic.edu.au

Club Sport administrator

Dryland / Preparation Training

Friday morning Snowsports Fitness

Team members in years 7 to 12 are able to join a special fitness session in the HSC, on the 5 Fridays in term 3 leading up to the Interschools event.

More details and registration will be available closer to the time.

Snowsports Team Sessions

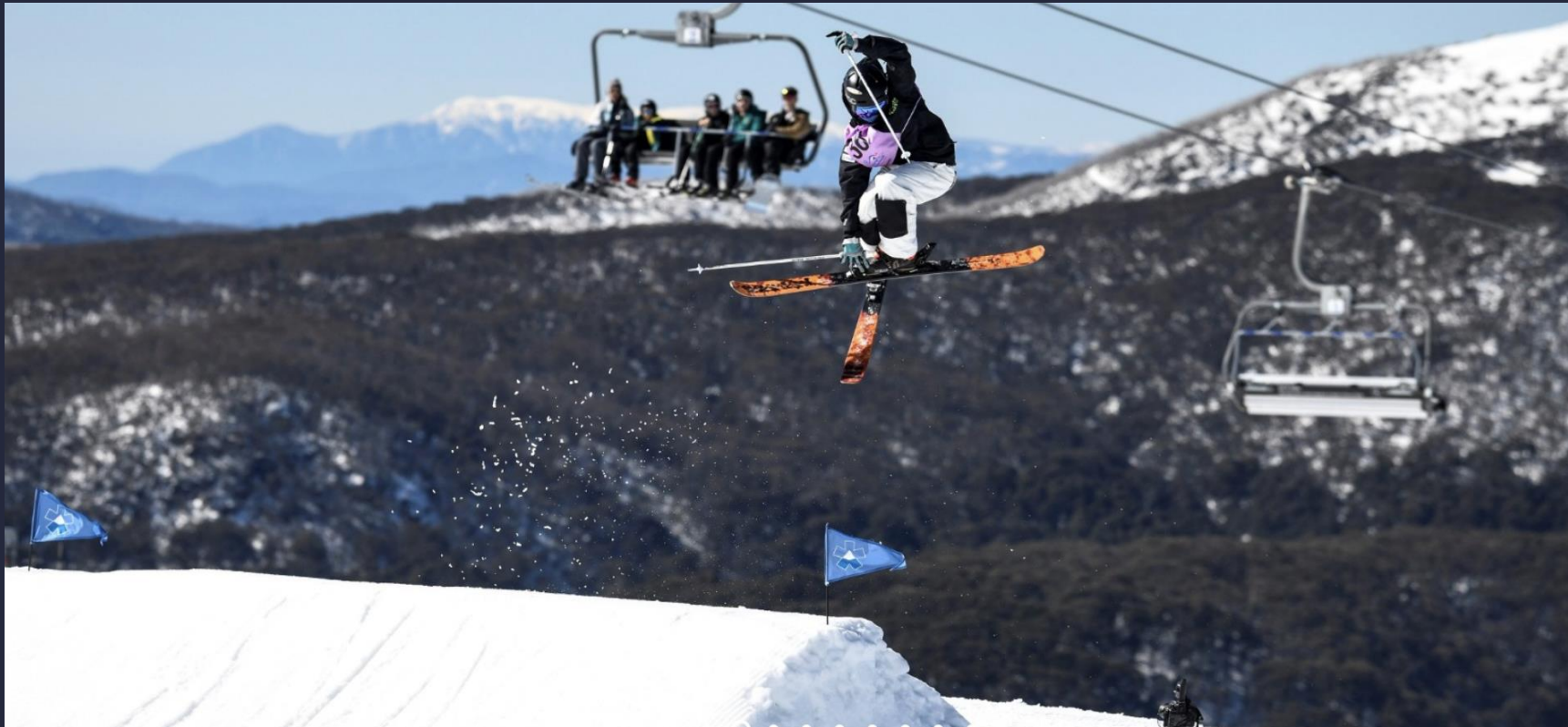
The Snowsports Leaders and staff will work on having a couple of fun get togethers for the team, in the weeks prior to the competition in early Term 3.

Details TBC.

In previous years this has included:

- *Lunch time ski movies*
- *After school trampoline sessions*

Victorian Interschools Competition



At last years 2023 Victorian Interschools, St Leonard's College had:

- 36 students from Years 1-12
- 77 Race entries
- 49 teams
- 28 team managers
- 9 volunteers

- Big range of ability levels within our team.



Victorian Interschools Cross Country Championships

Sunday August 4, 2024,
Mt Buller

*see www.interschools.com.au for full
details*

Victorian Interschools Cross Country Championships

Events are:

- Cross Country Individual (classic)
- Cross Country Relay



Victorian Interschools SnowSports Championships

August 19-25, 2024.

Mt Buller

see www.interschools.com.au for full details

Victorian Interschools SnowSports Championships

- It is about fun, having a go, challenging yourself
- Students are only needed on the mountain for the day(s) of their event(s)
- Competitors should be able to comfortably link turns on a blue run
- Students do not need to have done a Snowsports Camp with us

Victorian Interschools SnowSports Championships

- Division 1 Years 11 and 12
- Division 2 Years 9 and 10
- Division 3 Years 7 and 8
- Division 4 Years 5 and 6
- Division 5 Years 3 and 4
- Division 6 Year 2 and below

Events

Alpine Giant Slalom – times run down a gated course
Run – Burnt Hut, Shaky knees (younger students),
Little Buller Spur (older students).

Individual

- 2 timed runs
- combined time of both runs
- Second run is in reverse bib number order – on a new course, there is usually a second course inspection.

Teams

- Skiers – max team of 4
- Team score is result of - fastest 3 runs from first run, plus fastest 3 runs from second run for Alpine GS

Events

Alpine Giant Slalom

Challenger – Div 3 only.

In essence a 'B grade' race. No race suits.

Perfect for students doing their first race.



Events

Skier Cross

Gated obstacle course with bumps and jumps.

Run - Skyline

Individual

- 1 qualifying run
- Top 32 finishers progress to the final
(or less competitors, based on the number of race entries 8, 16, 24).
Overall placing of finalists is determined by their second run time only.

Teams

- Max team of 3
- The sum of the fastest 2 times in the qualifying run



Events

Moguls – skiers are scored on bumps course with one jump.

Run – usually Bourke st for younger students, Chamois for older students.

Individual

- 1 qualifying run
- Top 20 progress to final (based on race entries)

Overall placing of finalists is determined by their second run time only.

Judged

- Turns – 2 judges, score 20 points each
- Air – 1 judge, score 10 points (multiplied by 2)
- Total points possible 60

Teams

- Max team of 3
- Top 2 scores from qualifying run





Events

Skier Slopestyle Run – Skyline terrain park Division 1, 2, 3 only.

Course

- 2 table top jumps
- 2 box/jib features
- Varying lines of challenge

Individual

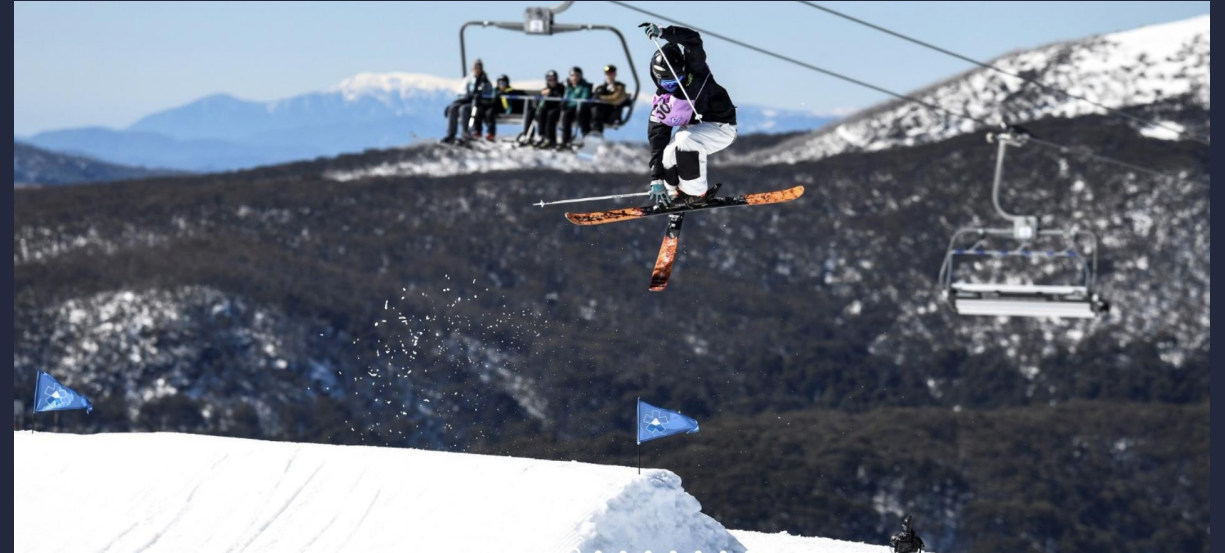
- 2 competition runs
- Both run scores added together

Judged

- 3 judges – 1 head judge, each give a score of 100. The final score is average of the 3 scores

Team

- Max team of 3
- The sum of the highest 2 scores from the competition runs





Events

Snowboard Giant Slalom

Timed, gated course.

Run – Shaky knees or Burnt Hut (younger years), Little Buller Spur (older years)

Individual

- 2 timed runs
- combined time of both runs
- Second run is in reverse bib number order – on a new course, there is usually a second course inspection.

Teams

- Snowboarders – max team of 3
- Team score is result of - fastest 2 runs from first run, plus fastest 2 runs from second run





Events

Boarder Cross

Gated course with bumps and jumps

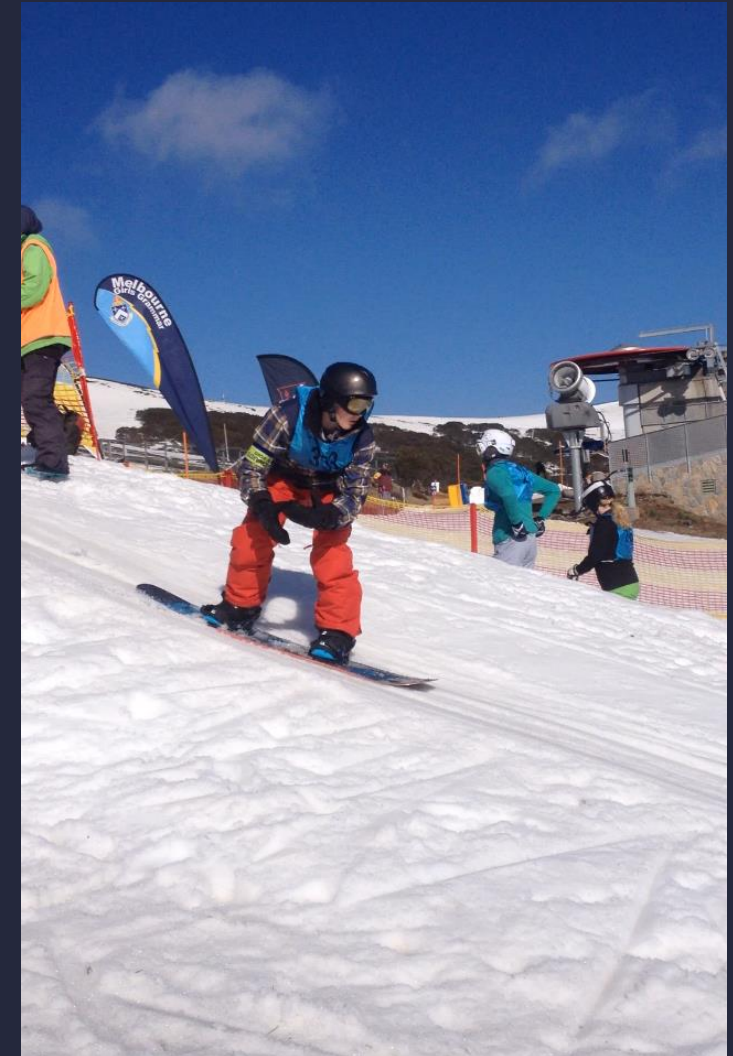
Run - Skyline

Individual

- 1 qualifying run
- Fastest 24 progress to the final
(or less competitors, based on the number of race entries)
Overall placing of finalists is determined by their second run time only.

Teams

- Max team of 3
- The sum of the fastest 2 times in the qualifying run





Events

Snowboard Slopestyle

Run – Skyline terrain park

Course

- 2 table top jumps
- 2 box/jib features
- Varying lines of challenge

Individual

- 2 competition runs
- Both run scores added together

Judged

- 3 judges – 1 head judge, each give a score of 100. The final score is average of the 3 scores

Team

- Max team of 3
- The sum of the highest 2 scores from the competition runs





Teams

- To achieve a team score, teams need to include:
- 3-4 competitors for Alpine. Fastest 3 times in each run needed to achieve team result.
- 2-3 competitors for Skiercross, Freestyle Moguls, Snowboard Giant Slalom and Snowboard Cross.
- Team results in Snowboard Cross, Ski Cross and Moguls are calculated on two best times/scores from the first qualifying run. Snowboard Giant Slalom team result will be calculated by the fastest 2 runs in each of the two runs

Teams

- Note that sometimes due to small numbers of entries, we may not have enough students to fill a team.
- In this case, they just compete as an individual.
- We do not hold trials for teams – we use results of previous events and our professional judgement to assign students to teams.



Australian Interschools

- September 3 - 8, 2024
- Top 20 individuals at Vic titles qualify
- Top 10 if less than 30 competitors
- Top 6 teams qualify
- 2024 Australian Interschools are at Perisher (alternates each year with Mt Buller)
- Additional costs for this event

Australian Interschools

- September 3 - 8, 2024
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Opening / Closing Ceremony

- Monday August 19. Opening ceremony, Village square fireworks, 6.15pm.
- Friday August 23. Fireworks and show on Chamois / Olympic training centre, 6.30pm.
- Daily presentations in Latrobe Uni Sports hall, 5pm.
- Please attend when possible, and wear St Leonard's attire.





2024 Mogul Ski World Victorian Interschools Provisional Timetable - 11.12.2023

Div 6 prep-yr2, Div 5 year3 3&4, Div 4 years 5&6, Div 3 years 7&8, Div 2 years 9&10, Div 1 years 11&12

Sunday, 4 August 2024	XC Individual	All Divisions
	XC Relay	All Divisions

Monday, 19 August 2024	Alpine Giant Slalom	Division 5 Girls & Boys
		Division 6 Girls & Boys
	Ski Cross	Division 6 Girls
		Division 4 Girls & Boys
Moguls	Division 4 Girls & Boys	
Tuesday, 20 August 2024	Alpine Giant Slalom	Division 4 Girls & Boys
	Ski Cross	Division 5 Girls & Boys
		Division 6 Boys
	Moguls	Division 5 Girls & Boys
Wednesday, 21 August 2024	Alpine Giant Slalom	Division 3 Boys
		Division 3 Boys - Challenger
		Multiclass Event
	Snowboard Giant Slalom	Division 4 & 5 Girls & Boys
	Ski Cross	Division 3 Girls
	Snowboard Cross	Division 4 & 5 Girls & Boys
	Moguls	Division 3 Girls

Thursday, 22 August 2024	Alpine Giant Slalom	Division 2 Boys
		Division 3 Girls
		Division 3 Girls - Challenger
	Ski Cross	Division 2 & 3 Boys
	Moguls	Division 3 Boys
		Division 2 Girls
Friday, 23 August 2024	Alpine Giant Slalom	Division 2 Girls
	Snowboard Cross	Division 3 Girls & Boys
		Division 2 Girls
	Moguls	Division 1 & 2 Boys
		Division 1 Girls
	Ski Slopestyle	Division 1, 2 & 3 Boys
		Division 1 & 3 Girls
Saturday, 24 August 2024	Alpine Giant Slalom	Division 1 Girls
		Division 1 Boys
	Snowboard Giant Slalom	Division 2 Boys
		Division 3 Girls & Boys
	Snowboard Cross	Division 1 Boys
	Ski Cross	Division 1 & 2 Girls
	Ski Slopestyle	Division 2 Girls
	Snowboard Slopestyle	Division 1, 2 & 3 Boys
		Division 1, 2 & 3 Girls
Sunday, 25 August 2024	Alpine Giant Slalom	Division 1 Boys
	Snowboard Giant Slalom	Division 1 & 2 Girls
	Ski Cross	Division 1 Boys
		Snowboard Cross
		Division 2 Boys

Snowracer

- Each competitor has free membership to Snowracer.
- Requirement for entry.
- You will need to have registered and /or renewed your Snowracer before you can enter events.
- Provides insurance coverage for events.

Duty of Care

- Parents are responsible for their child(ren) at all times
- Teaching staff on Mountain to coordinate
- Parent / Student responsible for own transport, accommodation



Accommodation

- A range of accommodation is available, but it fills up quickly.
- It is possible to stay off the mountain, but we do not recommend this.
- Private lodges usually open bookings to public in April / May.
- Try <https://www.mtbuller.com.au/Winter/plan-your-visit/accommodation>
- Or other accommodation providers.

Team Managers

- Parents are needed to help each team
- Must be competent skier / boarder
- Must have valid working with children check, and undergo child protection training.
- Supervise students in the team, meet at prearranged place
- Stay up to date with program changes – which may be via website / social media / snowsports app / sms alerts
- Understand rules, procedures etc.
- Eligible for discounted lift pass – approx. \$112 per day

Volunteer Officials

- We are obliged to provide officials – set number per number of entries for each school.
- No experience necessary.
- May need to be able to ski / board blue run – to access the race courses.
- Eligible for free lift pass on day of duty.

Costs

To be able to enter any events you must first join the St Leonard's College Snowsports team.

Cost: \$150 per student

This covers some of the college's administration costs involved in running the program.

Costs

Entry is \$69 per event

Competitor lift pass:

- \$73 – single day
- \$146 – 2 days
- \$196 – 3 days
- \$247 – 4 days
- \$291 – 5 days



Other costs to consider:

- Accommodation
- Transport – resort entry approx. \$55 (if prepurchased online), overnight car parking approx. \$10/ night, \$35 weekend .
- Return Oversnow transport – approx. \$35 adult, \$20 child (if prepurchased online)
- Equipment hire (skis, board, chains for car)
- Lift passes
- See www.mtbuller.com.au for further details.

*Subaru Victorian Interschools **SnowSports** Championships*

Website is <http://www.vicinterschools.com.au/>

All detailed information is available here, including a draft of the event schedule / program – to assist with accommodation bookings and planning.

Please check for updates / changes

Other Functions:

- Thursday 15 August. Snowsports team Interschools Information session and Bib presentation.
- Sunday 18 August, Team dinner at Buller, venue tbc.
- Monday 19 August, Opening ceremony and fireworks.
- Wednesday 21 August, Team dinner at Buller, venue tbc.
- Friday August 23, Team Dinner at Buller, venue tbc. Followed by fireworks.
- Wednesday October 9, Club Sport Presentation night, St Leonard's College.

Awards

- Senior School students eligible for Full and Half colours, also Malcolm McComb Award
- Leanne McLean award
- Best individual performances:
- Awards given to highest performing individual according to % of placing in students best two events.
- Eg. 20th place in GS out of 200 = top 10% + 37th in 'cross out of 175 = top 21%
- $10 + 21 = 31$
- Award given to lowest scoring (highest placed) student

Gear

OED gear available if needed.

Special deals with

- Vast Outdoors, located in Moorabbin shops, Nepean Hwy, just south of South rd.
- 20% discount for St Leonard's students

See our buying guide for more information on outdoor gear:

<http://learn.stleonards.vic.edu.au/outdoored/outdoor-education-buying-guide/>

Now what?

- Check your division, decide what events to enter, and check the schedule to see when your events are on.
- Secure your accommodation, (parents may need to organise time off work).
- Motivate your friends to join too!
- Start training – or continue training.
- Register your interest in joining the STL snowsports club by completing the online form.

Any questions / queries:

Ben.Woolhouse@stleonards.vic.edu.au

Ph: 9909 9487

Thanks for coming!
See you on the mountain!





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