



St Leonard's College

An education for life.

Snowsports Competitor Briefing

Wednesday 13 August, 2025



Acknowledgement of Country

We acknowledge the Bunurong and Boonwurrung People of the Kulin Nation as the Traditional Owners and Custodians of the land on which we meet, teach and learn. We pay our respects to their Elders and young people of past, present and future generations, and to all Aboriginal and Torres Strait Islander peoples.



Acknowledgement of Country

We acknowledge the Traditional Owners, the Taungurung people as the original custodians of the Mt Buller region. 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.



Snowsports coordinators 2025:

Ben Woolhouse

Britt Beggs

Stuart Walpole

Jake Matthews



2025 Snowsports Leaders:

Sachi Norton

Garet Stern



Victorian Interschools

- 29 students from years prep – 12
- 64 Race entries
- 39 teams
- 23 team managers
- 7 volunteers



Competitor Info

- Event updates please check for any changes to venues / times— subscribe to interschools enews, check their website <http://www.vicinterschools.com.au/> There will also be a whatsapp group for Primary and Secondary that you can join
- B-tags – your electronic lift pass (please take photo of your pass, to aid in replacement if necessary). Only valid for interschools week, once activated, consecutive days commence.
- Helmets are compulsory for everyone.
- Wrist guards are compulsory for snowboarders
- Please remember to follow Alpine Responsibility Code at all times. Can be found here - [Alpine Responsibility Code](#)

Updates and Communication

- All event related communication originates from the Live Event Updates on the Interschools website.
- All key information is also distributed to Enews subscribers during the event week
 - WhatsApp group will be available to join in the lead up to the event week.

WhatsApp platform is a one way broadcast for time critical information only

No event related questions will be answered via WhatsApp



Download the Snowracer APP



The full Snowracer APP features include:

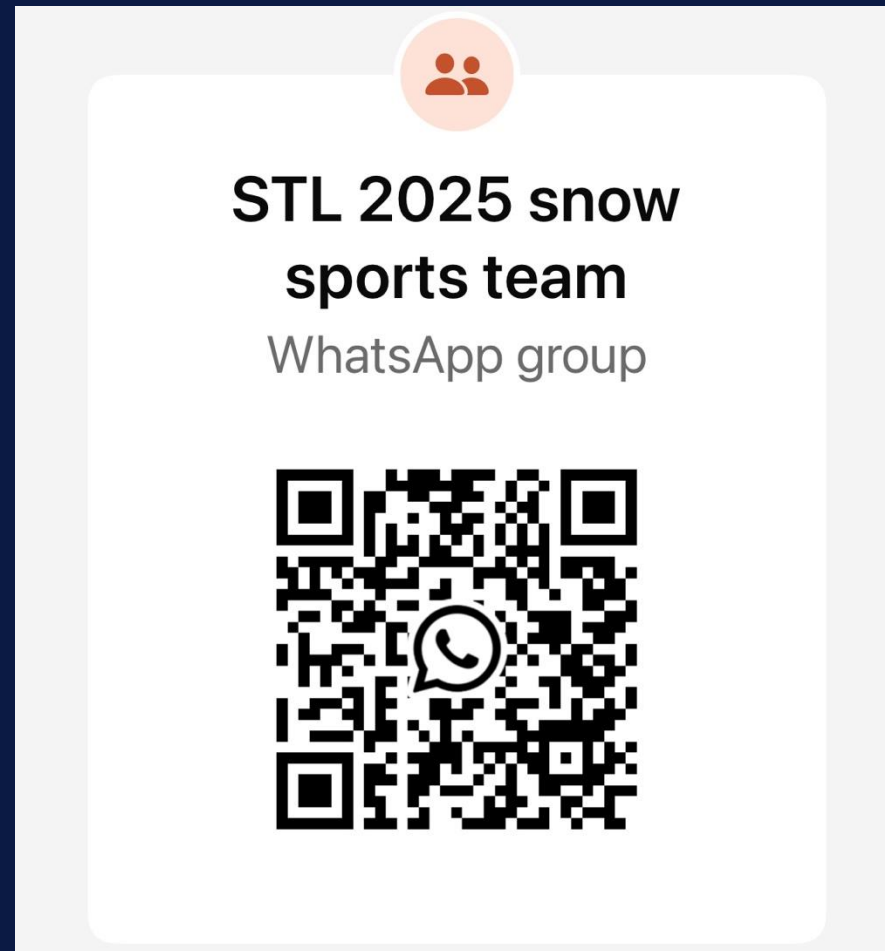
- Upcoming Events
- Live timed races and live scored events
- Results
- SnowID Lookup
- Cowbell
- Access to SSA's social pages...

Competitor Info

- What's in the race pack?
- Helmet cover – please wear for race, encouraged to wear at all times. Please return after event.
- Lift passes
- Magazine
- Timetable
- Race Bibs
- Please check you have correct lift pass and bibs



STL team whatsapp group:



Competitor Info

Bib colours:

- **Pink** – moguls
- **Blue** and **Gold** – snowboard GS and boarder cross. Same bib.
- **Orange** – skier cross
- **Orange and White** – ski GS and Ski X. Sam bib.
- **Green** – slopestyle board
- **Purple** – slopestyle ski



General Tips

Before:

- Mindset
- Countdown
- Course inspection
- Warm up
- Equipment check

During:

- Mindset
 - Skate
 - Look ahead
 - 3 pieces of equipment to finish
 - If you crash?
- Meet at school flag
 - Cheer on your teammates
 - Learn from competitors
 - Sportsmanship
 - Have fun

Competitor Info

Alpine & Snowboard Giant Slalom

Course Inspection

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
- Snowboarders – max team of 3
- Team score is result of - fastest 3 runs from first run, plus fastest 3 runs from second run for Alpine GS (2 for Snowboard GS)

Slalom

- Focus on turns rather than speed (good turns = good speed)
- Push off start + skate
- Keep turns tight – turn before the gate
- Tuck
- Look ahead



Competitor Info

Skier & Boarder Cross

Course inspection

Individual

- 1 qualifying run
- Fastest 24 for boarder cross & top 32 for skier cross (or less competitors, based on the number of race entries 8, 16, 24) progress to the final.

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





Ski Cross

- Push off start + skate
- Keep knees bent
- Tuck
- Take a good line

Boarder Cross



- Walk/ride through the course to map out burns and bumps
- Ensure you have an explosive start out of the gates
- Pumping and absorption is key when going over rollers and transitioning to maintain speed and control
- Compact stance

Competitor Info

Moguls

Course inspection

Individual

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

Overall placing of finalists is determined by their second run

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





Moguls

- Balance
- Quick turns
- Clean jump
- Technique (knees) > speed

Competitor Info

Ski & Snowboard Slopestyle

Course inspection

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





Slopestyle

- Practice jumps and box
- Run in speed
- All out first run – safe second run
- A clean jump is better than a bad trick
- Use your core and eyes

Boarder Slopestyle

Features :

- 2 runs, 1 or 2 Box/Rail feature and 2 tabletop jumps)

Strategy:

- During practice or inspection runs, look at speed, angles, lips, and landings. Identify potential hazards or spots where speed control is crucial.
- Watch other riders and analyze course layout. Plan your line and tricks in advance. Mental rehearsal helps reduce nerves and improves consistency.
- Build a solid trick, judges generally reward control rather than attempting risky incomplete tricks



Stopping rule

- Complete Stop – in Alpine and Snowboard GS + Ski Cross and Snowboard Cross ‘If a competitor comes to a complete stop (e.g., after a fall) they must no longer continue. A complete stop is deemed to occur when the competitor is no longer moving downhill. The competitor must exit to the side of the course as soon as possible to avoid interfering with the next competitor’s run. The competitor is not permitted to hike or hop uphill toward a missed gate. Provided that the competitor does not cross the finish line, they will record a DNF (Did Not Finish) for that run. In the event that the said competitor DOES cross the finish line, they may be disqualified (DSQ) for continuing. A competitor must not be physically assisted during their run, unless for safety reasons. They will record a DSQ (Disqualification) for that run if they are assisted.’ Implemented at Regional, State and National event level.

Competitor Info

- Be early, be organised. Lifts and village buses open at 7am.
- Dress for conditions
- Meet team and team manager
- Course inspection. Snowplough or slide-slip only. Or possible inspect only from side of course.
- Marshalling area – wait time, stay warm!
- Finish area
- Protests – team manager or coordinator
- Waterproof your phone in zip lock bag
- When not competing – support your team-mates, be safe, have fun!

Opening Ceremony

- Monday August 18
- Village Square 6:30pm – 7:00pm

Daily presentations in Latrobe Uni Sports Hall,
5:30pm.

- Please attend when possible, and wear St Leonard's attire.

Fireworks and show

- Friday August 22, 6.45pm – 7.15pm, Chamois

Parent Information

- Parents / carers are responsible for their child(ren) at all times
- College staff on Mountain to coordinate and support



Absentee's

- Please let school know of your child absence via usual channels – absentee line / email.
- Please be sure to advise teachers, especially private music and drama.

Team Managers

- Competitor to message TM to arrange meeting point.
- Ensure they know the latest timetable for their allocated race, this can be checked via www.vicinterschools.com.au and / or subscribe to interschools enews, and / or sign on to their whatsapp group
- Understand the rules of the event, including procedures for requesting re-runs, disqualification, protests etc The full general competition rules can be found at www.vicinterschools.com.au
- Meet team members at a pre-arranged time and place, and to check that team members are wearing their correct race bib for the event.
- Ensuring athletes are in the right place at the right time.
- Must have current Working With Children Check and have registered this with the college.

Team Managers

- Parents – please advise TM's of any medical/special needs of their child. For example, this may include but is not limited to asthma, diabetes, disabilities etc.
- Accompany team members to the race start area and ensure they all complete course inspection. This includes making sure they know the start time of the first and second runs. They should also take detailed note of the nature of the course, snow conditions, number and placement of gates, start and finish area etc., and make sure team members understand the race procedures for their event.
- Only team managers / coaches are allowed to accompany athletes on the course inspection. Parents are not permitted on the course at any time.



Team Managers

- Ensure that team members have a plan once their event has been completed. For example, accompany them to a pre-arranged meeting place where they can meet parents.
- May be needed to take competitors jackets and pants to the bottom of the race course for their team members.
- Maintain contact with the Teachers-in-Charge to report any changes/ incidents etc.

Team Managers

Monday – Thursday

- Ben Woolhouse 0429 430 385
- Britt Beggs 0438 592 315

Friday - Sunday

- Stuart Walpole— 0418 117 246
- Jake Matthews 0438 566 571

Volunteer Marshals

- We are obliged to provide officials – set number per number of entries for each school.
- Free lift pass available from Alpine Central, can be collected 4 – 5pm the night prior or from 7-9.30am on the day.
- Report to Start of course / marshal area 15 minutes prior to course inspection
- Jobs allocated and explained from chief judge
- If possible, please complete easy online training course www.interschools.com.au/info-hub/officials-training-course
- Dress for conditions – stay warm. Inner gloves may be useful if you need to write.
- Thank you!!!

Team Functions

- Sunday 17 August, Pizza and pasta night at The Bistro, ABOM. 5.30pm – 7.30pm.
- Wednesday 21 August, Pizza and pasta night at The Bistro, ABOM. 6pm – 8pm.
- Friday 23 August, Pizza and pasta night at The Bistro, ABOM. 6pm – 8pm.
- Bookings have now closed for these events

Presentation Night

- **Tuesday 7 October – St Leonard's College**



Awards

- 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

Awards

- Best male skier – secondary and primary
- Best female skier –secondary and primary
- Best male and female snowboarder
- Best primary snowboarder
- Best team performance
- Coaches award



Australian Interschools competition

- September 2 - 7, 2025
- Top 20 individuals at Vic titles qualify
- Top 10 if less than 30 competitors
- Top 6 teams qualify
- 2025 Australian Interschools at Buller
(alternates each year between Perisher and Buller)
- Additional costs for this event



St Leonard's College

An education for life.