

Here are some ideas for mentoring that new parents might not know

- Meeting up with new parents during training
- Possibly make themselves available before training starts, answer simple questions about equipment, the used gear sale at the beginning of the year, other places to buy used equipment, what they should expect from Ramp...
- Go over general expectations for training
- Make sure to read the parent handbook /FAQ and volley positions on the website
- Walk them through what will happen at reindeer games a little before the race
 - go over volunteer roles and walk them through those as well
 - encourage new parents to sign up early for volunteer positions for races
- Walk them through what happens in a work bee for ski cross build and any other work bees that are called
- Offer to go to same work bees with them, or sign up for the race days to encourage attendance
- Explain volunteer positions on ski cross race day and encourage early sign up
- Explain how race day works for their athlete as well
 - lift tickets, equipment needed, snacks, lunch, what is expected for racer and parent... (we can use the parent handbook to help with this as well)
 - explain fees (team pays for race entry fees and sometimes lift tickets)
 - what to expect from coaches
 - limited breaks so make sure athlete is prepared with pocket or backpack snacks and water
 - what to do for lunches (tailgate, sandwiches, buy on hill)
- Go over tuning equipment - the first few things to buy for sharpening at a minimum
 - watch for any tuning courses available through team or ski shops
- Explain how camps work
 - how communications usually works
 - what to expect from coaches
 - limited breaks so make sure athlete is prepared with pocket or backpack snacks and water
 - what to do for lunches (tailgate, sandwiches, buy on hill)
- Go over how to sign up for bingos/casino
- hotel booking info and how our blocks work.
 - book rooms early to make sure you get them for the race/training weekends.