

### **DCWST Video Analysis and Feedback Program (Updated for 2018-19 Season)**

Video analysis and feedback in the sport of Alpine Ski Racing has long been acknowledged as a valuable tool for coaches and racers to identify areas that need improvement and reinforce areas in which racers have made gains or are performing at a high level. For the 2018-19 season, the DCWST Board and Coaching Staff are committed to building on and refining the video analysis efforts introduced over the past two seasons as a tool to help racers improve their skills.

Parents interested in contributing to the skills development and success of DCWST racers in a particularly meaningful way and desire to join the Team Videographer Group (TVG) for the 2017-18 season, please contact the group's parent coordinator, Klaus Schmidt, at [schmidtkd@verizon.net](mailto:schmidtkd@verizon.net).

- A. The video program will have three components throughout the training and racing season and will take place on both the Development and Competition Teams. The elements are:
1. Small group Coach shot 'informal' video during directed free skiing and drills (during Camp or Weekend Training Sessions) taken on one of the team iPad tablets. This video will be available for immediate feedback to the group's racers while the training session is ongoing.
  2. Video shot with a team tablet during prime gate-training sessions, principally during Friday night gate-training on Squirrel Cage. Video will be available for immediate review by the racer with a Senior Coach later in that training session or at a follow on training session, time dependent. On occasion, a Saturday or Sunday gate-training session may be taped depending on personnel availability. Feedback sessions will take place in the race shack with video being displayed on a 32" TV monitor.
  3. Video shot during the USSA sanctioned SL and GS races scheduled at Wisp, as well as video taken during away races, as personnel schedules and equipment demand permits. As with the gate training video, the race footage, will be analyzed by coaches and presented to racers in the race shack during a subsequent training session (ideally as close as possible in time to the race having taken place).
- B. For the program to succeed, team parent support is essential in order for items 2 and 3 above to take place. Given the technical nature of the program, the DCWST Board and Coaches will once again establish a formal Team Videographer Group (TVG) made up of team parents who commit to serving as team videographers for the entire season. Responsibilities of the TVG will include:
- Participate in a training session on the video equipment and procedures during the DCWST Holiday Mini-camp (Dec 26 to 29).
  - Provide coverage for all Friday night gate training sessions in January and February as well as any additionally scheduled Saturday or Sunday gate training sessions where advance notice is given by the Program Director.
  - Assist in providing shared day-long team coverage for both USSA races held at Wisp (Jan 27 and Feb 3).
  - Assist in providing shared day-long team coverage for away races at Seven Springs. TVG parents with racers entered in away races will handle these events.