



ATHLETE/PARENT HANDBOOK

2012/2013

2012 - 2013 Mission Ridge Ski Education Foundation Athlete/Parent Handbook

Table of Contents

Welcome.....	1
Mission Statement.....	1
Team Goals.....	2
Training Plan.....	2-5
Organizational Information:	
Eligibility.....	5
Age.....	5-6
Tuition.....	6
Lift Tickets / Season Pass.....	6
Fundraising / Volunteer Work.....	7
Locker Room.....	7
Equipment.....	9
Ski Programs	
Ski Stars, Age 5 – 10	10
Youth Ski League, Age 6-13	10
Competition Entry Fees and Travel	10
Juniors, 14 & Older.....	10-11
Competition Entry Fees & Travel.....	11-12
Refund Policy.....	12
Definitions & Resources.....	13-14
Team Forms.....	See web pages

Welcome to the Team!

On behalf of the staff and board of directors of the Mission Ridge Ski Education Foundation, thank you for joining the team. You have made the choice to join a great organization, to improve your skiing skills, and maybe even pursue a dream of achieving greatness through your chosen sport. Whether your goal is to ski better, be the best in the Northwest, or the best in the World - MRST has a program for you.

The Mission Ridge Ski Team was established in 1967, the same season Mission Ridge Ski Area began operation. The program has developed many fine athletes through the years, most notably 1984 Olympic Gold Medalist Bill Johnson, Olympian Tom Rothrock, current US Ski Team member Colby Granstrom, and current NCAA Division I skiers Brooke Wales and Clare Wise.

Mission Ridge Ski Education Foundation is a non-profit, 501(c)3 organization and all donations to the foundation are tax deductible.

This handbook has been prepared to give you the information you will need to get started with the team and to better acquaint you with the sport of ski racing.

Ryan Shorter – Program Director

Your 2012-2013 Mission Ridge Ski Education Foundation Board of Directors:

President/Raffle Lead - **Jeff Sanborn**

Treasurer – **Tom Janisch**

Secretary/Auction Lead – **Jerri Barkley**

At Large/Ski Swap Lead - **Mike Taylor**

At Large/Corporate Sponsorship Lead - **Brad Selland**

At Large – **Mark Milliette**

Athlete Representative - **Hannah Bodily**

Mission Statement

MRST is dedicated to providing quality training and competition experience to skiers. We create athletes that are competitive at all levels of competition through high quality coaching, and premier training facilities. We strive to create an environment of healthy competition, sportsmanship and character development while still having fun. We believe that family support and participation is essential in achieving these goals.

Team Goals

Ski racing is all about having fun, learning new skills, and skiing fast. In skiing like any sport, to reach the highest level takes talent, dedication, a strong work ethic, parental support, team support, good equipment, and the desire to improve.

MRST is a program that provides all the coaching and technical support necessary to allow athletes to reach the highest level of the sport so that athletes have the chance to move onto the US Ski Team or to race in college. Obviously not all of our athletes will reach the college circuit or the national team but they are given every opportunity to succeed and reach their goals whatever they may be. At MRST we provide the structure for the realization of individual goals.

Organizational Information

Eligibility

Those eligible include any child age 5 or over who has the ability to ski the blue terrain at Mission Ridge with parallel skis. To join YSL athletes must be past beginner ability, and closer to upper intermediate ability. New athletes join the ski team on an initial trial basis. If after a trial period we feel the best thing for an athletes skiing is Ski School we will suggest an appropriate Ski School program.

Programs

All MRST programs are based in strong all mountain fundamentals. From our beginning Ski Stars to our 5 day a week - Full Time FIS athletes we want everyone to become excellent all mountain skiers, and we teach all the skills needed to ski the entire mountain.

Ski Stars (Ages 5 to 10)

Ski Stars is an 8-week all mountain program with an introduction to racing and is a great way to give children an introduction to the team. The goal of Ski Stars is to have children graduate up to YSL. At the end of the 8 week Ski Stars program we have a Ski Stars only race and the option of moving up to YSL for the remainder of the season.

We also have a list of frequently asked questions – here is the link:

http://www.mrst.us/index.php?option=com_content&view=article&id=147&Itemid=305

YSL (Ages 6 to 11)

YSL Athletes are age 11 & younger and compete by age. Age classes are (age as of Dec. 31 the year of competition) as follows:

- U8 (age 7 & under)
- U10 (age 8-9)
- U12 (age 10-11)

YSL athletes compete in the technical events of Slalom and Giant Slalom. YSL athletes compete in 3 to 4 race weekends a season.

YSL is the race program for our youngest team members. Often it is asked, what age should my child start racing? Age is not the consideration, as much as ability and maturity level. The program is for those who can ski all blue and many black runs at Mission Ridge prior to joining the team. Athletes are grouped according to their abilities and coached by trained and competent professionals. YSL is not about racing, as much as it is about becoming the best skier each young athlete can be. 70% of the time is spent in skill development and refinement, 20% is spent in gate training, and about 10% is actual racing. Groups spend 5 hours each training day on snow, meeting at 9:00 each morning and are dismissed at 3:00 in the afternoon. There is a one hour lunch break from 11:30 – 12:30 with parents.

YSL athletes compete by age most of the season. The age class that the athlete will compete in is determined by the child's age as of Dec. 31 of the competition year. (Refer to Age in the Eligibility section of the handbook) Please refer to the PNSA web site at www.pnsa.org for information.

YSL Competition Entry Fees and Travel

Event Entry Fees: All YSL athletes will send in their own entry fees in advance of each event. Coaches will explain this procedure at the pre-season team meeting & email updates.

Coaches' fees: For all away races, all competing athletes will share coaching expenses, computed on a number of competing athletes per day basis. These expenses include lodging, transportation, and meals. These expenses will be billed upon return.

Transportation: YSL athletes must provide their own transportation to competitions.

Lodging: Families of YSL athletes will make their own lodging arrangements.

We also have a list of frequently asked questions – here is the link:

http://www.mrst.us/index.php?option=com_content&view=article&id=147&Itemid=305

Junior Race Program – Age 12 & older

U14 (Ages 12 & 13) are the youngest in the junior program.

U14 skiers are 12 and 13 and compete by both age and ability in the technical events of Slalom and Giant Slalom, and the speed event of Super-G (SG). U14 Athletes compete in the Buddy Werner Championships every March. U14's also compete in YSL as well as Evergreen Cup (open USSA) races.

U16 (Ages 14 & 15)

U16 athletes (14 & 15)

Junior athletes aged 14 and older compete by both age and ability. Skill development is emphasized, but a great amount of time is spent on race training and competition. At the coach's discretion, athletes may train in their age groups or in ability groups, depending on the training goal.

This age group has a mix of training and racing opportunities available to them. Some will choose to compete in the PNSA U16 series while others will choose to compete in PNSA Evergreen series open races. This is the entry-level program for Junior racing and a time when skill acquisition is a very important part of the training mix. Athletes at this age travel less than the older Juniors, and races are selected for them based on ability and the opportunity to have success. U16's will race approximately 4 to 10 weekends during the season. U16's who do well in the PNSA U16 series may qualify for the Western Region Junior Olympics in mid-March. This is a 5-day event, with an estimated cost of \$700 - \$900 to attend.

FIS Athlete Program (Ages 16 and higher)

FIS (Fédération Internationale de Ski) (Ages 16 to 20)

FIS athletes compete in the technical events of slalom and giant slalom, and the speed events of Super-G (SG), and Downhill, and are ranked internationally through a points system.

FIS athletes are grouped by the following classifications:

- U18 (age 16-17)
- U21 (age 18-20)
- Senior (21 & older).

Seniors (21 & older), U21's (age 18-20), and U18's (age 16 & 17) compete in the Evergreen Cup and Northwest Cup Series. These athletes may also compete in FIS (Federation of International Skiing) if selected. Ski racing at the U18 and U21 level can become more serious and time intensive should the athlete choose that route. For those who wish to pursue the sport at a less intense level, those options are available as well.

Dryland training is offered in the fall so the athletes are mentally and physically prepared to hit the slopes when the snow falls. Dryland training focuses on strength and aerobic conditioning. Formal Dryland sessions will continue until on-snow training begins; after this time dryland training will be the responsibility of the athletes. All athletes participating in this program will be required to keep a training journal that will be reviewed on a monthly basis throughout the session, with the coaching staff.

Early season on-snow training opportunities may be offered at Mt. Hood, OR (2-4 day trips) and in Colorado (2-5 day trips) for those who can take advantage of them.

A typical on snow training day for the athletes is as follows: 8:15 am, arrive at the hill; 8:30 am morning meeting; 9:00 am on snow; lunch (time at coaches discretion); afternoon training starts after lunch and will dismiss at 4:15 pm. This allows for longer on snow periods if needed, or indoor video review, equipment care, etc. Do not plan to be done until 4:15 pm each afternoon.

Junior athletes have the option of training 1 - 5 days a week. One and two day athletes train on the weekends. Three+ day athletes train weekends, and afternoon's midweek.

U16 and older athletes can expect to race 6 to 14 weekends per season in the Northwest. For those who qualify for out of division events, you can add 2 to 5 weeklong events ranging in cost from \$500 to \$1000 per week.

Junior Competition Entry Fees and Travel

Attendance at ski competitions requires travel. Most events will take place in the Pacific Northwest and the Okanogan area of Canada. Travel to locations further away will happen as the athlete develops. These trips are at an additional cost to athletes. You can expect to pay \$125 to \$175 per day for a competition, based on the following approximate costs; Entry Fees (\$35+ per day), lodging (\$35 per night), food (\$30 per day), lift tickets (\$30 per day), van travel (fuel costs plus \$20.00 per day) and coach's expenses (supplemental salary and lodging/food/lift costs split among all attending athletes). The staff works to keep travel costs reasonable.

Event Entry Fees: All Junior athletes will send in their own entry fees in advance of each event, with the exception of FIS races, where a team entry is sent in by the coaches. Coaches will explain this procedure at the pre-season team meeting. You will be notified if there are exceptions to this policy.

Transportation: MRSEF does have transportation available for Junior athletes. When you use the team van you will be assessed a van charge of \$20.00 per day plus their share of the fuel for the vehicle. This charge will insure that 60% or more of vehicle expenses are paid by those who use the vehicle during the season. We encourage Junior athletes to travel with MRSEF in the team van, as it develops unity and makes it easier for the coaches to keep tabs on the group at all times. (Even with the \$20 head tax we do not cover all of our operating expenses.)

Lodging: Coaches will make lodging arrangements for Junior athletes in advance of the trip. Athletes will be notified as to where lodging will be and the cost. MRSEF stays in condos or motels with cooking facilities when possible.

Junior athletes who choose to travel with their family rather than MRSEF have two options once arriving at the race site. 1) Athletes can room with their teammates and travel to and from the race site with the team. They will be responsible for all van fees and fuel; 2) Athletes and their families may choose to room together at the same or a different site as the team, with parents providing transportation to and from the race site for their athlete. In this scenario, athletes are responsible for making sure they have picked up their race bib and lift ticket and know where and when to meet the team at the race site. In either case, all athletes traveling to races will help pay the coaches expenses for the event.

Coaches Fees: All athletes will share coaching expenses, computed on a number of competing athlete per day basis. The expenses include coaches lodging, and meals. These expenses will be billed upon return.

Travel Billings: Costs for fuel, daily van fee, and coach's expenses will be billed immediately after returning from a trip. Payment is due within two weeks of receiving the statement. An over estimate/payment will result in a credit to the athlete for future travel. An under estimate/payment will result in a second billing to make up the difference.

Families may wish to set up a pre-pay account for their athletes. In this case, a family can deposit funds in their athlete's name with MRSEF. Those funds will be used to cover trips throughout the season. You will receive an itemization of what the money is going towards as well as balance updates. You can add more money to the fund as needed throughout the season.

All trips are planned at least three weeks in advance of departure. Athletes must notify the coaches two weeks in advance of the planned event if they will not be traveling with the team or if they do not plan to attend the event. If this notice is not given, the athlete will be responsible for the cost of the trip even if they travel with their family or do not attend.

The Western Region holds the Western Region Junior Championships (WRJC) every March for the fastest U18, and U21 racers in the Western Region. PNSA fields a team of the fastest skiers from the current season to compete in the WRJC event. Athletes qualify based on their results from competing in the first half of the Northwest Cup races of the season.

FIS athletes may compete in the following series of races depending on their national and world ranks.

- Evergreen Cup (open USSA)
- Northwest Cup (FIS, WRJC qualifiers, and some USSA races)
- Western Region Development FIS
- Western Region Elite FIS
- North American Cup (Nor-Am)
- US Nationals

Tuition

Tuition makes up about 31% of the budget for the ski team. The MRSEF Board of Directors sets tuition rates. Tuition rates are posted on the team website, www.mrst.us. All registration is online only. Tuition must be paid in full by January 31st of the competitive season unless other arrangements are made with the treasurer. **Athletes who have not paid their tuition will be suspended from the program until the time that payments are made.**

All athletes are charged a non-refundable Liability Insurance Fee, and Forest Service Use Fee. These are in addition to tuition and helps cover the liability insurance (not vehicle insurance) needed by the team to operate, and what the US Forest Service charges us to operate. These charges must be paid before you can participate in the program.

Lift Tickets/Season Pass

Mission Ridge offers members of the ski team a great deal on season passes. Athletes can purchase a pass at the spring season sales price.

Elite Season Pass – U16 and FIS athletes may be eligible for the PNSA Elite Season Pass. An elite pass is good at most Northwest ski areas during the season of purchase. Full details can be found at www.pnsa.org.

Fundraising/Volunteering

Fundraising is the lifeblood of our organization. The majority of the annual budget is raised through fundraising. Annual events include, but are not limited to: Ski & Snowboard Swap, Bomber Wing Benefit Auction, hosting ski races, the raffle, the Corey McDougall Golf Tournament and our Corporate Sponsorship program.

MRSEF 2012/2013 Volunteer Requirement

As an organization we continue to focus on providing value to our membership while being conscious around increases in tuition. For the 2012/2013 season our budget reflects 31% of income coming from tuition. The majority of the balance (69% of the overall budget), comes from the generosity of our corporate sponsors and effective fund raising in the form of race hosting and off-hill projects. In order to continue program success we have a defined volunteer commitment program.

MRSEF 2012/2013 Volunteer Program Outline

For 2012-2013 winter season we will continue with the same level of commitment as last year, namely SEVEN On-Hill event volunteer days, plus one Off-Hill fundraiser based on the following guidelines:

- A. Each member family with an athlete registered in Youth Ski League, Freestyle, U14-U21 Alpine are impacted by this guideline.
 - a. Families with more than one athlete are NOT subject to additional commitment days.
 - b. Families with only Ski Star athletes are excluded from this obligation.
 - c. Families who first year with MRSEF is via Youth Ski League (YSL) are excluded from this obligation.
- B. Volunteer's names need to be on lists managed by the event coordinator in order to receive credit for time volunteered.
 - a. Final lists from the event coordinator are provided to the Business Development Director and Board of Directors for consolidation and tracking. This tracking summary will be used for confirmation of commitment.
 - b. Of the seven on-hill support days, 3 need to be applied to Western Region Junior Champs due to its overall contribution to race income as it is a 6 event plus set up days.
 - i. During this event we anticipate running dual venues each day. If one family member volunteers in one venue and a second family member in the 2nd venue the same day, the effective days volunteered in this case is two.

- C. Families who live outside the greater Wenatchee area may swap their “Off-Hill” event for an additional “On-Hill” event day. This is done in recognition of the time, distance and personal expense associated with travel to Wenatchee outside the core ski season.
- D. For 2012/2013 we have REMOVED the \$500 up front deposit during the registration process. For those families who meet their volunteer obligations no other transactions will be required. For those families who are unable or decide not to meet the minimum requirements a \$500 charge will be made to their account at the conclusion of the 2012/2013 season.
- E. If you would prefer to opt out at the start of the season and not volunteer, you can do so during the registration process.
- F. The MRSEF Board does recognize that there may be special considerations on why the volunteer commitment may not be met by an individual family. Variance to the end of season \$500 charge needs to be made in writing to the MRSEF Board of Directors prior to April 1st 2013. Variance requests will be reviewed and responded to on a case by case basis.

2012/2013 Volunteer Opportunities

Off-Hill Opportunities: MRSEF Dinner Auction, Orchard PTA Ski-Swap, Corey McDougall Memorial Golf Tournament.

On-Hill Opportunities:

Event Name	Event Level	Event Days	Planned Set Up Days
NW Cup Qualifier 1	FIS Slalom x 2	Dec. 20-21	2
Apple Invitational	YSL Giant Slalom x 2	(2 Days January)	1
Hampton Cup	USSA Giant Slalom x 2	Feb 2-3	1
WR U18/U21 Championships	FIS SG x 2, GS x2, SL x2	March 5-12	3
U-16 Championships	USSA SG, GS, SL	March 29-31	3
NW Freestyle Event	USSA	2	1

Additional Opportunities:

- a. Attendance at USSA officials’ clinic can be applied against the On-Hill commitment.
- b. Special projects as determined by the Business Development Director.

We’re A First Year YSL or Ski Stars Family, Can We Help Out?

We can always use help with both off-hill and on-hill events. For 2012-2013 we will be executing a mentor program to provide an easier transition path for new families into the “Village” it takes to host high quality events.

My Athlete Participates in Alpine Racing Can I Volunteer at A Freestyle Event?

Yes. Our goal is to host high quality events plain and simple. We encourage supporting on-hill events in both areas. Conversely those families who participate in Freestyle will need to support Alpine Racing events in order to meet the number of days required.

Does Volunteering at Special Olympics Count for On-Hill Support?

Sorry but no. MRSEF views supporting Mission Ridge and the community at large as our opportunity to give back for all they do for us. Over the past several years we have worked in partnership with the ski area to provide the best possible venues and experiences for the Special Olympics athletes. This is also an opportunity for MRSEF athletes to meet various community service project requirements they may have.

I Don't Have Experience Working On A Race Crew, Is There A Spot For Me?

Most definitely! We recognize that being a new parent/volunteer with ski racing can be a bit daunting. We will be working hard this year to have an effective mentor program as well as more meet and great opportunities to increase your comfort level in working at a race. Bottom line there is a valued role for everybody. This includes those who may not ski.

I No Longer Have an Athlete In The Program, Can I Still Help?

You bet! We have many volunteers at both on-hill and off-hill programs that no longer have athletes in the program. It is these volunteers who have built the fabric of MRSEF and are key in building a sustaining program.

How about Community Service Projects Like Sage Hills and Mission Ridge Road Garbage Pick Up?

These events are specifically excluded from counting towards volunteer commitments obligations. The Wenatchee valley does so much to support MRSEF, by being involved in projects which benefit the community at large we are able give something back. Participation at these events is not limited to just athletes, coaches, and board members but any and all family members.

Are Mom & Dad The Only Ones Who Can Meet the Volunteer Requirements?

No. We understand that families have a lot of irons in the fire. Other family members, aunts, uncles, cousins, friends can help out. Just make sure when signing up for an event, it is clearly communicated what athlete the volunteer is filling in for. If you do have a person filling in, at an on-hill event in an outside position, please make them aware that they need to be able to get around the mountain on their own, be outside all day with limited breaks and such. It will also be helpful if you let folks know that they may be re-tasked during the day based on need assessment of their abilities to safely be in an active race/event venue.

Refund Policy

Refunds are made at the sole discretion of the MRSEF Board of Directors. While consideration will be made to special or unique situations that arise, refunds are given only for serious illness or injury to the athlete that will inhibit their ability to participate in the program for a substantial portion of the remainder of the scheduled season.

Amount of refund shall be calculated on the basis of the stated program fee paid by the athlete divided by the total calendar days scheduled. The refund amount will be determined by the number

of program calendar days remaining in the season upon written notification to the MRSEF Board of Directors, less a non-refundable \$75.00 administration and processing fee.

Fees owed MRSEF for athlete race related travel, lodging, coaches fees are not eligible for refund as the services will have been provided prior to notification to MRSEF Board of Directors.

Refunds for camps, race entry fees, lodging, food & transportation where the fees have been paid in advance through MRSEF and the athlete has notified the MRSEF Board of Directors prior to the event or departure date shall be eligible for full refund minus any cancellation fees that may be applied by the hosting service provider or organization. In cases such as this the athlete is responsible for contacting these service providers.

Should an athlete or family determine they are unable to participate in the upcoming season due to unforeseen reasons, and have paid fees to MRSEF in advance shall be granted a full refund minus the \$75.00 administration and processing fee. This method can apply for non injury or illness related reasons provided the request is made prior to the start of selected program as communicated in the program outline.

Request for refund based on amount of available terrain open at MRSA or other approved training venues shall not be considered unless conditions overall are such that ski area operations are no longer viable.

Definitions and Resources

Terminology

ASG: Alpine Super Group, Competitive ski racer aged 6-12 years based on Dec. 31st age. Same as Mitey Mite or Youth Ski League (YSL).

B Netting: Specialized protective netting used to protect racers and maintain course boundaries.

Banner tape: Used to mark course boundaries.

Bib: Worn by racers, used for numerical identification.

BOD: MRSEF Board of Directors.

Break-away: Flex-gate (plastic pole with hinge that is put into the snow)

Brushes: Training aid, used like gates to mark course.

Chief of Course: Responsible for overall race venue, safety, timing, course maintenance, reports to Chief of Race.

Chief of Race: Oversees all aspect of a race.

Closed Gate: Space between gates is parallel to or follows the fall line.

Delay: Gates set in course so as to alter or delay racers path downhill. (Creates a rhythm change within the course.)

DH: Downhill

DNF: Did not finish. Racer did not complete the course to the finish.

DNS: Did not start. Racer did not race.

DQ: Disqualified. Racer did not complete course but did finish.

Dryland: Off snow training session.

FIS: Fédération Internationale de Ski; International competitive ski racing association.

Flex-gate: Plastic pole with hinged bottom, used as turning pole.

Flush: 3 to 5 closed gates, close together in a row.

Fore runner: Person who skis course to evaluate safety, timing systems, provide reference for gatekeepers and provide feedback on course to Chief of Course.

Gate: Two poles used to mark the path the racer takes down the hill.

Gate Keeper/ Gate Judge: Verifies that each ski racer passes through gates.

GS: Giant Slalom

Hand Timing: Use of stopwatch for determining racers time. Used as back-up to computerized timing system.

Hairpin: Two closed gates, close together.

HC: Head Coach

Homologation: The sanctioning of an area of terrain to be used for race courses in FIS or USSA competition. Mission Ridge homologated runs are Skookum for DH, SG, GS, SL, Chak Chak for SL, Tumwater for SL.

Inspection: Competitors opportunity to study a course prior to running it.

Invitational: Non-USSA or FIS sanctioned ski race.

Junior (Jr): Competitive ski racer aged 13 to 19 by their Dec. 31st age.

Jury: Responsible for all decisions pertaining to the race, arbitration of disputes and upholding rules and collaborates with the TD. Jury members are the TD, Referee and Chief of Race.

Mighty Mite: Competitive ski racer aged 6-12 years based on Dec. 31st age. Same as ASG or Youth Ski League (YSL).

MRSA: Mission Ridge Ski Area

MRSEF: Mission Ridge Ski Education Foundation, non-profit, 501.3.c

MRST: Mission Ridge Ski Team

Officials License: Certification by USSA or FIS to act as Referee, Chief of Race, Chief of Course, Chief of Timing, Start Referee, Finish Referee.

Open Gate: Space between gates is perpendicular to fall line.

Panel: Fabric stretched between two poles used as gates.

PD: Program Director

PNSA: Pacific Northwest Ski Association – governing body of ski racing in the Northwest, part of the USSA national governing body.

Points: Junior racer scoring for each seeded competition they finish. Used in National and International ranking. Affects race start order. (Lower points reflect better results.)

Referee: Appointed member of the race committee, ensures safety and fairness of race.

Scrape: Remove excess wax from ski base.

SG: Super Giant Slalom

SL: Slalom

Slip: Inspecting the course and to remove loose snow from the race track

Start Referee: Oversees start area.

Starter: Sends racers through the starting gate.

Stubbies: Short Training gates

TD: “Senior” race official that acts as representative of the sanctioning bodies of ski racing. Consult race organizers on procedures and rules interpretation.

Time of Day: The difference between what time of day it is when a racer leaves the start and crosses the finish.

USSA: United States Ski Association

Youth Ski League: Competitive ski racer aged 6-12 years based on Dec. 31st age. Same as ASG or Mitey Mite.

Websites

PNSA: www.pnsa.org

USSA: www.ussa.org

MRSA: www.missionridge.com

MRSEF: www.mrsst.com

U.S. Ski Team: www.uskiteam.com

PV Alpine: www.pvalpine.com

Ski Racing Equipment

www.raceplace.com

www.racewerks.com

www.reliableracing.com

www.worldcupsupply.com