



# MOUNT SUNAPEE

Mount Sunapee Alpine Program

Parent's Handbook

2017-2018 Season



## **Mount Sunapee Alpine Program Handbook 2017-2018**

Welcome to the Mount Sunapee Alpine Program. We hope this handbook will be helpful for both new and returning Alpine Program families. Please feel free to offer your suggestions for improvement to our handbook.

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# MOUNT SUNAPEE

## Alpine, Freestyle, Snowboard and Development Core Values

- Team
- Sportsmanship
- Integrity
- Passion
- Community
- Grit
- Excellence
- Fun!

The **vision** of our Alpine Program is to help guide in the development of the athlete in all areas of their lives.

Our **mission** is to inspire a passion for snow sports in our young athletes and to help them reach their potential as athletes. We encourage them to be good, responsible citizens and develop a strong sense of sportsmanship.



# **Mount Sunapee Alpine Program**

## **Introduction**

Welcome to the Mount Sunapee Alpine Program! Our program includes the following disciplines: Alpine Racing (U21-U8), Freestyle (A & B), Snowboard, Development, Race Development and Snowboard Development.

We teach/coach our young athletes to be the best skiing and snowboarding athletes possible. We focus on having them build their self-confidence and practice good sportsmanship. We ensure that every child who has the desire to participate in our Program is given that opportunity.

We help the athlete develop a strong base of fundamental skills and a love of the sport. All groups develop skills and drills based on age and ability. We will provide each athlete with the opportunity to excel and enjoy skiing or boarding in a fun, safe, and honest environment.

Each young athlete is unique and we encourage the individual to reach his or her own potential. This is achieved through various learning stages and techniques. We offer the highest level in coaching quality and standards through coach's education and sound principles of coaching.

We provide a clear path of skill development. The coaching staff will build on the athlete's current skills. As the athlete improves and grows, they will move onto more challenging terrain and faster speeds and they will develop more complex movement patterns.

Our goal is to have the athlete master fundamental skills which provide them with a foundation for peak performance. They will work on sound technical free skiing/boarding, including pole plants, one ski skiing, one foot boarding, aspects of dynamic balance, carving drills, gate drills, tactics and time in the terrain park. We teach the athletes how to apply a wide variety of skills in all weather conditions, terrain and competitive environments.

Skill development is also assessed to measure performance in a fun competitive environment that seeks to challenge the athlete to improve and master a variety of basic fundamental building blocks in all our snow sports.

Skill development is based on repetition, therefore consistent attendance is crucial. The athlete gains strong lifelong skills from their overall experience in the program. We have a strict standard of behavior and athletic code of conduct. This is based on the New Hampshire Alpine Racing Association's Racer Code of Conduct and the NSAA Skier/Rider Code of Conduct which we teach and enforce. We expect all athletes, coaches, and parents to follow safe practice while skiing and riding.

The Alpine Program supports and follows the philosophies of the USSA Alpine/Freestyle/USASA snowboard competencies. The competencies address physical and psychological factors which, in turn, address all aspects of athlete development. Skill development is a complex interaction between the athlete's inherent physical and psychological abilities at any particular development stage (point in time) and his or her opportunities to make the most of those abilities.

Mount Sunapee Resort has made a commitment to the Alpine Program by providing the families with the Alpine Competition Center, excellent training facilities and snow conditions.

**We encourage families to attend and participate as much as possible.**

Questions? Please call Jill Firstbrook, Alpine Program Director at 603-763-3500 x3548 or email [alpine@mtsunapee.com](mailto:alpine@mtsunapee.com).





## Alpine Program Safety Guidelines 2017-2018

- All athletes and coaches are asked to ski & board following the Skier/Rider Code of Conduct and follow the Racer/Rider Responsibility Code.
- All athletes must wear helmets that meet the USSA & USASA specifications. No cell phones are to be used during training.

### Groups

- Teams/Groups must stay together. If an athlete needs to go inside the whole group must go inside or wait outside.
- If an athlete is to be dismissed during training hours we must have parents permission. If an athlete leaves without permission the parents will be contacted.
- If an athlete is lost or separated from the group the athlete should return to the Competition Building. The coach will report the athlete lost to ski patrol and the Alpine Director or Lead Coach.
- Coaches will dismiss all athletes for lunch from the Alpine Competition Center.

### In case of an accident

- Radio 9-0 (ski patrol radio) or call 763-3599 ski patrol direct phone line. Tell patrol your exact location and type of injury. Ski patrol will be dispatched to the scene.
- If an accident occurs with an athlete, Coach will follow the sled to the ski patrol building and radio another coach to his/her group.
- Call the Alpine Director to report the accident and for any other help you may need.
- All Alpine Program medical forms are located at the Base Ski Patrol building.

### Concussions

The Alpine program follows USSA protocol. Coaches are trained to know common signs and symptoms of a concussion. If an athlete or coach suspects a concussion after a bump, blow, or jolt to the head or body, the athlete will be kept out of practice or competition the day of the injury. A health care professional, experienced in evaluating concussions, will determine when the athlete is symptom-free and ready to return to play.

### Plan of Action if you suspect that an athlete has a concussion

- Contact Ski Patrol
- Athlete is removed from training and competition
- Athlete is evaluated by Ski Patrol
- Parents are contacted
- Parents are encouraged to seek an evaluation by a medical professional who has been trained in concussion management.
- Athlete will be placed on USSA medical hold until a completed medical evaluation form is received from a medical professional trained in concussion management which has cleared them to return to training and competition.
- Athlete will be asked to follow the concussion plan, with modifications as needed.

***It is better to miss one competition than the whole season.***

***When in doubt sit them out.***

## **Back to Competition Plan & Guidelines**

To return to the Alpine Program after a concussion or injury, the athlete must be released by their health care provider. For more details, see the included USSA concussion policy and medical evaluation form.

- The athlete should be participating in 100% of their regular school and life routines.
- Return to play should happen only when the athlete has been symptom free for at least 24 hours.
- The athlete should start slowly. They should ski or ride for one hour on moderate terrain, with a moderate activity level (easy skiing/riding at 50% your normal speed).
- If the athlete experiences any concussion or injury symptoms, the athlete should stop activity and contact their healthcare provider. The athlete should gradually increase their activity length, level and volume.
- The athlete should spend at least one weekend free skiing/riding. The following week the athlete can progress back to training.
- The athlete should increase their intensity level slowly. Spending time on snow without training or competition will allow the athlete to regain balance.

### **Training**

- When athletes are training on a race course, *Training in Progress* signs must be put at the top of the course. Coaches monitor the hill at the top, middle and bottom.
- Course inspection should be done with all athletes before training.
- Teach inspection protocol; coaches go with the athletes explaining why we turn here, why we inspect, and how to inspect knowing where you are going.
- When practicing the one ski drills, athletes will ride the Spruce Chairlift with only one ski on. The coaches will instruct the athletes on safe loading and unloading with one ski. One ski skiing will only be allowed during practice and with a coach.
- When the conditions allow, coaches can take their groups into Glade trails and in the woods. There will be one coach in the lead and one in the rear. Everyone waits at the bottom for the group to come out. Athletes are instructed to go in groups of three and never separate.

### **Terrain Park Usage**

- Use the Skier Safety Code located at each lift and Smart Style Park Safety located at top of all terrain parks.
- Athletes travel as a group and meet at the top and bottom of parks.
- Locate safe group gathering spots.
- Stop in highly visible spots, spot your jumps, and move away from landing areas.
- It is recommended that Mighty Mites use the South Peak and Eastside terrain parks.

## **Chairlift Procedure**

**Mighty Mites** are required to ride the North Peak, Sunapee Express and Sunbowl Express chair lifts with an adult or a U14 athlete & older from the program. They should never ride chair lifts by themselves. This is to help insure the bar can be lowered and raised easily. At age 7, they must be able to get on the lift by themselves and put the bar up and down and be able to load with other athletes. Spruce and South Peak lifts are recommended for practicing loading, unloading, and safety bar use.

- U10 groups should load as a group, but are allowed to ride with other athletes.
- All coaches are encouraged to ride with athletes.
- Lift safety should be reviewed weekly with athletes and coaches.

## **Chairlift Loading Procedure**

- Ski slowly when entering the lift lines.
- When loading onto a chairlift: move up to load the chair as a group.
- Take your pole straps off.
- Have your poles in one hand.
- Turn, reaching, and looking to the outside to see the approaching chair.
- Don't put your poles under your legs while loading the lift.
- Athletes may put poles under their legs with baskets facing out after the lift has left the platform.
- No loose clothing i.e. scarves, suspenders hanging down.
- Poles need to have baskets; snowboards need to be attached to boots with a leash.
- Safety Bars down at all times!

## **Skiing & Riding Responsibility Code**

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

**KNOW THE CODE: IT'S YOUR RESPONSIBILITY.**

## **Acro Bag Airbag Safety & Protocol 2017-2018**

The state-of-the-art Acro Bag airbag has a two chamber design to minimize impact and decrease velocity. It also has an inflated outer shell that surrounds the main airbag to keep the user on the airbag after a practice jump.

It is a great training tool for jumping through systematic progression. It allows skiers and riders to practice big jumps into a soft, cushy landing, and then confidently take it to the snow.

- Every morning before the Acro Bag opens for jumping there will be a safety meeting with park rangers, coaches and athletes who intend to use the airbag for a session that day.
- The safety meeting is mandatory for any athlete wishing to jump that day.
- Topics at the safety meeting will include but are not limited to: bag entry, goals, landing position and progression of airbag practice.
- In order to use the Acro Bag on skis or a snowboard, the user's first jump everyday must be a straight-air jump. (Meaning hitting the jump and landing in the airbag without attempting an aerial maneuver.)
- Athletes will jump one at a time.
- Athlete must be approved by their coach before they can jump.
- If an athlete wants to do a different jump it must be approved by the coach overseeing the airbag session.
- There will always be a coach at the top of the jump.
- A park ranger will assist you at the top of the lanes and inform you when it's your turn. After your run and launch into the Acro Bag, another ranger will be there to assist if needed. Once you have landed walk on the bag towards the exit.
- Helmets are required to use the Acro Bag.
- Twin Tip skis are recommended. Skis and snowboards will be checked daily.

## **Mandatory Acro Bag Safety**

Talk before each session. Jumpers must be present at meetings in order to jump.

- A    **APPROACH/ INRUN:** gradually increase after several jumps
  - Clearing the bag is a possibility
  
- T    **TAKE OFF:** positioning/ posture, pop, trajectory to prevent sideways trail, leave take off straight (no large set-up turns).
  
- M    **MANEUVER:** First jump will be a straight air. Second jump will start with small jump. Third jump will be dictated by individuals' tricks by the coach.
  
- L    **LANDING:** Learn how to fall: keep limbs in (pencil or ball) tuck and roll or fall to side.
  - Bag is designed to learn new tricks "to your feet." You may not be able to "stick every landing". Learn how to tumble in your landing.

# **Mount Sunapee Training Information**

## **Daily Schedule for all Programs**

**8:00 am** Sunday's only, early morning skiing with coaches; athletes will be notified by email if available.

**8:45 am** Groups meet in designated areas.

**9:00 am** Groups leave for the morning session - Please be on time.

**11:30-1:00 pm Lunch Breaks** will take place at noon with some flexibility to allow each group to finish their morning activity. The break will be 50 minutes long. All groups will be dropped off at the **Alpine Competition Center** and will meet back at the **Alpine Competition Center** after lunch ready to ski for the afternoon session. Each athlete is responsible for his or her lunch arrangements. Coaches do not supervise athletes during lunch. Being late will result in missing the group.

**2:30-2:45 pm Athlete Pickup** - Please meet your child at 2:30 pm. Coaches are off duty at 2:45 pm or later.

\*2:30 to 2:45 pm is a great time to talk to your child's coaches.

**2:45-3:45 pm Saturdays only** - Extra ski time optional but encouraged with assigned coaches. The groups will meet at the Alpine Competition Center. We encourage parents to come along and ski/snowboard with the athletes. We believe it is one of the keys to developing long term success and a love of the sport. All athletes should ski or board until 4:00 pm.

***\*\*Daily schedules are subject to change due to conditions and/or training\*\****

**NOTE:** Mighty Mites who are dismissed at 12:00 noon will be dismissed to an adult only. Parents should plan to pick up your athletes promptly at noon. It's also a good time to touch base with the coaches.

**Weather Policy:** The program is NEVER cancelled unless Mount Sunapee is closed.

**Terrain Off Designated Trails and Slopes:** During program hours athletes, guided by their Coach, may ski and board on terrain that is off the designated trails and slopes but within the boundaries of Mount Sunapee.

## Suggestions and Recommendations for all Athletes in Training

- Know the Skier/Rider Safety Code.
- Be on time for the start of the program each day.
- A good breakfast will make your athlete's day more successful.
- Dry out your ski/snowboard boots each night.
- Wear quality, warm ski socks. One proper fitting pair is best.
- Have a bag for your helmet, goggles, neck warmers, etc.
- Always have your Mount Sunapee Season Pass, or visit Guest Services to purchase a ticket.
- Dress warmly in multiple layers.
- Label all your clothing with a Sharpie indelible marker. Many athletes have similar clothing and equipment.
- Have hand warmers and foot warmers available in the athlete's pocket.
- Provide money for snacks or hot chocolate during breaks. Money can be added onto your child's season pass which can act as a debit card.

### Equipment NOT allowed on athletes while training

- Cell phones
- Chewing gum
- No loose straps or bibs – suspenders must be worn on shoulders

## **Additional Equipment Required for Alpine Program Training**

All athletes are required to wear a helmet at all times in training and in competition.

**U21-U14:** Each athlete should have this equipment:

Hard ear helmet that have the new FIS sticker on it

Pole guards

Shin guards

Basher band

Mouth guard (ask your coach when mouth guards are recommended)

**U12:** We also suggest your athletes have the above equipment *as needed* as they begin to clear slalom gates.

**U14:** Athletes and above are required to have helmets with FIS stickers on them. This is a requirement from FIS and USSA.

**U19:** Athletes must have specific ski radius for giant slalom. Men need 30 meter skis and Women 25 meter skis (skis will be checked). U19 athletes who do not meet this rule will not be allowed to participate in races.

**Snowboard:** All snowboards must have leashes. Mouth guards are optional.

**Freestyle:** Mouth guards are optional

**Aerial Training:** Freestyle competitors need to have inverted Aerial maneuvers and spins greater than 700 degrees qualified by a Level 2 Air coach. This is a process that takes commitment as skiers need to complete 100 successful attempts of the maneuver into the Acro Bag airbag. On-snow qualification must be done for inverts used in mogul competitions. The Freestyle coaching staff will let parents know when the athlete is ready to take this test.

**Note:** Use an indelible marker or colored duct tape to put your name and phone number in your child's clothing and equipment. There are many athletes with the same ski pants (black) and the same race skis, bindings, and poles ... same model, same colors.

Please make sure your athletes store all of their equipment together. This helps to keep track of our athlete's belongings.

If you lose something, check the Competition Center Lost and Found. If you cannot find it there, then check with Guest Services in the Spruce Lodge. If, at this point, you still cannot find it, check back in a week. Please remember the Competition Center is a public building so please leave your valuables at home or in your locked car.



## **Ski & Board Tuning**

**NOTE:** Parents, please do not underestimate the importance of ski & board tuning on a weekly or bi-weekly basis to help your athletes improve and perform at their best while training at Mount Sunapee. You invest a lot of time and money in the program; please make sure your athlete's skis & boards are in the best shape possible. We recommend tuning every two weeks.

The only way to learn to tune skis & boards is to do it yourself frequently or pay someone else to do it. If tuning is done consistently, the skis will stay in better shape.

Properly tuned skis & boards are very important for your athlete to maximize their training time and skill development. Make an appointment with any ski shop to learn how to tune.

### **Ski & Board tuning is available at the following locations**

Bob Skinner's Ski & Sport Edgewise	Frank MacConnell	603-763-2303
Mount Sunapee Resort	Ski Rental Shop	603-763-3500
S & W Sports	Tim Farmer	603-228-1441

## **Competition Center Information and General Rules**

The Competition Center is the Alpine Program's clubhouse. We post-race schedules, race results, volunteer sign-up sheets, group information and other information on the bulletin boards in the Competition Center.

It is important that everyone respect the Competition Center and helps us take care of it. All families are welcome to use this facility.

The Competition Center is available to the Mount Sunapee Alpine Program athletes and parents when the Alpine Program is training or in competition at Mount Sunapee. (It is not available mid-week for general use as it is used by other race groups who train mid-week).

### **Rules for the Competition Center:**

1. Climbing or jumping off the roof is not allowed.
2. Absolutely no dogs inside or outside of the building.
3. Clean up after yourself and your children.
4. Keep your bags to a minimum.
5. Store all bags on the shelves and not on the benches.
6. No alcohol/tobacco is ever permitted in the building.
7. No cooking inside the building.
8. Please do not reserve tables.
9. Put all skis & boards on racks provided outside of the building.
10. No equipment is allowed inside the building.
11. Keep the bathrooms clean, they are yours.
12. Do not remove chairs and tables from the building.

## Behavior

All Mount Sunapee Alpine Program participants shall abide by the NSAA Skiers Responsibility Code, the NHARA Code of Conduct (enclosed) and the USASA Code of Conduct (enclosed) at all times.

It is expected by all athletes, parents, volunteers, coaches, and staff to display and support these codes and values as participants in the Alpine program.

Proper behavior shall also be expected in the lift lines, on the chair lifts and while skiing or riding on the mountain.

All athletes are expected to use proper language at all times and avoid the use of profanities, vulgarities and obscenities. Athletes are expected to respect each other. Fighting will not be tolerated.

Athletes are ambassadors of the program. Rudeness to coaches, lift attendants, ski patrol, guest services staff, other parents and other guests on the mountain will not be tolerated.

### **Generally, unacceptable behavior will result in the following actions:**

1<sup>st</sup> offense: Warning accompanied with immediate parent contact and conversation.

2<sup>nd</sup> offense: Visit with Jill Firstbrook and possible loss of skiing/riding for the day.

3<sup>rd</sup> offense: Possible suspension from the program.

***NOTE:*** *Depending upon the level of the unacceptable behavior, skiing/riding privileges may be suspended for the day without a warning.*

This is especially true for flagrant offenses such as jumping from chair lifts, skiing closed trails, racing down the Ridge Trail in a downhill tuck from top to bottom, collisions with other skiers due to failure to respect trail intersections and/or verbal abuse to any guest or staff, etc.

It is important that as athletes and competitive representatives of our sport, we are on our best behavior at all times.

### **Parent Expectations:**

**Parking:** Parking for all guests at Mount Sunapee is on a first-come, first-serve basis. Please be considerate of the parking attendants and the Ambassadors who staff the Drop-off Zones.

Families in the Alpine Program are eligible for short term drop off passes. Please see Jill Firstbrook or Beth von Beren for these.

Drop-off Zones have a 5-minute parking time limit. Please respect the Drop-off Zones so that they function properly for all our guests. Please do not block the first lane in Parking Lot 1 so that our shuttle buses can get through.

## Competition Day Entry Information

### **Competition Event Entries for HOME events at Mount Sunapee**

You will be automatically entered for home events at Mount Sunapee, and will pay the registration fee on the day of the event at the gray timing building.

Entry fees for events at Mount Sunapee are discounted for our Alpine Program athletes.

<b>Mighty Mites:</b>	No entry fees	
<b>U10:</b>	Kombi	\$30
<b>U10, U12, U14, U16:</b>	Chip Gilroy T-Shirt Race	\$48
<b>U12, U14:</b>	Bob Skinner Cup	\$30
<b>U12, U14:</b>	Qualifier Races	\$30
<b>U16, U19, U21:</b>	Qualifier Race, Lafoley Cup & Macomber	\$45

**Freestyle:** Slopestyle & B moguls Pre-register at [www.easternfreestyle.org](http://www.easternfreestyle.org)

**Snowboard:** USASA events Pre-register at [www.usasa.org](http://www.usasa.org)

\* If you do not plan to attend an event at Mount Sunapee, please email [alpine@mtsunapee.com](mailto:alpine@mtsunapee.com)

**For all Freestyle and Alpine events, you MUST bring your USSA card or other collateral as your deposit for your bib.**

## Competition Entries for AWAY events at other mountains

*For all open children's and scored events, families are responsible for entries.*

**Mighty Mites:** MMs will participate in Mount Sunapee events.

**U10:** Families are responsible for entries for away events. More information will follow on the U10 season schedule.

**U12 & U14:** U12's & U14's will be entered into all Qualifier Races by the Mount Sunapee Alpine staff. If you do not plan to attend an event, please notify your coach and email [alpine@mtsunapee.com](mailto:alpine@mtsunapee.com).

If you wish to enter an Open Race you can go onto [nhalpine.org](http://nhalpine.org) and use the Alpine registration. If you can't register online you can fill out a voucher and send it in to the host mountain. (Addresses can be found in the NHARA handbook.) A copy of the USSA Race Entry form is included in the Parent handbook.

**U16:** U16's will be entered in all the Qualifier Races by the Alpine staff. If you do not plan to attend an event, please notify your coach and email [alpine@mtsunapee.com](mailto:alpine@mtsunapee.com). Open races will require U16 athletes to enter separately. All U16 races are scored events.

**U19 & U21:** U19's & U21's entries must be submitted online through alpine registration at run signup located within the [nhalpine.org](http://nhalpine.org) website. To get a refund you must cancel 3 days before the race by calling the race administrator for that race which is listed on the NHARA website.

Up to date information and online registration can be found at [www.nhara.org](http://www.nhara.org) or for general information you can look in the NHARA handbook.

*For all away events where you are pre-registered by the Alpine Program staff, you will pay at the event on the day of the event.*

*For all events, you MUST bring your USSA card or other collateral as your deposit for your race/freestyle bib.*

**Freestyle:** To enter away Freestyle events, go on line to [www.eastemfreestyle.org](http://www.eastemfreestyle.org) and complete the on-line registration. This way you are guaranteed an entry spot in the meet. Please remember that if you want to cancel out of an event the ski area is responsible for refunds, not active.com. Please keep receipts of your registrations in case they are needed later. The team will support only events listed on the Sunapee Freestyle calendar. Mount Sunapee hosted events require registering online.

**Snowboard:** Entries can be done online or the day of the event, however it is much easier and smoother if done online at [www.usasa.org](http://www.usasa.org) ahead of time. To insure getting into the event we suggest you look at the schedule provided by the coaches and enter events ahead of time. The team will support only events listed on the Sunapee Snowboard calendar. Competitions will be listed in the USASA NH series as well as events at home.

## **Competition Day information for all Alpine, Freestyle and Snowboard Programs**

For all HOME races, freestyle & snowboard events, plan to meet the Mount Sunapee Alpine Program coaches at 8:00am at the Competition Center.

For all AWAY race events, plan to meet the coaches at the away ski area in their base lodge near the registration area at 8:00am (7:45am for freestyle). Please be ready to compete.

Please plan to have your athletes ski & board all day to experience different terrain. The best use of a competition day is miles of skiing or boarding on unfamiliar terrain and features.

If you do not plan to participate in an event scheduled at Mount Sunapee or at an away mountain, please contact [alpine@mtsunapee.com](mailto:alpine@mtsunapee.com). Please let us know at least 48 hours in advance.

### **For the most updated event schedules see:**

Alpine Racing: [www.nhalpine.org](http://www.nhalpine.org)

[www.ussaeast.org](http://www.ussaeast.org) (regional information)

Freestyle: [www.eastemfreestyle.org](http://www.eastemfreestyle.org)

Snowboard: [www.usasa.org](http://www.usasa.org)

## **Parents Role on Competition Days**

Parents are strongly encouraged to become involved with the Alpine program beyond the requested volunteer assignments. Consider becoming a member of the Mount Sunapee Race Crew, NASTAR or become a USSA Alpine Official. If you are interested please contact [alpine@mtsunapee.com](mailto:alpine@mtsunapee.com).

1. Support your athlete by keeping their skis/boards tuned ahead of time so they are using tuned equipment as much as possible and not just on race day.
2. Provide your athlete with a good breakfast and put snacks in their pockets.
3. Arrive at the ski area in timely fashion to register and meet coaches.
4. Encourage athlete responsibility for their boots, skis, boards, poles, helmet, goggles, etc.
5. Dress your athlete warmly by layering clothing. Athletes who are warm will perform better.
6. Send your athlete with the coaches to inspect the course and warm up. Race day is more fun when athletes get to be with their buddies, and are not given the feeling that this day is different. Encourage your athlete to discover the mountain and the playground it is.
7. As a program, we encourage the best effort and best performance possible for the athlete. It's their overall effort, NOT the outcome, that's most important.
8. Remember, there is only one winner in a ski race, freestyle or snowboard event. Everybody else is somewhere further down on the leader board. Success is having fun, feeling good about themselves, doing their best, spending time with friends and getting as many different experiences on their skis or boards as much as possible.
9. During the race if you want to help, please carry coats for ALL athletes, not just your own athlete.
10. At away events, send your athletes out to ski or board so they may take advantage of the different snow playgrounds.
11. Be positive, no matter what the outcome. It is wonderful that your child wants to participate, and that their skills are improving with each event they participate in.  
**Ask them how it went and see their experience through their eyes.**

If you have questions about times or rules, please see one of your coaches with specific questions. There are many rules that can only be clarified with a rulebook and an official. Trust the officials and coaches to make the event fair and safe. That is the job of the race event officials.

## **Websites for additional information**

- [nhalpine.org](http://nhalpine.org)
- [ussaeast.org](http://ussaeast.org)
- [easternfreestyle.org](http://easternfreestyle.org)
- [usasa.org](http://usasa.org)
- [tis-ski.com](http://tis-ski.com)
- [nastar.com](http://nastar.com)
- [Playpositive.com](http://Playpositive.com)
- [dartfish.com](http://dartfish.com)
- [skimara.org](http://<u>ussa.org/ussa/center-excellence-tv</u><br/><u>vara.com</u></a></li><li>• <a href=)

Safeport (which is located within the ussa.org website)



## **Racing Parent Code of Conduct**

- Your athlete's safety is our number one priority. To ensure this please inform your coaches if your child has any physical ailments or challenges that may affect the safety of your child or safety of others. Communicate with your coach if your kids are acting out of normal behavior. For example: not sleeping well, not eating well or stressed. If your child has a history of concussions please make sure your coaches are aware.
- Read and understand communications that come from the head coach, program coaches and race office.
- Support coaching staff and do your best not to interfere while they are coaching your athletes.
- Provide proper nutrition, sleep and recovery to athletes. Also ensure your children are dressed properly for all weather conditions.
- Guide your athletes to be process focused and not result orientated. Good results always follow those who understand the process and on how they achieved them.
- Respect all race officials and their authority during races. Never question, discuss, or confront coaches, race organizers or officials at a race.
- Be a positive role model for your kids. Encourage sportsmanship, support all racers and competitors, be respectful to officials, coaches, and staff, and use appropriate language that supports long term development in athletes. Learn to use disappointment as a learning tool rather than make excuses or place blame.
- A coach's job is to help build a love for the sport and self-confidence in athletes. If you feel your son or daughter is lacking motivation (fatigue), is sick or has a buildup of minor injuries please recognize that recovery and regeneration is just as important as training itself. We often put our kids under a great deal of pressure and sometimes taking a day or a half day off can be valuable.

## **Alpine Program Coaches & Race Crew Staff Listing 2017-2018**

Our Alpine Program has a great group of highly qualified coaches and race crew staff.

### **Coaches Names**

Jill Firstbrook  
Bob Underhill

Kate McCloy  
Pam Litchfield

Jim MacMahon  
Zach Graham  
Bob Nevins

Drew Drummond  
Alexis Burton  
Matt Ferguson  
Tim Maguire (Sub)  
Greg Sutcliffe (Sub)

Bob Underhill  
Eric Crainich  
Jason Lalla  
Dan DT Rowe  
Andrew Waples  
Andrew Young

Jess Rowe  
Kiera Farmer  
Jen Kish  
Liza McConnell  
Drew Purdy  
Colin Shaw  
Brent Whitehouse

Josh Brown  
Russ Freeman  
Dee Gilroy  
Maddie Gilroy  
Erik Huepler  
Katie Iverson  
Andy Martin  
Matt Regan  
Nicole Taylor

Andrea Crainich  
Norm Dalton

### **Coaches Groups**

Alpine Program Director  
Alpine Program Head Coach

Race Administrator  
Volunteer Coordinator

U21 and U19 Lead Coach  
U21 and U19  
U21 and U19

U16 Lead Coach  
U16  
U16  
U16  
U16

U14 Lead Coach  
U14 Communicator  
U14  
U14  
U14  
U14

U12 Lead Coach  
U12  
U12  
U12  
U12  
U12  
U12

U10  
U10 Communicator  
U10  
U10  
U10  
U10  
U10  
U10  
U10  
U10

U8/MM  
U8/MM

Jill Durkin	U8/MM
Grace Evans	U8/MM
Mike Lagasse	U8/MM
Patrick Lee	U8/MM
Jen Nurme	U8/MM
Chip Steward	U8/MM Communicator
Frank Tappen	U8/MM

Charlie Hopkins	Snowboard
Anthony Cardona	Snowboard
Forrest Melhorn	Snowboard
Alicja Nadolecka	Snowboard

Mike Lovell	Freestyle Head Coach
Nick Lefevre	Freestyle
Keith Naymie	Freestyle
Steve Normandin	Freestyle
Lucas Sayers	Freestyle

Dave Spinney	Development
Alex Banat	Development
Michael Downing	Development
Emily Wagaman	Development
Mike Zack	Development
Mitch Utell	Development

Greg Gill	Race Development
John Galloway	Race Development

## **RACE CREW**

Marie Koski	Jason Marino
Billy Austin	Art Mellville
Aimee Ayers	Penny Murano
John Calderwood	Mickey Noyer
Kevin Connolly	Sheldon Pennoyer
Scott Devoe	Aimee Sherman
Mark Evans	Jenna Sievers
Nancy Glynn	Christopher Smith
Mark Hemmerlein	Andrew Spiegel
Michael Koeing	Ken Strachan
John Koski	Clair Timbas
Marie Koski	Karen White
Theresa Kosi	Eric Wyman
Rhett Lamb	Keith Zimmermann
Pam Litchfield	
Lynn Madigan	



## **Mount Sunapee Area Ski Club Statement**

The Mt. Sunapee Area Ski Club is a private, non-profit organization that was founded in 1954. The Club administered the Mount Sunapee Alpine Program for many years and provides support for the current program with funding for equipment and scholarship needs. The Club's annual functions create a social venue for members and help achieve fundraising goals. Your membership enables the Mt. Sunapee Area Ski Club to continue its mission of supporting affordable winter programs for our youth. To apply for a scholarships please contact Jill Firstbrook.
















The 2017-2018 MSASC dues are \$35, which is included in the program fees.

### **Mission Statement**

The Mt. Sunapee Area Ski Club is a non-profit organization that was founded in 1954. Through volunteer efforts and fund raising, the Club supports a variety of winter programs for area youths.

The Mt. Sunapee Area Ski Club appreciates membership support of our mission and helping us to support our local programs and athletes.

This past year, the Mt. Sunapee Area Ski Club is proud to have supported many local athletes and programs. These contributions have included:

-  Funded scholarships for skiers in the alpine, freestyle and jumping programs.
-  Hosted the area's largest Ski Swap. Held in Sunapee Lodge - November 17, 2016.
-  Hosted the John W. McCrills Award Dinner.
-  Supported the New Hampshire Ski Museum.
-  Supported the TGIF Race Series, Mark Parris and Rick Hall Race.
-  Supplied trophies for the Mighty Mite Racers.
-  Donation to Norris Cotton Cancer Center, Chip Gilroy Fund.
-  Sponsored the Warren Miller Movie for Warner Youth Sports.
-  Supported Kearsarge Middle School Ski Team.
-  Hosted Après Ski events and a Bar-B-Q.
-  Purchased a heater for the Roland Tremblay Ski Jump Center in Newport.
-  Supported Toys for Teens & Tots.
-  Awards Plaques for the Alpine, Freestyle and Snowboard Program athletes.
-  Sold Ski Club Logo items.
-  Contributed towards State Championship jackets for KRES Ski Team.

We wish the continued success of Mount Sunapee and the local Alpine and Nordic programs. The loyalty and support of our membership makes all of this a reality for our athletes.

Sincerely,  
Mt. Sunapee Area Ski Club

## **Volunteer Policy Information Sheet**

The Alpine Program and Mount Sunapee hosts many high level events throughout the season and without parent volunteers, we cannot run these events successfully. Parents, please volunteer some time it is appreciated and very COOL! Our athletes deserve the best and we count on parent involvement which is a crucial piece to our continued success.

For 2017-2018 season, each family will be required to volunteer a minimum of **(3)** days for a two parent family or **(2)** days if you are a single parent family or a family with only a Mighty Mite. Each family will be required to work one social event, one on hill position and 1 other event. The parent volunteer coordinator, Pam Litchfield, will assign events to the parents.

Each family will be required to submit a **\$500** volunteer's fee/ or **\$300** for a single parent family or Mighty Mite only family. This fee will be held in the form of a valid credit card number with expiration date through June 2018. At the end of the year, the work commitment will be evaluated. If the required number of events is not completed, you will receive a letter from the Alpine Director. Partial fulfillment of your commitment will not be prorated. If a family does not volunteer the required amount of days, the credit card will be charged. If you are having problems meeting your commitment please call Pam Litchfield at 508-259-6568 or [parentvolunteer@mtsunapee.com](mailto:parentvolunteer@mtsunapee.com).

There are many events and jobs available to fulfill the volunteer requirement. Please do not sign up for the same job more than once. Some of these events include the Potluck Supper, Mt. Sunapee Area Ski Club Ski Swap and Ski Club dinners, and a variety of on-hill events on the weekends and mid-week. Please read the job descriptions carefully and sign up for events you prefer to work. Commitment times vary so when signing up for events, plan to commit from 7:00 am-3:00 pm.

To get credit for working an event, you must sign in at the competition center on the day of the event no later than 8:00 am. For working an event, you will receive an all-day ticket voucher for another day during the season. Vouchers will be mailed out to you.

## **Volunteer Jobs**

### **REGISTRATION STAFF - All events-Sign in First**

**Alpine:** Be ready to start at 7:00 am. The registration location will be sent out to you via email. You will be handling money, checking in participants and handing out bibs. You also must be available to take bibs between runs. At the end of the event at 1:30-3:00 pm you will collect bibs at the finish corral and re-file them.

**Snowboard:** USASA registration is in the Spruce Lodge cafeteria from 7:30-10:30 am. You must be able to answer questions, take registration money, hand out bibs, fill out score sheets and collect bibs at the end of the event at the bottom of the competition site. Registration for park events will be at the snowboard building at the bottom of the Spruce Lift.

**Freestyle:** Registration is located in Goosefeathers Pub located in the Spruce Lodge from 7:00-9:30 am. You must be able to do a combination of the above tasks, including bib collection at the end of the event.

### **EVENT MAINTENANCE - All disciplines**

Be ready to start at 7:30 am. You must be able to ski without poles and carry equipment. You must dress appropriately for all weather conditions. You also will need to be ready to help set up events, put up fences, carry equipment, and help other course workers, i.e. gatekeepers. You must be available for course slipping and reset if needed in an event. You must stay at the event while it is in progress and tear down at the end after the event is completed.

### **GATEKEEPERS - Only Alpine**

This is the best job to have to be able to watch the race. Check in at the Competition Center by 8:00 am and be available to attend the 8:30 am gatekeepers' meeting. The gatekeepers must dress appropriately for all weather conditions and be able to ski down or climb up to their position. Gatekeepers must check that each competitor passes through the gates fairly; replace gates if they get knocked down, mark any faults that occur and follow directions given by the head gatekeeper.

### **HAND TIMER AND RECORDER -Freestyle, Alpine and some Snowboard events**

You must be available to check-in by 8:00 am in the Competition Center. You must report to the start or finish 30 minutes before the start of the event. Before reporting, you will need to pick up watches and recording sheets from the Chief of Timing in the Gray Timing building. The hand timer is required to record each athlete's time at the start or the finish of the race on the sheets provided. You will be standing up outside through the event and must have on warm boots and clothing.

### **RUNNER AND SCOREBOARD**

You must be available 30 minutes before the start. You will be responsible for collecting times from the Gray Timing Building and recording them on the score board. You will also be the backup helper for the timing building and possibly the bib collector.

### **ALPINE COMPETITION CENTER MONITOR**

You will be responsible for both weekend days. You will oversee behavior and keep furniture and trays inside the building or bring trays back to the cafeteria, sweep and general maintenance. You will be required to be onsite from 11:30 am to 1:00 pm and 2:15 pm to 3:45 pm. The designated list of weekends to pick from will be on Jill's door. Please remember to sign in on Jill's door. 1 weekend = 1 volunteer day Please initial the "To Do" clipboard in the Comp Center by the bathrooms.

### **SOCIAL EVENTS - 5:00 pm to 9:00 pm**

Prior to the event you must be able to help make phone calls. The day of the event, you must be able to set up, decorate, door duty, work event, serving if needed, clean up, and/or restocking, etc. – a limited amount of spots will be available. Plan to stay for the entire event. You can only do one credit day per family. The volunteer must be able to work all pieces of the event.

### **SKI SWAP –You must be pre-assigned to work the swap**

Be available on Friday, November 17, 2017 from either 9:00 am to 3:00 pm or 2:00 pm to 8:00 pm for check-in or Saturday, November 18, 2017 from 7:30 am to 3:00 pm. You must aid with check-in and set-up of equipment, help fit equipment and answer questions. You must be able to work the entire shift. Volunteers must sign in and out to get credit for working the event. If you are not assigned to either day, please do not sign in. (This will not be counted as one of your work days.)

### **NASTAR WORK DAYS -8:00 am to 3:00 pm**

Work with the NASTAR crew setting up, running races and tear down. This is a great chance to see if the race crew is a possible job for you. You must have good skiing skills, be a team player and have some computer skills. The volunteer days are Saturdays and Sundays on the designated weekends, as well as, Tuesday Dec. 26-Friday Dec. 29, 2017, Monday, Jan. 15, 2018 and Monday, Feb. 19, 2018. On work days, please report to the NASTAR finish corral at the bottom of the Eggbeater.

**SIGN IN** on Jill's office door in Spruce Lodge. Please report at 8:00 am to set up and work till 3:00 pm when you are finished with breaking down the course.

### **MID WEEK HIGH SCHOOL RACES - 8:00 am to 4:00 pm**

Sign in with Jill. Come at 8:00 am to help set up. Work with the race crew doing course maintenance, score board and announcing.

Questions? Contact Jill Firstbrook, Alpine Director, at 603-763-3500 ext. 3548 or [alpine@mtsunapee.com](mailto:alpine@mtsunapee.com)

## **National Level Competition Support**

This is the Mount Sunapee Policy for the support of athletes who qualify and choose to attend nationals. Because it is becoming more common for Mount Sunapee Alpine Program skiers and riders in all disciplines to qualify for post season, national level, invitational meets such as Junior Olympics, USASA nationals and the U.S. National Championships, we need to enter each season with an understanding of what our programs policies will be as to the support of these meets, especially if these meets will require extensive travel.

We are a part time developmental program and we do not have a full time coaching staff. We see this as a strength, as our coaches are well rounded people who do this job out of a love for skiing. They all work other jobs during the week and although they would certainly be proud and excited to accompany their successful skiers or boarders out to a meet, they may not be able to take the time off of their primary jobs to do so.

If the coach is available it may not be within the department budget to send them. It is standard policy among full time programs to charge meet fees on top of or as part of membership dues. These meet fees cover traveling and lodging fees for the athletes and coaches. Our mission is to make an affordable program. Truly we are about as nonprofit as any program out there, and we do not budget in our membership fees to cover airline flights, car rentals and lodging for distant meets. As with all programs, the families of the athletes attending the meet are expected to cover or help defray the cost of a coach. A consideration is that with some full time programs this cost is distributed over many families, with our program it may be one family taking up the expense.

If your athlete is invited to a national level meet, he/she should definitely go. This is what they have worked hard to do and the experience will be a highlight of their athletic career. Our coaches will make all attempts to be able to be there with them but if this turns out to be logistically or financially unfeasible we will help the athlete find a coach from a program that will attend the meet to be their representative and advocate at the meet.

### **Parent's responsibility:**

Cost of Air fare

Transportation to resort

Cost for Lodging

### **Mountain / Programs responsibility:**

Hours of work

Cost of coach to be on the hill

Cost of Food \*\*No alcohol or extended stay\*\*

## IMPORTANT DATES TO REMEMBER 2017-2018

Sat. Sept. 16, 2017	Fit Session for all programs at Skinners	10:00am-5:00pm Skinners
Sun. Sept. 17, 2017	Fit Session	9:00am-12:00pm Comp Center
Fri. Nov. 17, 2017	Equipment drop off for ski swap	12:00pm-7:00pm Sunapee L.
Fri. Nov. 17, 2017	New Parent Meeting (Optional)	5:30pm-6:30pm HRS
Sat. Nov. 18, 2017	MSASC Ski Swap	9:00am-12:00pm Sunapee L.
Sat. Nov. 25, 2017	Sunapee Day at the World Cup - Wear something that says Sunapee!! Take pictures and send them to <a href="mailto:alpine@mtsunapee.com">alpine@mtsunapee.com</a>	
Sun. Nov. 26, 2017	U21, U19, U16 & Freestyle A Program begin	9:00am Sunapee L.
Sat. Dec. 2, 2017	Coaches Training / USSA level 1	9:00am Comp Center
<b>Sat. Dec. 9, 2017</b>	<b>U10, U12, U14, Freestyle B &amp; Snowboard Program</b> - 8:45am-12:30pm	Comp Center
Sat. Dec. 9, 2017	New Parent Meeting	10:30am Comp Center
Sat. Dec. 9, 2017	Coaches Training	1:00pm-4:00pm
Sat. Dec. 9, 2017	Tuning Clinic	2:00pm Bob Skinners
Sat. Dec. 9, 2017	Alpine Program /Mt. Sunapee Area Ski Club	6:00pm Sunapee L.
	Potluck Dinner/ Toys for Teens and Tots	
	<b>*All family members welcome. Great silent auction – meet other alpine families</b>	
<b>Sun. Dec. 10, 2017</b>	<b>Program runs - 8:45am-12:30pm Comp Center</b>	
Sun. Dec. 10, 2017	New Parent Meeting	10:30am Comp Center
Sun. Dec. 10, 2017	Coaches Training	1:00pm – 4:00pm
Sat. Dec. 16, 2017	New to program Mighty Mite (U8) Ski Off on South Peak - 9:30am-12:00pm	Comp Center
Sat. Dec. 16, 2017	U10 Parent Meeting- All parents please attend one meeting	10:30am Comp Center
Sat. Dec. 16, 2017	U16 Parent and Athlete Meeting	3:00pm Comp Center
Sun. Dec. 17, 2017	All returning and New Mighty Mites (U8's) begin for the season.	9:00am Comp Center
Sun. Dec. 17, 2017	Mighty Mite Parent Meeting	9:15am Comp Center
Sun. Dec. 17, 2017	U10 Parent Meeting- All parents please attend one meeting	10:30am Comp Center
Sun. Dec. 17, 2017	U19 Parent and Athlete Meeting	3:00pm Comp Center
<b>Dec. 26-30, 2017</b>	<b>Christmas program Schedule TBA</b>	
Wed. Dec. 27, 2017	Swix Tuning Clinic at Bob Skinners Sign up at Skinners or call 763-2303	2:00pm and 4:00pm session
Thurs. Dec. 28, 2017	Ugly Sweater Day	
Sat. Dec. 30, 2017	Development, Race Development, & Snowboard Development Ski/Board Challenge for group placement	9:30am- 12:00pm
Sun. Dec. 31, 2017	Alpine program Day off	
Mon. Jan. 1, 2018	Alpine program Day off	
Sun. Jan. 1, 2018	Jingle Jam Rail Jam TBA	
Sat. Jan. 6, 2018	Ice Cream Social	3:00pm Comp Center
Sat. Jan. 6, 2018	Development, Race Development, & Snowboard Development	
	Ski/Board begins	9:00am Comp Center



## Skiers Responsibility Code

1. Bindings must be in good condition and properly adjusted for the conditions. Unbreakable sunglasses and goggles are essential.
2. Warm up for training and racing sessions. Stretch for at least five minutes before skiing. Warm up gradually on snow, skiing various radius turns, before skiing at racing speed.
3. Always carefully inspect a course before running it. Follow the inspection rules for the training session or race. Do not cross or go onto closed courses at competitions, and always be certain that practice courses are clear before proceeding.
4. If you fall and are unhurt, immediately signal that you are OK and quickly move a safe distance away from the course. Collect your gear and reorganize away from the active course.
5. While attending a race event, stand far enough from the course to allow a racer on course full visibility, room to recover and room to come to a stop without hitting you.
6. Always remain still while there is a racer on course, and never free-ski on or near a closed race course except as allowed by the established inspection procedures.
7. If a gate pole is knocked out or broken and presents a danger, place it outside the course, preferably totally to the side of the slope or as directed by the coaches, course officials or workers.
8. Be sure to communicate with your coach when tired, ill, uncertain or afraid, if the course is too difficult or rough, or if visibility is poor.
9. Always stop below your coach or training group. Never attempt to stop above any skier or group. Always leave room to take "evasive action" should your coach or others in your training group move unexpectedly.
10. When your run is complete, move immediately out of the finish area or away from the course. Make sure that you have an adequate finish area and safe room outside all courses.
11. Never jump or ski fast into an uncontrolled "blind spot".
12. When free-skiing outside race and training areas you must be aware of others and ski in full control at all times. Respect other skiers' rights to a safe and pleasant skiing experience.

**HELMETS MANUFACTURED FOR SKI RACING  
ARE MANDATORY FOR ALL TRAINING AND RACE EVENTS  
SL, GS, SG AND DH**

## **NHARA CODE OF CONDUCT**

NHARA supports the Competition Regulations of USSA which provide a framework in which the various ski programs are developed and operated at all levels. It particularly endorses the policy for sportsman like conduct which states that competitors, coaches, officials or other personnel may be reprimanded, disqualified or suspended for conduct at USSA events that is prejudicial to the sport, as recommended by member organizations and so determined by a Division's Board of Directors.

GOOD SPORTSMANSHIP includes, but is not limited to:

- Respect for all race officials, and ski area employees.
- Suitable dress and grooming, courtesy and good manners in public places, at races and while traveling.
- Self-control, responsible behavior, consideration for other's physical and emotional well-being. No profane or abusive language.
- Respect for private and public property.
- Abstinance from the illegal use of alcohol and drugs as befitting an athlete, coach or official representing a club, school or ski area.
- Respect for lift facilities, lift privileges, and closed areas.
- Honest conduct, no theft or misrepresentation whatsoever.
- Attendance at awards ceremonies and receptions.
- Respect of USSA and FIS rules regarding commercial display at awards ceremonies.

A summary of the Regulations may be found in the USSA Competition Guide. Copies of the complete By-laws and Competition Regulations are available at the USSA Office.

A RACE JURY, OR THE NHARA REVIEW COMMITTEE, MAY PREVENT A RACER, DISQUALIFIED FOR MISCONDUCT, FROM COMPETING IN ONE OR MORE FUTURE RACES.

### **NHARA REVIEW AND APPEALS COMMITTEE**

This committee shall review reported incidents of misconduct on the part of any NHARA racer, coach, or official, and shall recommend sanctions, as appropriate, to the Board of Trustees. The committee shall review reports of mismanagement and rules infractions at NHARA-sponsored races, and shall provide recommendations to race organizations and juries to improve the quality of NHARA-sponsored races. This Committee also reviews disciplinary actions taken by Race Juries and any complaints concerning Athlete Selections, Sanctions and Reprimands.

Appeals should be forwarded to the Chairman as soon as possible, accompanied by a fee which will be returned if the appeal is upheld. Action by the Committee will be taken as soon as possible.



## **CODE OF CONDUCT**

Membership in U.S. Ski & Snowboard is a privilege, not a right. All U.S. Ski & Snowboard members when participating in any U.S. Ski & Snowboard activity must agree to conduct themselves according to U.S. Ski & Snowboard's core values of Integrity, Passion, Fun, Team, Community, Excellence, and Grit and abide by the spirit and dictates of this Code of Conduct.

All members must agree to comport themselves in a sportsmanlike manner, and are responsible for their actions while attending or participating in all U.S. Ski & Snowboard activities (including but not limited to camps, competitions, and projects).

Sportsmanlike conduct is defined as, but is not limited to: respect for competition officials, resort employees, fellow members, and the skiing and snowboarding public, respect for facilities, privileges and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs.

While participating in any U.S. Ski & Snowboard activity:

1. U.S. Ski & Snowboard members shall be subject to the jurisdiction of the International Ski Federation (FIS) Statutes, the United States Olympic Committee (USOC) Bylaws, the U.S. Ski & Snowboard Bylaws, and the U.S. Ski & Snowboard Code of Conduct.
2. U.S. Ski & Snowboard members shall conduct themselves at all times and in all places as befits worthy representatives of the United States of America, the United States Olympic Committee, U.S. Ski & Snowboard, their region, division, state or club and in accordance with the best traditions of national and international competition.
3. U.S. Ski & Snowboard members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the U.S. Ski & Snowboard national teams, camps or other projects when participating in such.
4. U.S. Ski & Snowboard members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for the physical and emotional well being of others, and courtesy and good manners
5. U.S. Ski & Snowboard members shall abide by U.S. Ski & Snowboard rules and procedures while traveling to and from and participating in official U.S. Ski & Snowboard activities.
6. U.S. Ski & Snowboard members shall abstain from illegal and/or immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official U.S. Ski & Snowboard or event organizer function.
7. No U.S. Ski & Snowboard member shall violate the customs, travel or currency regulations of a country while traveling with a U.S. Ski & Snowboard group or on a U.S. Ski & Snowboard ticket.

8. No U.S. Ski & Snowboard member shall commit a criminal act.
9. No U.S. Ski & Snowboard member shall engage in any conduct that could be perceived as harassment based upon gender, age, race, religion, disability or sexual orientation.
10. U.S. Ski & Snowboard members will avoid profane or abusive language and disruptive behavior.
11. U.S. Ski & Snowboard members agree to abide by anti-doping rules and procedures established by the World Anti-Doping Agency (WADA), the U.S. Anti-Doping Agency (USADA), and/or FIS.

Failure to comply with any of the above provisions may lead to disciplinary action by the appropriate team or competition leader. Disciplinary action may include:

- Removal from the team trip or training camp
- Suspension from training and/or competition
- Elimination of coaching, travel and other benefits
- Forfeiture of U.S. Ski & Snowboard membership

U.S. Ski & Snowboard is committed to principles of fairness, due process and equal opportunity. Members are entitled to be treated fairly and in compliance with U.S. Ski & Snowboard's Bylaws, policies, and procedures. Members are entitled to notice and an opportunity for a hearing before being prevented from participating in protected competition as that term is defined by the USOC Bylaws. Information on the processes for grievances, suspensions, and appeals is available at <https://usskiandsnowboard.org/>.

Nothing in this Code shall be deemed to restrict the individual freedom of a U.S. Ski & Snowboard member in matters not involving activities in which one could not be perceived as representing U.S. Ski & Snowboard. In choices of appearance, lifestyle, behavior, and speech while not representing U.S. Ski & Snowboard, competitors shall have complete freedom, provided their statements and actions do not adversely affect the name and reputation of the U.S. Ski & Snowboard.

However, in those events where one is representing or could be perceived as representing U.S. Ski & Snowboard, U.S. Ski & Snowboard demands that its members understand and agree to behave in a manner consistent with the best traditions of sportsmanship and U.S. Ski & Snowboard's core values.

*Last revised June 7, 2017*

**ALPINE BUILDING MONITOR Weekend & Weekday DATES 2017-2018**

Please note: Volunteering as an Alpine building monitor equals one volunteer day.

\*You may use only one weekend as a volunteer day. \*

<u>2017</u>	<u>2018</u>	<u>2018</u>	<u>2018</u>
Dec. 2-3	Jan. 6-7	Feb. 3-4	Mar. 3-4
Dec. 9-10	*Jan. 13, 14, 15 (midweek)	Feb. 10-11	Mar. 10-11
Dec. 16-17	Jan. 20-21	Feb. 17-18	Mar. 17-18
*Dec. 26-27 (midweek)	Jan. 27-28	*Feb. 19-20 (midweek)	Mar. 24-25
*Dec. 28-29 (midweek)		*Feb. 22-23 (midweek)	
Dec. 30-31		Feb. 24-25	

**Midweek EVENTS 2017-2018**

Fri. Nov. 17, 2017	Ski Swap	9:00am-3:00pm or 2:00pm-8:00pm
Mon. Jan. 15, 2018	NASTAR Work Day	8:00am-3:00pm
Fri. Jan. 26, 2018	SNH Champs	TBD
Thurs. Feb. 8, 2018	FIS race work day	9:00am-3:00pm
Thurs. Feb. 8, 2018	FIS Race set meeting	3:00pm-8:00pm
Fri. Feb. 10, 2018	Women's FIS Race	7:00am-3:00pm
Fri. Feb. 10, 2018	Women's FIS Race meeting set up	2:00pm-6:00pm
Mon. Feb. 12, 2018	Div 3 High School Champs-Kearsarge host	7:00am-3:00pm
Tues. Feb. 13, 2018	Div 4 Women HS Championships-Sunapee	7:30am-3:00pm
Wed. Feb. 14, 2018	Div 4 Women HS Snow Day	7:30am-3:00pm
Thurs. Feb. 15, 2018	Div 3 High School Snow Day	7:30am-3:00pm
Mon. Feb. 19, 2018	NASTAR Work Day	8:00am-3:00pm

Only sign up for TGIF if you can commit to every Friday.

The TGIF race/work schedule runs: **February 16, 2018- March 23, 2018** **12:00pm-4:00pm**

Fri. Feb. 16, 2018	TGIF starts	12:00pm-4:30pm
Fri. Feb. 23, 2018	TGIF	12:00pm-4:30pm
Fri. Mar. 2, 2018	TGIF	12:00pm-4:00pm
Fri. Mar. 9, 2018	TGIF	12:00pm-4:00pm
Fri. Mar. 16, 2018	TGIF	12:00pm-4:00pm
Fri. Mar. 23, 2018	TGIF Rick Hall/Mark Parris Race	8:00am-4:00pm

## **Weekend EVENTS 2017-2018**

Sat. Nov. 18	MSASC Ski Swap	7:30am-3:00pm
Sat. Dec. 9	Pot Luck Supper- Open to all families & siblings	6:00pm-9:00pm
Sat. Dec. 30	Gromathon	12:00pm-3:00pm
Sun. Dec. 31	Jingle Bell Jam skiers/SB	9:00am-3:00pm
Sat. Jan. 6	Masters Race SL	7:00pm-3:00pm
Sat. Jan. 6	Ice Cream Social event starts at 2:20 meet at 1:30	1:30pm-4:00pm
Sun. Jan. 7	Masters Race GS	7:00pm-3:00pm
Sun. Jan. 14	U10 World Cup #1 format TBA	10:00am-2:00pm
Sun. Jan. 21	Macomber Cup	7:00am-3:00pm
Sat. Jan. 27	U10 KOMBI Eggbeater	7:30am-3:00pm
Sun. Jan. 28	Bob Skinner Cup U14 & U12	7:30am-3:00pm
Sat. Feb. 3	B Meet Freestyle Event Moguls/	7:30am-4:00pm
Sun. Feb. 4	B Meet Slopestyle	7:30am-3:00pm
Sun. Feb. 4	USASA NASTAR Dual format SL/GS	7:30am-3:00pm
Sat. Feb. 10	Women's FIS Lynx	7:30am-3:00pm
Sun. Feb. 11	BWL Race	7:30am-4:00pm
Sun. Feb. 11	Gromathon skiers and SB	12:00pm-3:00pm
Sun. Mar. 4	Lafoley GS	7:30am-2:00pm
Sun. Mar. 11	Gromathon	12:00pm-3:00pm
Sat. Mar. 17	MM Tuohy Race	7:30am-2:00pm
Sat. Mar. 17	Park Event St. Patty's Day	
Sun. Mar. 18	Diana Golden NHESA Race	7:30am-2:00pm
Sat. Mar. 24	Chip Gilroy 28 <sup>th</sup> Annual T-shirt Race	7:30am-3:00pm
Sun. Mar. 25	Mueller Cup	9:00am-2:00pm
Sun. Mar. 25	Family Fun Day-Best Dress Retro Costume Ski/Board/ Lunch/ Awards	9:30am-3:00pm
Sun. Apr. 1	SB Skier Park event was All Fools Rail Jam	10:00am-3:00pm

If you have any questions about your schedule please contact:

Pamela Litchfield - Volunteer Coordinator

Email: [parentvolunteer@mtsunapee.com](mailto:parentvolunteer@mtsunapee.com)

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