



Mount Sunapee Alpine Program Parent's

Handbook

2021-2022 Season

Mount Sunapee Alpine Program Handbook 2021-2022

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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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 lifelong 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.

Our Values: U.S. Ski & Snowboard values: excellence, grit, passion, integrity, community, fun and team.

MOUNT SUNAPEE ALPINE, FREESTYLE & DEVELOPMENT PROGRAM

Introduction

We want to extend a warm welcome to the Mount Sunapee Alpine, Freestyle & Development Program! Our programs include the following disciplines: Alpine Racing (U18-U8), Freestyle (B), 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 on to terrain that is more challenging 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, Freestyle & Development Programs support and follow 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, Freestyle & Development Programs by providing the athletes 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 jsfirstbrook@vailresorts.com.



Mount Sunapee Alpine, Freestyle & Development Program Safety Guidelines 2021-2022

- 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 the 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

- Call 603-763-3599 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, Freestyle or Development Programs 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.

The following are excerpts of our Coaches' training and are included so you, as a parent, understand our priorities on the safety of your children:

Training

- Hill closed to the public while athletes are training
- When athletes are training on a racecourse, we use *Training in Progress* signs that are placed at the top of the course. Coaches monitor the hill at the top, middle and bottom.
- We believe that 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 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 after all terrain is open.
- 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

- We use the Skier Safety Code located at each lift and Smart Style Park Safety located at top of all terrain parks.
- Coaches must be certified to take athletes in the appropriate 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 U8 & U10's use the South Peak and Eastside terrain parks.

Chairlift Procedure

The U8 groups are required to ride all lifts with a ratio of one (1) adult to two (2) U8s, no exceptions. 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.

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

Shinguards

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

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 used by many athletes 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 minimum.

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, Freestyle & Snowboard Program's clubhouse. We post-race schedules, race results, 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. Mount Sunapee Alpine, Freestyle & Development athletes and coaching staff only are welcome to use this facility when the Program is training or in competition at Mount Sunapee.

(It is not available mid-week for general use).

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. Make sure your children know to clean up after themselves.
4. Keep the 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, Freestyle & development 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, 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.

Any athletes caught skiing on trails that are closed or cutting under ropes will lose their passes.

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:

1st offense: Warning accompanied with immediate parent contact and conversation.

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

3rd 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 don't try to drop off your athletes in the first row of lot one. There are 5 minute drop off spots available in front of the Sunapee Lodge. Please do not park there. This is just for dropping off your athletes.

Competition Entries for AWAY events at other mountains

For all races families are responsible for entries.

Parents, coaches and athletes are to abide by the NHARA code of conduct.

U8: U8's 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: All athletes who wish to participate in the BWL finals must register themselves. If you wish to enter an Open Race you can go onto nhalpine.org which will guide you to either the adminskiracing or the ski reg websites.

U16: Must register themselves for any races they participate in. If you do not plan to attend an event, please notify your coach. All U16 races are scored events. Please read the U16 information in the NHARA handbook on the NHARA website.

U18: U18's entries must be submitted online through nhalpine.org which will guide you to either the adminskiracing, run sign up or the ski reg websites. 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 or for general information you can look in the NHARA handbook.

One coach from each club will pick up bibs and tickets for coaches and athletes.

Freestyle: To enter away Freestyle events, go on line to 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.

Competition Day information for all Alpine and Freestyle Programs

For all HOME races, and freestyle events, plan to meet the Mount Sunapee Alpine and Freestyle 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 all day to experience different terrain. The best use of a competition day is miles of skiing 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 your athletes coach. Please let them know at least 48 hours in advance.

For the most updated event schedules see:

Alpine Racing: www.nhalpine.org

www.ussaeast.org (regional information)

Freestyle: www.eastemfreestyle.org

Parents Role on Competition Days

Parents are strongly encouraged to become involved with the Alpine program beyond the requested parent work assignments. Consider becoming a member of the Mount Sunapee Race Crew, or become a USSA Alpine Official. If you are interested please contact jsfirstbrook@vailresorts.com.

1. Support your athlete by keeping their skis 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 and freestyle 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 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
- usskiandsnowboard.org
- ussaeast.org
- easternfreestyle.org
- usasa.org
- fis-ski.com
- Playpositive.com
- ussa.org/ussa/center-excellence-tv vara.com
- skimara.org
- bleedcontrol.org
- cdc.gov for concussion information

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

Check out John O'Sullivan's work: [Changing the Game](#) for more information on parenting young athletes

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.

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 to a meet, they may not be able to take the time off from 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**

Alpine Program Coaches and Race Crew Staff Listing 2021-2022

Our Alpine, Freestyle & Development Programs have a great group of highly qualified coaches and race crew staff.

Coaches Names

Jill Firstbrook
Bob Underhill

Kate McCloy
Jenna Seivers
Beth von Beren

Jim MacMahon
Kiera Farmer

Marc Bourgoin
Alexis Burton
Michael Grady
Jack Iacopino
Jason Lalla
Andy Locke
Andrew Waples

Bob Underhill
Eric Crainich
Zach Graham
Dan DT Rowe
Andrew Young

Drew Drummond
Jess Rowe
Matt Ferguson
Drew Purdy
Colin Shaw
DJ Smith

Andrea Crainich
Kristina Zimmermann
Dee Gilroy
Mike Denver
Will Hurley
Katie Iverson
Liza McConnell
Mikayla Passage

Andrea Crainich
Chip Steward
Scott Beckman
Mike Lagasse
Liza McConnell

Coaches Groups

Alpine Program Director
Alpine Program Head Coach

Race Administrator
Volunteer Coordinator/ Freestyle Communicator
Skier Services Administrative Assistant

U18 Lead Coach
U18

U16 Lead Coach/ Communicator
U16
U16
U16
U16
U16
U16

U14 Lead Coach
U14 Communicator
U14
U14
U14

U12 Lead Coach
U12 Lead Coach/ Communicator
U12
U12
U12
U12

U10
U10 Communicator
U10
U10
U10
U10
U10
U10

U8/ U10
U8 Communicator
U8
U8
U8

Chris Scarpa	U8
Tim Upton	U8
Mike Lovell	Freestyle Head Coach
Nick Lefebvre	Freestyle
Keith Naymie	Freestyle
Steve Normandin	Freestyle
Lucas Sayers	Freestyle
Arlin Goss	Dev Snowboard
Dave Spinney	Development Communicator
Michael Downing	Development
Dave Maloney	Development
Jen Nurme	Development
Nils Teissier Du Cros	Development
Mitch Utell	Development
Greg Gill	Race Development
Jay Buckley	Race Development
Andy Spiegel	Race Development

RACE CREW

Marie Koski	Art Melville
Aimee Ayers	Bruce Moffet
Kate Bemis	Penny Murano
Art Burritt	Mickey Noyer
John Calderwood	George Saunders
Kevin Connolly	Aimee Sherman
Jack Iacopino	Jenna Seivers
Michael Koenig	Kellie Spinney
John Koski	Richard Stellato
Marie Koski	Bobbie Lynn Thomas
Theresa Koski	Richard Webb
Lynn Madigan	Roger Wilson
Jason Marino	Eric Wyman
Kate McCloy	



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.

Mission Statement: The Mt. Sunapee Area Ski Club supports Alpine and Nordic programs in the Greater Mount Sunapee region. Through fundraising efforts, we provide financial support for the Alpine, Freestyle, Nordic, Jumping Teams and learn to ski programs at the local schools. We believe that everyone should have the opportunity to enjoy winter sports.

Vision Statement: We will continue to develop highly skilled Nordic and Alpine competitors and encourage them to become lifelong participants in winter sports.

The Club provides support for the current programs and scholarships for local area youth with financial need. The Club's annual functions create family oriented venues for members and help achieve fundraising goals.

Your membership enables Mt. Sunapee Area Ski Club to continue its mission of supporting affordable winter programs for our youth. For those with financial need please contact info@sunapeeskiclub.com.

The 2021 – 2022 MSASC dues are \$35, which is included in the program pricing.

This past year, the Mt. Sunapee Area Ski club is proud to have supported many local athletes and programs. We also:

- Sponsored testing for COVID for program families
- Supporting Coaches education and dues
- Supported the New Hampshire Ski Museum.
- Supported Community Challenge with race program and NESHA
- Supported Toys for Teens and Tots
- Purchased the trophies for Mighty Mite Touhy Memorial Race
- Supported a local ski Jumper to compete in the Junior National Jumping Competitions in Utah
- Provided scholarships for athletes in the Alpine and Nordic Programs
- Made improvements at Newport Ski Jump.

Sincerely, Mt. Sunapee Area Ski Club

Parent work days Policy Information Sheet

The Alpine Program and Mount Sunapee hosts many high level events throughout the season and without parent workers, we cannot run these events successfully. Parents, please work events 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 2021-2022 season, each family will be required to work 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 U8. Each family will be required to work one social event, one on hill position and 1 other event. The parent coordinator, Jenna Sievers, will assign events to the parents.

Family who have not completed assigned days will be charged \$600 or \$400 (for a single parent family, Development athletes or a U8 only family). 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 work the required amount of days, their credit card attached to their Vail account will be charged.

If you are having problems meeting your commitment please contact Jenna Sievers at: jenna.sievers@gmail.com.

There are many events and jobs available to fulfill the parent work day requirement. Please do not sign up for the same job more than once. Some of these events include the 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 USSA or USASA races you will receive an all-day ticket voucher for another day during the season. Vouchers will be mailed out to you.

Parent 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 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.

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 must have a Covid vaccination to do this assignment. 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 8:00am to 3:00pm. 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. **Vouchers will not be given out for working this event**

SOCIAL EVENTS - 4:00 pm to 9:00 pm - Limited opportunities

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 worker must be able to work all pieces of the event. **Vouchers will not be given out for working this event**

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

Be available on the Friday before the ski swap from either 11:00 am to 4:00 pm or 3:00 pm to 8:00 pm for check-in or the Saturday of the swap from 8:00 am to 12:00 pm or 2:30 pm -5:00 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. **Vouchers will not be given out for working this event.** If you are not assigned to either day, please do not show up as this will not be counted as one of your work days.

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 jsfirstbrook@vailresorts.com

Alpine Competition Center Building Monitoring Midweek & Weekend DATES 2021-2022

Please note: Working one weekend as a Competition Center Building Monitor equals one volunteer day.

Dec. 4-5, 2021	Jan. 1-2, 2022	Feb. 5-6, 2022	Mar. 5-6, 2022
Dec. 11-12, 2021	Jan. 8-9, 2022	Feb. 12-13, 2022	Mar. 12-13, 2022
Dec. 18-19, 2021	Jan. 15-16, 2022	Feb. 14 & 18, 2022 ***	Mar. 19-20, 2022
Dec. 26-27, 2021	Jan. 22-23, 2022	Feb. 19-20, 2022	Mar. 26, 2022
Dec. 28-29, 2021	Jan 29-30, 2022	Feb. 21 & 25, 2022 ***	
Dec. 30-31, 2021		Feb. 26-27, 2022	

Must be present 8:00-3:00- 2 people per day per weekend *** Monday and Friday

Midweek Event Dates 2021-2022 TBD

Fri. Nov. 12, 2021	MSASC Ski Swap set up	9:00am- 2:00pm or 2:00pm- 8:00pm
Thur. Jan. 20, 2022	Divisional FIS Race	8:00am – 3:00pm
Fri. Jan. 21, 2022	Divisional FIS Race	8:00am - 3:00pm
Mon. Feb 14, 2022	High School Championship Races	8:00am - 3:00pm
Tue. Feb 15, 2022	High School Championship Races	8:00am - 3:00pm
Thurs. Feb. 17, 2022	Women’s FIS	8:00am - 3:00pm
Fri. Feb. 18, 2022	Women’s FIS	8:00am - 3:00pm

Weekend Event DATES 2021-2022

Sat. Sept 18, 2021	Fit Session for all programs at Bob Skinners Ski & Sport	9:00am – 5:00pm
Sun. Sept. 19, 2021	Fit Session for all programs at Bob Skinners Ski & Sport	9:00am – 5:00pm
Sat. Nov 13, 2021	MSASC Ski Swap	7:30am – 3:00pm
Sat. Jan 8, 2022	Ice Cream Social	1:00pm – 4:00pm
Sun. Jan. 23, 2022	Bob Skinner Cup Lynx	7:30am - 3:00pm
Sun. Jan 30. 2022	USCSA College Race GS on Lynx	7:30am - 3:00pm
Sun. Feb. 6, 2022	Macomber U16 –U19	7:00am - 3:00pm
Sun. Feb. 13, 2022	U10 Kombi	7:00am - 3:00pm
Sun. Feb. 13, 2022	Freestyle Event	7:00am - 3:00pm
Sat. Feb. 19, 2022	Ski Club BBQ Comp Center	10:00am -3:00pm
Sun. Feb. 27, 2022	BWL Parallel	7:00am - 3:00pm
Sat. Mar. 12, 2022	Tuohy Race U10-U8 Dual	7:30am - 2:00pm
Sun. Mar.13, 2022	Lafoley GS	7:30am - 2:00pm
Sun. Mar. 20, 2022	Mueller Cup TBC	10:00am - 3:00pm
Sun. Mar. 20, 2022	Chip Gilroy 32nd Annual T-shirt Race	7:30am-3:00pm
Sat. Mar. 26, 2022	Family Fun Day-Best Dress Retro Costume Ski/Board Lunch/ Awards Format TBD	9:30am - 3:00pm

If you have any questions about your schedule please contact: **Jenna Sievers Email: jenna.sievers@gmail.com**
Our athletes deserve the best and we count on parent involvement. It is a crucial piece to our continued success running events.

If you have any questions about your schedule please contact:

Contact: Beth von Beren

Email: bmvonberen@vailresorts.com

Our athletes deserve the best and we count on parent involvement. It is a crucial piece to our continued success running events.

Thank you,

Jill Firstbrook

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 Excellence, Integrity, Passion, Fun, Team, 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 & Paralympic Committee (USOPC) Bylaws, the U.S. Ski & Snowboard Bylaws, and this U.S. Ski & Snowboard Code of Conduct.
2. U.S. Ski & Snowboard members shall conduct themselves at all times and in all places as befit 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 wellbeing 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. Members under the age of 18 shall not use any form of nicotine including but not limited to cigarettes, vaping, chewing tobacco, gum, and patches.
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, gender identity, age, race, ethnicity, national origin, religion, disability, or sexual orientation.

10. U.S. Ski & Snowboard members will avoid profane or abusive language and disruptive behavior. Members agree that they will not use or tolerate any racist, xenophobic, homophobic, or transphobic language or gestures.

11. U.S. Ski & Snowboard members understand and agree that they may be drug tested at any time, that they are subject to and will abide by the USADA Protocol for Olympic and Paralympic Movement Testing, its Annexes, and the USOPC National Anti-Doping Policies, and that any dispute related to the foregoing will be resolved exclusively in arbitration pursuant to the USADA Protocol. Before taking any medications, members must check the prohibited status at GlobalDRO.com. Also, they must be sure to download the Supplement 411 app, or visit Supplement411.org to learn how to recognize and reduce the risks related to supplement use. Any anti-doping questions can be directed to Athlete Express at 866.601.2632.

12. U.S. Ski & Snowboard members agree to abide by the policies and procedures established by the U.S. Center for SafeSport as well as U.S. Ski & Snowboard's Minor Athlete Abuse Prevention Policies (MAAPP).

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 USOPC Bylaws. Information on the processes for grievances, suspensions, and appeals is available at usskiandsnowboard.org.

Nothing in this Code of Conduct 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.

For U.S. Olympic and Paralympic Trials, please see the USOPC's Participant Rules for Racial and Social Demonstrations available at teamusa.org.

Last revised September 15, 2021