



Mount Sunapee Alpine Program Parent's
Handbook

2022-2023 Season

Mount Sunapee Alpine Program Handbook 2022-2023

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 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 & SNOWBOARD PROGRAM

Introduction

Welcome to the Mount Sunapee Alpine, Freestyle & Snowboard Program! Our program includes the following disciplines: Alpine (U18-U8), Freestyle (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, Freestyle & Snowboard 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 & Snowboard Programs 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 jsfirstbrook@vailresorts.com or Marc Bourgoin at marc.bourgoin@vailresorts.com .



PROGRAM DESCRIPTIONS 2022-2023

The Alpine Program is a weekend program run by Mount Sunapee Resort and staffed by our part-time coaches. This program is a department within the structure of the Resort and is dependent on the strong support received from all departments starting with Mountain Operations across the board to Base Operations.

Freestyle B Team (ages 10 –16)

The Freestyle Group will ski from 9:30 am to 1:30 pm with a coach. This Program strives to develop multi-event freestyle skiers who can compete in Mogul, Free Ride, and Slope style competitions. This group will focus on developing and mastering basic skiing, jumping and balancing skills. It is recommended that the athletes compete in as many disciplines as possible.

- **Freestyle B:** Runs Saturdays and Sundays, beginning on **Saturday, Dec. 10, 2022– Saturday, Mar. 25, 2023.** Weekends, Christmas week and long weekends on February vacation weeks.

To acquire the skills, the athletes will train on a variety of terrain including flat slopes, moguls, groomed terrain and in our terrain parks.

The athlete must be at least 10 years old and are required to be a member of U.S. Ski & Snowboard. (U11 - \$75, U13 - \$110 and U15 & over - \$200) If your athlete is interested in attending more slopestyle competitions you might want to also get them a USASA membership.

<https://uskiandsnowboard.org/foundation>

<https://usasa.org/>

Mount Sunapee and U.S. Ski & Snowboard require that all athletes wear helmets.

Michael Lovell, Freestyle Coach, will create a competitive schedule of meets for the freestyle team. The coaching staff will support all scheduled away meets. Before these meets, training will be available and we will offer skiing with a coach from 2:30 pm to 3:30 pm on Saturdays at Mount Sunapee when possible.

U8 (ages 6-7)

Runs Saturdays and Sundays, 9:30am-1:00pm beginning on **Saturday Dec. 17, 2022– Sunday, Mar. 19, 2023.** Weekends, Christmas week and long weekends on vacation weeks.

U8 will ski from **9:30 am to 1:00 pm**, with a midmorning break, with their coach. This program is for children who have skied at least two full seasons, are able to ski intermediate trails comfortably, and want to improve their skills.

Athletes must plan on attending program 80% of the time as it helps improvement of skill development as well as team/friend bonding. The program emphasizes skiing on the entire mountain, with an introduction to bumps, terrain parks, air and rails, as well as appropriate fun racing on courses. Athletes will participate in 75% free skiing, 10% coached drills, 10% coached gate training, slopestyle, moguls and

Big Air and 5% competition simulation. Athletes will compete a maximum of 3-4 times throughout the year in a NASTAR type of course. U8s are required to have a U.S. Ski & Snowboard General Membership license, which will cost \$35.

<https://usskiandsnowboard.org/foundation>

Parents must drop off and pick up their child outside the Alpine Competition Center (right of the trees). Children will only be released to a pre-authorized adult. This gives the coaches and the parents an opportunity to discuss any questions that may arise. Your child will need to be dressed appropriately in layers. This includes, but is not limited to: poles, skis, goggles, helmet, ski mitts, and ski pants. Please send your child with either money on their pass for a snack or pack a snack and place in their jacket pocket. Mount Sunapee and U.S. Ski & Snowboard require that all athletes wear helmets with hard ears. "Kids on Lifts" require U8's to wear assigned vests while in program.

A designated parent must be present at the mountain the entire time their athlete is in the program.

U8 parents are required to attend a parent meeting.

The Alpine Director reserves the right to refund the program fee if the child does not have enough ski experience or maturity to take part in this ski program.

U10 (ages 8-9)

Runs Saturdays and Sundays, beginning on Saturday, Dec. 17, 2022 – Sunday, Mar. 19, 2023.

Weekends, Christmas week and Mondays and Fridays of February vacation weeks.

Athletes must have at least 3-4 years of skiing experience and the ability to ski blue trails comfortably. Athletes must plan on attending program 80% of the time as it helps improvement of skill development as well as team/friend bonding.

The U10 group will ski from 9:00 am to 1:00 pm with a coach. U10's will experience every aspect of being a well-rounded ski athlete. This includes free skiing, gate training, slopestyle, moguls, glades, and more. Athletes will work towards improving their fundamental skills such as balance, pressure, control, rotary, and edging. By integrating these skills it will help improve the athletes over all skill level. This program will also include a limited competitive event schedule which will concentrate on home competition and limited travel.

All U10 athletes are expected to participate in all aspects of fundamental training. Athletes will have the opportunity to choose a discipline that they would like to focus on at the age of 10. **Athletes will participate in 60% free skiing, 20% coached drills, 10% coached gate drills and 10% competition situations.** Athletes will ski in the glades with coaches. The athlete must be at least 8 years old. Athletes must have one (1) pair of SL or twin tip skis which are tuned and boots that the athlete is able to flex/crush. A pair of "Rock" skies are recommended.

Mount Sunapee and U.S. Ski & Snowboard required that all athletes wear hard eared helmets.

All athletes are **REQUIRED** to be members of both U.S. Ski & Snowboard (\$100) and NHARA to be enrolled in the program (pricing goes up after October 15, 2022). Multiple discipline licenses are encouraged to allow athletes to participate in freestyle competitions and ski races.

USSA: <https://usskiandsnowboard.org/foundation>

NHARA: <https://www.nhalpine.org/>

A designated parent/ guardian must be present at the mountain the entire time their athlete is in the program.

The Alpine Director reserves the right to refund the program fee if the child does not have enough ski experience or maturity to take part in this ski program.

U12 (ages 10-11)

Runs Saturdays and Sundays, beginning on Saturday, Dec. 10, 2022 – Sunday, Mar. 19, 2023.

Weekends, Christmas week and Mondays and Fridays of February vacation weeks.

Athletes must have at least 4-5 years of skiing experience and be parallel skiers who have the ability to ski any trail on the mountain.

This group will ski from 8:30 am to 1:00 pm with a coach. Each coach will be assigned 8 athletes per group. U12's must have skied a minimum of three full seasons and be able to ski intermediate and advance trails comfortably. Athletes will participate in 45 - 60% free skiing, 20% coached drills, and 25% coached gate drills. They will have a 1 - 6 day ratio of races to training. It's important that the athletes experience as many different physical activities off snow as much as possible. Athletes should have multi-sport involvement. Our goal is to develop growth in each athlete's skills to ensure strong skiing ability on the entire mountain, master all snow conditions, and continue to learn strong skiing skills.

Athletes are encouraged to ski with friends and family from 1:45 – 4:00 pm on weekends and if possible during the week. Having fun and a passion for skiing are important elements in the engagement of young athletes.

The U12 athletes will ski slalom and giant slalom with 2-4 race opportunities throughout the season. All athletes are required to be members of both U.S. Ski & Snowboard (\$100) and NHARA (**pricing goes up after October 15, 2022**).

USSA: <https://usskiandsnowboard.org/foundation>

NHARA: <https://www.nhalpine.org/>

Mount Sunapee and US Ski & Snowboard require that all athletes wear helmets with hard ears. If you need to purchase a helmet please make sure it is **FIS approved**. Look for the FIS official sticker on the helmet. It is a requirement for the U14 athletes.

See the "Ski Equipment Fitting Tips", below in this document, for information about appropriate equipment choices for your athlete.

A designated parent/ guardian must be present at the mountain the entire time their athlete is in the program.

U14 (ages 12-13)

Runs Saturdays and Sundays, beginning on **Saturday, Dec. 3, 2022 – Sunday, Mar. 19, 2023.**

Weekends, Christmas week and Mondays and Fridays of February vacation weeks.

The group will ski from 8:30 am to 1:00 pm. After program we encourage your athlete to ski the remainder of the day with friends. The athletes will ski with a team of coaches with an 8-1 ratio, which will allow coaches to work with each athlete individually at different times. The U14's will concentrate on expanding and improving skills that were introduced to them in the U10-U12 programs.

Athletes will participate in 30 - 45% free skiing, 20% coached gate drills, and 25 - 35% coached gate training. The program will focus on all learning styles and will continue to work on strong fundamental styles. Athletes should have multi-sport involvement. We will instill the 6 fundamental skiing skills into our athletes. These 6 skills are: balance/ athletic stance, lower leg engagement, snow contact, pole plant, outside ski commitment and upper body discipline.

Race schedules will be determined by the U14 coaches. There will be between 4 to 8 race starts that will be at the discretion of the coaching staff. All race entries will be completed **online** by each family for their athletes. U14's are eligible to race Super G's and participate in a Super G camp.

Each athlete's early race results will be used to qualify for the BWL State Finals and the BWL Championships, which will be held in March.

To compete all athletes are required to be members of both U.S. Ski & Snowboard (\$125) and NHARA. **(Pricing goes up after October 15, 2022).**

USSA: <https://usskiandsnowboard.org/foundation>

NHARA: <https://www.nhalpine.org/>

Mount Sunapee and U.S. Ski & Snowboard require that all athletes wear FIS approved helmets with hard ears. Look for the FIS official sticker on the helmet.

It is recommended that your athlete has an assigned parent/ guardian at the mountain the entire time in the program.

U14 skiers must ski on GS skis that have a minimum of 17 meter radius. For more information on race schedules please refer to the NHalpine.org (NHARA) website

U16 (ages 14-15)

Runs Saturdays and Sundays, beginning on, **Saturday, Nov. 26, 2022 (snow permitting) – Sunday, Mar 19, 2023.**

Weekends, Christmas week and 3 week days during February vacation weeks.

The U16s will ski from 8:30 am to 1:30 pm. Athletes will ski with a team of coaches with an 8-1 ratio of athletes to coaches. The coaches will work with each athlete individually at various times. The U16's will concentrate on refining and expanding their technical and fine motor skills on skis. We will work on technical and tactical refinement of skills, using Skills Quest drills to measure improvement. The group

will follow a ratio of 1 race day to 4 training days. Athletes will participate in 30% free skiing, 20% coached drills, 35% coached gate training, and 15% competitive skiing. Athletes should free ski with family and friends as much as they enjoy. Early season will focus on ski mileage and technical skiing skills. It is critical for the athletes to attend as much as possible throughout the winter. This allows athletes to take advantage of more race starts, skill development, and accumulate miles on their skis. Mileage on skis is an important part in the improvement of skills, so we encourage the athletes to ski until 4:00 pm with their ski team friends.

The U16's will be required to pay for all races online. **The coaching staff will establish a competition schedule for U16 athletes.** The qualifier results will be used to determine who will move onto U16 Eastern Finals, U16 Eastern Junior Championships and the NH State Finals. For updated schedules go to: nhalpine.org

Athletes are asked to make a commitment to excellence and hard work. All athletes should have prepared equipment. We encourage athletes to ski as much as possible throughout the winter, during the week and on the weekend before and after their program. Ski early and ski late! The program will begin promptly at 8:30 am to allow for GS training.

To compete all athletes are required to be members of both U.S. Ski & Snowboard (\$200) and NHARA. **(Pricing goes up after October 15, 2022).**

USSA: <https://usskiandsnowboard.org/foundation>

NHARA: <https://www.nhalpine.org/>

Mount Sunapee and U.S. Ski & Snowboard require that all athletes wear FIS approved helmets with hard ears this is denoted by the official FIS sticker found on the helmets.

****Please carefully read the U16 pages of the NHARA Handbook for rules****

[NHARA Handbook \(nhalpine.org\)](http://nhalpine.org)

U18 (ages 16-17)

Runs Saturdays and Sundays, beginning on Saturday, Nov. 26, 2022 (snow permitting) – Sunday, Mar 19, 2023.

Weekends, Christmas week and 3 week days during February vacation weeks.

The group will train from 8:30 am to 1:30 pm. There may be some late day practices from 1:30-4:00pm which will be communicated beforehand by coaches. The athletes will ski with a team of coaches at a ratio of 8-1 athletes to coaches. Coaches will work with each athlete individually at various times. Athletes and parents should attend an early season meeting to discuss race schedules and balancing school with days missed time for skiing. The coaching staff will determine the best possible competitive schedule to support the athletes. A coach will be available on the mountain for training on non-race days. We encourage athletes to ski as much as possible throughout the winter, during the week and on the weekend before and after their program. The goal is to attend and compete in the USSA finals in late March 2023.

To compete all athletes are required to be members of both U.S. Ski & Snowboard (\$200) and NHARA. **(Pricing goes up after October 15, 2022).**

USSA: <https://usskiandsnowboard.org/foundation>

NHARA: <https://www.nhalpine.org/>

Mount Sunapee and U.S. Ski & Snowboard require that all athletes wear FIS approved helmets with hard ears this is denoted by the official FIS sticker found on the helmets.

At the U18 level, the parents/athletes are required to complete the online entry race forms. If you must cancel, call the race secretary at least 3 days prior to the race to receive a refund. All of the numbers are listed in the NHARA Handbook located online. This is an important source of information. If the athlete cannot attend a scheduled race, it is the parent/athlete's responsibility to notify the coach as soon as possible.

Each athlete will be involved in the Macomber open races and Lafoley Race Series. The availability of coaches and number of athletes attending each race will determine the race schedule and coaching support for events.

Friday Training (U14-U18)

This group will train on Fridays from 1:00pm – 4:00pm. This is an opportunity for athletes to increase their amount of training and preparedness for upcoming races.

Athletes are required to be members of both U.S. Ski & Snowboard and NHARA to participate in the Friday training. **(Pricing goes up after October 15, 2022).**

USSA: <https://usskiandsnowboard.org/foundation>

NHARA: <https://www.nhalpine.org/>

Mount Sunapee and U.S. Ski & Snowboard require that all athletes wear FIS approved helmets with hard ears this is denoted by the official FIS sticker found on the helmets.

Cost: \$539.00 This program is a season long commitment

Friday Training: Runs Friday, beginning Friday January 6, 2023 – Friday March 10, 2023.

If you wish to participate in the programs or have questions regarding this program please reach out to marc.bourgoin@vailresorts.com.

Private Training

This training is for our program athletes only and will consist of an hour and half of private training with one of our coaches. You may request a specific coach. This is ski fundamental training not gate training. The cost is \$150.

High School Race Camp

Athletes must be on a high school alpine ski team roster and must have a U.S. Ski & Snowboard General membership for training purposes which costs \$35. Athletes will have to send in a copy of their USSA membership card when signing up.

The group will focus on racing fundamentals that will help the athlete gain more experience as a high school racer.

Athletes must attend all 4 days of the session they are registered for.

Equipment requirements: Hard eared helmets are required for GS training.

Runs Dec. 27-30, 2022.

\$289.00 for season pass holders. \$449 for non-season pass holders.

Interested? Please contact Beth von Beren, Skier Services Administrative Assistant 603-763-3500 ext. 3527 or bmvonberen@vailresorts.com.

DEVELOPMENT PROGRAMS

Program Fees do not include the price of a season pass

Our Development program consists of either a Saturday Development Program or a Sunday Development Program. Whichever day you sign up for will be your day. We will be unable to move athletes back and forth between days.

Each year the program hosts The Development Challenge ski off the week before the program starts. The Challenge is recommended for all new athletes to any of the Development Programs. The Challenge is to ensure that each athlete has the skills to be able to be part of the program.

The Development Challenge ski off will be held on Saturday, December 31, 2022, from 9:30 am to 12:00 pm, on South Peak. This is for new athletes only. Meet in front of the Competition Center

An informational meeting for families who have athletes in any of the development programs, will be held in our Competition Building on Saturday Jan. 7th and Sunday, Jan. 8th at 9:30.

The Development teams will host a trip to Okemo, which will take place in early February. All athletes are encouraged to attend.

The Alpine Director reserves the right to refund program fees if the athlete's skills are not strong enough or have enough experience to take part in the program.

Development and Race Development programs require a USSA general membership (\$35) to participate.

Development (ages 8-14) -

Each athlete must be at least 8 years old by December 31, 2022 No exceptions.

Athletes must have 3-5 years of skiing experience and have skies 10 days per season. Intermediate skills are required. Athletes must be comfortable on Blue trails.

The Development Program will run from 9:00am to 1:00 pm with a coach. Our coaches will strive to provide an all-mountain experience for the athletes. This program will focus on fun and all-around skiing skills with less competitive emphasis. Participants will experience various disciplines including slopestyle, moguls, racing and jumping. At the beginning of the season the coaches will create groups based on the children's age and ability. The children are required to have strong skiing skills and be able to ski intermediate (Blue) trails comfortably. All participants will receive a schedule of planned activities from their head coaches. Mount Sunapee recommends that all athletes wear helmets with hard earflaps. Athletes are required to have a USSA general membership. (\$35)

- **Saturday Development:** Runs Saturdays, January 7, 2023 – March 11, 2023
- **Sunday Development:** Runs Sundays, January 8, 2023 – March 12, 2023

One volunteer commitment day is required for all Development Programs.

The Alpine Director reserves the right to refund the fee if the athlete's skills are not strong enough.

Race Development (ages 10-16)

This Program will ski from 9:15 am to 1:45 pm with a coach. The Race Development Program is a recreational race program. All athletes are required to have successfully completed the Development Program for at least one year. The program will develop fundamental skiing and racing skills. This Program offers a strong foundation for middle and high school ski racing. Mount Sunapee and U.S. Ski & Snowboard recommend that all athletes wear helmets with hard earflaps.

Athletes are required to have a USSA general membership. (\$35)

All participants will be sent a schedule of planned activities.

- **Race Development:** Runs Saturdays, January 7, 2023 – March 11, 2023

One volunteer commitment day is required for all Development Programs.

The Alpine Director reserves the right to move the athlete into the Development Program or refund the fee if the athlete's skills are not strong enough.

Snowboard Development (ages 8-12) This program must have 4 athletes registered to run

The athletes will ride from 9:15 am to 1:45 pm with a coach. To begin with this program will provide an “all mountain experience”, focusing on improving fundamental snowboard skills and then moving onto more technical areas as appropriate (slopestyle, slalom, etc.).

Snowboard Development athletes will have opportunities to compete in local and USASA events if coaches feel they are ready. All athletes are required to have intermediate skills as a requirement – athletes should be able to comfortably ride down blue trails, and have some experience on black trails as well. Mount Sunapee and USASA require that all athletes wear helmets.

Athletes are required to have a USSA general membership. (\$35)

- **Snowboard Development:** Runs Saturdays, January 7, 2023 – March 11, 2023

One volunteer commitment day is required for all Development Programs.

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 at Mount Sunapee, but within the ski area boundary.

Ski Equipment Fitting Tips: Age Class Athletes

These tips are to help you give your child the best tools to enjoy being part of the program and reaching their potential. Ski equipment is an important part of the experience. Ski tuning is extremely important. It allows the athlete to have edges that will bite when the snow is hard and the athlete is trying to expand a variety of skills. Ski tuning helps the athlete when they are expanding their skills. Tune skis for every weekend.

U8-U10

Boots that fit and flex smoothly are very important - athletes should be able crush the boot at a temperature of 70 degrees in the ski shop. A great example is the R18 Rossignol boot which is rear entry but has a great flex for a U8. The number of buckles does not determine the functioning of the boot. The fit of the boot at all ages is important. Too big means the flex point of the ankle will change and the foot is sliding around. If you buy new sneakers, you probably need to buy new boots. Here is a good video on boot fitting. <https://www.youtube.com/watch?v=r39iNXs9 IE>

Skis should be an ALL Mountain or GS ski cut. The size should be up to the child's forehead. Either using new or hand me down is fine, as long as the used skis have some life and the Deal is a really a good deal for your athlete because their skis are important tools for them.

On ski days dress your athlete in layers, neck warmer; mitts are warmer, hand warmers, breakfast, and snacks that will keep them going.

U12

Boots that fit and flex smoothly are very important - athletes should be able crush the boot at a temperature of 70 degrees in the ski shop. The number of buckles does not determine the functioning of the boot. The fit of the boot at all ages is important. Too big means the flex point of the ankle will change and the foot is sliding around. Skis SL and GS are fine but please have 1 additional pair of skis to "junk" around on for skiing in the woods, terrain park and rails. Skis are to be skied on. Athletes should not we warming up for a race on their junk skis. Get the skis sharpened and let your athlete practice on their race skis. The best turns and a go fast attitude is the secret to going fast. Helmets must be FIS approved. Keep the older helmet as a separate SL helmet. Replace helmets every 2 years. FIS sticker is required for U14 and older. Basher Band, hand guards, shin guards are optional based on experience and aggressive skiing.

U14:

SL and GS skis should be tuned weekly. Length depends on the athlete's experiences and size. A 17-meter radius ski is required for GS. Please consult with your Coaches.

Boots that fit and have a flex pattern to allow the athlete to still develop the ankle flexion skill and develop balance through their growth spurt.

FIS helmet, Hand Guards, shin guards basher band. Some athletes have a separate helmet for SL, which could be an older helmet that has the band attached.

Ski tuning should occur weekly.

U16- U18 – please see USSA Comp guide, Equipment Regulations –

Skis that are tuned and sharp every week. This will help confidence and the ability to trust your skis. GS and SL skis, 2 pairs of SL skis if you have a choice to have an extra pair. Boots that fit. GS Helmet, SL helmet. Poles that fit. A back pack that carries everything. Free ski woods skis.

Development:

Boots: Choose boots that fit well. Try on boots with one pair of ski socks. Do not purchase a boot with excessive “room to grow” as boots that are too big will inhibit the foot/ankle leverage needed to flex the boot. Look for a 3-4 buckle boot that the athlete can flex to an angle of 70 degrees with ease. Remember that a plastic boot is stiffer at 10F degrees on the slopes than 65F degrees in the ski shop. Ski boots have a flex number associated with the style. A good starting point is a 40-60 flex for 8-10 year olds and 60-80 for 11-16. Boot flex numbers will vary by manufacturer to manufacturer and the athlete’s ability to flex the boot to an angle of 70 degrees depends on boot size, athlete size, and strength. Please view the following clip for more information.

https://www.youtube.com/watch?v=r39iNXs9_IE

Bindings: Bindings have a minimum and maximum DIN which is the release point of the binding to protect the skier. Try to choose bindings that have your athlete in the middle 60% of the DIN range....out of the top and bottom 20%. For example if a binding goes from 1-10 DIN, it would be a good choice for a skier with a DIN from 3-7. Particularly small or light skiers may be in the bottom 20% of the DIN out of necessity. Because athletes grow, have bindings professionally set and inspected every year.

Skis: Choose an all mountain or multi event ski depending on skill level and where the athlete enjoys to ski. If the athlete prefers to be in the woods or the park, look for an all mountain ski. If the athlete prefers to be on a groomed trail and has strong parallel turns with minimal skidding opt for a multi-event ski. The ski length should be between their eyes and top of the athlete's head. Add 5 cm for twin tips. The skis radius should be 16m or less, ideally around 10-12m. No more than 85mm under foot, ideally around 65-75mm. Sharpen and Wax their skis at the least every other week

Poles: Appropriate fit with straps. Hold upside down with hand below the basket and elbow should be at 90 degrees. No hand guards are needed for this level.

Helmet and Goggles: Helmet should fit snug to the head and shouldn’t move excessively as the athlete shakes their head. Most have a “boa” dial in the back to tighten or loosen the helmet. The helmet shell should cover $\frac{2}{3}$ of the forehead and sit just above the eyebrows. Goggles should fit the athlete's face and not create a large gap between the top of the goggle and bottom of the helmet. Choose goggles with a low light lenses, pink or yellow, as we experience many more flat light days than sunny days. Goggles or lenses should be replaced every 1-2 years as they scratch easily and lose their anti-fog coating.

Freestyle

Mogul skis and park skis are recommended. Helmets that fit.

Freestyle Pants that target the movement of the lower leg. Rutt brand pants are very popular for mogul skiers. Communicate with your athlete’s coaches if you have any questions regarding their equipment.

Mount Sunapee Alpine, Freestyle & Snowboard Program Safety Guidelines

2022-2023

- 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

- 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, Freestyle or Snowboard 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.

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

- Coaches leading groups in the terrain park must be Terrain Park certified.
- 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

- Per “Kids on Lifts” U8’s will ride with designated adults and wear assigned vests during program.
- 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

1. Always stay in control. You must be able to stop or avoid people or objects.
2. People ahead or downhill of you have the right-of-way. You must avoid them.
3. Stop only where you are visible from above and do not restrict traffic.
4. Look uphill and avoid others before starting downhill or entering a trail.
5. You must prevent runaway equipment.
6. Read and obey all signs, warnings, and hazard markings.
7. Keep off closed trails and out of closed areas.
8. You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
9. Do not use lifts or terrain when impaired by alcohol or drugs.
10. If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

KNOW THE CODE: IT'S YOUR RESPONSIBILITY.

Start dates:

Nov. 26, 2022	U18 and U16 programs start
Dec. 3, 2022	U14 program start
Dec. 10, 2022	U12 and Freestyle B programs start
Dec. 17, 2022	U10 and U8 programs start
Dec. 31, 2022	Ski off for NEW Development athletes
Jan. 7, 2023	Saturday Development, Race Development and Snowboard Development programs start
Jan. 8, 2023	Sunday Development program start

Designated Meeting Areas and times:

U18 & U16 Early training schedule times will be announced

8:30 am - 1:30PM	U18: Meet in front of the Equipment Room-Eggbeater
8:30 am - 1:30PM	U16: Meet in front of the Equipment Room-Eggbeater
8:30 am - 1:00PM	U14: Meet at snow gun across from Alpine Competition Center
9:00 am - 1:00PM	U12: Meet at snow gun across from Alpine Competition Center one gun up
9:00 am - 1:00PM	U10: Meet in the race corral at bottom of Eggbeater
9:30 am - 1:00PM	U8: Meet above the Alpine Competition Center – bottom of Flying Goose
9:00 am - 1:00PM	Development Programs: Meet at the bottom of the old Duckling Lift (Across from Spruce Lodge)
9:30 am - 1:30PM	Freestyle: Meet at scoreboard bottom of Egg Beater

Weekend line cutting privileges for all lifts begin on the first day of the program

- Cutting lines is between the hours of 8:30am and 1:00pm- and 2:00pm - 3:30pm for selected groups.
- Please be respectful and go up one group at a time.
- Load as group and fill up the chairs.
- Use the singles line as needed.
- Freestyle, Development/Race U12 and younger must be with a Coach.
- U8 group must adhere to kids on lifts protocol. All kids ride with an adult while wearing vests in the program

U18-U14 athletes can cut for training. Please monitor and reinforce this. This is a PRIVELEDGE.

If a lift line is not full or singles line is available Please do not cut the line. Use your best judgement

NO line cutting on event days unless you are carrying equipment or it is necessary to return to the start ASAP

Entrances:

- North Peak: Eggbeater side of the line
- Spruce: Hill side of the lift Spruce lodge side
- Sunapee Lift: Ski School Line
- Bowl: Ski School line- Back of the maze by the bowl road
- South Peak- Ski School line as needed
(open & close ski school access when using)

No line cutting on the carpets. Create a hiking path.

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

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 everytwo 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, Freestyle & Snowboard Program's clubhouse. We post-race schedules, race results, group information and other information on the bulletin boards in the Competition Center.

The Competition is for the use of athletes, coaches and race crew only. Parents may not come in and use bathrooms.

It is important that all athletes respect the Competition Center and helps us take care of it. All Mount Sunapee Alpine, Freestyle & Snowboard athletes are welcome to use this facility.

The Competition Center is available to the Mount Sunapee Alpine, Freestyle & Snowboard Program athletes when the 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 athletes in 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.
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, Freestyle & Snowboard 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: Athlete and parents will 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 be considerate of the parking attendants and the employees who staff the Drop-off Zones. We suggest that you consider parking & dropping off your athlete in lot two.

Competition Entries for AWAY events at other mountains

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

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: 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.

All U12 & U14 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 [admskiracing](http://admskiracing.com), run sign up 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.

U18: U18's entries must be submitted online through nhalpine.org which will guide you to either the [admskiracing](http://admskiracing.com), 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.

For all events, you MUST bring your USSA card.

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, Freestyle and Snowboard Programs

For all HOME alpine races and freestyle events, plan to meet the Mount Sunapee Alpine, Freestyle & Snowboard 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 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

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/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
- usskiandsnowboard.org
- ussaeast.org
- easternfreestyle.org
- usasa.org
- fis-ski.com
- nastar.com
- Playpositive.com
- ussa.org/ussa/center-excellence-tv vara.com
- skimara.org
- bleedcontrol.org
- cdc.gov for concussion information
- [Alpine Training Systems 11-16-17.pdf \(usskiandsnowboard.org\)](#)

Safeport (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.

Alpine Program Coaches & Race Crew Staff Listing 2022-2023

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

Coaches Names

Jill Firstbrook

Marc Bourgion

Terez Josephs

Kellie Spinney

Beth von Beren

Jim MacMahon

Kiera Farmer

Marc Bourgoin

Alexis Burton

Patrick Horgan

Jack Iacopino

Jason Lalla

Andy Locke

Andrew Waples

Bob Underhill

Eric Crainich

Zach Graham

Dan DT Rowe

Andrew Young

Jake Connolly

Jill Durkin

Jess Rowe

DJ Smith

Colin Shaw

Andrea Crainich

Dee Gilroy

Will Hurley

Katie Iverson

Brady Lalaonde

Elizabeth Melville

Liza McConnell

Tim Upton

Coaches Groups

Alpine Program Director

Alpine Program Head Coach

Race Administrator

Volunteer Coordinator/ Freestyle Communicator

Alpine Administrative Assistant

U18 – Lead Coach

U18

U16

U16

U16

U16

U16

U16

U16 – Lead Coach

U14 – Lead Coach

U14 – Lead Coach

U14

U14

U14

U12

U12

U12 – Lead Coach

U12

U12 – Lead Coach

U10

U10

U10

U10

U10

U10 - Lead Coach

U10 – Lead Coach

U10

Chip Steward	U8 - Lead Coach
Scott Beckman	U8
Kate Ferguson	U8
Mike Lagasse	U8
Chris Scarpa	U8
Mike Lovell	Freestyle Head Coach - Communicator
Nick Lefevre	Freestyle
Keith Naymie	Freestyle
Steve Normandin	Freestyle
Lucas Sayers	Freestyle
Augie Zock	Freestyle
Arlin Goss	Dev Snowboard
Dave Spinney	Development – Lead Coach
Jamie Bourassa	Development
Grant Dewald	Development
Michael Downing	Development
David Maloney	Development
Jen Nurme	Development
Nils Tessier Du Cros	Development
Mitch Utell	Development
Greg Gill	Race Development – Lead Coach
Jay Buckley	Race Development
Andy Spiegel	Race Development

RACE CREW

Marie Koski	Mickey Noyer
Aimee Ayers	Drew Purdy
Art Burritt	George Saunders
Kevin Connolly	Steven Sisk
Jack Iacopino	Kellie Spinney
Terez Josephs	Richard Stellato
Michael Koenig	Bobbie Lynn Thomas
John Koski	Jackson Thomas
Marie Koski	Claire Timbas
Theresa Koski	Chris Tuozzolo
Lynn Madigan	Richard Webb
Bruce Moffat	Roger Wilson
Penny Murano	Keith Zimmermann

Welcome Mt. Sunapee Area Ski Club Members



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 infp@sunapeeskiclub.com.

The 2022 – 2023 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:

- Hosted MSASC Ski Swap
- Hosted BBQ for Athletes and coaches
- Supported Coaches education
- Supported New Hampshire Ski Museum
- Supported Community Challenge with race program and NESHA
- Supported Toys for Teens and Tots
- Provided scholarships for Athletes and in Alpine and Nordic
- Purchased trophies for Mighty Mite Touhy Memorial Race
- Supported ski jumper to compete in Junior National Jumping competitions in Utah
- Made improvements to Newport Ski Jump
- Provided Learn to Ski Scholarships
- Hosted McCrillis Award Dinner

Sincerely, Mt. Sunapee Area Ski Club

Parent Commitment Policies

The Alpine Program and Mount Sunapee hosts many race events throughout the season. Races require parent involvement to run safely and efficiently. We welcome parents to work at some of these race events. Our athletes deserve the best and we count on parent involvement to provide this. We consider parent involvement a crucial piece to our continued success in running events.

For 2022-2023 season, each family will be required to complete a minimum of three **(3)** work days. Single parent family or a family with only a U8 are required to complete two **(2)** work days. The Development groups will be required to complete one **(1)** work day per athlete. The parent coordinator will assign events to the parents.

At the end of the year, each families work commitments will be evaluated. If the required number of events has 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 participate/volunteer the required amount of days, the credit card affiliated to your Vail account will be charged a \$650 fee or \$400 fee for Development and single parent families.

If you are having problems meeting your commitment please call Beth von Beren, Alpine Administrator, at 603-763-3527.

There are many events and jobs available to fulfill your participant requirement. Please do not sign up for the same job more than once. Please read the job descriptions carefully so you know all job duties required for each job. Please pick weekends you will be available to work. Commitment times vary so be prepared for all events, plan to commit from 7:00 am-3:00 pm.

Vouchers will be issued for working USSA & NHARA sanctioned events only. 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.

Parent commitment Job Descriptions

REGISTRATION STAFF - All events-Sign in First

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

Freestyle: Registration is 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 – Alpine & Freestyle

Check in with parent coordinator at registration and be ready to start at 7:30 am. You must be able to ski without poles and carry equipment. You must be on skies not snowboards. 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

Must be available to check-in by 8:00 am in the Competition Center and be available to attend the 8:30 am gatekeepers' meeting. 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 and Alpine

Must be available to check-in by 8:00 am in the Competition Center. You will report to the start or finish 30 minutes before the start of the event. Watches and recording sheets will be available from the Chief of Timing at the 8:30 meeting in the 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. Be prepared to ski as you may be assigned to the top of the course.

RUNNER AND SCOREBOARD

8:00 check in with the parent coordinator in the Comp Center. You will then fill in the scoreboard sheets in the Competition Center. 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 – 2 PARENTS PER WEEKEND

You will be responsible for both weekend days. You will oversee behavior and keep furniture and trays inside the building and bring trays back to the cafeteria, sweep and general maintenance. You will be required to be onsite from 8:00am – 3:00pm. Please remember to sign in on Nate's door. 1 weekend = 1 volunteer day Please initial the "To Do" clipboard in the Competition Center by the bathrooms. A member of the Race Crew will supervise the Comp Center monitors.

SOCIAL EVENTS – 3:30 pm to 8:00 pm

You must be able to set up, decorate, check in guests, work event, serving if needed, clean up, and/or restocking. A limited amount of spots will be available. Plan to stay for the entire event. You can only sign up for one social event per family. The volunteer must be able to work all pieces of the event. **Only families who have 3 commitment days may sign up for social events.**

MID WEEK HIGH SCHOOL RACES/ CHAMPIONSHIP EVENTS

Arrive at 8:00 am to help set up. Work with the race crew doing course maintenance, score board and announcing. Commitment 8:00am – 4:00pm.

Questions? Please contact Jill Firstbrook, Alpine Director, at 603-763-3500 ext. 3548, email me at jsfirstbrook@vailresorts.com or see schedule of events.

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**

Racer Responsibility Code

1. Bindings must be in good condition and properly adjusted for the conditions. 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 on to 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. Always remain still while there is a racer on course.
5. Never free-ski on or near a closed race course except as allowed by the established inspection procedures.
6. Be sure to communicate with your coach when tired, ill, uncertain or afraid, due to snow or course difficulty, or lack of visibility.
7. 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.
8. 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.
9. Never jump or ski fast into an uncontrolled “blind spot”.
10. 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



U.S. Ski & Snowboard

Minor Athlete Abuse Prevention Policies

For U.S. Ski & Snowboard and its membership, including national member organizations, local affiliated organizations and member clubs.

Effective Date: January 1, 2022

[2022 U.S. Ski & Snowboard MAAPP \(usskiandsnowboard.org\)](https://usskiandsnowboard.org)

USSA Athlete Code of Conduct

[FY23 CODE OF CONDUCT.pdf \(usskiandsnowboard.org\)](https://usskiandsnowboard.org)

USSA Parent Code of Conduct

[Parent_Code_of_Conduct.pdf \(usskiandsnowboard.org\)](https://usskiandsnowboard.org)

NHARA Handbook

[New Hampshire Alpine Racing Association \(nhalpine.org\)](https://nhalpine.org)