

Mount Sunapee Alpine, Freestyle and Snowboard Programs

2019 US Ski and Snowboard Development Club of the Year- Bronze Club Certification



Our Vision: To help guide the development of the athlete in all areas of their lives.

Our Mission: 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: Excellence, grit, passion, integrity, community, resiliency, adaptability, kindness, fun and team.

Hello families

We hope you all had a wonderful Thanksgiving.

Below is some information on the 2021-2022 winter program. Safety and communication are our top priority. We will communicate through newsletters, group communicator, posting on the website and online Teams meetings. The group communicators will be:

Freestyle: Jenna Seivers

Snowboard: Arlin Goss

U8: Chip Steward

U10: Kristina Zimmermann

U12: Jess Rowe

U14: Eric Crainich

U16: Marc Bourgoin

U18: Jimmy MacMahon

Development: Dave Spinney

Race Development: Greg Gill

During Christmas break we will be running the program Dec. 26th – Dec. 30th. We will be off Dec. 31st & Jan. 1st. The program will resume Jan. 2nd.

Like last year we will require you to complete a health screening for your athletes before their arrival at Mount Sunapee. We will only require you to complete this once a weekend. It must be completed before they arrive for their first day of the program each weekend. The coaches will be checking in with your athletes daily to see if their health screening were completed. We will also be tracking this in the office.

You will only have to complete one form daily if you have multiple athletes participating in the program. Below is the link you will be

using: <https://app.smartsheet.com/b/form/03134331f90b497e941ea1c0b0de99ed>

Again this year the Comp Center and the Comp Center bathrooms will be for athletes, coaches and race crew. Please make sure your athlete comes dressed for program. Your athletes will be allowed to bring small bags into the Comp center but we would encourage to use your car as your locker room. In their small bag please pack an extra layer of clothes, a generous mid-morning snack, hand warmers and a water bottle.

As there will still be limited seating in the lodges you may want to consider having lunches in your cars, or at picnic spots around the mountain if you choose to eat with your athlete. If you are planning on eating in the Spruce, Sunapee or Summit cafeterias you will be required to show proof of vaccination. You will not be required to show proof of vaccination to eat in Goosefeathers Pub but you will be required to make a reservation. When indoors the groups will all wear masks except for when they are eating. Below is the link with all in door dining information:

<https://www.mountsunapee.com/explore-the-resort/during-your-visit/dining.aspx>

We encourage your athletes bring their snacks from home. It may take a longer time than usual to go through the lodges to get food so if they bring their own food then they will have more time to eat. If your athlete is planning on buying food from our food outlets please remember Vail resorts is cashless. So we are encouraging you to attach your credit card to your athlete's season pass so they are able to buy snacks or lunch. We have a water bottle filling station in the Comp Center so please pack a water bottle for your athlete to use.

There will be warming spots within the lodges where you will not be required to be vaccinated. The areas will be marked & masks will be required while you are indoors.

Safety is our priority and every family MUST to follow the guidelines to help us be successful.

If your athlete experiences concussion symptoms below is our concussion policy:

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.

MAAPP (Minor Athlete Abuse Prevention Policy) is the Safe Sport policy that is in place by USSA. We recommend you familiarize yourself with these policies I would encourage all parents who have minors participating in sports to do some safesport training. Please see link below.

<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2019/MAAPP-June-2019.pdf>

Make sure you have signed up your athletes for USSA and NHARA. We require you athlete to be members of USSA. As a USSA member club all athletes, coaches & race crew are required to have memberships. All staff is required to have completed safesport and concussion training. We will begin verifying all athletes licenses so please take care of signing them up right away.

USSA Memberships:

Development; General membership	\$30
U8-U10; Competitor U12 and under	\$90
U14; Competitor U14	\$115
Competitor U16 and up	\$185

Freestyle - U11 - \$65, U13 - \$100 and U15 & over \$170

NHARA Memberships:

U10	\$20
U12 and U14	\$35
U16	\$40
U18 and up	\$45

NO NHARA membership are needed for Development, Freestyle or U8 athletes.

If you want to purchase Sunapee gear from Sync just use the link below with the password:

URL: <https://syncperformancecustom.com/collections/sunapee-team-store>

Password: sunapee21

Below are links to look up your athlete's race schedules for this upcoming season:

[NHARA Childrens Race Schedule](https://www.nhalpine.org/childrens) - <https://www.nhalpine.org/childrens>

[NHARA Scored Race Schedule](https://www.nhalpine.org/scored) - <https://www.nhalpine.org/scored>

All race registration will be done through skireg.com. Please remember to register for races early.

Program dates:

Dec. 4, 2021	U18 and U16 begin ½ day program
Dec. 11, 2021	U14, U12 and Freestyle B begin ½ day program
Dec. 18, 2021	U10 and U8 begin
Jan. 2, 2022	Ski off for new Development athletes
Jan. 8, 2022	Saturday Development, Race Development and Snowboard Development
Jan. 9, 2022	Sunday Development

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 - 1:30PM	U14: Meet at 1 st snow gun from Spruce Lodge – 1 st parking lot
9:00 am - 1:00PM	U12: Meet at snow gun across from Alpine Competition Center
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
9:05 am - 1:00PM	Development Programs: Meet at the bottom of the old Duckling Lift
9:30 am - 1:30PM	Freestyle: Meet at scoreboard bottom of Egg Beater

Just like last year you should remember if you are dropping off your athletes please use the drop off spots in front of the Sunapee Lodge. There will be no stopping allowed in the first row of parking Lot 1.

We are so excited to get the program started. We ask that all families say Patient, Present, Adaptable and Resilient. We are in this together and as in the past we want to create the best experience for your athlete.

If you have any questions or suggestions please talk to Jill jfirstbrook@vailresorts.com or leave a message at 603-763-3548. If you see Jill please feel free to say hi.

Please be patient with the event schedule as it changes every day. We will modify Parent Participation as

Thank you

Jill Firstbrook