



2020 – 2021 Athlete and Parent Handbook

Since 1987 the Mount Shasta Race Association (MSRA) has been the umbrella organization for the Mount Shasta Ski & Snowboard Team (MSST), the Master's Program, and High School Racing. We strive to promote the benefits of a community-oriented mountain lifestyle by building strong skiing and riding skills and fostering a lifelong passion for winter sports. Under our guidance, athletes learn to maintain high standards for personal, athletic, and academic achievement. MSRA is committed to providing the highest quality coaching and training environment. Our teams emphasize safety, fundamentals, sportsmanship, discipline, camaraderie and fun while maintaining an affordable program which will lead each athlete to reach his or her potential.

Our programs are formed under the framework of the United States Ski and Snowboard Association's Alpine Training System (ATS). The ATS lays out recommended ratios of guided free ski/ride time to instruction by biological age grouping, and the type of instruction and drills which would be appropriate to that age group.

It is important to remember that a child's age is not always the best indicator of how they will progress in a program, whether it be academic or physical in nature. Everyone matures at different rates, and it is important for coaches and parents to emphasize the process of learning over their perceived strengths and weaknesses vis-à-vis their peers.

It is impractical to believe anyone can be a good ski or snowboard racer without being a proficient skier or rider. Likewise, it would be unwise for a skier or rider to attempt large jumps or tricks without being strong technical skiers or riders and working up through increasingly difficult jumps and tricks. Thus, it is our goal to help each athlete in our program develop technically proficient skiing and snowboarding in order to introduce progressions in the race arena and park.

Please dress your athlete with appropriate clothing for mountain conditions. Please bring extra clothing every day (under-layers, mittens, neck warmers, hand warmers). Extra winter clothing is not provided by MSRA/MSST. Athletes must dress appropriately for the day's conditions. If not appropriately dressed the parent(s)/guardian(s) will be notified and the athlete will be released until the issue is resolved.

All participants must have a valid lift pass for the Ski Park. If a lift pass is missing, you must notify the Ski Park Guest Services and they will provide your athlete with a day pass. This is a one-time courtesy.

Daily Schedule

Program details and the team calendar are located on the website, mtshastaskiteam.com. Programs start promptly at their designated times. If you are running late, please call 530-859-3700. Your coach will be notified, and a late meeting time will be established. Generally, this will occur at our flagged meeting area. During an all-day session, participants are released for lunch and no longer supervised. Please arrange with your athlete for this period.

Daily Meeting Location

Athletes meet their groups between the lower patio and the Douglas lift. This area is marked with the Team's colored flag.

Communication

Most team information and communication is through email/e-newsletters and website updates. Also, the team's voicemail will contain updates. Please check your email and the team website regularly. Your athlete's coach and the program director will almost always be available before and after the programs. Coaches have been instructed to allow time at the end of a day's session to answer questions from parents and to be prepared to share what the group worked on that day.

Cancelled Training Days

Calendar events and program dates and times are subject to change at any time. On certain days, inclement weather may result in a training day cancellation. In the event of a cancellation, an announcement will be made on more than one of the following, and usually ALL: the MSRA/MSST phone, (530)859-3700, an email will be sent out, an announcement will be posted on our Facebook or website (mtshastaskiteam.com). We will make every attempt to reschedule lost training days, but due to previously scheduled events, this may not be possible.

Team Administration Phone: 530-859-3700. Ski Park Hotline: 530-926-8610

Athlete Groupings

Groups are established based on ability level. If an athlete's ability level is below our lowest group, that athlete may not be accommodated.

To the extent possible, MSST strives to keep athletes with their peers, age groups, and friends. Moreover, a fun learning environment is created for them in these groups. If issues arise due to ability level conflicts and/or group sizes, athletes will be moved to different groups. Most often, there are several groups of similar abilities and ages, and boys and girls are mixed.

Chair Lift Riding

The number one priority is athlete safety. Industry safety standards recommend that a child below the height of 48" ride the lift with a responsible party. Some smaller athletes may have trouble loading and unloading the lift. Parents are encouraged to ride the lift with their athlete. Once the athlete is safely unloaded, the athlete may return to their coach. Please do not ski with the group. This can be distracting for the athletes and coaches. Waiting at the bottom of the lift is more productive.

MSST Travel Policy

The travel policy of MSST is to make traveling to competitions cost effective for all participants while supporting the solvency of MSST. Travel expenses for coaches will be divided between athletes attending competitions, excluding coaching wages for athletes in designated programs paid prior to events.

Coaches Expenses include:

- Wages :8 hours per day, plus minimum wage for driving/flying time
- Lodging: Maximum \$125 per night
- Meals: \$45 per day
- Mileage: current IRS rate

Parents in need of athlete transportation will need to sign and submit "Permission to treat" and "Indemnity release" forms to the program director prior to travel.

Refund Policy

It is our goal to provide a quality product at a competitive price. In planning program seasons we incur costs which occur prior to any programs running or registration fees being collected. This is why in many cases we must retain a portion of a paid program fee if a refund is requested.

- If 75% of a program is provided, a refund will not be issued.
- If less than 75% of a program is provided, refunds will be issued on a pro-rated scale.
- IF we do not get enough snow to operate, or the Health Department cancels our program, we will retain a 10% fee.
- If you need to pull your athlete more than 10 days prior to the program starting, a full refund will be made.
- If you need to pull your athlete with 10 or fewer days prior to the program starting, a 10% fee will be retained.
- If there is not enough snow to operate we will also provide the option to roll-over your program fees to the following year. No administrative charge is taken.
- If you would like to donate your program fees, an option we would be so grateful for, no administrative charge is taken.

Other refund requests: A refund request for voluntary, or involuntary (injury) reasons must be approved by the MSRA board of directors. Requests need to be submitted to the program director in a timely manner, as to give time for approval. If a refund is requested because one has registered for an inappropriate program for their child, we will try to find the appropriate program to move your child into and refund the difference of the program fees. If an appropriate program is unavailable, MSRA will retain 10% of the program fees.

Parental Involvement

Parents and guardians and their families are the backbone of the Mt. Shasta Ski & Snowboard Team. Throughout the winter season parents can provide a great deal of assistance for the program. Without the help of parent volunteers at competitions and fundraising events, MSST/MSRA would not be able to function. Our community's children and athletes need your support.

While MSST/MSRA has several paid employees, the program is dependent upon the guidance of the volunteer president and the board of directors, comprised entirely of parents and community members. All members are welcome to join the MSRA Board of Directors meetings. If you are interested in becoming more involved in the board, please contact the administration at 530-859-3700 or mtshtastaskiteam@gmail.com.

Volunteering

Far West Families

One athlete – 3 events & 1 major fundraiser

Two or more athletes – 4 events and 2 major fundraisers

Regional Team Families

One athlete – 3 events & 1 major fundraiser

Two or more athletes – 4 events and 2 major fundraisers

All Mountain Ski or Snowboard Team

One athlete – 1 events & 1 major fundraiser

Two or more athletes – 2 events and 1 major fundraisers

Starters Program

One athlete – 1 event

Two or more athletes – 1 event and 1 major fundraiser

To track your volunteering, please utilize the Volunteer and Fundraising form attached.

The period for volunteer work requirements is throughout the current winter season. Parent volunteer work sheets must be completed by May 1, or your \$100 work deposit check will be deposited.

Fundraising

Each family is asked to raise a minimum of \$100.00 per athlete, per season. There are many ways one can fundraise for MSST please check the team's event calendar for updated opportunities. For MSRA to continue our snowsports tradition and offer great events requires 100% participation from each family. Additionally, corporate sponsorships are needed to maintain our high standards for outstanding coaching, up-to-date safety equipment, essential technical support, and scholarships to benefit the maximum number of athletes within our programs. If you are able to provide a sponsorship, or have contacts to obtain corporate or private sponsorship, please contact Kareem Speake or any of board of directors. 530-859-3700 or mtshastaskiteam@gmail.com.

Gear

All participants are required to wear a helmet. All ski equipment should be well fitting and align with snowsports industry safety standards. If you have any questions about equipment please inquire with your program coach or the program director.

Mandatory Equipment

<u>Hardgoods</u>	<u>Softgoods</u>
Helmet	Snow pants
Skis/snowboard	Snow jacket
Boots	Goggles
Poles (skiers only)	Gloves/mittens
	Neck warmer/gator
	Thermal layers
	Warm socks
	Lift ticket

Code of Conduct

General Guidelines:

As a ski or snowboard coach or athlete, you are in a high-profile environment. The image you portray can have a profound impact on the rest of the Ski Park's visitors, both positively and negatively. We always expect you to exhibit exemplary courtesy and proper skiing/snowboarding etiquette, whether on the slopes or in the lodge.

The following are some of the infractions which may result in immediate suspension or exclusion from the ski area or the Mount Shasta Ski Team:

1. Reckless skiing/snowboarding or tucking outside the training lane.
2. Disruptive, rude, or abusive behavior
3. Abusive or foul language
4. Intoxication in any form
5. Disregard of area rules and safety regulations
6. Excessive speeding and/or jumping in non-designated areas
7. Littering
8. Jibbing/knocking down signs or fencing
9. Berm jumping or lane crossing
10. Skiing out of the ski area boundaries or in a closed area
11. Improper loading/unloading on a chairlift
12. Vandalism
13. Disregard of verbal instructions by ski area personnel
14. Fighting or theft
15. Failure to comply with the Skiers Responsibility Code

I, _____, will conduct myself in a manner respecting the facilities, other athletes and guests, coaches and employees of the Mount Shasta Ski Park and the Mount Shasta Race Association. Further, I understand if I am found to be using or in possession of drugs or alcohol or am found to be in violation of Mount Shasta Ski Park rules and regulations my lift privileges may be revoked. I understand and accept that if dismissed from the program I may be sent home immediately at my own, or my parent's (if minor) expense by whatever means is most convenient for the coach in charge.

I, the undersigned, have read, and agree to abide by the guidelines and rules. I also agree to accept actions taken for failure to abide by these guidelines and rules.

Athlete: _____ . Date: _____ .

Parent/Guardian: _____ . Date: _____ .