



## **Parent Handbook**



P.O. Box 759, Mt. Shasta, CA 96067

[mtshastaskiteam@gmail.com](mailto:mtshastaskiteam@gmail.com) | (530) 859-3700 | [mtshastaskiteam.com](http://mtshastaskiteam.com)

SINCE 1987, The Mt Shasta Race Association (MSRA) has been the umbrella organization for Mt. 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 that will lead each athlete to reach his or her potential.

### **Our Goals:**

- \* Provide a program that emphasizes safety, fundamentals, teamwork, sportsmanship, camaraderie and fun.
- \* Promote focus, discipline, and perseverance among athletes for their continued success in school and life.
- \* Develop skiers and snowboarders who will enjoy the mountain environment their entire lives.
- \* Maintain an affordable, fundamental, and progressive program that integrates the philosophies of USSA.

## **Gear**

**All participants are required to wear a helmet.** All ski equipment should be well fitting and align with snow-sports industry safety standards. If you have any questions about equipment, please notify our staff.

### **Mandatory Equipment**

#### **HARDGOODS:**

Helmet  
Skis/Snowboard  
Boots  
Poles (skiers only)

#### **SOFTGOODS:**

Snow pants  
Snow Jacket  
Goggles  
Gloves/mittens  
Neck warmer/gator  
Thermal Layers  
Warm Socks  
Lift Ticket

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 MSST/MSRA. 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. 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.



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### **Daily Schedule**

Program details and the team calendar are located on the website, [mtshastaskiteam.com](http://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 location will be established. Generally, this location will be at our flagged meeting area. During an all-day session, participants are released for lunch and no longer supervised. Please make arrangements 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 flags.

### **Communication**

Most team information and communication is through e-mail/e-newsletters and website updates. Also, the team's voicemail will contain updates. Please check your email and the team website regularly.

### **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. During a cancellation, an announcement will be made on the MSST/MSRA phone, (530)-859-3700. Additionally, an email will be sent at the earliest convenience. Please check the snow phone before coming to the mountain. We will make every attempt to reschedule lost training days, but due to previously scheduled events, this may not be possible.

**MSST/MSRA Administration phone: 530.859.3700. Ski Park Hotline: 530.926.8610**

### **Athlete Groupings**

Groups are established based on ability level. MSST's ability to accommodate athletes is based on ability level. If an athlete's ability level is below our lowest group, that athlete may not be accommodated. If you are unsure of your athlete's ability, please notify the head coach to schedule a ski or snowboard assessment.

To the extent possible, MSST strive to keep athletes with their peers, age groups, and friends. Moreover, a fun learning environment is created for them in these groups, however, 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 together.

### **Chair Lift Riding**

***The number one priority is athlete safety.*** Due to new industry safety standards, it is recommended 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.



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### **MSRA Travel Policy**

The Travel Policy of Mt. Shasta Ski & Snowboard Team 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.

Coaching Expenses include:

- Wages: 8 hours per day, plus minimum wage for driving/flying time
- Lodging; Max. \$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 administrator prior to travel.

### **Refund Policy**

**Program Fees:** If 75% of the program is provided, a refund will not be issued.

If less than 75% of the program is provided, refunds will be issued on a pro-rated scale.

In the case that we do not get enough snow to operate and a refund is desired, MSRA will retain 30% of the original program fees as an administrative charge.

In the case of not having enough snow to operate we will also provide the option to roll-over your program fees to the following year. If that option is desired, MSRA will keep 10% of the original program fee as an administrative charge.

If you would like to donate your program fees, an option we would be so grateful for, no administrative charge is taken.

**Camp Fee Refunds:** If a refund for camp is requested prior to 10 days of camp beginning, a 10 % administrative fee will be retained. If requested within 10 days of camp beginning, a 30% administrative fee will be retained.

If camp is cancelled entirely, we will keep a 10% administrative charge from the cost of the camp.

**Other Refund Requests:** A refund request for voluntary or involuntary (injury) reasons must be approved by the MSRA Board of Directors. Request needs to be submitted to the Program Director within 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 30% of the program fees.

### **Important Information Regarding Parental Involvement, Volunteering and Fundraising.**

### **Parental Involvement**

Parents/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 success may be compromised. 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, 530.859.3700 or [mtshastaskiteam@gmail.com](mailto:mtshastaskiteam@gmail.com)



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### **Fundraising**

Each family is asked to raise a minimum of \$100.00 per athlete, per season. There are many ways you can fundraise for MSST. Please check the team's event calendar for updated opportunities. For MSRA to continue our snow-sports 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 our administration or board of directors. 530.859.3700, [mtshastaskiteam@gmail.com](mailto:mtshastaskiteam@gmail.com)

### **Volunteering**

The Mt. Shasta Ski and Snowboard Team rely heavily on parent volunteers to make all our programs and events possible. Tremendous work is involved when organizing a race or other events and success can only happen with your help. For this reason, parents/guardians of each participant are required to complete volunteer days each season. Each program has a set number of required volunteer days. One event equals one day/8 hours of volunteer hours. Some essential tasks, such as, gatekeeping are rewarded as 1.5 days (12 hours) for 8 volunteer hours worked.

- **Far West Team families:**
  - One athlete- 3 events & 1 major fundraiser.
  - Two or more athletes- 4 events & 2 major fundraisers.
- **Regional Team families:**
  - One athlete- 3 events & 1 major fundraiser.
  - Two or more athletes- 4 events & 1 major fundraiser.
- **All Mountain Progression Team, Snowboard Development Team, Snowboard Race Team families:**
  - One athlete- 1 event & 1 major fundraiser.
  - Two or more athletes- 2 events & 1 major fundraiser.
- **Starters Program**
  - One athlete- 1 event
  - One or more athletes- 1 event & 1 major fundraiser.

To track your volunteer credits, use the Volunteer and Fundraising form below. Volunteer sign-ups for all events are available online at [www.signup.com](http://www.signup.com) via a custom email link. Also, volunteer sign-ups are available at the event check in.

The period for volunteer work requirements is throughout the current winter season. Parent volunteer work sheets must be completed by May 1. MSRA administration must be notified of your intent to complete your mandatory volunteer hours by May 1, or your \$100 work deposit check will be deposited.



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### **ATHLETE – CODE OF CONDUCT**

#### General Guidelines:

As a ski or snowboard Coach and/or Athlete, you are in a high profile environment. The image you portray can have a profound impact on the rest of our visitors, both positively and negatively. We encourage and expect you to exhibit exemplary courtesy and proper skiing/snowboarding etiquette at all times, whether on the slopes or in the lodge at our ski area.

1. Racing/training will be held in designated areas only.
2. All coaches and racers are responsible for following ski area rules and regulations at all times.
3. All coaches are responsible to review safety messages and slow skiing areas with all your staff members and participants.
4. Do not leave skis/snowboards on, in or near a race course, training or non-designated area.
5. Unbreakable sunglasses, goggles, and sunscreen should be an essential part of your equipment, as well as plenty of fluids to drink.
6. If you fall and are not hurt, quickly move away from the training area.

The following are some of the infractions that may result in immediate suspension or exclusion from the ski area:

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 training areas.
7. Littering.
8. Jibbing/knocking down signs and/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 terms and conditions of Your Responsibility Code.



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I, \_\_\_\_\_ will conduct myself in a manner respecting the facilities, other athletes and guests, coaches and employees of Mt. Shasta Race Association and Mt. Shasta Ski Park while I am participating in training at Mt. Shasta. Further, I understand that if I am found to be using or in the possession of drugs or alcohol or in violation of Mt. Shasta Ski Park rules and regulations that this shall result in my immediate loss of lift privileges. I understand and accept the fact 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, understand 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.

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Athlete Signature (please type in info this is the same as signature)

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Date

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Parent/Guardian Signature



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Mount Shasta Race Association

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### **MEDICAL RELEASE**

We, (I), the undersigned, the parent(s)/guardian(s) of \_\_\_\_\_

Hereby authorize \_\_\_\_\_

To authorize any and all medical treatments as their discretion see fit. This includes, but is not limited to treatment to relieve pain. A photocopy/web version of this authorization shall be deemed as if it were an original. This authorization shall remain in effect until January 1, 2018.

MEDICAL INSURANCE COMPANY \_\_\_\_\_

INSURANCE GROUP # / ID \_\_\_\_\_

INSURANCE PHONE NUMBER \_\_\_\_\_

DOCTOR NAME \_\_\_\_\_

DOCTOR PHONE NUMBER \_\_\_\_\_

KNOWN ALLERGIES \_\_\_\_\_

SIGNED \_\_\_\_\_

(please type in info this is the same as signature)





## 2020 Ski-A-Thon Form

### Pledge Sheet

	Name	Email	Phone	\$ per Lap	Flat Rate	# of laps	Amount Due
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
12							
13							
14							
15							
<b>Total</b>							

All pledges are due by March 31, 2020. Athletes are required to raise a minimum of \$50 to participate. For your convenience, you may pay using Pay Pal on our website. Please make checks payable to MSST. All funds raised from this event are to maintain an affordable ski and snowboard program for youths. Thank you for supporting youth sports!

Mt Shasta Ski and Snowboard Team  
PO Box 759 Mt Shasta, CA 96067

[www.mtshastaskiteam.com](http://www.mtshastaskiteam.com)

530.859.3700

*501(c)3 non-profit organization—all donations are tax deductible*  
*68-0401581*



MSRA/MSST Parent Volunteer Hours				
Family Name:				
Athlete(s) Name(s):				
Program(s):				
Event Name	Position   Duty	Vol. Hours	MSRA INT.	
				· Far West Team Families:
				o One athlete- 3 events & 1 major fundraiser.
				o Two or more athletes- 3 events & 2 major fundraisers.
				· Regional Team families:
				o One athlete- 2 events & 1 major fundraiser.
				o Two or more athletes- 3 events & 2 major fundraisers.
				· All Mountain Progression Team, Snowboard Development/Race families:
				o One athlete- 1 events & 1 major fundraiser.
				o Two or more athletes- 2 events & 2 major fundraisers.
				Starters Program families:
				o One athlete- 1 event
				o Two or more athletes- 1 event & 1 major fundraiser.
				List of events:
				-Paul Gianera Memorial Race
				-Phil Holecek Memorial Race
				-Coyote Classic
				-Starters and/or AMPT Fun Race
				-Major fundraiser: Ski-A-Thon, Ski Movie Night
Please Submit All Hours By May 1, 2020.		Total Hours:		
Parent(s)/Guardian(s) Signature:				
Date:				