



*Glacier Valley Ski Education
Foundation (GVSEF)*

Junior Program

**PARENT/ATHLETE
HANDBOOK**

2009-2010

Copies of the entire Junior Program Parent/Athlete Handbook can be viewed and downloaded from the club's web address at: <http://www.alyeskaskiclub.org>

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2009- 2010 OFFICIALS AND STAFF

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Coaches:

- Junior Program:
 - Andrew Gannon, Head Coach J1/J2
 - Matt Underhill, Assistant Head Coach J1/2
 - Aaron Stiassny J1/2
 - Neil Barkel, J3
 - Emilie Fetscher J3/J4
 - Martin Stewart, J4
 - Assistant J3 and J4 Coaches, to be announced.

- Devo Team:
 - Melanie Raney, (Program Director)
 - Coaches to be announced.

Board of Directors, Glacier Valley Ski Educational Foundation:

Branch Haymans, President

Chris Kent, Vice President

Dave Kelly, Secretary

Stefanie Flynn, Treasurer

Russell Sell

Steve Davis

Neil Petrie

Judy Powell

Board of Directors, Alyeska Ski Club:

Martin Stewart, President

Doug Wooliver, Secretary

Matt Tanaka, Vice President

Clint Lentfer, Mighty Mites

John Hume, Mighty Mites

Natasha VonImhof, Mighty Mites

Russell Sell, Juniors

Branch Haymans, Juniors

ASC and GVSEF

Organizational Structure

Alyeska Ski Club

The Alyeska Ski Club in the umbrella organization for its subsidiaries: the Alyeska Junior Program governed by GVSEF, Alyeska Mighty Mites, Alyeska Masters and ASC Freestyle. The Alyeska Ski Club (ASC) is a non-profit corporation dedicated to working with its programs to provide exciting, challenging, and character building alpine ski experiences for Alaskans.

ASC programs are based on age and availability and the Alyeska Ski Club is committed to the pursuit of athletic achievement and personal growth at every ability level. ASC raises funds to support its subsidiaries. It also provides insurance and major event support. It owns and manages most all capital assets including the management and maintenance of the RTC.

Over the past forty years, ASC has helped thousands of children and young adults prepare for life by providing the training and skill development needed to compete in alpine ski racing events. Many of our athletes compete successfully on the international, national, and regional levels. ASC alumni include Olympic and World Cup athletes Tommy Moe, Megan Gerety, and Rosey Fletcher.

Glacier Valley Ski Educational Foundation

The Glacier Valley Ski Educational Foundation (GVSEF) is a non-profit, tax exempt corporation that operates Alyeska Ski Club's junior alpine racing and DEVO programs.

The Alyeska Junior Program is for competitive athletes committed to alpine ski racing. Athletes are between eleven and twenty years old. Junior skiers compete locally, regionally, nationally, and internationally. Two, three, and five- day training programs are also available, in addition to dry-land training. Supplemental training may be offered on additional days when snow conditions warrant training and athletes are available to train, thus giving athletes the opportunity to train within their personal family parameters. Our seven-month program utilizes the fundamental training methods of the USSA, the U.S. Ski Team, along with our own methods and innovations. We offer each athlete the opportunity to achieve his or her own goals whether they are to compete at the World Cup or to enjoy a healthy, fun, and social lifelong sport.

The Alyeska Devo and Devo II programs are dedicated to skiers eight through fifteen years of age. This program develops all-mountain skills through directed free-skiing, race drills, and gate training.

Mission Statement

The Alyeska Junior Alpine Program is committed to provide high quality ski race training and races. The ASC and GVSEF are volunteer organizations committed to retain skilled professional coaches to benefit our junior athletes. The junior alpine program is designed to be broad based to attract entry-level skiers as well as highly skilled and motivated athletes striving for national and international level competition.

The ASC and GVSEF are committed to the pursuit of athletic achievement and personal growth at every ability level. They will provide a framework and structure to offer opportunities for success at every level. Effort exhibited by each athlete will be reciprocated at equal levels by the coaching staff. We believe each athlete should have fun, be challenged, be rewarded, and be educated.

Our philosophy is that through a positive high quality program, skiers interested in racing will have fun and attain the benefits of self-discipline, responsibility, effort, and accomplishment provided by competition. This is to be gained through positive reinforcement of sportsmanship, education, training, racing skills, and techniques.

Program Philosophy and Goals

The Junior Program will offer our participants the opportunity to achieve their highest potential as athletes and competitors. Our main concern is the development of the athlete as a whole. Winning events is secondary to instilling a good work ethic, self-esteem and enthusiasm. Each athlete will be required to participate in their own development and success. Self-motivation must be applied to each athlete's goals if the goals are to be met. Ultimately, we would like to see that competitors who are coming out of ASC be self confident and informed enough to be their own best coach.

The Junior Program's primary goal is to create and maintain a quality alpine competition program for those who have the interest and ability to participate. Additional overall objectives for athletes include achieving high academic standards and complying with the code of conduct published in this handbook. Athletes, parents and coaches recognize that sustained interest in the program is best served by cultivating a supportive team environment based on mutual respect as well as self-motivation.

Communication

This non-profit organization, due to the nature of the sport and having a limited paid staff, requires significant parent involvement and responsibilities. The history of the organization is that the more parents are involved, the more the organization flourishes. Communication within the organization and to the parents is limited at times due to travel and training commitments. It is ultimately the responsibility of the parents and athletes to keep informed concerning schedules and deadlines. The organization uses three main methods to inform parents and athletes of current events: ASC and GVSEF website, E-mails, and the ASC Hotline. E- Mails are the fastest, most universal, and least expensive method of communicating with the athletes and their families.

While we all have different needs or interests with respect to checking E-mails it may be necessary for all of us to check them at least every morning during the on-snow training season. It is crucial that each family provides their email address on their athletes registration form, and informs the head coach, and office administrator of any changes. The ASC Hotline is used for daily updates to the dryland, on-snow training, and race schedules. This is the best source for any last-minute changes to the normal schedule, and should always be used before calling a coach. Please do not call the coaches between the hours of 9:00PM and 8:00AM. Attending ASC and GVSEF board meetings is the best way to learn how the club functions, and to keep up-to-date on events, policy changes and fund raisers.

Member Benefits

- Professional coaching staff.
- Structured programs tailored to age class and ability levels.
- Professional assistance and guidance in establishing attainable individual athletic and alpine skiing goals.
- Training activities - Pre-season and on snow.
- Racing activities at all levels.
- Modern training equipment and technology.
- Ski equipment support - selections, discounts, racer loan assistance.
- Ski tuning and preparation instruction and clinics.
- USSA liaison and committee representation.
- Travel and competition support - coordination of entries, transportation, accommodations, technical support and supervision.
- Regular communication via newsletters/email and encouraged access to ASC and GVSEF Board of Directors and junior alpine program staff.

ASC Junior Program Structure Model

This model describes the Junior Program philosophy and delivery system while addressing the issue of balancing athlete retention and self esteem, customer satisfaction, and athlete performance.

Philosophy Statement:

The Junior Program is committed to the pursuit of athletic achievement and personal growth at every ability level. We will provide a framework and structure to offer opportunities for success at every level. Effort exhibited by each athlete will be reciprocated at equal levels by the coaching staff. The Junior Program believes each athlete should have fun, be challenged, be rewarded, and be educated.

ASC Junior Team Program

Program Description

Full-time

The full-time program is a 5 - day/wk program: Wednesday - Sunday (includes most holidays and races) for athletes aged 13 - 20. Athletes in the full-time program are highly motivated, committed to alpine ski racing, and are focused on competing at local, divisional, regional and in some cases national levels. Full-time athletes will receive the benefits of personal management including but not limited to: goal assessment, seasonal budgeting, and travel/race calendars.

Three Day Program

The 3-day program is for athlete's age 11 - 20 that are entry level and/or experienced USSA racers (Mighty-Mite/Devo Team graduates). Emphasis is on basic techniques and skill building. Competitive focus is on a team or local level with some optional divisional travel. The 3-day program includes most holidays, race days, and school vacation weeks.

2-Day

This program is similar to the 3-day program in definition, without the mid-week training. Our two day program is usually a weekend program and includes most holidays, race days, and school vacation weeks.

J5 2-Day

The GVSEF does not currently offer this program, but will evaluate the merit of such program.

Devo Team

Our Devo program is an entry-level program for high energy athletes aged 8 - 15. Devo's is a Saturday-only program. Holidays and school vacation training is not included. However, we do offer camps during Christmas break and during Spring break for an additional fee. The emphasis of our Devo program is skiing and racing in a non-competitive environment. The few races Devos participate in are at the Youth Ski League level. For more information on the Devo Program and the calendar, please visit the club's website.

Punch Cards for Extra Training

Extra training opportunities are available to 3- Day, Weekend, and Masters racers through the purchase of punch cards. The cost is \$175 for 5 days of training. Punch cards must be purchased in blocks of five days each. Punch cards are transferable among family members. **Punch cards will be strictly enforced and must be used for any extra training.**

Junior Program Training and Staffing Plan

The Junior Program, GVSEF, prides itself on recruiting the best coaches available to our program. Our young athletes success has proven that such an investment is well worth the expense. Led by our Program Director, our coaching staff is second to none. For more information on our coaching staff, their qualifications and experience, please visit the club website.

Calendaring Principles

Needs to be athletically based with periodization and appropriate quality competition.

Components of Competition Calendar:

- Physical Training (Dryland – Preparation Period)
- Training Period (On snow fall and Dec. Camps.) Pre-Competition Period)
- Competition Blocks
- Focal Series Events (Alyeska Cup, Qualifying FIS Series)
- Secondary Series Events (USSA, FIS-Devo)
- Rest and Recovery Periods
- Peak Events (JO's, US Nationals, Spring Series)

Quality of Competition:

- Appropriate level for athlete
- Quality Venue
- Opportunity for Outside head to head racing
- Realistic scoring opportunities and penalty forecasting

Scheduling Guidelines:

- Integrated top down approach (World Cup drives E.C. etc)
- Block Scheduling (Training vs. Start ratios appropriate for age/ability)
- Marker events with clear path rewards (Alyeska Cup)
- Promote Classics (Alyeska Cup – How many years running?)

Notes: This is a master calendar which will drive staffing at the Divisional and Regional level. This does not include out of region FIS events, Nor-Am's, or Regional Team Projects that our athletes may qualify for as the season progresses which require additional staffing. As Canada, Rocky-Central, and the East put their calendars together, the Program Director will identify potential staffing conflicts.

Athlete Snow Training Guidelines Recommended By Age Class

JIV: Introductory Phase

Undirected free skiing 30%, directed free skiing 35%, technical drills without aids 20%, technique gate drills 10%, tactical drills 5%.

Time spent in each event discipline should reflect roughly 70% Giant Slalom, 10% Slalom, and 20% Speed Elements and Terrain.

By the end of this phase, ages 12 and under, the athlete may begin to seek off season ski training, as needed to maintain total annual volume.

JIII: Acquisition Phase – Ages 13 – 14/15

Undirected free skiing 25%, directed free skiing 30%, technical drills without aids 15%, technique gate drills 15%, tactical drills 15%.

Time spent in each event discipline should reflect roughly 50% Giant Slalom, 30% Slalom, and 20% Speed Elements and Terrain.

Athletes should log six to eight training days for every competition day. Athlete should be seeking summer season on snow training opportunities.

J1 & JII: Precisioning Phase

Undirected free skiing 15% directed free skiing 25%, technical drills without aids 15%, technique gate drills 15%, tactical drills 25%, race simulation 5%.

Time spent in each event discipline should reflect roughly 40% Giant Slalom, 30% Slalom, Super – G 20%, and Downhill 10%.

Training Blocks

The Season is broken into training blocks: Preparation, Pre-competition, and competition (See program calendar, Appendix A).

Preparation

This training block is dedicated to strength and conditioning and consists mainly of dryland training and planning. This training block runs roughly from September 1st to November 15th.

Pre-competition

This block focuses on on-snow training and conditioning. November 15 – January 30. Athletes get mentally and physically prepared for the competition ahead. Significant effort is placed on athlete technique and skiing fundamentals. On-snow evaluation is conducted by the coaching staff and improvements to an athlete's technique are identified and worked on. Races held during this period are used as milestones for measuring athlete progress. Coaches will also be increasing their use of video for analysis and use the club's Dartfish software.

Competition

December 15- March 30. The heart of the race season. Competition during this period will often determine who qualifies for championship events (e.g. Junior Olympics, Western Region Championships, J2 Nationals, US Nationals). Training conducted during this block will focus on refinement of technique and mental preparation.

Additional information

The Program Director is responsible for preparing a staffing plan for the season. He will assign coaches to athlete groups based on anticipated number of athletes training or travelling during the course of the season. An attempt will be made to communicate to member families changes in schedule and staffing by email, by the website, or by phone.

Also, please keep in mind that ski racing is a sport of qualification and races NOT on the club calendar may require staffing from the Junior Program if our athletes qualify for events in season. Therefore, this staffing plan is subject to in-season adjustments based on the number of athletes enrolled and the number and type of events they qualify for. As staffing adjustments arise, the Program Director will consult with the affected athlete group (athletes and parents) to discuss the situation and there may be times when a coach can't represent the athlete at an outside event because they are needed at home. In such a case, the Program Director will make the best effort to find substitute representative for the athlete and the club for that particular event. Similarly, the club may elect to send a coach to a non ASC calendared event should an athlete qualify and the athlete's group is informed.

USSA Ski Racing

All junior program members are required to have a United States Ski and Snowboard Association (USSA) membership and competition or Youth Ski license to participate in the program. USSA

membership application forms are available by visiting their website. The deadline for membership is normally October 15 of the current year (or each year). Applications received after that date will incur a late-fee penalty. In addition to a USSA license J1 and J2 athletes need a FIS License if they plan on racing in FIS races. There is a \$100 penalty if you don't get your license by mid-summer.

USSA is the national governing body for ski racing in the United States. Skiers will compete against others skiers from other programs in the Alaska Division of USSA. Racers will have the opportunity to compete against skiers of all ages, with awards given in specific age groups. USSA age groups are determined by year of birth as of December 31st of that competitive season:

| | |
|---------|-------------|
| Masters | Age 21 - Up |
| Seniors | Age 20 |
| JI | Age 17 - 19 |
| JII | Age 15 - 16 |
| JIII | Age 13 - 14 |
| JIV | Age 11 - 12 |
| JV | Age 9 - 10 |

Skiers may compete and be ranked in the four separate alpine disciplines of Slalom, Giant Slalom, Super-G, and Downhill. **JIV's may not compete in Downhill events and all must sign a USSA "ski up" form to participate in all USSA events hosted by ASC.** A copy of the ski up form is provided at the end of this manual. Extra copies may be obtained from the Race Training Center office. Underage children (Age 10 and under) are not allowed to participate in any ASC sanctioned JI-IV race.

USSA has a point system that provides a way of determining the start order for a racer in a sanctioned competition. For example, an ASC racer with 200 points should be comparable to a racer in Colorado with 200 points in a discipline, within their respective genders "points." USSA points are scored only for athletes with a valid competitor's license. Points are not scored for athletes with a youth license. ASC offers both point and non-point races during the season.

Points and start order can be explained more fully by one of the coaches or club officials. In depth information is in the USSA Alpine Competition Guide sent to each competitor by USSA.

Please note: **A racer should try to focus on their skiing, and not their points. If a racer is training and preparing well, their points will naturally improve.** By focusing on points only, the athlete can lose sight of his or her goal: which is to ski better, faster, and improve as a racer. To compare one-self against other athletes is healthy! But, to focus on someone else's performance will distract you from improving your own performance. [Youth Ski League races are not point races.]

USSA/Alaska Race Ladder

Each racer's advancement is based on their ability and goals. As a racer advances through the ranks, they will have the opportunity to travel to divisional, regional and national level events. Following is a brief summary of the primary events ASC will be participating in

this season: Specific information on Alaska Division quotas and qualifying procedures is in the USSA Alpine Competition Guide you receive with your USSA competition license.

Local Races

Typically we hold one USSA scored race series each month from December through March. In addition to USSA scored events, we also host FIS race a couple times a year.

Junior Olympic Competition: JI, II, and III age classes have respective regional championships called Junior Olympics. These events involve the best racers from the western half of the United States.

The Alaska Division of the USSA has a quota for both men and women athletes that can be sent to the JI and JII Junior Olympics, and to JIII Junior Olympics. The quota is determined by USSA and is based on a percentage of the number of licensed athletes registered in each division. The qualifications are listed in the Alaska Division Handbook. Costs for these trips vary depending on location and duration but usually range between \$1000 - \$1500 for JI and JII's and \$700 - \$1200 for JIIIs. These estimates will likely go up as airfares increase.

Western Region FIS Races: FIS racing is a step up from USSA racing. FIS stands for the International Federation of Skiing and is the world governing body of alpine ski racing. Athletes that compete in FIS races receive FIS points, similar to USSA points, that allow them to compare themselves to other athletes around the world. These athletes will need a separate FIS license in order to compete. Our FIS team athletes will be traveling to some or all of the following races:

Important series: Colorado Games, NorAm Events
National FIS Races, rotating schedules

Utah Winter Games Tech Series, Salt Lake City, UT
Speed Series, Big Sky; Bozeman MT;
Tech Series, Snow King, Jackson, WY
Spring Series, Mission Ridge, WA

Development FIS Series: Alaska FIS Series, Alyeska, AK
Devo FIS Series, Western USA

Other Major Events: The coaching staff will make every effort to provide guidance for other race opportunities, such as US Alpine Championships, North American Junior Championships, and Topolino Children's Games depending on the athlete's standings and the individual's goals.

A reminder for all 14-Year-Old athletes turning 15 this season: all athletes fifteen years of age or older **MUST** have a FIS license to race in a FIS race. FIS registrations along with signed FIS Athlete Declarations are processed by the national USSA office.

A FIS license is an international license that works very similar to the USSA license. Holding a FIS license doesn't automatically qualify you for FIS races, but it will make you eligible and seed you in the proper starting position at FIS races. The one difference with the FIS license is that you never receive an actual card; you will only appear on the FIS ranking lists.

Again this season, the J1's and J2's will be considered as one group and compete together at the Junior Olympics.

You are required to hold a USSA license to be eligible for a FIS license. If you have not registered with USSA yet, do so at the same time and mail the necessary forms to the same address. The address is: USSA, P.O. Box 100 Park City, UT 84060.

I recommend that you submit your license application by using the USSA website. A link to these websites is available on our club's website.

If you have any questions regarding what you should register for, please don't hesitate to call our office at 783-2166.

Program Costs

Financial Obligations and Fees

Alpine ski racing is an expensive sport. Costs are high for a number of reasons. Individual equipment can be expensive. Resort season pass and lift ticket prices add up. Costs for providing a quality junior ski racing program are expensive. Costs of medical and liability insurance and

membership in the United States Ski and Snowboard Association continue to escalate. Our program fees are among the lowest in the nation, and have stayed flat despite increasing operating costs. To minimize the financial impact of alpine ski racing on Alaska families, the ASC and GVSEF work hard to reduce this cost burden by fund raising, use of parent volunteers whenever possible, and by seeking grants and corporate sponsorships. This financial support pays for the majority of the Junior Program costs. The remaining costs (with the exception of lift tickets, individual USSA competitor licenses, race fees, and travel) must be met through payment of the annual junior alpine program fees. The Fee Schedule for the 2009-2010 season is provided below. All program fees for the Junior Program include ASC membership, use of the Race Training Center, a professional coaching staff, and training and race course equipment.

Junior Alpine Program Fees

| | |
|------------------------------|--------------------------------------|
| Full Time (5-day) | \$ 1600 |
| Three Day | \$ 1100 |
| Weekend (2-day) | \$ 800 |
| Training Punch Pass (5 days) | \$ 175 |
| Dryland Training | \$ 200 - 225 |
| Devo (Saturday only) | \$ 300 (Mighty Mite discount \$250) |

***\$50 discount available if also registered for Mighty Mites.**

Payment Plan Option

Pre-arranged payment plans may be set up through the Office Administrator and the Junior Program Director. Contact the Office Manager at the RTC (783-2166) for details. Any arranged Payment plan will only be applicable to full price program fees, and will have minimum requirements, which are similar to the Refund Policy.

The minimum installment payments are as follows:

| | |
|--------------------------|---------------------------|
| December 1 st | 50% of Program fees paid |
| January 1 st | 75% of program fees paid |
| February 1 st | 100% of program fees paid |

Refund Policy

The ASC programs generally run from mid-September to April. Precise program dates for the program which your athlete is enrolled can be verified by the Program Director or coaching staff. Refunds are given for the following reasons and at the following rates. Please note that if you have a reduced lift ticket negotiated by ASC it will no longer be valid if the participating athlete drops out of ASC programs.

Refunds will be granted for:

Illness or injury that prevents a competitor from training for the remainder of the season, or a significant portion thereof. A doctor's statement is required for such a refund to be made.

Relocation from or within the Division such that active participation in Club programs is precluded.

Refund Schedule

In the above cases refunds will be made on a pro-rated based on available weeks elapsed and available weeks remaining. In no case will more than 50% of the program fees be refunded.

| | |
|----------------------------------------------------------|------------|
| November 15 - January 1 st | 50% refund |
| January 2 nd - February 1 st | 30% refund |
| February 2 nd - April 15 th | 0% refund |

NOTE: New racers will receive a full refund if their skiing ability limits their participation in the program. Coaches will decide if a child is not eligible on the first day of practice.

Membership Privileges

The Program fees cover the following aspects of the Program

ASC Membership

The annual fee entitles members to participate in the racing and training programs offered by the Alyeska Ski Club. ASC membership is required for all Junior Racing Program athletes. A membership is good for the race season and expires on June 30th, unless renewed. Members will receive periodic ASC newsletters and are encouraged to attend monthly board meetings, as well as a variety of social events sponsored by the club. Club information can be easily accessed by visiting our website at <http://www.alyeskaskiclub.org>.

Race Training Center

The annual fee entitles members the use of the Race Training Center (RTC) during training days. Full-time members are allowed to utilize lockers on the lower level for ski and equipment storage throughout the season. Rules and hours of the locker room are provided later in this handbook.

Coaching

Program fees are used to employ professional coaches. This coaching staff provides experienced and knowledgeable training and education opportunities to junior athletes. The annual program fee pays for all coaching costs at Alyeska. Additional fees for coaches traveling with athletes to out of division competitions are assessed against each traveling racer. **Such fees are mandatory and must be paid prior to the departure of the traveling team or individual.**

Additional Costs

The following are not covered by the annual program fees:

Equipment

There are no specific “equipment fees” charged by the Junior Program. A portion of the annual program fees are used to purchase the equipment used during training and races. This includes gates, bibs, flags, banners, timers, radios, computer equipment, and other training and race-related equipment. The skier is responsible for providing his/her own personal ski equipment, clothing and any costs associated with personal equipment maintenance.

Travel

All travel costs are paid for by the racer, including travel to and from Alyeska Resort, the *Coeur Alaska* races in Juneau, the 12 - Under Championships, the Junior Olympics, FIS events, or any other competition or training camps. **Travel fees must be paid by the racer prior to travel and are determined by the program staff prior to each event.**

Race Entry Fees

Each racer is responsible for the timely payment of all entry fees. The race entry fee for each scored USSA race is \$28 and \$35 for each FIS race. Payment of a \$40 training fee is required for all scored DH races.

Athlete Equipment Information

Personal Equipment Requirements

It is recommended that each Junior Program athlete be fully prepared for all training sessions. The following list of individual needs will certainly help keep training productive.

Fitness

Running shoes with good tread are recommended. Shorts, t-shirt, and sweat shirts are recommended, along with socks without holes. All dryland training clothing should be loose fitting to insure full range of motion. All drawstrings on pants and shorts should function. Light gloves, wool hat and sweatpants are recommended for cold weather training. A day pack should be available for adventure hikes. Always have a water bottle. Long hair should be pulled back and out of your face.

Ski Equipment

The ASC coaching staff will be happy to assist you with equipment information and selection. Once you become a JIII, it is helpful to have both SL and GS skis. Special skis for DH and SG are not essential except for competitive JI's and II's. For athletes competing at FIS events, there are rules and size restrictions on ski lengths and boot sole heights. Please contact the coaching staff for equipment selection and consultation before purchasing skis or boots.

All racers must wear appropriate helmets for all racing and training.

ALL PERSONAL EQUIPMENT SHOULD BE CLEARLY MARKED WITH THE ATHLETE'S NAME

We recommend that every athlete keep a record of the serial number of all skis.

Ski Equipment Maintenance

Your ski equipment allows you a safe and high quality experience. Regular maintenance of your equipment, from your clothing to your skis is in your best interest and safety. ASC coaches will be happy to assist you. Please attend any fall ski tuning clinics that we offer.

Equipment Purchase Assistance

Pro Form Requirements: ASC athletes J4 and older may qualify for available pro-form price equipment by satisfying two of the following three prerequisites:

- Qualify for the Western Region Junior Olympics or J4 Festival.
- Reduce your USSA points under 250 in any discipline.
- Pass the ASC Fitness Evaluation for your age class, given in the fall.

J4 athletes who do not have points or first year J4's who have not had the opportunity to qualify for the J4 Festival, can be eligible for pro form if they are participating in ASC dryland, pass the fitness evaluation, and have a recommendation from their prior coach. The ASC Fitness Evaluation is scored by age class and is a variation of the old USSA Medals Test. The fitness evaluation is usually scheduled in November. If you are ordering equipment for this season, a pass of last year's medals test and active participation in dryland is sufficient. Please contact your athlete's current coach, or the program director for more information on the ASC pro-form program and what equipment companies are available.

World Cup Sports in Girdwood offers discounts to all ASC members and has a knowledgeable and friendly staff. Each year World Cup Sports provides a special pro-form price list available only to ASC members.

Once again, if you have questions, please call the RTC at 783-2166.

Parental Involvement

You, as parents and volunteers of the Alyeska Ski Club are one of our most important resources in maintaining a successful program for the athletes. Parent volunteers help to keep program costs down. The volunteer activities are social, fun, and provide a meaningful contribution to the overall success of the junior program and the ASC. We hope you volunteer for as many activities as you can. On occasion you may be contacted by program staff to see if you are available to assist your athlete(s) during a particular event or activity. Parents are encouraged to participate in one or more of the following activities during the ski season:

Program activities:

- By attending ASC or GVSEF Board of Directors meetings and serving on the Board.
- Assisting the club by serving on one of its committees (fundraising, race, etc).
- Volunteering for on-hill and/or office jobs involved in putting on a race.
- Joining other parents on projects to raise money, plan programs and host out-of-town racers at your home.
- Provide program feedback (both positive and negative) to the Program Director and GVSEF Board of Directors.
- Becoming knowledgeable about ski racing. Asking questions.
- Communicate any personal contacts willing to act as program or race sponsors.

Event Support

Ski Swap, Annual Dinner and Auction, Raffle and Other Fundraising Activities

The ASC will run numerous fund-raisers each year to keep the program fees a good value for you and your children. We need your help and cannot achieve our program goals without your assistance. These activities generate substantial funds to support our junior program. They are a great way to meet other club families and make friends. Please volunteer whatever portion of time you can afford. It's fun and worthwhile for everyone in the community.

Ski Races

To provide our junior athletes with quality racing competition and needed experience, ASC organizes and hosts an extensive calendar of USSA events each season at Alyeska Resort. As a result, the ASC takes on a heavy burden in providing quality ski racing for Alaska's alpine athletes. This is due to the low number of Alaska ski clubs and other local venues to organize and host similar competitions. At Alyeska, we provide races for all age groups from Mighty Mites to Masters. Race experience is not a necessary requirement for volunteering parents. We will be happy to teach you what you need to know and get you involved. When we run races, you will be asked to help. We request that one (1) parent volunteer at a minimum of three (3) race events, for each athlete enrolled in the junior program. You may even want to consider becoming an USSA Alpine Official. See the

Program Director for more details. See the Alaska Division Race Calendar in this handbook for the upcoming schedule of race events.

Traveling

Parents are required to attend the 12 - Under Championships. Coaches attending that event will not be responsible for supervising athletes off-hill. For all our other outside trips, we find that having at least one parent chaperone on the trip can greatly assist the coaches as they manage the training and race activities, prepare meals, and monitor athlete behavior. If you plan on attending an outside event and would like to volunteer as a chaperone, contact the Program Director.

Athlete Management

Team Rules and Policies

These rules are very basic, and should be easy for all athletes to follow. Please assist us in supporting and enforcing these rules and policies whenever you are present whether during training sessions on-hill, at a race or in the RTC. If you have concerns about the rules outlined in this Handbook, please call the Program Director. We'd be happy to answer your questions.

Athlete Diet and Rest

We are concerned for the overall health of our young athletes. You can assist your child by overseeing how they eat. We recommend plenty of water instead of soda pop, fruit for snacks, and light on the sweets for more consistent moods. Being conscious of their fat intake and reducing it significantly will make a big difference in their performance. Rest is also an important consideration for an active youngster. Mood swings and disappointing performances may indicate insufficient rest and sleep. Please call the Program Director if you would like assistance in this area.

Athlete Support

Our staff of professional coaches wants to allow every athlete the opportunity to excel. Please know that most youngsters excel in a supportive environment. Please give the kids credit for all their efforts. The small successes eventually become a habit. Give emotional support and encouragement to the skier, regardless of their performance.

Race Officiating

Race Officials

Approximately 25 race officials are needed **EACH** race day. All parents and volunteers who work at races are considered, "Race Officials." You will be contacted prior to races to sign up for Race Official positions. Parents who have racers in the program for more than one year are encouraged to become members of USSA and purchase an Alpine Official's License. This will increase the pool of licensed officials and make it easier to satisfy USSA race requirements.

Race Official Training

There are various levels of jobs for Race Officials. Some require little or no training and you will be briefed on what to do the morning of the race.

Other jobs require that you have some training. You can be trained during a race by signing up to assist someone who is experienced in the particular job you are interested in, or you can attend Official's Clinics that are offered by ASC and GVSEF in the fall (see season schedule for dates). We also have copies of the USSA Alpine Official's Manual, which you can borrow and read on your own.

Calendar Principles

Needs to be athletically based with periodization and appropriate quality competition.

Components of Competition Calendar:

1. Physical Training (Dryland – Preparation Period)
2. Training Period (On snow fall and Dec. Camps. Pre-Competition Period)
3. Competition Blocks
4. Focal Series Events (Alyeska Cup, Qualifying FIS Series)
5. Secondary Series Events (USSA, FIS-Devo)
6. Rest and Recovery Periods
7. Peak Events (JO's, US Nationals, Spring Series)

Quality of Competition:

1. Appropriate level for athlete
2. Quality Venue
3. Opportunity for Outside head to head racing
4. Realistic scoring opportunities and penalty forecasting

Scheduling Guidelines:

1. Integrated top down approach (World Cup drives E.C. etc)
2. Block Scheduling (Training vs. Start ratios appropriate for age/ability)
3. Marker events with clear path rewards (Alyeska Cup)
4. Promote Classics (Alyeska Cup – How many years running?)

Notes: This is a master calendar which will drive staffing at the Divisional and Regional level. This does not include out of region FIS events, Nor-Am's, or Regional Team Projects that our athletes may qualify for as the season progresses which require additional staffing. As Canada, Rocky-Central, and the East put their calendars together I will identify potential staffing conflicts.

Appendix A – Race Calendar

Alyeska Ski Club, USSA/FIS Race Event Calendar

2009 - 2010

| | |
|------------------------|-------------------------------------------------------------------------|
| September 15-On Snow | Dryland starts, dates and times TBA |
| October 11 | Bootfitting, @ RTC and World Cup Sports |
| October 24 | ASC Jr. Program Kick-off Meeting |
| November 12-21 | Fall Camp – Copper Mtn., CO, J3(4*) and up |
| TBA | USSA Officials Clinic @ Girdwood, RTC |
| November 25 | Resort Opens |
| November 27-29 | Thanksgiving – On snow at home |
| December 10-13 | <i>Alyeska FIS Tech @ Alyeska</i> |
| December 27-30 | Coca-Cola Holiday Classic, 2SL, 2 GS |
| December 28- Jan 30 | DEVO Holiday Camp |
| <i>January 4-10</i> | <i>FIS Utah Tech Series, Park City, UT – 2SL, 2 GS</i> |
| <i>January 25-Feb1</i> | <i>FIS Western Region Speed Series @ Mammoth Ca.</i> |
| January 30 | <i>January Open USSA SL on Tanaka</i> |
| <i>February 3-8</i> | <i>Wild West Classic FIS ELITE, Snow King/Jackson</i> |
| February 11-15 | Alaska Alpine State Skiing Champ's – Alyeska Cup |
| | Feb 11 SG, Feb 12-13 GS, Feb 14-15 SL ; JI-IV JO Qualifier |
| February 22-28 | J3-4 Juneau – JO Qualifier |
| <i>February 21-27</i> | <i>J2 National Championship @, Aspen, CO.</i> |
| March 5-15 | Spring Break |
| March 5-11 | <i>J1&J2 Western FIS Championships @ Schweitzer, ID</i> |
| March 8-11 | DEVO Spring Break Camp |
| <i>March 18-21</i> | <i>J3/4 Western Region Championship @ Bachelor, OR</i> |
| March 20 | DEVO Year End Celebration |
| April 1-4 | <i>The Bake Shop Alaska Spring Tech @ Alyeska FIS & USSA</i> |
| <i>April 8-15</i> | <i>FIS Western Region Spring Series, @ Mission Ridge, WA CA</i> |
| <i>April 15-18</i> | <i>FIS Western Region ELITE SPEED Series, @ Mt. Bachelor, OR</i> |
| April 17 | Brian Russell Memorial Slalom @ Alyeska |
| | Last day of on snow training |
| | End of Season Celebration |
| TBA | Summer Camp – Alyeska (Session 2 snow permitting) |

This schedule is subject to change due to weather, resort scheduling, and out of division conflicts. Events in **Bold** are ASSC hosted events. Events in *Italics* are FIS – sanctioned events.

Christmas & Spring Break **Devo** Camps not included in program fees. Devo Camp Costs TBA. Please call 783-2166 or 783-2160 ext. 3 (Junior Program Hotline) for more info.

Appendix B - ASC ATHLETE CODE OF CONDUCT

Participation with Alyeska Ski Club, (ASC) and the Glacier Valley Ski Education Foundation (GVSEF) (hereafter the ASSC and the GVSEF will be collectively referred to as The Club) is a privilege that can be revoked. Each member is an ambassador of The Club, the Alyeska Resort, and the Alaska Division at all times, both on and off grounds of The Club. Therefore each member will know and comply with all rules, and understand that violations of rules and policies may result in disciplinary action imposed by Club officials.

I acknowledge, understand, and agree to abide by the Junior Program Athlete Code of Conduct and pledge to uphold the spirit of this Code of Conduct, which offers a general guide to my conduct. Therefore, I pledge and agree to the following:

1. I will at all times display the conduct and integrity expected of me as an athlete and a representative of The Club and conduct myself in a manner that will not bring disrespect, discredit, or dishonor to myself, my teammates, The Club, Alaska Division, USSA, my country or organizer of an event in which I participate.
2. I will Respect and abide by all Alyeska Resort Rules and Directives from Alyeska Resort employee's while on Alyeska Resort property and at the Alyeska Resort Ski Area. As well as all Rules and Directives from all other ski area's management and employee's while at that ski area's property.
3. I will conform to all applicable local, state, and federal laws and regulations I will also comply with any rules, regulations, and codes that may be established for events, programs, and activities in which I participate, including but not limited to the USSA Code of Conduct (found in the USSA Alpine Competition Guide).
4. I will act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct.
5. I will refrain from conduct detracting from my ability or that of my teammates to attain peak performance.
6. I will respect the property of others whether personal or public.
7. I will respect members of my team, other teams, spectators and officials, and engage in no form of verbal, physical or sexual harassment or abuse.
8. I understand that I may be required to participate in competition drug testing. By executing this form I agree to abide by and/or participate in such programs. I understand that failure to participate in competition drug testing upon request will result in a sanction.
9. I agree that the dedication, training, physical conditioning, and emotional stability required to compete in ski racing is not compatible with the effects caused by the use of illegal drugs or alcohol, and that I am banned from alcohol and illegal drug use.
10. I agree to be bound by the Enforcement procedures of the Athlete Code of Conduct.

I have read the above and understand its content. I agree to abide and support any and all of the guidelines set forth in the Alyeska Ski Club Athlete Code of Conduct.

RULES

Major Rules

1. All members of The Club shall abide by all local, state and federal laws. The Club may take disciplinary action regardless of whether or not criminal charges or prosecution has been enacted.
2. No member of The Club shall steal, destroy, or otherwise tamper with another person's property.
3. No member shall participate in intentional inverted aerial maneuvers (feet above the shoulders in flight) while participating in any club sanctioned activity.
4. Hazing or initiation is prohibited by The Club.

General Rules and Policies

All members of The Junior Program shall abide by the general Rules and Policies of The Club. These are outlined in Appendix F of the Parent Athlete Handbook.

AUTHORITY

The program director has the authority to suspend a member from program activities pending a finding by The Disciplinary Committee. However, The Club charges the Program director/head coach and coaching staff with the duty and responsibility to report Code of Conduct violations to the Disciplinary Committee for enforcement.

JURISDICTION

The Code of Conduct applies on ASC and Alyeska Resort grounds, at events sponsored by The Club, the Alaska Division, or USSA, including training and racing at all venues, as well as at any location and time the athlete is under the supervision of the ASSC/GVSEF or its staff. These rules also apply when athletes are traveling to or from a Club, Alaska Division, or USSA sponsored event.

ENFORCEMENT

Violations of The Club's Code of Conduct may give rise to sanctions. Violations of the Code of Conduct are cumulative. Their effects will carry over from year to year and may subject the member to greater levels of discipline for a later violation. It is The Club's policy that timely resolution of any violation best serves the member, The Club, USSA, and the sport of skiing. As such, The Club adopts the following procedure to handle violations.

Procedure

Enforcement may be conducted by the club's Program Director who shall refer his disciplinary action to the committee for possible action. by. Members shall have the right to appeal the decision of the Disciplinary Committee to an appeals board.

Disciplinary Committee

A violation of the Code of Conduct by a member shall be reported to the GVSEF office in writing (e-mail, postal, and or fax). Upon receipt of the reported violation, the GVSEF office shall refer the claimed violation to the Disciplinary Committee Chairperson. The disciplinary committee shall follow the following general procedures:

1. Within 72 hours the member shall be given sufficient notice in writing outlining the nature and extent of the claimed rules violations.
2. The member will be given reasonable time in which to prepare a response to the claimed violation.
3. The Disciplinary Committee shall hear both sides of the claimed violations.
4. Immediately following the hearing, the Disciplinary Committee shall rule on whether a Code of Conduct violation has occurred and a sanction is to be imposed.
5. The member shall be provided with a written decision of the Disciplinary Committee.
6. The Disciplinary Committee hearing, not including the subsequent deliberations of the Disciplinary Committee, may be recorded upon request.

The member shall have 24 hours to accept or appeal the sanction. In the event that the member accepts the sanction, the decision of the Disciplinary Committee's ruling shall be final. If the member appeals the sanction or proposed resolution, then the Disciplinary Committee shall refer the claimed violation to the Appeals Board.

Enforcement shall be conducted first by The Club's Disciplinary Committee.

The Disciplinary Committee shall consist of 5 persons:

- ♣ The Chairperson of the Disciplinary Committee shall be the Vice President of the GVSEF.
- ♣ 2 additional members from the current GVSEF Board,
- ♣ 1 member of the current ASSC Board, and
- ♣ The current Program Director.

The GVSEF President is not eligible to be on the Disciplinary Committee.

Appeals Board

The President of the GVSEF shall chair the Appeal's Board. The Appeals Board shall follow the same procedures outlined for the Disciplinary Committee. It will schedule an appeals hearing within 5 days of the Disciplinary Hearing.

The Appeals Board shall consist of officers of both the ASC and the GVSEF Boards, with the exception that it shall exclude anyone that served on the Disciplinary Committee.

The decision of the Appeals Board shall be final and binding.

SANCTIONS

Violation of Chemical Free and Major Rules

First Offense: Up to a 30-day suspension from all team activities, including club races held during the disciplinary period.

Second offense: Up to a 1-year suspension from all team activities. If the suspension is a season ending suspension there will be no refund of previously paid program fees.

Third offense: Suspension of one year or longer, can be a lifetime suspension. If the suspension is a season ending suspension there will be no refund of previously paid program fees.

Violation of General Rules and Policies

Suspension from all team activities and prohibition of participation in the next race as a Club member.

If suspension occurs while at an event outside of Anchorage and/or Girdwood, the member shall be responsible for reimbursement of all travel expenses incurred due to this infraction by The Junior Program, including any additional expenses. (i.e., sending an athlete home early)

Note: Depending upon an infraction's level of severity, sanctioning may be elevated beyond the minimum levels outlined above.

Appendix C – ASC PARENT CODE OF CONDUCT

The goal of and the Glacier Valley Ski Education Foundation (GVSEF) Junior Program is to make ski racing fun for athletes of all ages. Therefore, it is imperative that athletes, coaches, parents, families, spectators and race officials conduct themselves with the highest degree of sportsmanship. To facilitate this objective, both the USSA and the GVSEF Junior Program have a Code of Conduct for the athletes, and the GVSEF has also implemented a Parent's Code of Conduct.

Specifically, everyone associated with the Junior ski racing program will be expected to promote a constructive and positive atmosphere both on and off the hill. While it is understandable that training and competition can and will breed excitement and high emotion, the GVSEF Board believes that spirited training and competition can be experienced without a "win at all cost" mentality.

PARENT CODE OF CONDUCT

I hereby pledge to provide positive support, care and encouragement for my child participating in ski racing with the Junior Program by following this Parents' Code of Conduct.

- I will inform the coach of any physical disability or ailment that may affect the safety of my child or others.
- I will learn the rules of ski racing and the policies of ASC and GVSEF.
- My guests and I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, officials and spectators at any and all races, training and ASC/GVSEF events.
- I will place the emotional and physical well being of my child ahead of a personal desire to win.
- I will not encourage any behaviors or practices that would endanger the health or well-being of the athletes.
- I will teach my child to race and train by the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other racers, coaches, officials and spectators with respect, regardless of race, color, creed, sex or ability.
- I will never ridicule or yell at my child or another participant for making a mistake or losing a competition.
- I will do my very best to make ski racing fun for my child.
- I will help my child enjoy the ski racing experience by doing whatever I can, such as providing transportation, being a respectful fan. or assisting with club duties.
- I will respect the officials and their authority during races and support coaches working with my child in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs and alcohol and I will refrain from their use at all race events.
- I recognize that the relationship between an athlete and a coach can be altered dramatically by the presence of a parent. Therefore, during training I will do my best to "observe from afar".
- I will refrain from coaching my child or other racers during training and races, unless I am asked to assist by a coach.
- I have read and agree to abide by the GVSEF Code of Conduct, a copy of which I have received.

Appendix D – ASC COACHES CODE OF CONDUCT

The Alyeska Ski Club (ASC) and the Glacier Valley Ski Education Foundation (GVSEF) has established the following **Code of Conduct** to which coaches at all levels should be held accountable.

- Coaches representing the ASC and the GVSEF in state, regional, national, and international events (including but not limited to training camps and other team or meet functions) will conduct themselves in a way that will bring honor to their team, state, and country.
- Coaches must be considerate of other communities', states' and countries' laws, customs, and morals.
- Coaches by agreeing to participate in an event, assume responsibility for the well being of the athletes participating in the event. This is a great responsibility! It is the Coaches' and Team Leaders' responsibility to supervise the athletes, to encourage proper behavior by the athletes, and to ensure the athletes' well being and safety. Each Coach is expected to display appropriate behavior and language while performing their assigned responsibilities.
- Coaches shall not consume alcoholic beverages or use tobacco products during such times that they are assigned duties with regard to the athletes. Coaches that elect to partake of alcoholic beverages or use tobacco products outside the presence of the athletes, during unassigned time, are expected to do so responsibly. Coaches who partake of alcoholic beverages are expected to report for their assigned duties in an unimpaired condition.
- Coaches shall not participate in any illegal activity or encourage athletes to participate in any illegal activity.
- Coaches are the supervisors of the athletes and are empowered to ensure the athletes adhere to the Junior Program Code of Conduct. It is the responsibility of the Coach to inform the Disciplinary Committee of violations of the Code of Conduct.
- Coaches will be licensed as a USSA Coach and will remain current in their training and licensing.
- Coaches are responsible to ensure that the health, well-being and development of athletes take precedence over the event/season results.
- Coaches accept that they do serve as role models and there must be congruency between their actions and words.
- Coaches provide a physically and emotionally safe environment for training and competition.
- Coaches exemplify honesty, integrity, fair play, and sportsmanship regardless of the impact that might have upon the outcome of the competition.
- Coaches maintain a professional demeanor in their relationships with athletes, officials, colleagues, administrators and the public and treat them with respect and dignity.

- Coaches maintain confidentiality when appropriate and avoid situations that would potentially create a conflict of interest or exploit the athlete.
- Coaches are committed to the education of their athletes and should encourage academic achievement.
- Coaches are committed to the safety and well-being of each athlete and promote healthy lifestyles by their actions
- Coaches discourage the use of performance enhancing substances
- Coaches prohibit the use of any illegal or recreational drugs
- Coaches educate athletes about nutrition, safe and healthy weight loss or gain, and healthy eating behaviors
- Coaches follow current safe training and conditioning techniques
- Coaches exhibit sound injury and risk management practices
- Coaches demonstrate an understanding of growth and developmental stages of their athletes
- Coaches encourage athletes to adopt a physically active lifestyle.
- Coaches place the athlete's needs and interests before their own.
- Coaches remember that competition should be healthy and enjoyable for all.

Appendix E GENERAL RULES and POLICIES

Junior Alpine Program

General Rules and Policies

SPORTSMANSHIP AND GENERAL TRAINING RULES

Each athlete is expected to conduct him or herself in a sportsmanlike manner. Each participant is responsible for his or her own actions while training, racing at home and away, and while involved in any team activity.

1. Treat coaches and teammates with respect.
2. Treat all skiers on the mountain with respect. All skiers have the right to be on the hill.
3. Behave responsibly in all restaurants and lodges.
4. Keep track of all your own equipment and accessories.
5. While attending training, athletes must participate for the entire training session, unless excused by a parent, tutor or coach.
6. Support your team, help the coaches/volunteers, and expect to work at training.
7. Know and abide by the rules and policies described in the Athletes Code of Conduct, the General rules and policies section of the Club, as well as the rules and policies of the Resort, the Alaska Division, USSA, FIS and any other hosting venue.
8. No profane or abusive language.
9. Show self control and have consideration for others. No one will be allowed to injure or bully others.
10. Respect other people's belongings. Tampering with other athlete's equipment or classroom materials will not be tolerated.
11. All team members have the inherent right to learn. No one is allowed to interfere with or prevent others from learning or training.

DAILY TRAINING GUIDELINES

Every participating athlete of Alyeska Ski Club agrees to:

Be on time for designated training sessions and team activities.

Notify the coach or call the team office if unable to attend practice, or any scheduled team activity.

Dress in a responsible manner and to be prepared for all weather conditions.

Call the hotline, check the bulletin boards daily, and be prepared for schedule changes.

Carry the Ski Area season's pass at all times.

Maintain personal ski equipment on a regular (even daily) basis to insure personal safety and optimum performance.

Observe all ski area rules.

Be prepared to run gates on a daily basis.

Inspect all training and racing courses unless otherwise instructed.

Wear goggles while running gates.

Assist as needed to keep training courses clear for other athletes.

Slip all training courses, before and after use, unless otherwise instructed.

Assist with all set up and tear down of training and racing courses unless otherwise instructed.

Ski in designated areas only during "early ride" training and racing. Athletes must obey all instructions given by coaching staff and/or race officials. "Early ride" opportunities are a privilege granted to us by the resort. We do not want to sacrifice this opportunity by not following the rules.

Plan to have fun and be on your best behavior.

TRAVEL PROCEDURES & POLICIES

One of the benefits of being involved in alpine ski racing is the travel to other areas for racing. The ASC is very aware of the responsibility involved in taking your youngster to these competitions, and we would like to assure you that every effort is made to make it a worthwhile experience. Our staff has very distinct responsibilities when taking athletes on a trip.

General Information

Please become familiar with the following items to better understand how to organize for an upcoming race:

- Review your 'Race Schedule' to know what events are upcoming. (See schedule included in this handbook and on the website.)
- You will receive a race announcement in advance, explaining the details of the upcoming race – e.g., travel itinerary, accommodations, other associated costs and any other necessary information.
- Prepare for all weather conditions when packing.
- A ski bag, tuning kit and one duffel bag should be sufficient for most trips.
- Be sure to have dismissal pre arranged from school.
- Books, homework assignments, and notes should be brought to maintain school work.
- Any special travel arrangements must be communicated to, and approved by, the head coach. The objective at all events should be to stay motivated and directed towards peak performance. Discipline and dedication are key factors in maintaining a long-term successful career.

Travel Rules

1. Curfew is 9:30pm. No exceptions. Curfew is defined as in your own room.
2. Lights Out is 10:00pm. No video games, TV, etc.
3. Athletes must attend all team meetings.
4. Daily study time is mandatory.
5. When traveling in the van athletes must wear seatbelts at all time and follow directions given by the driver at all times. .
6. Van will be cleaned by athletes upon arrival at destination and home, plan 15 minutes for cleaning even if its midnight.
7. Athletes should maintain a healthy diet while traveling.

**If your reason for traveling to away events is to kick up your heels
and is not athletic excellence, STAY HOME!**

ASC CLUB VAN RIDERSHIP POLICY

The ASC owns a 15 passenger van. The van was purchased through an incredible fundraising effort. A huge THANK YOU goes out to all those who made this acquisition possible.

The van was purchased to provide free transportation to full time athletes who previously had to pay large sums of money for transportation or not participate as full time athletes at all. We hope to make training more affordable and accessible to our full time athletes who have committed so much time and energy to ski racing themselves.

Behavior

Inappropriate behavior will not be tolerated on the van and be grounds for immediate loss of van privileges. . Warnings will not be given and the first offense will result in a one-week suspension. The second offense will result in a permanent expulsion from the van. Inappropriate behavior consists of but is not limited to: swearing, rough-housing, yelling, interfering with the driver, taunting or teasing other athletes, damaging in any way the interior or exterior of the van, or refusing the instructions of the driver or coach. **There is no eating allowed in the van.**

Schedules

The van will leave Anchorage (specific location –TBD) at 2:30 sharp – Wednesday through Friday. The van will not wait for late arrivals to departure locations. The ski van will return to Anchorage at 7:15. Return times may vary depending upon training. Information regarding daily training and van information will be available on the Junior Program Hotline (783-2160 ext. 3). On weekends, holidays, and race days the van will depart Anchorage at 8:30 am

RACE TRAINING CENTER RULES

The RTC is a facility that was built for the Alaska ski racing community. The ASC is responsible for its care and management. Please conduct yourself responsibly at all times

All participants and staff are equally responsible for the cleanliness of and their conduct in the Race Training Center.

Every member shall store lunches, packs, bags, etc. under the benches or in the cubbies on the main floor, or in their assigned locker in the team room.

Skis are to be placed in the racks in front of the RTC or in the lockers provided in the basement. Skis are not to be left lying in the snow in front of, or around, the RTC.

Skis and equipment left outside lockers in the basement team room will be confiscated and placed in "jail." Athletes must pay a monetary fine into the ski room fund in order to reclaim equipment from the "jail."

Nothing is to be stored, temporarily placed, or left in the bib closet.

On race days competitors may not enter the upstairs without specific invitation by a race official.

No athlete may enter the coaches' area without specific permission or invitation.

No athlete may write on, spit on, or otherwise deface or vandalize the walls, floor, or ceiling of the RTC.

The dry erase boards are for the coaches and officials use for training and race information. Athletes may not write on or erase the dry erase boards.

All trash must be placed in the garbage containers.

ALYESKA SKI CLUB RTC - TEAM ROOM RULES

The Team Room (located downstairs) is restricted to CLUB MEMBERS ONLY. There are no exceptions. The Team Room is a waxing facility for all members and an equipment storage and locker room for Full Time and Three Day Juniors. Athletes in the junior weekend program may share lockers if they are available. Use of the ASC Team room is a privilege, and any infraction of these Team Room Rules will result in the revocation of use. The ASC adheres to a ZERO TOLERANCE policy.

1. Pushing, shoving and roughhousing are not allowed.
2. No obscene or abusive language, be courteous to everyone.
3. No alcohol, tobacco, or narcotics – period.
4. No writing on wall, posters, etc.
5. Put trash in the trash cans provided!
6. Do not use any ASC equipment without permission and supervision.
7. Equipment is not to be stored in any area unless designated for storage.
8. When waxing or tuning, clean up all excess wax and debris. Do not leave personal items in the team room.
9. Each athlete will cleanup after himself or herself after tuning, filing, or waxing skis.
10. Each member pledges to properly put away all tools, and turn off waxing irons after using them.
11. Unless property belongs to you, do not move, handle, or tamper with ANY equipment. Find a coach or parent to assist in removing or storing property in question. (This will be considered stealing, refer to major violations #3)
12. Do not allow any non-ASC member or guest inside Team Room. Guests must wait outside. Always be sure to securely shut Team Room door.
13. Abide by the hours posted for waxing and tuning
14. Help keep the Team Room available for everyone by keeping the room clean, being courteous to others, and respect your environment. This room is provided for your convenience. If any need or problem arises, notify a coach immediately.
15. All equipment must be put away every night. Skis and equipment left outside lockers in the basement team room will be confiscated and placed in “jail.” Athletes must pay a monetary fine into the ski room fund in order to reclaim equipment from the “jail.”

INVERTED AERIAL MANEUVERS POLICY



Alyeska Ski and Snowboard Club

P.O. Box 1070
Girdwood, AK 99587
(907)783-2166
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Date: 01/15/04

ASSC Board of Directors
GVSEF Board of Directors
ASC Board of Directors
Maters Board of Directors
All ASSC Members

Subject: **Inverted Aerial Maneuvers Policy**

At the request of the GVSEF BOD, we are restating the ASSC's policy as to inverted aerals- They (Insurance Underwriters) shuddered at the thought. We may be able to purchase event coverage but as to a General Liability policy covering this peril they would go to Lloyd's or someone like that; estimate 25K+ annually. We need to make sure that the stated policy is communicated and enforced. They felt that what we have done is adequate, but make sure it is clearly communicated. They also told me that the reason some of the resorts and events organizers are allowing this activity is that the "hold harmless" agreements that are signed by participants are holding up in court. As to **USASA** having coverage for this activity they told me it is probably very minimal, and to look at the coverage they actually have, and see what it says about "Hold Harmless Agreements", and membership requirements. Even if they do have minimal insurance, we the ASSC do not, and if we are associated in any way with the event, we are exposed.

If there are members who want to participate in this type of activity (intentional inverted aerals) they should research and find solutions that are acceptable to the ASSC Board of Directors.

In the mean time let be known by all members of the ASSC that intentional inverted (feet above the shoulders in flight)aerial ski and snowboard maneuvers are prohibited during any ASSC function, event, training, activity, or times when athletes are under our care. Violations of this policy may lead to expulsion from the club. If athletes are found to be participating in inverted jumping during ASSC defined activities, it will be considered a major offense and will be punished by a two week suspension from ASSC activities on the first offense, and by expulsion on the second offense.

All Board of Directors and Mighty Mites coaches, make sure that you communicate this to your membership and employees immediately.

Respectfully,

Martin Stewart
President ASSC



A Non-Profit Corporation

www.alyeskaskiclub.org

SKI AREA RULES AND POLICIES

Alyeska Resort provides the mountain facilities and the support which makes it possible for us to ski and to train for our favorite sport. Therefore like resort employees our members are held to a higher standard for following the rules. Please become familiar with and abide by the following guidelines.

ASC athletes are highly visible. Bring attention to yourselves by the way you ski and the respect and consideration you show others who share your joy and interest in alpine skiing. Loud, obnoxious, and disrespectful behavior reflects on you first and then upon the club. Be on your best behavior on and off the slopes, in the lift lines and while riding the lifts. Always be a responsible athlete.

Obey all ski area rules and state laws that pertain to ski area use. Violations of such rules will be enforced by the ski area.

Carry your season's pass with you at all times when skiing and training.

Be cordial and respectful of all area employees and other skiers. The general skiing public always comes first.

Cutting lift lines is not allowed. You do not have any special privileges at the ski area.

Observe all ski area signs. They are there for your safety.

No tucking on any slopes, unless designated by the coach.

Do not ski like a pack of wolves. Racing each other in a group is dangerous, and it scares and offends the general public.

Do not jump in blind areas. A 'spotter' is required. Inverted aerial maneuvers of any type are prohibited at the ski area.

Avoid crowded slopes and intersections. SLOW DOWN in crowds, at intersections and before getting to the lift loading areas.

If stopped on a slope, go to the side. Do not stand or wait in the middle of any slope.

Do not 'bad mouth' the ski area.

In case of emergency, contact the ski patrol, or go to a lift attendant at the top or bottom of a lift.

Please use the ski racks in front of the RTC, at the Day Lodge, and at the upper mountain facilities. Do not leave your skis lying around in the snow.

Never yell or scream at a public skier who might cut in front of you or happen to ski your training course.

You are a representative of ASC, the GVSEF Junior Program and a guest of Alyeska Resort. Through your positive actions we will have the ski area and all skiers proud to support ski racing.

Ski area rules governing the use of facilities and conduct emphatically apply to racers. Racers having their lift tickets revoked for breach of area rules will be disqualified from the event at the discretion of the race jury.

