

Massanutten Ski and Snowboard Team

Parents' Guide

Purpose and Mission

It is our mission to work with junior snow sports athletes to promote multiple and varied training opportunities that will improve skills and promote respect and understanding of the safety factors inherent in the sport. Through training we encourage friendships, sportsmanship, and a greater enjoyment of skiing, riding, and racing. Our team will consist of ski and snowboard athletes that have achieved a minimum of an intermediate level of skill development and demonstrate a desire to continue to achieve and progress to higher skill levels. Athletes at this level are expected to demonstrate the highest levels of coach-ability and sportsmanship. New members will be accepted at the head coach's discretion.

Communication

The Massanutten Ski and Snowboard Team (MSST) coaching staff believes that communication must remain open. If you have any questions or concerns, we encourage you to talk to us sooner rather than later. The only dumb question is one that has not been asked. You may approach any one of us before or after practice. If you have an issue, please talk to us directly and privately.

- The contact for the Ski Area Office is 540.437.5391 or snowinfo@massresort.com
- Learning Center Office is 540.289.4923
- Sandy Crenshaw 540.271.1291 screnshaw@massresort.com
- Elizabeth Lam alpinemsst@gmail.com
- Samantha Dull freeridemsst@gmail.com
- Massanutten website: www.massresort.com
- We are on Facebook. Ask to join!

Conduct Expectations of MSST

SPORTSMANSHIP AND COURTESY

- Remember that you wear a team jacket and as you travel to other mountains you are representing Massanutten.
 - Team Jackets or MSST logo apparel are required for all practices and at competitions
- Profane or abusive language or behavior is not allowed at any time.

RESPECT

- Be cooperative with coaches, ski area personnel, parent volunteers, and other skiers on the hill.
- Respect the ski areas you visit. Positively manage your behavior and free ski/ride courteously, so that skiers/snowboarders who do not compete may also enjoy the slopes. Those around you may not have your skills, but respect their ability and love of the sport.
- Follow any and all special rules that are put in place to govern conduct on race days, including methods of inspection and limitations on skiing/snowboarding fast on public trails.

SUPPORT

- Encourage your teammates and other competitors.
- Take time to thank at least one person who helped make your competition day possible, whether it is a ski area worker, coach, patroller, volunteer, or parent.

Practice Schedule

- **MSST requires all athletes to attend one (1) Team Practice session per week.** Each athlete's level of participation will reflect their desire and commitment to progress. We encourage athletes to attend as many practice sessions as possible.
 - To be eligible for team representation at competitions, athletes need to attend a minimum of one (1) practice a week and participate in the coach and team led course inspection at every competition. This ensures that athletes are getting instruction and feedback to promote improvement and are aware and current with any USSS/SARA/USASA updates and safety protocols.
 - Failure to comply with this will result in:
 - First Offense: A warning to the athlete and parents
 - Second Offense: Withdrawal of MSST Coach representation at the next race day event
 - Athletes will then be responsible for arranging their own representation of a certified on-hill coach for the race event.
 - *Reminder: Coaches must be certified Level 100 USSS or USASA 100 Coaches and have memberships in USSS and SARA to represent athletes in competition.*
 - Third Offense: Removal from MSST for the remainder of the season
- As a courtesy, please email Elizabeth (Alpine) or Samantha (Freeride) through the TeamSnap app if you will be missing a Team Practice session.

TEAM PRACTICE (Friday, Saturday, and Sunday)

- Athletes practice with their coaches and teammates.
- Schedule for Team Practice :
 - Fridays, 5:30pm – 7:30pm (weather permitting)
 - Saturdays and Sundays, 9:00 am -12:00 pm
- Schedule for Extended Practice:
 - Sundays, 1:00-3:00 pm
- It is imperative that all athletes arrive on time for all training activities. They will need to be booted, ready to go, and on the snow, five minutes before the beginning of practice.
- Where to Meet:
 - Freeride Athletes 10 and under will start and finish practice at the base of Lift #3 (Easy Rider).
 - Alpine Athletes 10 and older may meet their coaches at the base of Lift #4 (Creekside), unless other arrangements are made between the athletes and the coaches.

What to Bring:

- Parents may provide a nutritious snack for your child to eat during training. It should fit in their pocket. Recommended snacks include dried fruit, trail bars, crackers, etc. We will not be stopping practice to go buy snacks at the General Store. Snacks may be eaten on the lift or while waiting for the rest of their group to arrive at the base of any slope but should not impede class instruction.
- Clothing**: Coat, fleece, socks, gloves, waterproof pants
- Equipment **: Skis / Snowboard, Boots, Goggles
- On colder days, you may wish to have on hand: boot, foot or toe warmers, and hand warmers.
 - ** Equipment and Clothing are discussed more in depth in the Parent Responsibility Section.
- On Hill Activities:
 - Coaches will engage in two-way conversations with your child regarding specific input to their needs. This may be done on the lifts, in the race course area, on the side of a slope, or at the start of terrain park elements. The interaction will follow a plan set for your child based on their particular technical needs, past experiences, and performances. The quantity and quality of this feedback will vary depending on the individuals' needs, specific situations, preparation, and competition schedules.
 - **Ski Technique**: Coaches will lead small groups around the mountain, allowing time to work on individual technique in a fun, low pressure, and high interaction mode. The structured elements taught in these sessions may later be used while your child is free skiing at other times and places.
 - **Gate Training**: Massanutten will allow us to set training courses for our USSS/SARA team members. Generally, we like to set up on Diamond Jim when available.
 - **Snowboard Riders**: Coaches will work with small groups around the mountain to progress in their snowboarding skills, introduce the elements of safety, and introduce tricks and beginning freestyle techniques.
 - **Freestyle**: Coaches will work with your child when they are developmentally ready for terrain park elements. They will continue to emphasize the elements of safety.

Memberships for Racing

• **SKI RACE Entries**

- In order to participate in races, a racer must be a member of the Southern Alpine Racing Association (SARA), as well as the United States Ski & Snowboard (USSS). See below for website links.
 - Sara Racing Membership & Race Sign-up: www.sararacing.org Current fee: \$50 for athlete membership/\$100 for family membership
 - Registration for the SARA races is electronic, through the adaminskiracing.com website. The deadline for registration is five days before the race. Registering early ensures that your child will be on the start order. The race entry fee of \$50, and presold lift tickets may be paid online when registering. Slope-Use Tickets for the racer and family members are usually sold at a suggested discounted price of \$50 for racer as well as family members, but varies per host resort.
- Please refer to the SARA website (listed above) for information regarding qualifying guidelines and how points are calculated.
- Championships are by invitation. If your child qualifies, they will receive special registration instructions.
 - To Qualify for Championship race participation:
 - U-10 to U14 - must be a member of both USSS and SARA. Must have completed two (2) starts. This means that they must have 2 races that they participated in thru the current season. This can be achieved at one weekend race (GS and SL) or at different race locations. State Teams will be chosen based upon the points obtained at the Championship Races.
 - U-16 plus: See SARA guidelines for Championship participation.
 - The State Team is chosen based upon the racer points in the Qualifiers and Championship races.

• **FREERIDE RACE Entries**

- In order to participate in races, an athlete must be a member of the United States of America Snowboard & Freeski Association (USASA).
 - USASA Website: <https://www.usasa.org>
 - Profile: USASA is grassroots snowboard and freeskiing competition with a history of cultivating Olympians, icons, and darn-good human beings through fun, fair and progressive events. USASA's nationwide Regional Events Series (500+ regional events) give athletes of all ages and levels an opportunity to hone their skills, build confidence, find community, and flourish in the safety of an environment that nurtures creativity, progression, and inclusion. As a 501(c)3 non-profit, USASA puts every membership dollar back into snowboarding and freeskiing so the next generation of athletes will have a place to thrive in their development creating access to Olympic dreams and a whole lot more.

Ski & Snowboard Membership

- US Ski & Snowboard Membership: <https://usskiandsnowboard.org/>
 - Membership Descriptions: [FY24 Sport Descriptions - Alpine Final 4-19-23.pdf](#)
 - Current pricing: Alpine General Non Competitor All Ages \$35

- Competitor U12 & under (11 & under): \$100
 - Competitor U14 (12-13): \$125
 - Competitor U16 (14 & over) Required for FIS registration: \$200
 - Short Term Alpine Competitor: \$35 per day
 - Masters (18 & over): \$135
- Coach (18 & over): \$150
 - Periodic background Screening required
- Official (18 & over): \$80
 - Periodic background Screening required
- Club Volunteer (18 & over): \$65
 - Periodic background Screening required
- Freestyle Ski & Snowboard Membership:
- Required for boarder cross and ski cross racing / freestyle competitions USASA Membership and Information: www.usasa.org

Typical Race Day

- Parents are responsible for transportation to and from the ski area hosting an event. Plan on arriving 1.5 hours before the start of the race. Please refer to the SARA, USSS, or USASA websites for race start times.
- Course inspection is usually scheduled forty-five minutes to one hour before the start of the race. Racers should plan to meet their coaches ten minutes before the opening of course inspection. Coaches will be responsible for supervision of the racers during course inspections and at that time, the coaches will inform the racers how much time they have before their run.
 - ***Inspection with coaches as a team is required to be eligible to compete in each days events.***
- Know your start order and be at the start on time. It is the racer's responsibility to be at the start on time! Coaches will be at the start, and, when possible, along the course and at the finish.
 - ***Remind your athlete to check in with the MSST finish coach at the completion of the run***
 - This helps to update athletes if there is an issue a coach needs to dispute during the ***Protest Period*** of the race. Open communication with athletes and coaches is essential for success.
- Once your child has finished his or her first run, you (the parent) are responsible for your child until the next course inspection for the 2nd run. The second run starts roughly an hour after the last racer completes the first run. This means that parents will have to keep an eye on them during this time.
 - Make sure that race bibs stay on!
- At the completion of the second run, you are again responsible for your child. This is a great time to go take a few runs and to explore the ski area before the awards, which are typically held one hour after the conclusion of the race. Please remember to turn in your race bib to the host of the race event. They usually have a box and or a volunteer to collect the bibs as your athlete comes out of the finish corral.
- We encourage everyone to attend the awards ceremonies, to show good sportsmanship, as well as support for the team and event organizers.

Scoreboard and Results

- The results posted on the scoreboard at each event are "*UNOFFICIAL*". They are used just as a reference. It is recommended that you not hover there. When you visit the scoreboard with your child,

praise the performance not the results. Ask your child how he/she skied rather than focusing on their posted time.

- **Protest Period:** During this time the Gate Judge reports will be delivered and a Disqualification Report will be made. There are 15 minutes to have a certified coach who is registered for that day's events be able to protest on behalf of your athlete if you believe there is an issue. All protests must be made by the certified coach and are either \$100 cash for equipment issues or \$50 cash for any other issue.
- Race Scores – Live: www.live-timing.com
- You and your racer can see how the race is moving or how your racer performed live at most locations.

Age Classes

- SR Ages 21 and older (born 1997 or earlier)
- U21 Ages 19 and 20 (born 1998 or 1999)
- U19 Ages 16-18 (born 2000 -2002)
- U16 Ages 14 and 15 (born 2003 or 2004)
- U14 Ages 12 and 13 (born 2005 or 2006)
- U12 Ages 10 and 11 (born 2007 or 2008)
- U10 Ages 8 and 9 (born 2009 or 2010)
- U8 Ages 7 and younger (born 2011 and later)

Does my child need to compete, and if so, in which events does my child need to participate?

- Your child does not need to compete to participate on the team. It is always good to check with your coaches to see if your racer is ready to begin competing. Also, what is your child's desire? It is important to maintain the fun in the sport and balance this with the practice level and their desire to compete. As a general rule, your skier should have enough practice hours on the hill before participating in a competition.
- Parents: We are really looking forward to sharing a ton of snow fun with you and your athlete!

PARENT RESPONSIBILITIES

Fund-Raising and MSST Support

Parents, we really appreciate your support through fund-raising and volunteering at our events!

- Parents of athletes on MSST, are required to schedule four (4) days to work in different MSST Competition Events or commit to a Committee for the season.
 - Two (2) days must be in either a Alpine or Freeride Competition venue
 - Choice of Committees: Fundraising, Social, On-Snow
- Committee Information:
 - Fundraising Committee: Plan and supervise fundraising opportunities throughout the season
 - Meet independently with supervisors to discuss and implement fundraising strategies
 - Social Committee: Plan and supervise at minimum of one (1) social event for athletes/families to attend outside of regular MSST team practices.
 - Goal of one event per month depending on schedules
 - On-Snow Committee: Provide help for on-snow events like competitions. Specific help needed in forming a B-Net Crew.

- Note: Participation in B-Net Crew will be the ONLY volunteering asked of you for the entire season.
 - Opportunities vary by date and time and are organized for skier/riders and non-skier/riders.
- Directions to MSST Race Shack:
 - The Race Shack is located at the top of Lift #4 (Creekside). If you ski or snowboard, you can access it by riding Lift #4 (Creekside).
 - If you do not ski or ride, there is an access road from the cul-de-sac at the end of Ranier Drive. You will need four-wheel drive to make it back up. If you do not have 4 WD you can always walk down the access road and hitch a ride back up.
 - Please pick up a parking pass from the shack to use for the time you are volunteering. All vehicles must be removed when volunteering duties are finished. We are not allowed to park vehicles after practice times have expired.

Training and Race Day

(Parents)

- Etiquette
 - The role of parents on training and race days is to parent, not coach. You have entrusted the coaching staff with the job of coaching your child. The coaches are professionals and work hard to help your child reach their athletic goals.
- Active Support You,
 - The coaches, and your child are all working together in developing a race day routine and strategy that will serve them for many years to come. Consistency in coaching techniques, language, and priorities can only be achieved if the coaches are allowed to do their job. The following are suggestions for your active support to make training and race days successful and memorable:
 - Get your child to the ski area in plenty of time: Approximately 1.5 hours before the posted race start time. This allows your child time to complete registration, dress, and meet with their coach for course inspection.
 - Focus on skills acquisition rather than podium placement. Be supportive of race results. Bear in mind the difficulty of this demanding individual sport. Every great run has an element of luck in it. Some days we have it, and some days we do not.
 - Please do not try to “coach” your child. If you sense that your child needs more attention during the race experience, bring it to the attention of their coach and let them attend to your child
 - Be positive and try to emphasize the effort, not the outcome. By seeing you demonstrate a positive, low anxiety, and relaxed approach to racing, your child will be encouraged to keep learning and improving.
 - Support all racers during the race and especially in post-race ceremonies. Include all team members in photo opportunities, not just the top finishers.
 - Encourage your child to be humble in victory and graceful in defeat. Model and expect good sportsmanship from your child.
- **VOLUNTEER!**
 - Every race event depends upon the volunteer services of parents: Both host mountain parents and visiting parents.
 - You may assist in the following ways: (the volunteer signup has a more comprehensive list of jobs)

- Registration
- Shuttling clothes to the finish for your team's athletes
- Monitoring/reducing movement on the race hill during an event
- Gatekeeper
- Start Organizer
- Course Maintenance and Course Take Down
- Coach or Race Official
- Bib Collecting at the end
- Join US Ski & Snowboard and become an Alpine Official
- Ask your club/coaching staff how you can help!
- Race Rules / Gate Judging
 - During the race, there are judges that watch each racer and they determine if the racer clears or faults at a gate. These judges have specific things that they watch to make sure that the gate has been cleared appropriately. So that your racer knows how they are being judged and what the judge can or cannot say to them, they can watch the youtube video on US Ski and Snowboard gate judging.
 - <https://www.youtube.com/watch?v=fc8ifaVrQ04>
 - If you believe you would like to be a gate judge at a race, please watch the video and volunteer for this position.

Ski Racing Equipment and Clothing Needs Equipment

- Purchasing your racer equipment can be overwhelming and expensive. If you are new to racing, it is always good to check with an expert for proper fit and sizing before making a purchase as returns are not always possible. Also, you will need to consult the USSA requirements ([2023-Alpine-Equipment-Regulations.pdf](#)) for the age group particular to your racer(s). Below are some considerations:
- **Helmets:**
 - Helmets are required at all MSST practices and competitions. They should fit snugly and not jiggle. It is improper to wear them over a hat or a hoodie. Generally, if a hoodie or a hat fits under them, they are too loose.
 - Please review the helmet guidelines before purchasing any helmet. **Never purchase a used helmet.** As your racer develops and begins to race Slalom, you will need a chin guard. Chin guards are necessary to protect your racer from the gates. Each manufacturer will make a chin guard that is specific to the helmet you purchase.
- **Goggles** are also required.
 - Ideally your racer will have two pair:
 - a pair for night and flat light conditions and
 - a pair for sunny days.
 - Alternatively, you can purchase interchangeable lenses if your goggles allow.
 - Considering Goggles:
 - It is important to try on your goggles before purchase unless you know the fit beforehand. There are goggles that fit smaller faces better than others. Also, please note that goggles do not necessarily fit all helmets appropriately. If you are purchasing a different manufactured goggle than your helmet, make sure that you try on the goggles with the helmet before you purchase them. You are looking to see if the goggle fits the helmet without leaving a large gap in the forehead region.

- Goggles and Glasses:
 - If your racer requires a prescription to see properly, you can purchase goggles that fit over the eyewear or you can try on a regular pair to see if they fit. This is a less expensive way, rather than having prescription lenses made for your goggle. If you can afford and if your racer becomes more involved in the sport, you may wish to investigate prescription lenses for the goggle.
- **Skis & Snowboards:**
 - Skis and snowboards that are tuned and fully functioning are necessary. Please check them **WEEKLY** to determine if they need maintenance or repair. We suggest utilizing the expertise of the technicians in our Rental Shop.
 - What does this mean: It means that the ski or board is working order, that the base is not gauged, the edges are sharp on the ski or snowboard, the skis or snowboard is waxed, and the bindings will hold the boot properly as well as release properly.
 - Considering Skis:
 - It is important to buy skis appropriately for the discipline that they are skiing. Racing skis are built differently than other skis and therefore, it is important to purchase accordingly.
 - For young beginning racers, you may need to purchase a good race ski that can be used for both Giant Slalom as well as Slalom.
 - As your racer advances, you will need to purchase skis specific to each discipline, SL and GS (for this region). Some parents may purchase two (2) of sets of each so that they have a practice pair and a competition pair. The number of pair you purchase will depend upon you, the parent, and what your racer needs based upon their level of involvement.
 - **Ski length and Radius:** For beginning or young racers, you most likely will be looking to purchase a junior race ski. Junior race skis are not only sized shorter with a smaller radius, but are also built more flexible for your developing racer. The flexibility in the ski is important so that the racer can develop good technique and move the ski appropriately through the course. When your young racer develops their skill or “gets their legs,” you can advance to a stiffer ski or an adult ski. It is important to try and match the ski with the racers ability and level so that they can develop and advance more easily.
 - (If you have an older skier who is still developing or cannot flex a stiffer ski, you may wish to investigate ski manufactures or older models to see if you can locate a ski that fits in the required ranges and offers more flex. Note that the more flex can also mean more chatter on the race slopes as they go faster. These trade-offs should be considered.)
 - More information on ski flex: <https://www.reliableracing.com/faq.cfm?q=6>
 - As they progress, it will be important to determine the proper length and radius or combination based upon their skill level. Each age level has minimum and sometimes maximums for length or radius. These are constraints that your racer must abide to compete however, they are only a guide to be within the range. Your racer may require longer skis or higher radius based upon their skill or racing demands than what is listed as a minimum.
 - **Ski Base and Pattern, Edging, and Waxing:** If you purchase new skis, you may be asked what base you would like ground on your new skis. You may also be asked what edging angle you would like to put on the ski. If you purchase used skis, you may wish to look at what is currently on the ski and adjust it based upon your racer’s needs.

- For more information on this subject you should consult an expert. You can also read more on ski race websites such as:
<http://www.raceskishop.com/category/race-ski-tuning-and-waxing/>
- **Considering Waxing:**
 - As part of maintenance on skis, you will need to wax regularly. You can have this professionally done at a ski shop or at the Massanutten Rental Shop. The rental shop offers discounts for the racing team. Another option is to get instruction and/or learn to wax the skis. This will require some basic equipment that you can purchase on-line or in a ski shop. Each year we work to have a place where you can purchase waxing equipment and wax at a discount. Workshops may be offered to learn how to do it yourself as well as well as on-line tutorials.
 - Choosing wax: <http://www.racewax.com/choosing-wax/>
- **Considering Bindings:**
 - Bindings can age out, so if you purchase a used pair of skis, you will need to make sure that the bindings are useable and able to be serviced. If you purchase new, this is not a problem.
 - When purchasing a binding, you will need to consider the DIN of the binding. If you have a light weight racer, you may need a binding that will have a low setting, whereas, if you have a larger skier, you will want to make sure that the DIN will cover growth. Often if you purchase from a stores, they will take this into account. However, if you purchase used or online, you will need to look carefully at this feature.
 - Bindings are specific to the manufacturer and ski race plate. If you are purchasing a GS ski, you will need a binding that is made for your brand of ski and that it performs for racing. The person where you purchase your skis should know the appropriate binding for your needs. If you are purchasing on-line or used without a binding, you will need to find the appropriate binding either on-line or at a store.
- **Boots:**
 - We suggest making sure they are dry and warm for each practice session. a good boot fit AND one that is commensurate with their ski/snowboard abilities is imperative for your child to progress.
 - **Considering boots:**
 - A race boot will differ in construction and fit than a recreational boot. As your racer advances, you will want to make sure you have a properly fit race boot. Boot inserts are a good idea so that your racer has good foot support. If your child has flat feet or caving arches, you can have custom foot inserts made where you purchase your boots. These will allow your racer to have his foot supported and allow a flat placement of the boot to the ski, allowing your racer to edge the ski properly.
 - When you have your boots fitted to the binding, you most likely will have the DIN set as well. There are standard settings for this based upon your racers height, weight, and skill. If the DIN is set too low, skis may fall off during practice or race. Conversely, if it is set too high, the ski will not appropriately come off. Where you have your skis tuned, they will set the DIN for you based upon the information you give to them.

- **Poles**
 - for those athletes that are ready for them.
 - If your child has not used poles before joining the team, do not get them. We will recommend poles once your child is ready for them.
 - **Considering Poles:**
 - When your child does need poles and they are more advanced, you will need Slalom poles and Giant Slalom poles. These should be sized appropriately for your racer's height. Also, hand guards will be necessary for Slalom poles.
- **Clothing:**
 - Outer coat, fleece, or hoodie may be worn with a base layer underneath. On cold days, we recommend multiple layers over your core. Feet and fingers stay warmer if the feet is well insulated!
 - Waterproof snow pants and one pair of wool or polypro socks. A bottom base layer is also recommended.
 - Gloves or mittens: Your child must be able to dress and undress on their own. Please outfit them with clothing that fits and is easily pulled on and off.
 - **Does my child need a race competition suit if he/she plans to race?**
 - Studies tell us that the aerodynamic benefit of a young racer wearing a comp suit is negligible. The advantage is almost purely psychological. Perhaps you could consider having them “earn” it by setting and meeting personal goals in his/her skiing and racing. As investments go, buying a comp suit pales in value when compared to dedicating the money to keeping their skis tuned. If you do buy a comp suit, a pair of side-zip warm-up pants is a must. Being cold will cause them to lose more time than the suit will make up for. On the positive side, if well taken care of, a comp suit will last many years and may be passed on to other racers when it is outgrown.
 - Taking care of waterproof clothing: You can launder ski coats and other waterproof clothes in your washing machine and maintain their waterproof quality by using specific products. Such products as Nikwax can be purchased at amazon.com for less money than at specialty stores.
 - Other thoughts – as your racer advances, although not required, you may wish to consider purchasing a back brace and mouth guard.
 - Used Equipment/Clothes
 - Things to consider when buying used: [http://www.racewax.com/buying-at-ski-swap sales/](http://www.racewax.com/buying-at-ski-swap-sales/)
 - Opportunities to purchase Used Items:
 - Current MSST Swap & Sale: opportunities to sell their used equipment that their athlete has outgrown. Be sure to ask or check listings when they come out.
 - You can also search the following: Ebay, on-line ski shops, demo equipment Off Season Care for Ski Equipment
 - During the summer months you may wish to store your skis. To ensure that they do not incur rusting, you may wish to have a summer wax put on them and store them in a cool dry place. This can be performed either by yourself or at a ski shop. The Massanutten Rental Shop can do this for you as well.
 - Here is also a website that gives you more thoughts on storing your gear: <https://www.skimag.com/gear/how-store-your-ski-gear-summer>

Race Locations

- Some races are held within commuting distance of Massanutten, but others are held at resorts that will require an overnight stay. Sometimes, Massanutten families will share condos to help defray the costs of accommodations and provide a built-in social network for the children. The following is a list of accommodations at some of the resorts to which we travel.

- **Wintergreen Resort, VA**
www.wintergreenresort.com
Route 664, Nellysford, VA 22958
434-325-2200
- **Bryce Resort, VA**
www.bryceresort.com
250 Conicville Rd.
Mount Jackson, VA 22842
540-477-2911
- **Canaan/Timberline, WV**
www.deerfieldvillage.com
1-800-342-3217
www.timberlinerealty.com
1-800-633-6682
- **Snowshoe Mountain Resort, WV**
www.snowshoemtn.com
www.snowshoevacationrentals.com
- **Sugar Mountain Ski Resort, Banner Elk, NC**
www.skisugar.com
Smoketree Lodge 1-800-422-1880
Holiday Inn, Banner Elk
1-877-877-4553
- **Beech Mountain, NC**
www.skibeech.co

Other Learning Opportunities

- If you have a racer that wishes more training, there are opportunities that you may look into:
 - Summer Camps:
 - There are summer camps offered through different organizations in the US as well as abroad. Some popular ones are at Mt. Hood, Oregon or Hintertux, Austria.
 - Pre-Season Clinics:
 - Often there are opportunities for younger racers to participate in clinics located in Vermont or Maine. Sometimes there may be opportunities in Colorado for all ages. You will need to watch for these listings or check out academy websites (see below) to see if they are something that you wish to participate in.
 - Academies:
 - If you have an enthusiastic racer and wish to explore further options, you can check out ski and snowboard academies in New England or out West. These are full or winter term educational facilities that also provide on the slope training and competitions.
- Sometimes, these same academies will offer younger racers opportunities for pre-season clinics to explore their interest in the area and school. You can look these up on the internet or sometimes these will be posted before the season begins.

U.S. SKI & SNOWBOARD MEMBERSHIP ALPINE MEMBERSHIPS AND BENEFITS

- May compete in: Downhill, Slalom, Super G, Giant Slalom, Super Combined
- ALPINE GENERAL MEMBER // AGE All //
- WHO AM I?
 - An individual at the club level who is a non-U.S. Ski & Snowboard competitor participating in activities such as:
 - Training
 - Buddy Werner leagues
 - SkillsQuest
 - High School racing
 - USCSA racing - may participate in USCSA/U.S. Ski & Snowboard combined events. Does not include U.S. Ski & Snowboard points or ranking
 - Adult leagues
 - Community racing and/or general club activities
- MEMBER BENEFITS
 - Excess accident insurance if participating with a U.S. Ski & Snowboard CLIP club (proof of primary health/medical insurance required)
 - Access to ExpertVoice - Application required
 - Global Rescue Travel Service Hotline access
 - Access to U.S. Ski & Snowboard Member Benefits Program
 - U.S. Ski & Snowboard membership card
 - U.S. Ski & Snowboard Online Shop 20% Discount
 - U.S. Ski & Snowboard Die-Cut & Decal Sheet
- NON-SCORED STUDENT // AGE 14-24 //
 - Does not include access to the U.S. Ski & Snowboard points list
 - WHO AM I?
 - Primarily for interscholastic and intercollegiate racing
 - Access to all levels of U.S. Ski & Snowboard scored and unscored competitions at the local, divisional, regional and national level
 - High School racing
 - Training with club
 - USCSA racing - May participate in USCSA/U.S. Ski & Snowboard combined events. Does not include U.S. Ski & Snowboard points or ranking
 - Ages 18 to 24 may participate in Alpine Masters competitions except for Regional and National championships where the full Masters membership is required
 - MEMBER BENEFITS
 - All general benefits listed above,.
 - COMPETITOR U10 // AGE 9 and under //
 - COMPETITOR U12 // AGE 10 and 11 //
 - COMPETITOR U14 // AGE 12 and 13 //
 - WHO AM I?
 - An athlete competing in U.S. Ski & Snowboard Alpine events (points and ranking may begin based on your divisional affiliation), or YSL events
 - MEMBER BENEFITS
 - All general benefits listed above, as well as:

- Participating in U.S. Ski & Snowboard events (some events may require qualification/selection.) • COE TV Members Only Collection
 - COMPETITOR U16 // AGE 14 and up // (Required for all FIS Registrations excluding Telemark and Adaptive Alpine)
 - WHO AM I?
 - An athlete competing in U.S. Ski & Snowboard alpine events for national points and/or FIS competitors competing for FIS points (FIS license required)
 - MEMBER BENEFITS
 - All general benefits listed above, as well as:
 - Inclusion on the U.S. Ski & Snowboard National Ranking List
 - U.S. Ski & Snowboard athlete points profile
 - FIS points profile and ranking (FIS license required)
 - COE TV Members Only Collection
- MASTER (Adult Competitor) // AGE 18 and over //
 - WHO AM I?
 - An athlete participating in U.S. Ski & Snowboard alpine masters events and/or FIS masters events
 - MEMBER BENEFITS
 - All general(non-competitor) benefits listed above, as well as:
 - Participation in U.S. Ski & Snowboard masters events
 - Participation in Masters FIS racing (FIS license required)
 - Masters FIS points profile and ranking
- SHORT-TERM U12 & UNDER // AGE 11 and under // PRICE \$20/day SHORT-TERM U14 & OVER // AGE 12 and over //
 - WHO AM I?
 - An athlete competing in U.S. Ski & Snowboard Alpine events. Short-Term memberships are limited to 2 separate events per season. An event may include multiple consecutive days.
 - MEMBER BENEFITS
 - Short-Term Benefits include:
 - Opportunity to compete in a U.S. Ski & Snowboard sanctioned event
 - Excess accident insurance during U.S. Ski & Snowboard sanctioned event for which access has been purchased (proof of primary health/medical insurance required)
- SHORT-TERM MASTER // AGE 18 and over //
 - WHO AM I?
 - An athlete competing in U.S. Ski & Snowboard Alpine Masters events.
 - Short-Term memberships are limited to 2 separate events per season.
 - May include multiple consecutive days
 - MEMBER BENEFITS
 - Short-Term Benefits include:
 - Opportunity to compete in a U.S. Ski & Snowboard sanctioned event
 - Excess accident insurance during U.S. Ski & Snowboard sanctioned event for which access has been purchased (proof of primary health/medical insurance required)
- CLUB VOLUNTEER // AGE 18 and over //
 - WHO AM I?
 - An individual participating at the club level who is appointed to a position of authority over, or who has frequent contact with athletes. Volunteers may play a coaching role or assist clubs and event organizers in a variety of roles as deemed appropriate by U.S. Ski & Snowboard coaches, clubs or affiliates.

- MEMBER BENEFITS
 - All general (non-competitor) benefits listed above, as well as:
 - Periodic Background Screening
 - Periodic SafeSport Training
 - Volunteering at U.S. Ski & Snowboard/FIS events and/or any club activities
- OFFICIAL // AGE 18 and over //
 - WHO AM I?
 - An individual involved in officiating U.S. Ski & Snowboard Alpine and/or FIS competitions (see guidelines for appropriate levels of official's certifications)
 - MEMBER BENEFITS
 - All general (non-competitor) benefits listed above, as well as:
 - Access to U.S. Ski & Snowboard officials clinics and educational materials • U.S. Ski & Snowboard Member Officials Profile (officials certification level(s), event history, continuing education record)
 - Periodic Background Screening
 - Periodic SafeSport Training
 - Officiating at U.S. Ski & Snowboard/FIS events per competition guide • U.S. Ski & Snowboard Competition Guide
- COACH // AGE 18 and over //
 - WHO AM I?
 - An individual coaching athletes at the club level and/or at U.S. Ski & Snowboard/FIS alpine events (see guidelines for appropriate levels of U.S. Ski & Snowboard coach certifications)
 - MEMBER BENEFITS
 - All general (non-competitor) benefits listed above, as well as:
 - Access to U.S. Ski & Snowboard coaching clinics and educational materials • U.S. Ski & Snowboard Member Coach Profile (coach certification level, officials certification level(s), event history, continuing education record)
 - Periodic Background Screening
 - Periodic SafeSport Training
 - Coaching at U.S. Ski & Snowboard/FIS events per competition guide • U.S. Ski & Snowboard Competition Guide
 - COE TV Members Only Collection
 - U.S. Ski & Snowboard Mobile Coaching App