

**DISCOVERY SKI CLUB
&
RACING TEAM**



HANDBOOK

DISCOVERY SKI CLUB & RACE TEAM HANDBOOK

The purpose of this handbook is for all of us to better understand the needs and expectations of the program, parents, skiers, racers and coaches. We want to maximize the benefit to the participants and minimize the confusion and effort for everyone. It is meant to be a guide for you, your skiers, and racers, and to be utilized throughout the season.

In our continuing efforts to make the Discovery Ski Club and Race Team a positive experience for all our members, this manual is designed to provide you basic information about your ski and racing club. Included are the rules, procedures, and member responsibilities.

Club Philosophy

Together, the Discovery Ski Club and Race Team strive to make the member's ski experience educational, safe and enjoyable.

To facilitate and further enhance our goal we will process:

- Goal oriented and focused free skiing
- Positive individual and team dynamics to enhance learning
- Training and competition calendaring enabling all age group movement in a progressive manner
- Athlete and program management to prosper all learning areas
- The continuum of a dedicated and knowledgeable staff
- A fun and safe atmosphere throughout the program

Discovery Ski Club Program Description

The skier who joins the Discovery Ski Club and Race Team chooses one of three programs depending on age, time, interest and commitment. All programs emphasize physical conditioning, technical skill development, and organized free skiing. The more focused groups also include competitive tactics and three event (slalom, giant slalom, super giant slalom) gate training. Fun as well as growth and maturation are the main emphasis in the programs.

The Discovery Ski Club and Race Team is a parent-run club that provides training for our children in the techniques of ski racing, building enjoyment for the sport and confidence for the future. A race to member skier is what a recital is to piano or ballet lessons. It is a chance for our skiers to show what they have learned. And of course, the race itself is a learning experience; a place for skiers to learn how to approach the gates, listen to the officials, negotiate an unfamiliar course, feel their own limits and deal with the pressures of competition.

Coaches' Responsibilities

- Maintain an open line of communication with the parents and Board of Directors.
- Plan ahead and communicate with parents (via email) any special events or plans for training day.
- Coaches are broadly responsible for racers' whereabouts during designated training times – this of course depends on the full cooperation of racers and parents.
- Foster unity among all ages, sexes, and abilities.
- Challenge the skier, and create confidence
- Develop respect and rapport to build strong group dynamics
- Commitment to excellence
- Professional accountability
- Sound coaching ethics

Parents' Responsibilities

- Be active in your racer's commitment by:
 - Get involved! This is a parent-initiated program
 - Serve on the Board of Directors
 - Participate in fund raising
 - Coordinate travel
- Be educated about ski racing by:
 - Reviewing all club mailings
 - Reviewing all USSA/Northern publications
 - Participation in club activities including fund-raisers
 - Participate in race planning and on the course; be a volunteer race worker (no experience necessary – plus its fun, and you'll get a whole new appreciation of what your kids are up to).
- Attend regular meetings to:
 - Discuss progress and concerns
 - Assure open communication with Board of Directors and Coaches
 - Communicate with the Coaches and Board of Directors
 - Progress reviews
 - Concerns or ideas

Racers' Responsibilities

- Be the best racer you can be...
- Come to Discovery and have fun!
- Take advantage of any extra training days
- Check your equipment regularly; tune and wax for each day.
- Get your competitor's (USSA) card.
- Follow the training and race schedule
- Abide by the USSA "Code of Conduct" (USSA Handbook)

- Adhere to the USSA “Racer Responsibility Code”
- Read the Northern Handbook; it can answer a lot of questions
- Follow and abide by the Montana Skiers Conduct Code
- Suggested Clothing:
Warm-up Pants with side zippers, Helmet, Goggles, Slalom Armor, Parka, Sweater, Fleece Top, or Vest, Racing Suit

Equipment

All racers are required to wear helmets in ALL training and races. The YSL racer needs only one pair of skis. A good GS type is recommended for the first pair.

As the racer improves and becomes more dedicated, additional skis may be recommended.

Travel

Everyone enjoys attending away races; it’s a chance to bond as a team, ski a different mountain, and spend time with old and new friends from other teams. No one is required to attend any races, including any away races. Qualifying for select Northern Division teams or events will require attendance at designated events (see the schedules or ask your coach).

Racers and parents are responsible for their own lodging, meals, tickets, and other expenses.

Races have entry deadlines – please plan ahead and get your entries in on time. All races require USSA membership. All racers are required to join USSA (please go to www.ussa.org for a membership application and more information).

Helpful Hints

Be organized. Pack your gear the night before. If you are uncertain as to what to bring, check the schedule. If you have questions, call your coach. When in doubt, bring it all.

Ask questions. If you do not understand something, ask. Skiing is a highly technical sport and takes time and effort to master. There are no silly questions; and coaches, other racers, and parents are happy to help.

Feel free to talk with your coach at anytime. Skiing is not the only thing they know. If you have concerns, they may be able to help.

For up-to-date information and any changes in scheduling, check the Northern Division website at www.northernussa.org, or ask the coach.

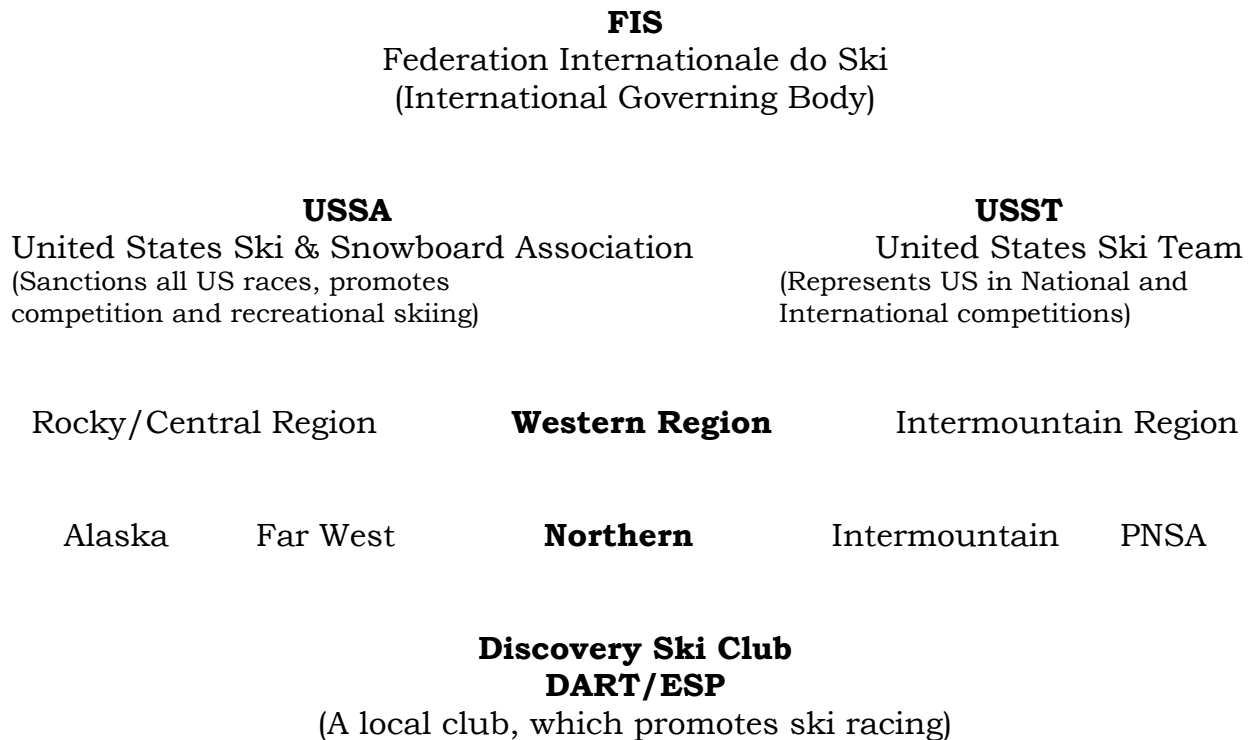
Board of Directors

Discovery Ski Club functions through a volunteer Board working many hours throughout the year to coordinate the program. It is imperative that everyone be involved and plays a part. Please find a part that suits you, and volunteer.

Please feel free to contact any of the board members with a concern or suggestion you might have. If you have an item for a meeting agenda, please contact the secretary. Contact an officer or board member for the next scheduled meeting.

USSA Organizational Chart

There are many levels of ski racing. The following chart shows how the Discovery Race Team fits into the organizational structure.



The Discovery Ski Club and Race Team are members of Northern Division, Western Region, and USSA.

Understanding the Age Classification

In Northern/USSA, racers are classified based on age and racing ability.

Category	Age
A	20+
J1	17-19
J2	15-16
J3	13-14
J4	11-12
J5	8-10

(Age of racer determined as of December 31)

Ability Classification

In the Junior program Northern has three levels of ability class. This is accomplished by using the USSA National point system that handicaps racers and ranks them among other racers in the country. As a racer's handicap improves, the racer's becomes eligible for higher levels of competition.

How to Become a Classified Competitor

Each racer is responsible for applying for a United States Ski Association (USSA) membership and a USSA competition license, or for YSL racers a Youth Ski

League USSA membership is required to compete in any USSA sanctioned races. To apply for membership you may download an application at www.ussa.org

Discovery Ski Club Programs

The Discovery Race Team seeks to develop the skiing skills of its members through a racing format. This program is part of the Northern Division Ski Association (Northern) of the United States Ski & Snowboard Association (USSA). USSA is the organization from which Junior Olympic and ultimately, World Cup and Olympic ski racers evolve. They include divisional, regional, and national racing competition with an avenue to compete at the international level. The club offers quality coaching in ski racing techniques. Racers benefit by improving their skiing skills and, just as importantly, gain experience that will boost their self-confidence and their ability to set and achieve individual goals while developing a team consciousness. They will build new friendships and add a new dimension to their skiing enjoyment. Only some of our racers will participate in competition at the highest level, but ALL of them will take with them experiences and achievements of which they will forever be proud.

1. Junior Program (13-19 years old)

The Junior program is designed to build on the skiing experience by preparing for higher level competition. Competition is at Northern Division

open races and Junior Olympic/ J4 Festival qualifiers with the opportunity to advance to regional and national levels. Some racers focus on making the US ski teams, while others want to compete through high school and into college. If necessary, The Discovery Ski Club and Race Team staff will work in cooperation with the local high schools to enable the junior racer to maximize their full potential and have the possibility of gaining skiing scholarships to participating colleges.

2. Youth Ski League (12 years old and younger)

The Youth Ski League (YSL) is designed to enhance the skiing experience for the young racer. We are a ski club that believes that good skiers make good racers. We strive to develop in the young athlete a love for the sport and an appreciation for the mountain environment. While utilizing the mountain as a playground, we can improve the young racer's skiing ability through directed free skiing, drills, gate training, and good competition.

3. Enhanced Ski Program (ESP) (13 years old and younger)

This 10-week program, meeting on Saturdays only, is perfect for young skiers eager to improve their skills and really take on the mountain. This is a fun, introduction to competitive skiing which includes ski racing basics through a lot of free skiing and instructional drills. Skiers will have fun, meet new friends, and develop skills essential for mastering the mountain. A fun race takes place on the last weekend to test their skills. Our coaches are safety-conscious and fun-oriented staff. Participants should be able to manage equipment and clothing, and to ski independently.

Whichever program you choose, fun is incorporated into all activities and competitions. We are here to have fun with your children while teaching the joys of skiing. Your child will learn a life-long sport and benefit from a team atmosphere.

Discovery Ski Area

Discovery is a family ski area, and has been owned and operated by the Pitcher family for nearly 30 years. Although The Discovery Ski Club and Race Team are allowed the use of the "Race Shack", we are guests on the hill. As such, please be courteous and respectful of everyone, including employees and other guests.

Alpine Ski Training & Racing Warning Statement

Participation in any sport requires an acceptance of risk of injury. Alpine skiing is an action (dynamic) sport carrying a risk of personal injury. Ski racing and training for ski racing, with its high speeds and occasional jumps, is even more dangerous. Injuries can occur, including but not limited to death, spinal injuries which may result in paralysis, head injuries which may result in brain damage, serious injury to virtually all bones, joints, muscles, ligaments, tendons, and other aspects of the muscular skeletal system, internal injuries, and serious injury of well-being.

Montana Code Annotated – 2007

23-2-736. Duties of skier:

(1) A skier has the duty to ski at all times in a manner that avoids injury to the skier and others and to be aware of the inherent dangers and risks of skiing.

(2) A skier:

(a) shall know the range of the skier's ability and safely ski within the limits of that ability and the skier's equipment so as to negotiate any section of terrain or ski slope and trail safely and without injury or damage. A skier shall know that the skier's ability may vary because of ski slope and trail changes caused by weather, grooming changes, or skier use.

(b) shall maintain control of speed and course so as to prevent injury to the skier or others;

(c) shall abide by the requirements of the skier responsibility code that is published by the national ski areas association and that is posted as provided in 23-2-733;

(d) shall obey all posted or other warnings and instructions of the ski area operator; and

(e) shall read the ski area trail map and must be aware of its contents.

(3) A person may not:

(a) place an object in the ski area or on the uphill track of a passenger ropeway that may cause a passenger or skier to fall;

(b) cross the track of a passenger ropeway except at a designated and approved point; or

(c) if involved in a skiing accident, depart from the scene of the accident without:

(i) leaving personal identification; or

(ii) notifying the proper authorities and obtaining assistance when the person knows that a person involved in the accident is in need of medical or other assistance.

(4) A skier shall accept all legal responsibility for injury or damage of any kind to the extent that the injury or damage results from inherent dangers and risks of skiing. Nothing in this part may be construed to limit a skier's right to hold another skier legally accountable for damages caused by the other skier.

History: En. Sec. 6, Ch. 509, L. 1979; amd. Sec. 4, Ch. 429, L. 1989; amd. Sec. 126, Ch. 42, L. 1997; amd. Sec. 8, Ch. 315, L. 2007.

USSA Code of Conduct

Membership in the United States Ski and Snowboard Association is a privilege, not a right. All USSA members (athletes, coaches, and officials) when participating in any USSA activity must agree to conduct themselves according to USSA's core values of Team, Loyalty, Integrity, Respect, Perseverance, and Accountability and abide by the spirit and dictates of this Code of Conduct. All members must agree to comport themselves in a sportsmanlike manner, and are responsible for their actions while attending or participating in all USSA

activities (including but not limited to camps, competitions, and projects).

Sportsmanlike conduct is defined as, but is not limited to: respect for competition officials, resort employees, and the skiing and snowboarding public, respect for facilities, privileges and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs.

While participating in any USSA activity:

1. USSA members shall be subject to the jurisdiction of the International Ski Federation Statutes, the United States Olympic Committee Bylaws, the USSA Bylaws, and the USSA Code of Conduct.
2. USSA members shall conduct themselves at all times and in all places as befits worthy representatives of the United States of America, the United States Olympic Committee, USSA, their region, division, state or club and in accordance with the best traditions of national and international competition.
3. USSA members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the USSA national teams, camps or other projects when participating in such.
4. USSA members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for the physical and emotional well-being of others, and courtesy and good manners.
5. USSA members shall abide by USSA rules and procedures while traveling to and from and participating in official USSA activities.
6. USSA members shall abstain from illegal and/or immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official USSA or event organizer function.
7. No USSA member shall violate the customs, travel or currency regulations of a country while traveling with a USSA group or on a USSA ticket.
8. No USSA member shall commit a criminal act.
9. No USSA member shall engage in any conduct that could be perceived as harassment based upon gender, age, race, religion or disability.

10. USSA members will avoid profane or abusive language and disruptive behavior.

11. USSA members agree to abide by anti-doping rules and procedures established by WADA, USADA, and/or FIS.

Failure to comply with any of the above provisions may lead to disciplinary action by the appropriate team or competition leader. Disciplinary action may include:

- Removal from the team trip or training camp.
- Suspension from training and/or competition.
- Elimination of coaching, travel and other benefits.
- Forfeiture of USSA membership.

USSA is committed to principles of fairness, due process and equal opportunity. Members are entitled to be treated fairly and in compliance with USSA's Bylaws, policies and procedures. Members are entitled to notice and an opportunity for a hearing before being prevented from participating in protected competition as that term is defined by the USOC Bylaws. Information on the processes for grievances, suspensions and appeals is available at www.ussa.org.

Nothing in this Code shall be deemed to restrict the individual freedom of a USSA member in matters not involving activities in which one could not be perceived as representing USSA. In choices of appearance, lifestyle, behavior and speech while not representing USSA, competitors shall have complete freedom, provided their statements and actions do not adversely affect the name and reputation of the USSA. However, in those events where one is representing or could be perceived as representing USSA, USSA demands that its members understand and agree to behave in a manner consistent with the best traditions of sportsmanship and USSA's core values.