

DISCOVERY SKI CLUB & RACE TEAM



SKIER\RACER & PARENT HANDBOOK

In our continuing efforts to make the Discovery Ski Club and Race Team (DSCRT) 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 among other helpful items.

The DSCRT is a development program for skiers. It provides a means of learning advanced skiing techniques and/or competition skills in a safe and enjoyable setting. The mission of our program is to introduce young athletes to the joys of skiing, and foster an appreciation for the people with whom they share their experiences, and the environment in which they interact with each other. Through proper guidance by coaches, an athlete's potential is enhanced by participation in competitive and recreational events. And most importantly, the benefit of learning to ski really well provides opportunity for a lifetime of fun, fitness and fulfillment.

Club Philosophy

The DSCRT strives to make each member's ski experience educational, safe and enjoyable. To this end, our ski programs are:

- Goal oriented
- Promote positive individual and team dynamics to enhance learning
- Staffed by dedicated and knowledgeable coaches

PLEASE REGULARLY VISIT THE CLUB'S WEBSITE FOR INFORMATION

www.discoveryskiteam.com

Discovery Ski Club Program Description

The DSCRT is a parent-run club. The skier who joins the DSCRT chooses one of three programs -- ESP, Learn to Race, DART -- depending on age, interest, and skill level. All programs emphasize physical conditioning, technical skill development, and organized free skiing. The more advanced 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 emphases of the programs.

Discovery Ski Club Programs

Enhanced Ski Program (ESP; Ages 5-13):

The Enhanced Ski Program (ESP) is for skiers who want to improve their skills and become life-long, all mountain skiers. Participants are divided into small groups and assigned to a coach based on the following criteria. Coaches utilize drills and teaching techniques to achieve goals at each level.

Level I: Incoming Level I skiers are able to put on and take off their own skis, and load/unload chair independently. They can ski beginner runs without assistance, meaning they can control their speed even if they are not parallel turning. The skier has poles but may or may not be competent using them. By the end of the program, Level I skiers should know how to use poles to initiate turns and to weight and un-weight skis to make parallel turns on beginning and intermediate runs.

Level II: Incoming Level II skiers can ski beginner and intermediate runs without assistance. They can use poles to initiate turns and understand how to weight and un-weight skis to make parallel turns on increasingly steeper terrain. By the end of the program, Level II skiers should ski beginner and intermediate runs with confidence and speed, and be able to apply their basic skills on black diamond runs.

Level III: Incoming Level III skiers are confident and demonstrate good basic skills on all front side runs and backside intermediate runs. They are learning to apply those basic skills when skiing steeper backside terrain so that by the end of the program, they can confidently link turns on advanced and expert terrain and are increasingly competent on mogul runs. Skiers who complete Level III are familiar with the entire mountain, can find runs and lifts on their own, and understand ski area boundaries. They may also learn self-arrest techniques, basic mountain first aid, and equipment care.

Learn to Race (Ages 7-13): The Learn to Race Program develops skills that will allow kids to learn what ski racing is all about. Skiers learn through directed free-skiing and drills that teach racing basics. Coaches have race experience. Skiers meet Saturday.

Learn to Race participants have mastered basic skills, are confident skiing at speeds on intermediate runs, and have an interest in learning to run gates. By the end of the program, participants will understand course terminology (i.e., delay, flush, slalom, etc.), and can maneuver gates using basic racing techniques. Participants may also learn to wax and tune skis. *Requires USSA registration to participate in USSA sanctioned races.*

DART (Ages 7-16): DART is a race-oriented program for skiers who want to compete at USSA sponsored events. Participants must be approved for team membership by the DART head coach. DART meets *Saturday and Sunday*. It includes a multi-day ski camp over the winter break. Travel, entry fees, lift tickets, and other expenses are the racer's responsibility. Coaches travel with racers to USSA sponsored events and provide on-the-hill coaching and support. *Requires USSA registration to participate in USSA sanctioned races.*

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 DSCRT is 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.

Skier's\Racer's Responsibilities

- Have fun!
- Have a positive attitude and give your best effort during training and racing.
- Represent yourself with honesty and integrity -- be a good sport.
- Take advantage of all training opportunities.
- Be on time for practice, races, and meetings.
- Maintain personal ski equipment on a regular basis to ensure personal safety and optimal performance.
- Be appropriately dressed as you are representing Discovery Ski Team.
- Wear protective clothing including a helmet.
- 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

Parents' Responsibilities

- Be active in your skier's\racer's commitment by:
 - Getting involved! This is a parent-initiated program
 - Serve on the Board of Directors
 - Participate in fundraising
 - Coordinate travel
- Be educated about ski racing by:
 - Reviewing all club mailings
 - Reviewing all USSA/Northern publications
 - Participating in club activities including fund-raisers

Participating in race planning and on the course; being 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
- Check the website and your email regularly!

Parents’ Code for Training and Races

- Encourage participation, but do not force an unwilling child to participate.
- Recognize children are involved in organized athletics for their enjoyment and growth.
- Always encourage participation through adherence to the rules and good sportsmanship, and reduce the emphasis on “winning and losing”.
- Teach your child that an honest effort is as important as a victory.
- Help your child work toward skill improvement and good sportsmanship as primary goals.
- Applaud runs by both our team and by members of opposing teams.
- Do not publicly berate judgment of event officials or judges.
- Support all efforts to remove any verbal and physical abuse from children’s sporting activities.
- Recognize the value and importance of volunteers, officials, and coaches. They give of their time and resources to provide recreational activities for your child. Become a volunteer yourself!

Suggestions for Parents at Races

- Athletes feel better and perform more strongly when they arrive at the race site early, with all the necessary equipment. Please help ensure this opportunity.
- Be positive. Praise your child’s effort, not the result, to help your young athlete feel comfortable enough to enjoy racing. Camping out in front of the score board sends a signal that a child’s result is more important than the effort.
- Have lunch and a snack prepared for the day.
- Help carry jackets and outerwear down the mountain from the starting gate. Keep kids warm after their run is over.
- Help officiate at races.
- Attend award ceremonies.
- Take lots of pictures!

Coaches’ Responsibilities

- Maintain an open line of communication with skiers\racers, 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 skiers\'racers\' whereabouts during designated training times – this of course depends on the full cooperation of skiers\'racers and parents.
- Foster unity among all participants.
- Foster a love of the sport.
- Challenge the skier and create confidence.
- Develop respect and rapport to build strong group dynamics.
- Foster a commitment to excellence
- Be professional and accountable.
- Adhere to sound coaching ethics.

Equipment and clothing -- What to buy and when

Alpine skiing is a “gear intensive” sport but does not require you to buy expensive equipment all the time. It is possible to spend considerable sums of money on equipment. However, by shopping wisely, buying used equipment, and only buying what is essential, you can keep costs down. *Ask your coach what they recommend -- they are a wealth of information.*

All skiers\'racers will need the following equipment:

- One pair of skis
- Racers require one pair of race skis
 - Optional one pair GS skis
 - Optional one pair Slalom skis
- Ski boots
- Ski poles
- Helmet -- **USSA racers, ears must be covered by a hard shell**
- Goggles\eye protection
- Gloves
- Jacket and pants
- Mouth guard

The following provides some specific guidelines on what to look for when purchasing skiing\racing equipment. Always look for equipment that was designed for junior skiing. Racers should look for junior racing equipment as opposed to recreation gear. All junior racing products have been designed specifically with junior racing speeds and athlete sizes in mind. We recognize that this can be overwhelming for those new to the sport of ski racing. Thus we recommend that you be in close contact with the head coach to ensure that your athlete has the appropriate equipment that will do the job but not be prohibitively expensive.

Helmet

Helmets are required. For racers, the helmet should be a racing helmet (as distinct from recreational) with the **ears covered by a hard shell** and are often capable of accepting a chin guard. The various makes of helmets fit quite differently. To find the helmet that fits

best with the greatest comfort we recommend you try a selection before making a final purchase. Given the importance of the helmet we recommend you only buy new.

Skis

- Twin tips are recreational **not** race skis.
- When buying skis, it is beneficial to go shorter rather than longer when choosing length for the entry-level participants.
- A shorter ski will facilitate turning, allowing quicker progression of basic skills and definitely increasing the athletes' enjoyment of skiing.
- The ski should be between the nose and the top of the forehead for entry level participants.
- Longer skis may be appropriate as skill acquisition occurs. Purchasing skis that are too long may impede skill development in the long term.
- Do not feel as though you have to buy new skis. Many used skis are available that have had limited use as they have been used solely for racing and not training by athletes. These skis are virtually new yet cost a fraction of the price.
- How do you know if you're looking at a Slalom or GS ski? It will be marked on the ski -- look for SL or GS. The length will also be marked on the ski.

FIS (International Ski Federation) rules apply for race skis:

- Minimum length for Slalom skis: 130 cm.
- Minimum length for GS skis: 140cm (it should be marked on the ski)

Please refer to the following weight rating for ski selection:

Athlete Weight (lbs)	Recommended SL size (cms)	Recommended GS size (cms)
70-80	130	140
80-90	130	140 or 150
90-100	140	150 or 160
100-110	140	160
110-120	140	160 or 167
120+	150	167

Bindings

Bindings are a very important part of the equipment, and it is important to get a junior binding for athletes. For racers, FIS rule applies: the distance between the sole of the ski and the sole of the foot cannot exceed 50 mm.

Ski Boots

We strongly recommend that you purchase your boots at a ski store accomplished in fitting racer boots.

For the entry level, a softer boot with greater flex will be more effective than a stiffer boot, due to strength limitations and skill level. To determine if a boot is soft enough, you should be able to see the forward boot flexion happening in the upper cuff simultaneously

with the lower leg. If the lower leg moves forward and the upper cuff moves very little, then the boot is too stiff. The boots should not inhibit the natural alignment of the athlete.

Growth of the participants' feet during the season needs to be considered, but similar to skis, buying boots oversized is counterproductive for both performance and fit. Boots that are fitted poorly have the potential to cause bone spurs and possible medical problems in the long term.

Ski poles

Poles should be long enough that when planted on the ground there is a 90 degree angle between the upper arm and forearm. For racers, you may choose to have two sets of poles. GS poles are slightly curved, whereas Slalom poles are straight. Two sets of poles is not essential. If you elect to purchase just one set of poles you should choose the Slalom style.

Goggles

Goggles should be a good fit with the helmet and have a good quality lens.

Gloves

There is no need to purchase expensive racing style, leather gloves. Any decent glove will suffice, although we recommend you have a spare pair in case the primary pair gets wet.

Mouth Guard

Mouth guards are highly recommended for all skiers\racers, especially those engaging in gate training and competition activities. Not only have they been shown to minimize injury to teeth and mouth tissues during any kind of impact, but also relate to concussion issues from sudden acceleration of the lower jaw in the event of head trauma. It is important to note there are a number of types of mouth guards available, some of which are not particularly useful such as the "boil and bite" type found on shelves at sporting goods out-lets . Better to consult with your family dentist or check with the club for special arrangements and team pricing for custom manufactured models.

Backpack

All athletes need to have a small backpack which they can take up on the hill. In this backpack they should have water, snacks and other equipment as specified by their coach.

Equipment Check List

- – Skis
- – Boots
- – Poles
- – Helmet
- – Hats and gloves\mittens
- – Goggles\sunglasses
- – Ski Jacket
- – Sweater
- – Sunscreen and lip balm

- – Lift pass or ticket money
- – Snow boots or other shoes
- – Warm up gear, extra gloves and socks
- – Emergency telephone numbers
- – Wax and tuning kit
- – Snacks

Equipment Care

Ski should be thought of as tools that must be kept in good condition. Tuning means working with your skis to keep the bottoms flat and smooth, and the edges sharp. Working on your skis a few minutes after each day of skiing will keep them in good condition and help you ski better. Your parents can help you get started working on your skis and you can slowly learn to do it yourself. Tuned equipment is essential for all skiers regardless of skiing ability. Well tuned skis will slide and turn and glide more easily and will improve over-all control. Ski tuning is the easiest and least expensive way to improve your skiing.

A basic tuning kit includes:

- Plastic Scraper
- File Guide
- 10" Mill File
- Metal Scraper
- File Card
- Honing Stone
- Rubber Stone
- P-tex Candle
- Waxing Iron
- Wax

(Source for some of this information -- <http://www.wentworthracing.com/17>)

Travel

Everyone enjoys attending away races; it is 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 entry forms and fees in on time.

All USSA sanctioned 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

The DSCRT 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 DSCRT fits into the organizational structure.



The DSCRT is a member 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
J6	7 and younger

(Age of racer determined as of December 31)

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.