

ALPINE RACING PROGRAMS

Our Alpine Racing programs accommodate a wide range of athletes from 7 year olds to high school post graduates. Over the years MMSC programs have graduated many US Ski Team and Olympic athletes as well as hundreds of collegiate ski racers. Our programs are designed to provide a stimulating and enjoyable opportunity to become excellent skiers, help them reach their potential as competitors, and most importantly foster a life-long love of the sport while teaching athletes the values of teamwork and sportsmanship.

J6 - Sunday Program (ages 7-8)

This one day program is designed to introduce young skiers to MMSC and ski racing. The low athlete to coach ratio of 8:1 allows for a highly personalized attention to skiing technique. The primary focus of the program is to allow kids to learn to interact with other children through free-skiing and various drills with coaches. Additionally there is an introduction to skiing through gates and courses. Interclub races are optional and highly encouraged. There is no travel to races at other venues. A helmet is mandatory. The program runs from January to mid-March. Vermont Alpine Racing Association (VARA) and United States Ski Association (USSA) licenses are NOT required for this age group.

J5/J6 - Program (ages 7-10)

In our most popular program, the emphasis is placed on building strong skiing technique and an introduction to ski racing. Other goals include learning about good sportsmanship and instilling a positive team spirit. Group skiing is done in small groups of 8-10. Participants must be able to ride the lift alone, put on their own equipment, ski parallel, and ski down challenging trails such as Nose Dive (easier black diamond runs). Participants will be grouped by ability and will rotate through the different coaches biweekly. VARA establishes a schedule of 4 or 5 races throughout Northern Vermont (Bolton Valley, Burke, Cochran, Jay Peak, Mad River Glen, Smuggler's Notch, Sugarbush and Stowe). Attendance at these Giant Slalom (GS) and Slalom (SL) races are completely optional, but highly encouraged. Typical equipment needs for this group include a helmet and 1 pair of skis; back protection is encouraged. Participation in these races requires VARA & USSA licenses. The program meets Saturdays and Sundays from December to late-March. Additional training is available during the Christmas and Vermont February school vacation weeks, and on Friday afternoons from January to mid-March.

J4 Program (ages 11-12)

As the athletes begin to grow and gain confidence, their skills and techniques are further refined and shaped. This program is designed to continue to improve basic skiing fundamentals through free skiing, drills, and gate training. Prior racing experience is not required to participate with this group, but strong skiing skills are. While there is a substantial amount of free skiing, this is a race oriented program. Depending upon snow and weather conditions athletes are introduced to Super G (SG) racing. VARA establishes a schedule of 5 or 6 interclub races throughout Northern Vermont, and athlete results are ranked with the top racers advancing to the Vermont State and other regional competitions. Typical equipment needs for this age group include a helmet, GS suit, SL gate protection, and correctly sized SL and GS skis; back protection is encouraged. VARA & USSA licenses are required. The program meets Saturdays and Sundays from late-November to late-March. Additional training is available during the Christmas and Vermont February school vacation weeks, and on Friday afternoons from January to mid-March. Tutorial and Academy training is also available (described later).

J3 Program (ages 13 & 14)

Athletes in the J3 Program have typically been skiing for many years and by all accounts are expert skiers. Most (but not all) have been racing for a number of years as well. Coaches continue to provide "technical freeskiing", but an increased focus on gate training, video analysis, and technique specific drills is provided. Depending upon snow and weather conditions athletes are introduced to Super G (SG) racing. VARA establishes a schedule of 5 or 6 interclub races throughout Northern Vermont, and athlete results are ranked with the top racers advancing to the Vermont State and other regional competitions. Other "open" races are often attended. Typical equipment needs for this age group include a helmet, GS suit, gate protection, and correctly sized SL and GS skis; back protection is highly encouraged for training and racing. VARA & USSA licenses are required. The program meets Saturdays and Sundays from late-November to late-March. Additional training is available during the Christmas and Vermont February school vacation weeks, and on Friday afternoons from January to mid-March. Tutorial and Academy training is also available (described later).

J1/J2 (ages 15 & 18) & PG Programs (18+)

These are MMSC's full-time MMWA high school athletes who have been skiing and racing for years. The goals of these athletes range from Olympic and National Team ambitions to skiing collegiately, and all have an underlying desire to improving their rankings. Athletes typically are "on-snow" training and racing 6 days per week. The program provides high level technical coaching in SL, GS, and SG with low athlete to coach ratios. Depending upon desire, Downhill (DH) is introduced. Strength training and video analysis are integral pieces of the program. J1 & J2's participate in multi-state USSA and FIS races. VARA & USSA licenses are required; FIS licenses are required for entry into FIS races. The program runs from mid-November to late-March/early April. PG's are accepted into MMSC on a case by case basis. They train race with the J1 & J2 athletes.

Academy and Tutorial Programs (Alpine, Snowboard, & Freestyle)

Mount Mansfield Winter Academy programs are offered for first year J3's (8th grade) and older. These athletes combine training and school during the day. Typically athletes are racing and training six days per week.

1-day tutorial programs are offered for J4's and J3's. In addition to the training available during the programs listed above, athletes will train with their coaches on Tuesdays. Transportation from school to the hill will be provided by MMSC, unless there is a shortage of vehicles.

2-day tutorial programs are offered for second year J4's (7th grade) and J3's. In addition to the training available during the programs listed above, athletes will train with their coaches on Tuesdays and Thursdays. Transportation from school to the hill will be provided by MMSC, unless there is a shortage of vehicles.



MT. MANSFIELD SKI AND SNOWBOARD CLUB

POLICIES AND PAYMENT INFORMATION

Early season discounts require a 25% deposit to be paid by July 1, 2011. The balance is due in full by November 1, 2011. Families owing money to the Club will be posted, and athletes will not be allowed to train or race until payment is made. Payment by check is preferred, payments made with credit cards will be charged a 3% surcharge.

MMSC program pricing is based on the age of the athletes as of January 1st, 2011. The age categories are set by the sanctioning organizations of the respective sport (USSA & USASA) and exceptions cannot be made.

Families with three (3) or more children may deduct 10% from the total Program Fees.

Refunds:

- Before a program begins, should an athlete be unable to participate a refund of 95% will be returned. Full-time/MMWA athletes have a \$1,000 non-refundable deposit.
- After the season begins, refunds will only be given if the athlete is unable to ski or snowboard due to a medical condition, a letter from a doctor is required. The refund schedule is as follows: before December 15th = 75%, before December 31st = 50%

Legible and accurate contact information is VERY important. Please submit as much contact information as you can. Phone numbers, addresses, email addresses will not be sold or distributed, they are used solely for communication purposes between MMSC/MMEFI, their athletes and parents. Membership is not considered active until ALL forms are completely filled out AND payment in full has been made.

Prices do not include a season pass, which is mandatory for participation in the MMSC programs. Please contact Stowe Mountain Resort's Season Pass Office for current pricing (802-253-3000).

Prices do not include USSA, USUSA, or VARA memberships, which are required for their respective sport in order to participate in competitions. Membership and information can be found at www.ussa.org, www.usasa.org, and www.vara.org. Additionally, FIS licenses are required to participate in FIS races www.fis-ski.com.

Transportation to and from competition events is included for Academy and Tutorial programs ages 13 and up (weekend athlete may ride as space permits). In the event gasoline goes above \$4.50 per gallon, a fuel surcharge may be assessed.

Lockers are included in the program fees for Alpine PG, J1, J2, & J3 athletes attending the Academy, as well as J3 & J4 1 and 2 day Tutorial. Freestyle and Snowboard athletes, as well as the general membership, are encouraged to rent a locker, but are not required to and costs are not included in program fees.

Prices DO NOT include food, lodging or transportation should airline travel be needed for athletes while attending events. Coaches lodging and travel expenses for events will be split between those athletes attending the events (a credit card on file is required for these travel based fees).

In the event there are fewer than 4 athletes that sign up for any program, MMSC reserves the right not to offer these programs. Notification of this decision will be made by October 1, 2011, and all fees paid will be returned.

The weekend programs (not including Sunday only programs) offer training on Friday afternoons (in conjunction with the local Friday School Program), and Vermont school vacation weeks.





MT. MANSFIELD SKI AND SNOWBOARD CLUB PARENT COMPETITION WORK REQUIREMENT

The Mt. Mansfield Ski & Snowboard Club has a deep tradition in racing and competition. For over 75 years we have hosted competitions for athletes that are just joining the sport to premier events for those competing at the international level. The success of the competitions we host are due in large part because of the members of the MMSC. Your support is vital and makes it possible for MMSC to continue to offer your athletes the best home competitions possible.

We recognize for our out-of-state members volunteering mid-week may not be an option, and during the season you are often chasing around the region to follow your children. However, we encourage all families to participate and assist with the running of the races, and we believe there are ample events where a race conflict should not exist. A deposit of \$100 per day is required when enrolling athletes.

2011/2012 Competition Work Requirement

- 1 Sunday only athlete = 1 day
- 1 Weekend/Tutorial/Academy athlete = 3 days
- 2+ athletes = 4 days

To fulfill a family's competition work requirement, families may sign up to work for any club event (alpine/snowboard/freestyle) regardless of which program in which their children participate. Volunteers must check in with the Race Secretary/Volunteer Coordinator (Laura Farrell) and sign the event volunteer log to receive credit for that day's work.

At any given event there are a variety of jobs that must be completed, we are happy to assist in matching your skills with the event's needs. In order to help plan for the season it is the responsibility of the members to sign up for events by the posted deadline date. Should you not show up for an event you have signed up to volunteer for, you will be charged \$100 from your deposit.

The entire parent competition work requirement deposit will be paid when signing up. Refunds for those who have completed their requirement will be processed by April 30, 2012.

Additional information regarding volunteering can be found at www.volunteer.teammmsc.org.

**There is no substitute
for being there!**

Your children train and compete hard all winter, often in less than ideal conditions. They do notice and appreciate your support on competition days. Your efforts help your children achieve their best and support the coaches and staff.



MT. MANSFIELD SKI AND SNOWBOARD CLUB

2011 / 2012 PROGRAM PRICING

ALPINE RACING

Age as of January 1, 2012	Program Name	Deposit Paid by July 1, 2011	Paid after July 1, 2011
7 - 10	J5/J6 Sunday Only	525.00	625.00
7 - 10	J5/J6 Weekend	1,200.00	1,300.00
11 - 12	J4 Weekend	2,190.00	2,390.00
11 - 12	J4 1 Day Tutorial (6th or 7th grade)	3,060.00	3,260.00
13 - 14	J4 2 Day Tutorial (7th grade)	3,700.00	3,900.00
13 - 14	J3 Weekend	2,655.00	2,955.00
13 - 14	J3 1 Day Tutorial (7th or 8th grade)	3,775.00	4,075.00
13 - 14	J3 2 Day Tutorial (7th or 8th grade)	4,565.00	4,865.00
13 - 14	J3 Academy Session 2 (8 grade)	5,145.00	5,445.00
13 - 14	J3 Academy Session 1 (8th or 9th grade)	5,825.00	6,125.00
15 - 19	J2 Weekend	2,725.00	3,025.00
15 - 19	J1/J2 Academy	8,025.00	8,525.00
18+	PG	9,225.00	9,725.00

SNOWBOARD & FREESTYLE

Age as of January 1, 2012	Program Name	Deposit Paid by July 1, 2011	Paid after July 1, 2011
7 - 10	J5/J6 Sunday Only	525.00	625.00
7 - 10	J5/J6 Weekend	1,200.00	1,300.00
11 - 12	J4 Weekend	2,190.00	2,390.00
11 - 12	J4 1 Day Tutorial (6th or 7th grade)	2,810.00	3,010.00
13 - 14	J4 2 Day Tutorial (7th grade)	3,450.00	3,650.00
13 - 14	J3 Weekend	2,655.00	2,955.00
13 - 14	J3 1 Day Tutorial (7th or 8th grade)	3,375.00	3,675.00
13 - 14	J3 2 Day Tutorial (7th or 8th grade)	4,015.00	4,315.00
13 - 14	J3 Academy Session 2 (8 grade)	4,895.00	5,195.00
13 - 14	J3 Academy Session 1 (8th or 9th grade)	5,575.00	5,875.00
15 - 19	J2 Weekend	2,625.00	2,925.00
15 - 19	J1/J2 Academy	7,275.00	7,775.00
18+	PG	8,475.00	8,775.00

NOTE: new members may pay the July 1, 2011 rate, with the exception of Academy and Tutorial programs.

MT. MANSFIELD SKI AND SNOWBOARD CLUB

2011 / 2012 PROGRAM APPLICATION

<p>Mother's Name (Last, First) _____</p> <p>Cell Phone _____</p> <p>Home Phone _____</p> <p>Office Phone _____</p> <p>E-mail address _____</p> <p><u>Primary Mailing Address</u></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Father's Name (Last, First) _____</p> <p>Cell Phone _____</p> <p>Home Phone _____</p> <p>Office Phone _____</p> <p>E-mail address _____</p>
	<p><u>Alternate Emergency Contact</u></p> <p>Name _____</p> <p>Relationship _____</p> <p>Phone _____</p>

Athlete's Name (Last, First)	Program Name	Program Fee
#1		
#2		
#3		
#4		
Subtotal Program Fee =====>		
Less 10% Multi-Athlete Discount (3+)		
Parent Competition Work Deposit		
1 Sunday Only Athlete \$100 =====>		or,
1 Weekend/Tutorial/Academy Athlete \$300 =====>		or,
2+ Weekend/Tutorial/Academy Athletes \$400 =====>		
_____ Locker @ \$250 each =====>		
<u>MMSC Family Membership</u>		_____ 300.00 _____
Total		
Early Sign-up Deposit Due July 1, 2011 (25%)		
Balance Due November 1, 2011		

The balance is due in full by November 1, 2011. Families owing money to the Club will be posted, and athletes will not be allowed to train or race until payment is made. **This is a legally binding contract, I understand that failure to adhere to the above terms will result in my child/children not being able to participate in training, competitions, and utilize the Clubhouse.**

<p>_____</p> <p>Parent/Guardian</p>	<p>_____</p> <p>Date</p>
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Cut here and return

MT. MANSFIELD SKI AND SNOWBOARD CLUB

2011 / 2012 MEDICAL FORM

Athlete #1	
Full Name: _____	Height: _____ Weight: _____
Birthdate: _____	Age as of January 1, 2012 _____
USSA or USUSA # _____	
MMSC Program _____	
Medical & Insurance Information	
Medical Insurance Carrier: _____	Family Doctor: _____
Group or Policy # _____	Doctor's Phone # _____
Member # _____	Preferred Hospital: _____
Special Notes: _____	Date of last Tetanus: _____
	Allergies: _____
	Medications: _____

Athlete #2	
Full Name: _____	Height: _____ Weight: _____
Birthdate: _____	Age as of January 1, 2012 _____
USSA or USUSA # _____	
MMSC Program _____	
Medical & Insurance Information	
Medical Insurance Carrier: _____	Family Doctor: _____
Group or Policy # _____	Doctor's Phone # _____
Member # _____	Preferred Hospital: _____
Special Notes: _____	Date of last Tetanus: _____
	Allergies: _____
	Medications: _____

Athlete #3	
Full Name: _____	Height: _____ Weight: _____
Birthdate: _____	Age as of January 1, 2012 _____
USSA or USUSA # _____	
MMSC Program _____	
Medical & Insurance Information	
Medical Insurance Carrier: _____	Family Doctor: _____
Group or Policy # _____	Doctor's Phone # _____
Member # _____	Preferred Hospital: _____
Special Notes: _____	Date of last Tetanus: _____
	Allergies: _____
	Medications: _____

MEDICAL AUTHORIZATION	
I agree that if _____ (name(s), my son(s)/daughter(s), is(are) injured and require(s) medical attention, that I grant to the Mt. Mansfield Ski & Snowboard Club the same rights that I have as a parent to obtain medical attention until such time as a parent is notified. I also agree to pay for all expenses incurred.	
Parent or Guardian _____	Date _____

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MT. MANSFIELD SKI AND SNOWBOARD CLUB

CODE OF CONDUCT

It is a privilege to be associated with MMSC. All athletes are expected to conduct themselves in a manner that exhibits appropriate and respectful behavior, integrity, and honor, for MMSC coaches, teammates, competitors, volunteers, mountain employees, and the surrounding community.

You are a role model, your positive attitude is infectious. Your coaches are there to help you improve, show them respect by listening and following their direction. Regardless of the mountain you are skiing or riding, being courteous and respectful of the Ski Patrol, Park Rangers, employees, and other resort guests is mandatory. Competing and training should only be conducted in the designated areas. All athletes are expected to have an appropriate ticket or pass while training or competing. Vermont State Law requires the bar to be down while riding the lift. Observe all posted signs, keep off closed trails and closed areas. Fighting, swearing, and throwing snowballs are not allowed.

Our Clubhouse, has been built to support all of the athletes and families. Cleaning up after a meal and keeping your equipment neat in and around the Clubhouse will make it a facility we are proud to use. Similar respect should be shown while using lodges and other facilities, both at Stowe and other mountains. Offices, the gym, and race related buildings are off limits unless your coach invites you.

Violation Consequences

In the event an athlete violates the Code of Conduct, one or more of the following actions may be taken: 1) Discussion with coaches, parents, and athletes. 2) Suspension of training or competing privileges. 3) Immediate dismissal from all MMSC programs until November 1 of the following season.

DRUG/ALCOHOL POLICY

MMSC prohibits the possession or use of alcohol and non-prescribed illegal drugs in any form by program athletes during any MMSC programs and during any MMSC-sanctioned activities, functions, travel, camps or other events, including all events at which MMSC athletes are invited or scheduled to compete as MMSC representatives. An illegal drug includes (without limitation) any illegal or controlled substance, as defined by law, including possession or use of tobacco by an individual under the age of 21. This prohibition applies during all times that an MMSC athlete is participating in MMSC programs or in events/competitions as an MMSC representative. The prohibition also applies at all times during which an MMSC athlete is traveling to or from any event with an MMSC group or in transportation provided by MMSC.

Reporting Violations

Violations are to be reported to the Executive Director. Every MMSC athlete is obligated to report his or her violations of this policy to his or her head coach or to the Executive Director within 24 hours of a violation. Coaches must report violations immediately. Violations may be reported by any person. An athlete who fails to report his or her violation of this policy in a timely manner is subject to the same sanctions as for possession/use of alcohol. Any athlete who violates this policy and does not provide truthful and complete information regarding the violation shall be subject to immediate dismissal from all MMSC programs until November 1 of the following season.

Violation Consequences:

-Sale or Distribution of Alcohol and/or Illegal Drugs (including furnishing alcohol to any person under the age of 21). Immediate dismissal from all MMSC programs until November 1 of the following season. A dismissal means that the individual is ineligible to participate in any MMSC-sponsored activities, competitions, camps or other events.

-Possession or Use of Alcohol and/or Drugs in Violation of Policy. *First Offense:* two-week suspension from all participation in MMSC program activities, including all programs, camps, events or competitions at which the athlete is invited or scheduled to compete as an MMSC representative. *Second Offense:* Immediate dismissal from all MMSC programs until November 1 of the following season. A dismissal means that the individual is ineligible to participate in any MMSC-sponsored activities, competitions, camps or other events.

-Driving Under the Influence of Drugs or Alcohol. An athlete who operates a motor vehicle under the influence of drugs or alcohol while traveling to or from an MMSC program session, camp, competition or event, or to or from any program, camp, event or competition at which the athlete is invited or scheduled to compete as an MMSC representative shall be subject to immediate dismissal from all MMSC programs until November 1 of the following season.

Use of MMSC Facilities

Individuals subject to suspension or dismissal for violations of these policies may not attend or use MMSC facilities or equipment for any purpose during the period of suspension or dismissal.

Determination of Violations and Sanctions

It is the decision of the Executive Director as to whether a violation has occurred and the appropriate sanctions shall be final.

No Refunds

Individuals subject to suspension or dismissal for any reason are not entitled to any refund of tuition or other fees and remain responsible to pay any outstanding amounts due MMSC.

Printed Name of Athlete #1 _____

Printed Name of Athlete #2 _____

Printed Name of Athlete #3 _____

Printed Name of Athlete #4 _____

I, _____ (parent/guardian of athlete under age 18) have read, understand, discussed and explained the policies in the MMSC Code of Conduct to my athlete(s), and agree to the terms thereof.

