

***Ford Sayre  
Junior Alpine Racing***



**Athlete & Parent  
Handbook  
2023 - 2024**

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# Junior Alpine Racing Program Overview

## *In a Nutshell*

Our program aims to provide FUN, team-based, age-appropriate training with a focus on mastery of fundamental skiing skills progressing to the development of racing skills over time. The program aligns with all Ford Sayre programming, as we strive to achieve the following:

- Develop in participants a life-long passion for skiing
- Create a positive learning environment that emphasizes individual improvement
- Teach ski skills and training methods based on the USSA Long-Term Development model
- Ensure that participants experience the exhilaration of going fast on skis
- Introduce skiers to the fun and excitement of healthy competition
- Provide support to athletes who want to pursue ski racing at a local, regional, and national level
- Develop cooperative and supportive skiers
- Create opportunities for older skiers to mentor and serve as role models to younger skiers
- Ensure that all participants (skiers, coaches, parents) see themselves as members of and supported by the Ford Sayre community

While some of our athletes go on to successful high school, college, and even international racing careers, our primary focus is on developing a love of skiing and ski racing as members of an energetic and supportive team.

## *Teams*

The team levels and curriculum align with the [US Ski Team age-appropriate progressions](#), which build on a race platform. Each team of athletes is led by a dedicated team of highly qualified coaches, all of whom are expert skiers and many of whom are accomplished ski racers at the national and even international level. Most importantly, they all love working with kids.

	Devo	U10	U12	U14
Birth years	2017, 2016 & 2015	2015 & 2014	2013 & 2012	2011 & 2010
Entry skill level	Able and eager to ski the full variety of terrain at the Dartmouth Skiway, including both chair lifts	At least two years of skiing experience including at least one year in a structured program	Able to comfortably ski all types of terrain, and have an interest in progressing quickly and competing	Able to comfortably ski all types of terrain, and have a desire to race
Focus	Instill a love of skiing so kids will continue skiing in whatever capacity that excites them	Instill a love of skiing and provide a taste of racing skill development and competition	Instill a love of skiing, provide more opportunities for racing development and competition, and foster a supportive team	Instill a love of skiing, provide many opportunities for racing development and competition, and foster a supportive team

Dryland Commitment	One Sunday in November, a few hours	Two Sundays in November, a few hours	Wednesdays 3:30pm to 5pm + Sundays (time is variable)	Tue., Wed., & Thur. 3:30pm to 5pm + Sundays (time is variable)
On-snow commitment	Sat & Sun* 9:30am to 12:30pm	Sat & Sun* 9:30am to 12:30pm	Sat & Sun* 9:00am to 1:00pm + Tue, Wed & Thu 3:15pm to 5:15pm	Sat & Sun* 9:00am to 1:00pm + Tue, Wed & Thu 3:15pm to 5:15pm
Racing experience	None required	None required	None required	None required
Races / Season	1 to 2 at local ski areas (optional)	2 to 3 at local ski areas (optional)	8 to 10 races in NH	8 to 10 races in NH

\*Most weekend practices are at the Dartmouth Skiway and weekday practices are at Whaleback Mountain

For more detailed information about these teams, please visit [www.fordsayre.org/alpine/junior-racing](http://www.fordsayre.org/alpine/junior-racing). To get a sense of the teams in action, check out the program instagram account: FordSayre\_Alpine.

## ***Management***

The Junior Alpine Racing Program is made possible through the work of many volunteers and dedicated coaches. The program is led by two volunteer program directors who ensure that the coaching staff and families have all of the information and resources they need to enjoy a successful program this season and in years to come. The program directors work with and under the guidance of the Alpine Committee which serves to oversee the Recreation, Jr. Racing and Ford Sayre Academy programs.

### Program Directors

alpinerace@fordsayre.org

Sarah Billmeier

[sbillmeier@gmail.com](mailto:sbillmeier@gmail.com)

857.205.2749 (m)

Lindsay Coe

[lindsay.b.coe@gmail.com](mailto:lindsay.b.coe@gmail.com)

603.443.2383 (m)

# Season Set Up

## Program Fees

Registration is open from October 1 to October 22. The following program fees are collected at the time of registration:

Devo	U10	U12	U14	U12 / U14 Midweek only
\$ 550	\$875	\$1200	\$1400	\$600

## Scholarships

The Ford Sayre Ski Council believes in making skiing accessible and affordable to all families. As such, the Council maintains a tuition assistance fund to help families who need financial assistance with program fees. Scholarship applications are reviewed three times a year and funds are finite. Apply early! For Ford Sayre scholarship applications, deadlines, and more information, please visit: <https://www.fordsayre.org/about/scholarships/>.

There are other scholarship opportunities offered by the following organizations:

- [New England Masters Ski Racing Foundation](#)
- [Eastern Amateur Ski Education Foundation](#)
- [NHARA Support for "Out of Region Events"](#) (e.g., Can Ams, US Nationals, Toberlone)

## Refund Policy

Cancellation of program before the first day of training (whether dryland or on-snow): 100% of program fee less \$60 registration fee will be refunded.

Cancellation after the first day of training (whether dryland or on-snow): Program fee will be refunded on a sliding scale based on elapsed time, and fixed and variable costs incurred. We commit to returning all unspent program fees. Please see the [refund details](#) on our website to see the guidelines from mid-season refunds and additional Ford Sayre refund information.

## Ski Passes

### Dartmouth Skiway

All Jr. Alpine Racing teams ski regularly at the Dartmouth Skiway and therefore most athletes choose to buy a [season pass to the Skiway](#). Early bird pricing goes live September 1, 2023 and prices increase on November 1st.

### Whaleback Training Pass

U12 and U14 athletes need to purchase the Ford Sayre Training Pass at Whaleback for \$290. (This is different than Whaleback's Midweek Pass.) The Training Pass includes a hill fee, which is the cost that Whaleback charges Ford Sayre Junior Racing and other clubs to use their trails for course setting and training.

## *Passes for Big Mountain Days*

Please note that Big Mountain Days are ALWAYS OPTIONAL; however, we strongly encourage attendance! Big Mountain Days have always been incredibly important to our program and the overall development of our athletes. They're super fun, a chance for team bonding, and a great addition to what we can provide at the Skiway and Whaleback.

Given the unpredictability of weather and ski conditions the past few years, we've decided to take a flexible approach and select the days and locations for Big Mountain Days based on conditions and favorable group/local ticket prices. We will try to plan ahead as much as possible so that families can plan around Big Mountain Days.

### 5th Grade VT Pass

We recommend all 5th graders (VT & NH) get the VT 5th grade pass. For only \$20, 5th graders receive 3 vouchers at each participating VT ski resort (including Burke). It's a great deal!

### A-Basin Fall Pass

U12 and U14 athletes choosing to attend the November training trip to Colorado should purchase an Arapahoe Basin Fall Pass. The pass is ONLY \$99 for ages (6-14). We ski at least 4 days at A-Basin, so this pass works out to about \$25 a day! For families who choose to ski with Ikon, A-Basin is included. Coaches will purchase day-of group tickets if/when we ski at Loveland.

## **Memberships**

All U12 and U14 athletes who want to compete in official races, must purchase memberships to both:

[US Ski & Snowboard](#) - U12 and U14 athletes must get a "competitor" pass.

[NHARA \(New Hampshire Alpine Racing Association\)](#) - NHARA is the governing body for ski racing in New Hampshire. The NHARA website and specifically the NHARA Handbook is a valuable resource as it contains information about the racing calendar, results and rules and regulations that govern racing in New Hampshire.

These memberships are not required for the Masters on the Mountain series or Storrs Hill races where Devo and U10 athletes compete. If a U10 athlete wants to compete in additional races, they must buy these memberships as well.

## **Equipment**

Skiing is an equipment intensive sport. Not having the right equipment can really undermine an athlete's performance. We recommend seeking advice from: 1) a coach, 2) a shop that has experience with young athletes, and/or 3) attend a Fit Day.

### By Team

	Devo	U10	U12	U14
Helmet	✓	✓ Full Shell, no soft ears permitted	✓ Full Shell, no soft ears permitted	✓ Full Shell, must be FIS certified

Goggles (fit properly, without a gap between top of frame and helmet)	✓	✓	✓	✓
Boots	✓	✓	✓	✓*
Poles	✓	✓	✓	✓*
Multi event ski	✓	✓ (or slalom)		
Slalom ski		✓ (or multi event)	✓	✓*
GS ski			✓	✓*
GS suit (best to pair with side zip pants or shorts)		Optional	Optional but recommended	✓
Slalom gate protection: shin guards, chin guard for helmet, pole guards			✓	✓
Back protection (for SG and GS only)			Recommended	Recommended

\* There are more specific requirements for U14 equipment including slalom skis must be a minimum of 130cm long and GS skis must have a minimum radius of 17m. Please see the [equipment page on the Ford Sayre website](#) for more detail.

Please see the [equipment page on the Ford Sayre website](#) for more detail on fitting skis, boots and helmets.

### Tuning

It's helpful to tune skis before a competitive event. Therefore, we recommend to families who are interested in racing to invest in tuning equipment. There will be a tuning clinic in the fall and there are many online tutorials. Please see the [equipment page on the Ford Sayre website](#) for specific tools and tuning retailers.

### Retailers / Resources

**Ford Sayre Ski Swap/Sale:** Quality gear is often available at the annual Ford Sayre ski sale, though do be aware of equipment age and condition; seek guidance from coaches and veteran families if possible. This annual event is held in early November in Hanover.

**Ford Sayre Online Exchange Store:** We have an easy-to-use system for selling/buying used gear. Let's all use it! Please indicate the gear you are selling is "Alpine" since we share the store with Nordic families.

**Upper Valley Ski Swap Group on Facebook:** It's a little tricky to pick through the postings, but there is some good used stuff up for sale / looking for a new home.

### **Ski Shops:**

- [World Cup Ski Shop \(coupon code FS15%\)](#)
- [Bob Skinner's Ski & Sports and Edgewise Ski Tuning](#)
- [Henderson's Ski & Snowboard \(offers season leases\)](#)

- Omer & Bob's (offers season leases)
- Peak Performance Ski Shop
- Race Stock
- Rodgers Ski & Sport
- Ski Tognar - Tuning Equipment
- The Race Place - Tuning Equipment
- SkiMD - Elite Ski Tuning Services (Proglide)

## ***Colorado Training Trip***

Ford Sayre hosts a training camp in Colorado the week before and including Thanksgiving. It is not mandatory, but highly encouraged for U14 athletes. The training trip provides an excellent opportunity for kids to both make huge gains on snow and to learn independence while living amongst a team.

U12 athletes are welcome to join. *However, there will be no lodging, transportation or meals provided to U12s.* If anyone needs help deciding whether this trip is right for your child, send an email to [alpinerace@fordsaye.org](mailto:alpinerace@fordsaye.org) and we can chat.

### Skiing

The ski plan for 2023 looks like the following:

- Sat Nov 18 - Loveland Basin
- Sun Nov 19 - Loveland Basin
- Mon Nov 20 - Arapahoe Basin
- Tues Nov 21 - Arapahoe Basin
- Wed Nov 22 - Arapahoe Basin
- Thurs Nov 23 - Arapahoe Basin

### Lodging

For the U14 team, we have 2-3 condos, separated by gender, fully staffed with adult coaches and we ask you to trust us with them for the week. The condos are in the Gateway Mountain Lodge by Keystone Resort. The address is 23100 US-6 Keystone, CO 80435.

U14 parents are welcome to come along; however, this is an important team building effort and we encourage the kids to stay independent of their families.

For U12s, a parent (or responsible adult) is required to attend and arrange lodging and transportation for U12 athletes.

### Transportation

Parents are responsible for purchasing a round-trip Dartmouth Coach ticket, the flights to and from Denver, and a fall lift pass for A-Basin. This info is provided below.

#### **Friday, Nov 17**

- 9:05am - Depart Lebanon on Dartmouth Coach
- 2:15pm - Depart BOS on Southwest Flight #3281 (nonstop)

#### **Friday, Nov 24**

- 12:35pm - Depart DEN on Southwest Flight #2558 (nonstop)



- 6:50pm - Depart BOS on Dartmouth Coach

If for any reason your child won't travel with the group, we can make arrangements.

Coaches take care of transportation in Colorado, lodging, food, etc.. We will have two 14-passenger vans and two trucks.

### Cost

We try to keep the economic impact of this camp low. In addition to flights and tickets, parents will split the group cost for lodging, transportation, food, and coaches' travel. We estimate that the camp will cost somewhere between ~\$1,000-\$1,300 for the week (in addition to travel and A-Basin pass purchased by parents in advance.)

Check out the [Colorado Trip information sheet](#) on the Ford Sayre website for a packing list and other details.

### ***Other Expenses***

Most of the season's expenses are listed above. Additional expenses include:

- Race entry fees - Families are responsible for registering their athletes for races and making sure they have the appropriate memberships to register (i.e., USSA, NHARA)
- Ford Sayre gear - Ford sayre gear is optional, but many kids enjoy showing their team pride. Team gear is available for sale during Ski Swap, selected dryland events and sometimes at the holidays. Coats may be ordered online at:  
<https://syncperformancecustom.com/collections/ford-sayre-alpine-team>

# Communication

We all receive a LOT of email, texts, phone notifications, etc. so we will aim to be efficient with Ford Sayre alpine communications. We'll send out weekly emails in-season with practice details and reminders, and use WhatsApp or TeamSnap to communicate more spur of the moment information (e.g., a change in practice plan, race start details). The website provides a wealth of information to easily reference including frequently updated calendars for each team.

## ***TeamSnap***

[TeamSnap](#) is Ford Sayre's new registration and program communication platform. During the 2023-2024 season, we hope to leverage the TeamSnap app to efficiently communicate with parents and athletes, but do not have a firm plan in place... yet. Thanks for your patience! As we all get used to TeamSnap, please reference the TeamSnap Assistant help figure out how to do things efficiently. We will try to share helpful tips we find along the way, too.

## ***Email***

The weekly email will provide information for all Jr. Alpine Racing teams to limit the stream of emails for multi-athlete families. The email include team-specific information like:

- A week recap
- Practice details - days, times, locations, specific gear needed
- Race details - dates, registration information
- Other relevant reminders and/or tips

## ***WhatsApp***

WhatsApp is a free instant messaging app. A WhatsApp channel will be set up for the U12 and U14 teams so that coaches can easily provide timely information to parents and caregivers, and parents can ask questions, post photos, etc. The U12 team has used WhatsApp the past two seasons and it has been a great informational and community-building platform. We will likely migrate activity on this app to TeamSnap this season or next.

[Link to U14 WhatsApp group](#)

[Link to U12 WhatsApp group](#)

## ***Calendars & Key Dates***

The most up-to-date team calendars can be found on the TeamSnap app. The TeamSnap calendars can be exported to your Google calendar and are linked to the Ford Sayre website. These calendars will be updated as changes in schedule occur.

## ***Athlete Feedback***

All alpine athletes will receive continuous feedback throughout the season. At the U12 and U14 levels, the coaches are focused on providing different types of feedback including:

- Kinesthetic: As athletes spend time on snow, doing drills and courses, they are provided with constant and valuable feedback that can only be learned by doing.

- Visual: Athletes continue to grow by following peers, watching the pros and seeing movement in action.
- Auditory/Verbal: Athletes will be given areas of focus throughout the season and we will continue to iterate on those areas with feedback through drills, courses, videos and more.

For the U12 and U14s, Sprongo video is used for movement analysis, visual learning, and disqualification evidence. There is one Sprongo log-in per family per athlete, and videos are typically uploaded within 48 hours of filming.

### ***Program Feedback***

Three-way (Coach-Athlete-Parent) communication is key to creating an optimal experience. Often what is conveyed to an athlete on the hill is not effectively communicated to the parents by the athlete. For this communication triangle to be effective, it is important that parents reach out to the coaches to confirm the communication if there is a concern. Coaches are typically available post training to discuss any concerns.

For U12 and U14 athletes, the coaches will provide a periodic assessment that will be distributed to the athletes and parents.

If anyone in the Ford Sayre community has concerns or suggestions for improvement, please share with the coaches or program directors. If you have something on your mind, we encourage you to let us know about it sooner rather than later!

A more formal online survey will be sent out mid-season and at the end of the season. The more responses we receive, the more informed we are to celebrate and improve the program.

# Race Days

## ***Registration***

Race registrations are the responsibility of the athlete and his/her family.

At the beginning of the season the coaches select the races they feel are appropriate for each team and will share them on the team calendars and weekly emails. Some races are recommended over others, but ultimately each athlete (with input from coaches and parents) chooses his or her own race schedule.

We do not recommend that racers attend additional races outside the team schedule during December, January, and February. These core months of the season are busy, and we feel that extra races during this time are not beneficial. We choose the race schedule carefully based on both our experience, and national guidelines for skiers of different ages. We would always rather have the kids hungry to race more, than get tired of racing. When the core of the season ends in early March there are still quite a few open races kids can go to if they want to race more.

Most registrations are completed online through [skireg.com](http://skireg.com).

## ***At the Race***

Before the event, the coaching team will email out a detailed plan for the day including what to pack, when and where to meet, etc. WhatsApp communication becomes really helpful to keep folks up to speed on the progress of the race order, where to pick up coats (if left at the top of the course), when to meet up after snack, etc.

Athletes love to be cheered on by friends and families so come support them. Spectators are usually allowed on foot or skis / boards. Athletes often appreciate a snack and/or warm coat and hug at the end of a race.

## ***State Finals & Championships***

The U12 and U14 athletes will have the opportunity to ski in NHARA's culminating season events, NH State Finals and Championships. Ford Sayre skis in the Western Division and the divisional qualifying series consists of a Slalom (SL), Giant Slalom (GS) and a Parallel Slalom. Each of these qualifying races consists of 2 runs. The athlete's 2 best runs of the 6 will determine whether they qualify for Championships. If an athlete does not qualify based on performance at qualifier races, they can participate in the Finals which offers an additional opportunity to qualify for the NH State Championship races.

The volunteer Championship Coordinator will arrange blocked hotel rooms or other accommodations so that teammates can stay close to one another. This is part of the fun!

A select few from Championships will qualify for Piche's (U12/14s) and Easterns (U14 only) where they will race against the top athletes from the eastern United States.

# Parent Volunteering

Ford Sayre programs rely heavily on the cooperation and participation of our parents to keep the organization strong. All parents are expected to help with the running of the program and/or races for three reasons.

- 1) Without parent power, kids will not have as many opportunities to ski and race.
- 2) Volunteer program management and race workers enable us to keep our program fees lower.
- 3) Participating in the program and/or races helps to build relationships among families and to build knowledge of the sport of alpine ski racing.

## **Requirement**

### Devo

Parents of Devo participants who are comfortable skiing are required to be a lift helper for at least two days in the season. Lift helpers are assigned to specific days and groups to ensure that our youngest skiers are safe on the lift.

Parents who cannot safely ski can fulfill their requirement by electing to be the “*Devo Season Celebration Coordinator*” which coordinates an end-of-season event to celebrate the hard work, fun and camaraderie of the season.

Devo parents are not obligated to work races. (If you are interested in doing so, please reach out to the Race Coordinator. We’d love the help!)

### U10, U12 & U14

Parents of U10 athletes are required to work one race day and parents of U12 and U14 are required to work two race days. There is a maximum of four race days per family.

Alternatively, parents can fulfill or reduce their volunteer requirement by serving in another volunteer role. Please see other volunteer opportunities in the section below.

For additional information on race work requirements, please visit the “[Race Work Guidance & Rules](#)” page.

### Requirement Deposit

All families must provide a \$400 deposit. This check/credit card will not be deposited/charged at the end of the season if you fulfill your entire volunteer commitment.

## **Program Roles**

There are various ways for parents to get involved in supporting the program outside of race work. Many of these roles are open for the 2023-2024 season. If you’re interested, please email [aplincerace@fordsayre.org](mailto:aplincerace@fordsayre.org).

Program Director: Oversees and administers the Junior Racing program. Works with the Alpine Committee and Ford Sayre Council to plan for and deliver a positive and meaningful experience.

Previously, Jane LeMasurier & Lindsay Coe → Currently, Sarah Billmeier & Lindsay Coe

Race Work Coordinator: Coordinates the race work assignments and training for Ford Sayre hosted events at the Dartmouth Skiway.

Previously, Liz Hackett → Currently, Courtney Farrell

Devo or U10 Coach: Leads a ski group one or two weekend days each week. U10 coaches are required to be Level 100 certified.

Gear Manager: Coordinates the ordering, distribution and sale of Ford Sayre alpine gear for Jr. Alpine and FSA.

Previously, Heidi Reiss → Currently, TBD

Slideshow Coordinator: Collects photos from across Jr. Alpine to create a celebratory end-of-season visual summary. (Provides exemption from one race work day.)

Previously, Emily Blake → Currently, Mike Novello

Championship Coordinator: Arranges for blocks of hotel rooms for the various end-of-season events. (Provides exemption from one race work day.)

Previously, Allison Winchester → Currently, TBD

U12 & U14 Tailgate Coordinators: Leads team tailgates for each U12 and U14 race day. (Provides exemption from one race work day.)

Previously, Allison Winchester → Emma Cottage & Scotty Harris

U10, U12 & U14 Season Celebration Coordinator: Coordinates an end-of-season event to celebrate the hard work, fun and camaraderie of the season. (Provides exemption from one race work day.)

Previously, Molly Riordan & Liz Soucy → Currently, Molly Riordan & Liz Soucy

Awards & Gifts Coordinator: Coordinates the ordering and distribution of year-end awards for athletes and gifts for coaches. These are purchased with funds from the program. In 2022, awards came in the form of wooden medals for Devos & U10s, and patches and paper certificates for all athletes. Coaches were gifted Ford Sayre neck warmers. (Provides exemption from one race work day.)

Previously, Carrie Michelson → Currently, Carrie Michelson

## ***Race Work Roles***

Hosting races provides revenue to Ford Sayre which helps in reducing program fees, and they provide a great opportunity for families to learn more about the sport of alpine ski racing.

It takes a village to run a fair and safe race and there are various roles to play. Most require some level of comfort on skis, but not all. Training for most roles will be provided the day of the race. If you'd like to receive training beforehand and/or are interested in a position that requires an official accreditation, please reach out to [Courtney Farrell](#).

No individual will be allowed to be within the race arena without a USSS membership.

Racework roles<sup>1</sup> include:

Chief of Race (Alpine Official): The Chief of Race, a member of the Race Jury, must be a licensed US Ski and Snowboard Alpine Official and is the official in charge of organizing the race, assigning the workers, directing and supervising the race and the work of all officials, etc. In addition to his/her responsibilities to the Race Organization, the Chief of Race is a member of the Race Jury according to the International Competition Rules. He/she must know and understand the rules and answer technical questions, participate in Jury inspections and other meetings, and vote on questions brought before the Jury.

Chief of Course (Alpine Official): The Chief of Course is the official in charge of preparing the course and its safety features, working the event, and supervising the clean-up immediately following. Successful completion of these responsibilities requires organization, leadership, personnel and equipment. The Chief of Course will need to maintain communication with Ski Area Management in order to promote full cooperation between mountain and ski club personnel. S/He will need to have capable assistants even for a small race. The Chief of Course must understand course preparation and must be able to evaluate the courses set under his jurisdiction. His/her responsibilities include the Start and Finish Areas as well as the actual race course. He/she is often called upon to manage equipment, repair timing and communication systems.

Course Crew: Work includes installing, maintaining, and replacing of gates, maintaining the race course and installing and removing of safety fence. Strong skiing skills and ability to stay outside for long periods of time are required.

Chief of Timing and Calculations (Alpine Official): The Chief of Timing and Calculations (AO-TC1 or 2) is responsible for supervising the timing, communications, and calculations, and oversees the timers, recorders, calculations, and coordinates the officials at the start and finish.

Primary Timer\*: Experience with current timing software is necessary. Responsible for operating the primary timing computer. Confirms and maintains communication with the starter through a headset. Communicates the proper start intervals to the starter.

Secondary Timer\*: Responsible for operating the backup timing computer.

Hand Timer (start/finish\*): Operate a hand held timer that records the time of day that a racer leaves the start/crosses the finish line. Used as a back-up to the primary and secondary timing systems.

Announcer\*: Using a microphone, announce the athlete's name and time as they cross the finish line.

Chief of Gate Keeping: The Chief of Gate Keeping (CG) is in charge of all gatekeepers. Prior to the start of the race, the CG holds a meeting of all gatekeepers they are given bibs, clipboards, pencils, and gatekeeping cards and the rules and procedures are reviewed. The CG then meets all of the gatekeepers at the top of the course and assigns the gates. Just before the Start, the CG checks that all gatekeepers are in place, that each gatekeeper understands which gates are his/her responsibility and that each gate has a gatekeeper. During the race, the CG continually checks on the gatekeepers to be sure that everything is OK. At the end of each run, the CG collects the cards and reviews them with the Referee to see if there are any disqualifications (DQ's).

Gate Keepers/Judges\*: Responsible for the supervision of one or more gates and should observe accurately whether passage of a competitor was correct through the assigned gates.

Chief of Registration: Responsible for the registration of all competitors, including the distribution and collection of all race bibs. Should have a radio to communicate with Chief of Race.

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<sup>1</sup> These are copied from the Franconia Ski Club handbook. Thanks FSC!

Registration/Bibs: Responsible for setting up registration at the race venue the morning of the race. Registration will collect the race fees, hand out lift tickets and racer bibs. During the finish of the second run, registration collects the bibs from racers at the finish line.

Start Referee (Alpine Official): Responsible for controlling the start and making sure the rules or the start are properly observed.

Starter: Responsible for start command to the athletes as well as the accuracy of start intervals.

Round Up: Calls out the names of athletes to line them up for their start.

Finish Referee (Alpine Official)\*: Controls the finish arena. Responsible for recording the order of finish of all racers who complete the course.

\* Workers who do not ski comfortably can help in the following capacities: Registration, Timing, Announcer, Finish Referee, Finish Hand Timer or Gatekeeper on bottom section of course.



# Expectations & Codes of Conduct

## ***Parent Role & Expectations***

Athletes' families play an important role in the success of the program. A successful ski experience for the athlete requires organization, support, and enthusiasm on the part of parents. While our Ford Sayre Junior program exists to teach kids the fundamentals of ski racing and to encourage them to pursue racing beyond the U14 level, we can't expect our kids to embrace the sport if they aren't having fun.

We encourage our parents to remind their kids (and themselves) that at the end of the day, this is all just a game, albeit a game that can teach many important lifelong skills! Be your child's best advocate by remaining supportive even in times of perceived "defeat." Helping kids learn to deal with a discouraging training or race day will have a much greater impact on their joy for the sport -- and success! -- down the road!

### Expectations

- Be your child's best fan
- Provide unconditional love and support regardless of performance
- Be a fan of the entire team
- Volunteer and participate
- Support the coach
- Let the coach do the coaching
- Be a role model for your child
- Understand the sport

More information about the role of the parent is available on the US Ski and Snowboard website at <https://usskiandsnowboard.org/sport-development/parents>.

## ***Athlete Expectations & Code of Conduct***

As a participant in the Ford Sayre Junior Alpine Racing program, you commit to being a representative of our club and community, and you agree to 1) abide by the Code of Conduct of both of our governing bodies, NHARA and USSS, and 2) try your best to meet the following Program Expectations.

### Program Expectations:

Ford Sayre Alpine skiers will be honest, courteous and sportsmanlike at all times. This means:

- **Cooperate with and be responsive** to coaches, ski area personnel, and parent volunteers.
- **Encourage and support your teammates and other competitors.**
- **Respect others' personal property.**
- **Use only appropriate language.**

- **Keep yourself and others safe** by skiing responsibly and looking out for others.
- **Respect the ski areas rules.** Ski courteously so those skiers who do not race may also enjoy the slopes.
- **Respect all race day rules** that are put in place to govern conduct on race days, including methods of inspection, and limitations on fast skiing on public trails.
- **Be neat.** Always stow your gear neatly so that others may use the facility. Clean up after yourselves.
- **Thank at least one person** who helped make your ski day possible, whether it is a ski area worker, patroller, coach, race volunteer, or parent.
- **Act in a manner that reflects positively on Ford Sayre.**
- **Apologize FIRST** if you make a mistake, and then explain yourself.

In instances where there is a pattern of behavior that does not meet Program Expectations, a conversation between the athlete and coaches will be the first step. If the behaviors persist, the coaches will have a conversation with the athlete and his/her family and include the program heads, as necessary. If the behavior persists after both of these steps, coaches and program heads reserve the right to suspend the athlete from training and/or expel the athlete from the Junior Alpine Racing program without the return of training fees. Any punishment greater than suspension from the program for one day may be appealed to the Ford Sayre Board of Trustees. The Board of Trustees, and no other person or entity, shall have final decision and authority on any such appeal.

## ***Coach Expectations & Code of Conduct***

Coaches in the Ford Sayre Junior Alpine program agree to abide by the Code of Conduct of both of our governing bodies, [NHARA](#) and [USSS](#), and to meet the following expectations.

### Commitment to Program

- Maintain enthusiasm for his/her role as coach and program ambassador.
- Uphold the program's mission, vision and values.
- Plan and conduct relevant, safe, and orderly practices.
- Promote a positive and fun yet focused environment during practices and races.
- Communicate and collaborate with other colleagues and branches within the Ford Sayre organization.
- Abide by all Ford Sayre Minor Athlete Abuse Prevention Policies.
- Abide by the policies included in the [Ford Sayre Employee Handbook](#).

### Commitment to Athlete

- Ensure that all athletes feel respected and included.
- Strive to optimize individual training and meet development needs.
- Maintain a holistic approach to athlete development.
- Be aware of and sensitive to the health and safety of each participant while planning, conducting, and reflecting upon FS programming and events.

### Commitment to Growth

- Maintain a growth mind-set and continually learn through experience, research, and

collaboration.

- Invite and listen to constructive feedback.
- Engage in regular self-evaluation as well as feedback from other coaches and the Alpine Committee.
- Make and take opportunities to pursue professional development.
- Be process-oriented and organized.

#### Commitment to Team

- Recognize that to coach is to lead by example and to lead is to serve.
- Work with the team to define and foster healthy team culture.
- Promote the view that skiing is both an individual and team sport. And value the importance of working together as a team to achieve a higher level.