

2016-2017



HANDBOOK

CONTACT INFORMATION

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MISSION STATEMENT

The Mount Washington Valley Ski Team is dedicated to:

Working as a club to provide an outstanding program of ski education, training, and racing for U21, U19, U16, and U14 ski racers, including physically challenged, athletes in all levels of competition in the Eastern Region as well as select National and International events sanctioned by the United States Ski Association (USSA) and the International Federation of Skiing (FIS).

Promoting ski racing and training as a structure within which young athletes can learn the benefits of long-term commitments, responsibility, self-discipline, and dedication as a means of attaining their goals.

Expecting the highest level of competition excellence from athletes and in so doing provide the format for a higher level of achievement.

Developing in athletes a sense of both individual and team leadership and responsibility.

Developing in athletes an attitude of camaraderie and respect for fellow team members, competitors, and athletes.

Promoting in all athletes good citizenship and a healthy lifestyle.

Providing as safe an environment as possible for training and racing on an affordable basis.

BOARD OF DIRECTORS

To create continuity on the Board terms are for three years. No less than seven members no more than fifteen. At the end of a term a board member may ask to be re-nominated or to serve "Emeritus". The desired result is to have experience to draw on but also to involve new parents, ideally from the surrounding participating ski areas.

Tri Chairs-

Mary Ellen McDermott Bill Elliott Mike Crowther

Secretary- tbd

Kathy Badger Harry Mann

Peter Bozovic Alec Tarberry

Paul Carrigan Stan Millen

Noah Coleman

COACHING STAFF

Dave Gregory - Head Coach/Program Director

Shawn Smith- U16 Head Coach

Ken Corrock Ace Tarberry Alec Tarberry

Andrew Benson Ashley Langlands

Joey Miller Eddie Bradley Bobby Langlands

Other coaching staff members TBA

OFFICE MANAGER - Martha Leich

ALUMNI LIASON - Ashley Langlands

TEAM HISTORY

The Mount Washington Valley Alpine Education Foundation was founded in 1982, and is a registered 501(c)(3). During the 80's ski racing in the Mt. Washington Valley was thriving at the local ski areas. As the ski racing in the east continued to evolve, it became apparent that the needs of J1 and J2 athletes were becoming increasingly difficult to be served by each of the local ski teams.

A group of forward thinking coaches, parents and ski area Managers conceived a plan to consolidate the Valley's J1 & J2 Athletes into one consolidated group. A board of directors was formed, and the Mount Washington Valley Alpine Educational Foundation evolved. The board was intended to have representation from all of the surrounding youth programs.

The concept provided an opportunity to form a true regional team, while leveraging the unique resources of the Mount Washington Valley with its numerous ski areas located in close proximity. Current Program Director Dave Gregory joined the coaching staff as Program Director/Head Coach in the summer of 1986.

To this day, the MWVST remains one of the only opportunities in the US for an athlete to have the ability to train at multiple venues.

During the 80s the team flourished with the support of the community and ski areas and continued to grow. The 90's brought significant growth to the Valley leading to considerable expansion and upgrades at many of the areas, including the Attitash expansion to Bear Peak and the cutting of the Illusion trail. The MWVST continues to host many notable races here with Illusion being one of the premiere race venues in the East.

In 1989, the MWVST formed a unique partnership with Kennett High School in North Conway, and also with Fryeburg Academy in Fryeburg Maine, providing the opportunity for local athletes to train daily while also keeping up with their education. The Kennett program has been very successful in providing local athletes a cost effective alternative to the elite academy programs offered in New England. The Fryeburg partnership was rekindled in 2013 and continues to grow and provide opportunities to both day students as well as boarding students from around the world.

In 2011-2012 the FIS made another round of age adjustments raising the first year FIS age from 15 to 16. It also replaced the long time J age group designation, and replaced it with the U system. USSA was forced to comply. Like most teams, this age change brought along challenges of how to serve younger athletes. In 2011 the MWVST formed a partnership with Cranmore to provide structured U16 program, training space, and to provide a more structured transition to athletes graduating from the youth programs to the more demanding and competitive higher levels of USSA and FIS racing.

In 2012 the MWVST was the proud recipient of the USSA Alpine Club of Year award, presented by MWV native and USSA BOD Chairman Dexter Paine at a reception in Park City. Dexter is an alumnus of the MWVST and his father Bill was one of its founders in 1982.

Throughout the years, hundreds of young athletes have participated in the program. Many of these young athletes have gone on to ski at the collegiate level in all Divisions.

Notable alumni include 2 time Olympian, and current US Ski team member Leanne Smith, several members of the US Ski team, NCAA All Americans, to name just a few of the athletes accomplishments.

While we are certainly very proud of the accomplishments of these noted athletes, it is important to recognize that the main mission of the MWVST is to provide the opportunity for young athletes to perform at their personal best ability, develop a lifelong passion for the sport of Alpine Skiing, and develop longstanding friendships.

PROGRAM OPTIONS- 2016-2017

All club participants must be members of the USSA to participate in any of the programs, due to Liability insurance requirements. NHARA membership is required to participate in NHARA sectioned races and qualifiers.

Training will be held at Attitash, Cranmore, and Wildcat primarily. The amount of training at each venue will vary and be determined based on the availability of training space and snow conditions. Some training opportunities may be available at Shawnee Peak.

All Programs require the athlete to purchase a Valley Pass, with the exception of the Punch Card, and those training per diem. Punch card and per diem athletes will provide their own lift tickets/passes or purchase per diem tickets, and are not eligible to purchase a Valley Pass.

TUITION:

In order to be eligible for the early season rate, an athlete must complete registration by August 15th, and pay a \$200 deposit.

This deposit is non-refundable, except in the instance of an injury that prevents an athlete from participating in the 2016-17 season.

The tuition balance must be paid in full by November 1st, and prior to being eligible to purchase the Valley Pass.

Registrations completed after August 15th will be at the regular price. Financial aid is available, as outlined in the handbook. Payment plans may be arranged by contacting the office.

Additional costs apply for transportation, coach and athlete expenses for FIS races, out of state and championship events, please see the section on traveling with MWVST.

FAMILY CLUB PARTICIPATION:

Please see the handbook section on the requirement family commitments for fundraising and race worker requirements. In instances where less participation is required based on the program selection it is noted in the following descriptions. Participation is per family, if there are multiple athletes the responsibilities of the program with the most requirements that there is an athlete in need to be completed.

U16 PROGRAM: This program is designed for U16 athletes (ages 14 and 15) to provide a smooth transition from children's racing to seeded racing. This program welcomes athletes from *all* of the Valley's youth programs, as well as youth programs outside of the Valley.

Most athletes in this program will pursue the U16 NHARA Qualifiers, and will participate in some open races in the early and later parts of the season. Participation in the qualifiers is not required. Athletes will start to develop a USSA point profile.

Many athletes will also race for their local High School.

Program Dates: Weekends and School vacations December 3rd - April 1st

Tuition: \$ 2,095 when \$200 deposit paid by August 15th, \$2295 after that date.

Family Club Participation: Please see handbook section.

HIGH SCHOOL PROGRAM: This program is designed for U16, U19, or U21 athletes that want to train part time, and want to participate in limited weekend races.

Typically athletes in this program will also race for their local High School.

Athletes will only be eligible to race in MWV hosted races, at Cranmore and Attitash. (see race schedule)

Athletes are able to train one weekend day per week, either Saturday or Sunday at their choice. Athletes are eligible to add mid-week vacation training for either Christmas week, or February week for \$ 120 per week (4 Days).

Athletes are eligible to upgrade to another program prior to the February school vacation week at the early season price, and will be credited the High School program tuition.

Program Dates: Weekends December 17th - March 26th, weather permitting

Tuition: \$ 1,600

Family Club Participation: Limited to the sale of five raffle tickets, two tickets to the comedy night fundraiser, and three race worker days per family.

U19/ U21 PROGRAM: This program is designed for athlete's ages 16 years and older who would like to train and race and continue to build on their USSA point profile.

Most athletes in this program will pursue the NHARA Macomber or Technica Cup series, and also some open races depending on their schedules and appetite for competition. There is no set minimum race starts required. The number of race starts is typically managed by dialog between the coaching staff, athlete and parents.

Some athletes will choose to pursue FIS racing, and will start to develop a FIS point profile. Those athletes considering this option, or that want to learn more about this should speak with our Program Director. A FIS license is required in addition to the USSA. Equipment rules are different for FIS (and can change from year to year), families should consult the coaching staff before buying equipment. Some, but not all FIS races are held further from the Valley and may require overnight stays.

Program Dates: Weekends and School vacations November 26th – April 1st weather permitting

Tuition: \$3,075 if \$200 deposit paid by 8/15/16, \$3275 after that date.

With FIS Racing: \$3,475 if \$200 deposit paid by 8/15/16, \$3675 after that date.

Family Club Participation: Please see handbook section.

U16, U19, U21, FULL TIME PROGRAM: This program is for any athletes who would like to ski during the mid-week in addition to the weekend and vacation programs described above.

Athletes can ski mid-week afternoons between Tuesday and Friday, typically from 12-4.

For Kennett students a contract for school release authorization must be signed by the student, parents, head coach, and high school administrator.

For students of Fryeburg Academy, the details of class schedules will be worked out with the program coordinator at the start of the fall semester.

MWVST will provide round trip van transportation in the Valley for athletes that are not able to drive themselves, but families will be billed for the cost of providing the transportation in addition to the program cost.

Program Dates: Weekends, Holidays and School vacations November 26th – April 8th, weather permitting

Tuition: \$4,500 if \$200 deposit paid by 8/15/16, \$4,700 after that date.

Family Club Participation: Please see handbook section.

PG PROGRAM: This program is for any Post graduate athletes who would like to ski full time (6 days per week). Some athletes may also concurrently pursue credits at White Mountain Community College.

Assistance with lodging is available; please contact the program director for additional information on this program and to discuss how it can be tailored to meet the needs of the athlete.

Program Dates: Weekends, Holidays and School vacations November 26th – April 8th, weather permitting

Tuition: \$5,700 if \$200 deposit paid by 8/15/16, \$5,900 after that date

Family Club Participation: Please see handbook section.

MID WEEK ONLY: This program is for **U10, U12, U14** athletes who are able to train during the week in addition to their participation in a program at their home mountain on weekends. Training will take place on Tuesday thru Friday afternoons.

Program Dates: Weekdays and School vacations November 26th – April 1st, weather permitting.

Tuition: \$950

Family Club Participation: Limited to the sale of ten raffle tickets, and two tickets to the comedy night fundraiser.

PUNCH CARD/ PER DIEM PROGRAM: This program is for athletes wishing to train for any 10 days during the season, with no racing. The punch card program is limited to 10 days, and must be purchased before the start of the season.

Program Dates: Any 10 days between November 26th and April 8th, weather permitting.

Tuition: \$650

Family Club Participation: Limited to the sale of five raffle tickets, and two tickets to the comedy night fundraiser. There are no race worker days required, but help is always appreciated.

PER DIEM TRAINING: Per diem training is available to any USSA member athlete or MWVST alum wishing to train on a day by day basis, limited to a maximum of 10 days.

Tuition: \$85.00/day

Family Club Participation: Families with athletes training 5 or more days will be expected to work one race day or purchase one comedy night ticket.

Fryeburg Academy Program: This program allows athletes to participate in the Fulltime Program with MWVST while attending school and living at Fryeburg Academy, for all or part of the season. Please contact us for more information on this Program.

Tuition is non-refundable. Tuition must be paid in full before purchasing the Valley Pass.

Additional costs apply for transportation, coach and athlete expenses for FIS races, out of state and championship events, and for transportation to and from training and normal USSA race departure points for athletes in the Fryeburg Academy program. Please see the section on traveling with MWVST.

Please note deadline for standard rate tuition is payment of a non refundable \$200 per athlete deposit by 8/15/16

VALLEY PASS

This is a ski pass offered exclusively to MWV Ski Team and Cranmore/MWVST U16 Team athletes only, made possible by the ski areas that the ski teams train at: Attitash, Cranmore, and Wildcat. The price of the 2015-2016 Valley Pass was \$660. The 2016-2017 pass cost will be announced when available. There is a \$10 processing fee paid to Attitash for administering the pass program.

The pass is purchased at the Attitash Pass Office, when you are eligible to purchase your pass you will receive an email stating that you can bring the

email to the pass office to identify yourself as pass eligible. Athletes who are employee dependent pass eligible at Cranmore, Attitash, or Wildcat should notify the MWV office of their status so their pass price can be adjusted.

The Valley Pass may be used at all three ski areas for the entire ski season, 7 days a week, including holidays. If you will be training with the MWVST during the week, don't buy a pass at your home ski area and a Valley Pass. Athletes in our programs (except for per diem only athletes) may not ski on daily per diem tickets, they need to buy the pass or purchase lift tickets on their own. *Take note that the Valley Pass is to be issued for its intended purposes ONLY, see Code of Conduct.*

Shawnee Peak Training: This season MWVST may be doing some training at Shawnee Peak in Bridgton, Maine. Shawnee Peak has night skiing, and we hope to offer some evening training sessions depending on the level of interest. Discounted training tickets will be available Stay tuned for more details.

MWVST FAMILY COMMITMENTS

MWVAEF is a 501c/3 charitable foundation that operates as MWV Ski Team. We are a ski racing club, not a commercial business, and as such rely on the participation of our member families to make our program possible and sustainable. Being a club also allows us to get much more out of being part of MWVST than just ski race results. Please become part of our club socially and as volunteer, there is work to be done but a lot of fun to be had and memories and connections made.

A significant part of the expenses of our program are offset by fundraising which includes revenue generated at races we host, Comedy Night, our June Golf Tournament, and a Season Pass raffle. Without these efforts, tuition could easily rise by over 50%.

We need to be a team and a club on and off the hill. Working together as a club is what makes us successful and unique. As you will read below our races and fundraisers benefit our racers and our program in multiple ways. Each family, including athletes, is responsible for doing their part. Please take these commitments seriously and become involved. They make our program possible. **Families with multiple athletes or athletes in more than one program are responsible for fulfilling one commitment, whichever one is more extensive.** We thank you for doing your part and the many of you who go above and beyond!

Families of Students of the Fryeburg Academy program living outside of the Mount Washington Valley that are not able to participate in fundraising and race worker commitments will be required to contribute \$2000 in lieu of the commitments required of other families.

RACE WORKER COMMITMENT

We continue to host a lot of races in the Valley. There are two reasons for this: races are a source of income for the program, and more importantly they provide a “home field advantage” for our racers as well as exposure for the program. There are no two hills alike in ski racing, and being able to train on the hill you compete on can be a significant advantage. Since we have the opportunity to train at several areas, it provides our athletes with more familiarity with the hills they will race on. It does take a lot of work on the part of staff, families and friends, but it is a vital part of our program. We have a strong reputation in the industry for hosting quality races and the program takes great pride in that fact. We couldn't do it without the support our race workers. In order to maintain these high standards, it is vitally important that we work together as a club, and that all families hold up their part of the agreement and contribute. Our success is dependent upon the help from all racer's families. Not only are the racers benefiting from being able to race on our home hills, but the revenue that these races bring in also helps cover the costs of the program. Hosting races allows us to keep costs of tuition lower.

Each of the programs offered by the Mt. Washington Valley Alpine Education Foundation requires a race commitment by the families involved. During the 2016-2017 ski season, each MWVST family is required to work a minimum of six (6) races. Families with athletes in only the High School Program need to do three (3) races. **If you do not work your commitment you will be billed at the end of the season for each race missed at \$120.00 per race.**

One race is equivalent to one person showing up and working for the entire race and SIGNING IN. For example, if two parents work the entire day of one race that counts for 2 of your commitments. Parents do not have to personally work the races, you may opt to have other family members or friends work your races for you, they just need to sign in and note that they are working for your family.

We cannot guarantee workers a specific job, but we will do our best to assign you where you prefer to be. Race workers are placed where they are needed. If you are unable to be out on the hill (there are outside jobs that do not require skiing) please let us know, otherwise all workers should be prepared to be outside. Some jobs require a USSA license; please indicate if you have a USSA Alpine Officials License and include your number and certifications. The more alpine officials our club has the better, consider becoming one and attending a training class to become certified. Race worker names and assignments will be posted by email, and on TeamSnap, please check it before races.

Remember it is your responsibility to sign in at registration and be on time in

order to get credit for the race. Do not rely on the race administrator to sign you in to receive your credit; she has a lot to do during the course of a race day. If you do forget to sign in, because you are on the hill too early, please email the office so we can record you. It is a good idea to keep your own record of days worked too. If you become unavailable for a race you have signed up for let us know as soon as possible, no shows on race day can cause problems. 'Fencing' days can be worked for credit. They may be worked in lieu of race days. Make sure to sign in with a coach and email the office for worker credit.

RACE SCHEDULE 2016-2017

Race Worker Signup Forms will be distributed this fall when the race schedule is finalized. They need to be completed and returned by December 1. Having race workers signed up in advance makes race preparation much easier for event organizers. Please plan ahead, **keep a copy** and return the form by e-mailing or mailing it to the office.

Due to weather and other circumstances it is sometimes necessary that we change dates of races. We will inform you of the changes as soon as possible. If a race date is changed that you were signed up to work, you will need to confirm with us whether you will work the race on the new date or if you will sign up for another race. In the event that a race you signed up for is cancelled you will not receive worker credit and will need to make that race up during the rest of the season, the only exception to this is if it is the last race of the season.

FAMILY FUNDRAISING COMMITMENTS

As a member of our teams you are part of the Mt. Washington Valley Ski Team Community, and you become a part of our family and a part of the Valley community whether you live here fulltime or not. Over the years we have been building a strong relationship to the community. The relationship comes from our need for the community to donate their services and products to our various fundraisers, and attend them. Our main goal with these fundraisers is to keep our costs as low as possible, so regardless of external status anyone interested in joining our program can have that opportunity.

Regardless of your desire to participate in the fundraisers, it is a necessity that the team works together, and everyone does their share. This is simply another thing to benefit the athletes and their families, so we appreciate and rely on the willingness of everyone to take an active role. The hardest part of these fundraisers comes down to securing items for auctions and prizes for raffles, a rather large part for one person to do, however when done by many it can be done with ease.

The 2017 Comedy Night is the Saturday at the beginning of February Vacation Week, and the Golf Tournament is Friday of the third week of June. All families need to help with BOTH of these fundraisers. Help is needed in planning and running these events, each family also has responsibilities for each event.

Due to the fact that a significant portion of our income is derived from fund raising active parental participation in these events is essential for the success of our program.

Each family is required to participate in both of the major fundraising events, as well as the season pass raffle.

You will find these events fun and social to work on, and they bring the team together in a setting away from the mountain. We are always interested in new ideas to improve our fundraising and encourage your suggestions. Participation throughout the full season by all families is required in order to have successful fundraisers. Specific tasks will be assigned to each parent/family/athlete in the program. Volunteer to do what you would like to do. Each family's contribution to each of these events is valued at \$600. **A \$600 donation per event made to MWV in lieu of each of these commitments will be assessed to families not participating in each event.**

MWVST Comedy Night: February 2017

Volunteers will be responsible for putting on Comedy Night at the Grand Summit Resort & Hotel at Attitash Bear Peak. The 2016 Comedy Night is the Saturday at the beginning of February Vacation Week. February 18, 2017 This event includes entertainment, food, a silent auction, raffle, a live auction, and more.

For the Comedy Night each family needs to contribute an amount equivalent to:

- Purchase or sell 3 tickets per athlete.** (these can be for athletes and parents)
- Obtain at least 1 item for the silent and live auctions and Mystery Mugs.**
- Sell at least 1 extra ticket or obtain a sponsor.**

* Families participating in the High School program are only required to purchase 2 event tickets, and not required to donate an item for the auction.

*Athletes attend this event.

MWVST 29th Annual Golf Tournament: June 2017

Volunteers will be responsible for organizing the MWVST Golf Tournament at the Wentworth Golf Club in Jackson, NH. The Golf Tournament is Friday of the third week of June. Help will be needed to obtain sponsors, collect prizes for the raffle, golf winners, and a live auction, getting players, and more. Note that this tournament is considered to be the conclusion of the 2016-17 Season.

For the Golf Tournament each family needs to contribute an amount equivalent to:

- Obtain at least 1 prize (or 4 similar items that can be awarded to a team of four) or an item for the raffle or auction.
- Get at least 1 person to play in the tournament (this may be a parent or athlete).
- Obtain at least 1 sponsor for the event.

* Families participating in the High School program are not required to participate, but are certainly welcome and encouraged to participate.

Season Pass Raffle

Through the co-operation of Peak Resorts, and Cranmore Mountain Resort we are able to offer a raffle of an adult season pass valid at Attitash, Wildcat, and Cranmore.

We will have 500 tickets available to be sold, at \$20.00 each, with the drawing being held prior to the end of the season.

Each family will be required to sell (or purchase) a minimum of 10 tickets*, that will be distributed in December. We encourage the athletes to work on selling these through the season and not wait until the last minute. We welcome parents that may be interested in organizing group efforts to sell the tickets.

Additionally the athlete that sells the most raffle tickets will win a prize.

*Each athlete that participates in the High School program is required to sell a minimum of 5 tickets.

TRAINING SCHEDULE

For training schedule and updates our program uses the TEAM SNAP communication system, families will receive directions on signing up for this system. We began using it in 2015 and it makes communication easier and quicker. We will do our best to get training schedules posted as soon as possible; however sometimes due to looking for the best possible training terrain and

conditions, we may not be able to post a training schedule until the night before. TEAM SNAP has the most updated information.

RACE SCHEDULE

Please read the NHARA handbook for information on U16, U19, and U21 racing. Contact us if you have questions. Suggested race schedules for athletes will be sent out once the season begins by the coaching staff, and posted on the website and on Facebook.

A copy of the NHARA and USSA Handbook will be posted on TeamSnap site for easy reference. The NHARA Handbook contains a wealth of information please read and refer to it. The U16 rules are substantially different from the U14 level, so please read these sections carefully and don't hesitate to ask questions.

Please note that an Athlete is not required to race more that he or she would like to. It is encouraged for the athlete or parents to discuss the goals and objectives for the season with either Dave or Shawn.

Some athletes may be interested in training to compete at the High School level, or a limited competition schedule, which is perfectly acceptable.

RACE ENTRY VOUCHERS

Vouchers or online registration are used to enter all USSA races. FIS race registration is done by the coaches. U16 athletes are entered by the coaches in U16 Qualifier events and athletes pay at the races, except for the SuperG races which require a voucher or online registration before race day. Race vouchers should be sent in EARLY. Be sure to include the entry fee with your voucher and mail to the hosting club - the NHARA Handbook has addresses for all of the NH Race Administrators. Please note that the Race Administrator *does not have to accept phone, fax, e-mail or late entries*, so be prepared and send your entries in early, including those for races we are hosting. Online Registration can be done at runsignup.com, the easiest way to access this site is from the link on NHARA website.

LAND TRAINING and FALL HIKES

MWVST will conduct a fall training hike, on October 9, 2016. This is the same day as the annual Fit Night at Stan and Dan Sports. Participation is required to get racer pricing on equipment at the fit session, unless an arrangement has been made with Dave Gregory in advance. The hikes are also fun and a great way for everyone to get to know each other and become a team. Parents and siblings are welcome. Dryland Training plans will be sent out to athletes, and other hikes may be scheduled based on level of interest.

OUTSTANDING BALANCES

All outstanding balances (i.e. race worker fees, fundraising commitments, travel expenses, etc.) from the previous season must be paid before registering for the 2016-2017 season. Skiers with outstanding balances will not be registered unless balances are paid in full from the prior year. Invoices that are not paid within 60 days will be charged 1% per month interest unless payment arrangements are made.

TRAINING DAYS

Training time is invaluable. **Please take advantage of it by showing up on time with the proper equipment, tuned skis, and a positive attitude.** All athletes are expected to help with course set up and take down. Please do not leave practice without being excused by a member of the coaching staff. If you are unable to attend a practice send a message to let the staff know. Being on time is essential, especially for early morning training, athletes arriving late may not be allowed to train in the morning session; this is a decision made by the coaching staff.

RACE DAYS

Plan to arrive at a race no later than 8:00 AM. Make sure you leave yourself enough time to register, inspect, and warm up for the race. Training courses will be set whenever possible. If there is fencing to be taken down and rolled at the end of any race MWV athletes are required to help unless excused by an MWV coach present at the race.

SKI AREAS

You are all ambassadors for your sport; please conduct yourselves as such. Please treat all ski area staff, guests and facilities with the utmost courtesy and respect. Please **pick up after yourselves in the lodge, litter left on tables and floors at the end of the day shows a lack of respect for the mountain and it's staff.** Try not to be an imposition in any way. Do not change your clothes in the middle of the lodge; use the restrooms and other changing areas for this. Keep your belongings in your bag, your bag where designated, skis in the racks not on the ground, and be on your best behavior. It is always a good idea to protect your ski equipment, separate your skis, use a lock, or store them in the car when they are not needed for an extended period of time.

MWV SKI TEAM VAN

MWVST plans to have a van for the 2016-17 season. The van will be used for

transportation to FIS and USSA races, and to transport Fryeburg Academy athletes. **The team is reimbursed by athlete families for FIS and out of state mileage, and transportation of Fryeburg Academy program athletes to and from training and race departure points.** The van will give athletes rides to USSA scored races when it is available. There will be a sign up process if needed. The van departs for USSA races from the Scenic Vista near our office, and Grant's in Glen, or Cumberland Farms in Conway depending on travel direction. Athletes families are not charged mileage for these trips. If the van gets full, which is not typical, we will work to find rides if needed.

We will be seeking Corporate Sponsors for the team, and including recognition on the team van. If you own or know any business that may be willing to help with a sponsorship, please let us know! These sponsorships will help defer costs to the program, allow for upgrades to training equipment as well as scholarship opportunities.

FIS RACING

FIS racing (Federation Internationale de Ski) is for athletes **age 16 and older** looking to race at a more competitive level than USSA racing. Racers score FIS points, which are international, as opposed to USSA points. FIS races take place throughout the northeast and Canada (and beyond), often on week days, and can require overnight travel. Athletes considering skiing in college, especially Division 1 need to develop a FIS point profile. A FIS license can be purchased along with a USSA membership, it is much cheaper to do this in the summer rather than later. **Athletes interested in racing FIS should contact their coach and discuss it with them.** FIS racing requires different GS and SG skis than USSA. FIS race entry is a process handled by Eastern USSA and team coaches, athletes will be notified that they are in to a race and can then pay online. There are many MWVST athletes who do not race FIS.

TRAVELING WITH MWVST

FIS races, Eastern Cups, Finals, Championship Events

When traveling with the team athletes and their families are financially responsible and will be billed for coaches lodging, athlete lodging, mileage, and meal expenses.

There are many variables that affect travel expenses for a particular event. Parents and others who can provide lodging and transportation can help keep costs down. The number of athletes attending the event affects the expense costs per athlete.

LODGING: the group or individual is responsible for their lodging and meals.

COACHES EXPENSES: Coaches are given \$40.00 per day for their meals regardless of whether or not you provide food for the coaches. The cost of the coaches lodging is paid by the athletes families. These charges will apply to all athletes attending the event (divided between the athletes)

MILEAGE: If you are traveling with MWVST, mileage is split between participating athletes at the IRS rate per mile. If the van goes to a FIS race or a member of the coaching staff drives their vehicle to the event or provides the use of their personal vehicle to transport athletes, mileage costs will be split between all participating athletes. It makes financial sense to take a ride if it is available. If a family provides the vehicle for traveling to the event, no mileage charge will apply, but costs should be shared among the athletes involved.

Families will be billed for these expenses as soon after the event as possible; bills unpaid within 30 days can result in the athlete not being permitted to race.

USSA/NHARA RACES

Any costs associated with coaches travel to regular USSA/ NHARA races (including Mac and Tec Cup, Lafoley, U16 Qualifiers) are not passed on to families.

FINANCIAL AID

MWVST provides financial aid based on financial need, and the Teams financial ability to fund the scholarship program each year. Please contact our BOD Tri Chairs if you are in need of financial assistance for your athlete to be able to participate in our program. If you are requesting aid all registration material must be submitted by October 15, 2016. A copy of your 2015 IRS 1040 tax form, and an explanation of why you are asking for assistance will also be needed. Consideration will be given to financial need, academic performance, the athlete's interest in and dedication to the sport. **Strong parental involvement in our programs, beyond the minimum family commitment, is expected as a way to give back to the program.** Recipients will be held to the highest athletic standards including both sportsmanship and physical health. Some athletes have also been successful in getting scholarship from outside sources. Athletes violating USSA and MWVST codes of conduct, particularly with regard to use of controlled substances, will risk loss of the scholarship midseason.

Scholarships are awarded on seasonal basis, and an award does not guarantee aid will be available in subsequent seasons.

COMMUNICATION and EDUCATION

If you have questions, comments or concerns please communicate with us!

Especially if you are new to this level of racing you will have questions. Call (603-356-7627) or email (martha@mwvskiteam.com), or ask us in person. We will be scheduling a season kick off get together which is a great time to meet the staff and ask questions. Stay tuned for date announcement.

For the 2016-2017 all team information will be sent out via TeamSnap, which you will be using for online registration via a link. Please make sure to complete all of the requested information.

TeamSnap is a web based application designed to help organizations run team sports. MWV has selected this platform based on the features and its relative ease of use. We are working to learn the tips and tricks of how to use it to its fullest potential.

If you are reading this and have given us your email you should have been invited to join us on TeamSnap, please join. **Registration is through TeamSnap but accessed through a link.** This link will be on the TeamSnap Homepage, our public website and emailed to our email list.

In concept it is a private team web site, where only members can have access to information for privacy reasons. We will be maintaining a team calendar, and posting important documents on the site. Any parents that wish to upload pictures for sharing can do this on the site as well.

E-mails will be sent via TeamSnap for training, and other information. The information is also posted on the site much like a bulletin board. If you are ever looking for information, please check the site for the latest info. **There is also a TeamSnap mobile app that can be downloaded for free from the App store, this makes using TeamSnap on a phone much easier.** This will provide you with quick easy access to information as well as the team roster.

ALPINE OFFICIALS

When we host races, a number of the jobs on race day need to be filled by certified Alpine Officials. Please consider becoming an Alpine Official, it will allow you to work more jobs at races, help out the team, and you will learn more about the sport your athletes are involved in. Ski racing experience or even skiing ability is not required. NHARA runs fall training sessions, and posts this info on their web site at www.nhara.org.