



**SPOKANE SKI RACING
ASSOCIATION
2015-2016
TEAM HANDBOOK**

WELCOME!



Dear Friends and Families of SSRA,

Welcome...On behalf of the SSRA Board of Directors and Coaching Staff, we welcome you to SSRA! Whether you are a returning member or a newcomer, you are joining a team of athletes, parents, coaches, alumni, sponsors, and volunteers who are committed to alpine ski racing excellence. As we approach the Winter Season, we are eagerly preparing for the competition that lies ahead. If you aspire to be a future Olympian, a college ski racer, or one of the best in the Pacific Northwest...whatever your dream...it starts here.

Mountain upgrades:

- Lodge 1 Remodel and Beautification:*** Lodge 1 received new bathrooms, flooring, entries, and siding among other things. The Mt. Spokane staff has been working tirelessly on the project and it will be a home that we will share with pride!
- Red Chair/Backside Expansion:*** The red chair and backside expansion is in the process of clearing final hurdles. We hope that this dream will soon be a reality!

Equipment Investments:

- The team is purchasing new gates, safety equipment, and training tools.
- We will be purchasing a second team vehicle.
- The timing wire “backbone” on Hourglass and No Alibi will be upgraded.

Other Club Expenditures and Initiatives:

- We completed a strategic planning process last spring, based on our membership survey results. The resultant work has focused our energy to maintain our commitment to excellence and allow us to grow and develop as an organizational team.
- A new online team enrollment system has gone live at spokaneski.bonzidev.com/home.php, a link from the www.gossra.org website. The Bonzi system will work for team enrollment, race registration, team travel accounts, and camp registration. Coaches will also use the system to keep attendance and communicate with groups.
- Athletes will receive a team soft shell this year. Make sure to submit sizing information when enrolling and/or attend the team coat fitting on October 18.
- Our Welcoming Committee will implement a new member mentoring program. Along with new member gatherings at the mountain, the mentoring program will help first time members negotiate the process of learning the sport while becoming a part of the SSRA family.

Stay tuned...Be sure to check out the website (www.gossra.org) for the latest information. There is much more planned for the coming weeks and months. SSRA looks forward to a fun and successful 2015-2016 season. We are pleased that you will be a part of the SSRA family and a tradition of excellence!

Committed to Team...Committed to Skiing Excellence,

Chuck Holcomb
Executive Director/Head Coach

Jeff McClellan
President, Board of Directors

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KEY CONTACT DIRECTORY

Name	Position	Contact Information
Chuck Holcomb	Executive Director/ Head Coach	509-979-7499 chholcomb@hotmail.com
Alex Tyson	DEVO Head Coach	509-290-1002 alextyson18@gmail.com
Jon "Eddy" Edwards	YSL Head Coach	509-879-5981 jon_edwards@nps.gov
Greg Scheidt	INTRO Head Coach	509-863-2669 scheidt.gkhn@comcast.net
TBA	New Member Liason	
Chuck Holcomb	Team Soft Shells	509-979-7499 chholcomb@hotmail.com
Kevin/Sunny Schafer	Team Parkas	509-939-8389 (Kevin) kevins@garco.com
Carl Guenzel	Race Organizing Committee Chair	509-994-4875 carlg@khco.com
Tom Falter	Volunteer Coordinator	509-981-7470 tfalter@gmail.com
Jeff McClellan	President	509-481-1071 mcclellanjsc@msn.com
Sonny Varadan	Treasurer	509-939-1611 svaradan@hotmail.com
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Maile Aden	Auction Chairs	509-995-3561 maileandjeff@yahoo.com
Jlynn Spitz		630-433-7322 jlynn@yahoo.com

ABOUT SSRA



- Our Mission:** To provide leadership and resources for SSRA athletes to reach their full potential as confident individuals, skiers, and ski racers.
- Our Vision:** To be the strongest development program in the Pacific Northwest providing preparation for every level of ski racing excellence.
- Our Values:** SSRA's programs help youth from the greater Spokane area develop important values and life skills. Teamwork, goal-orientation, dedication, hard work, integrity, persistence, positive attitude, and respect are taught with intention. Through coach mentoring, each athlete's personal development is paramount.

About the Team

- SSRA provides opportunities for young skiers to participate and compete in alpine ski racing. SSRA is focused on fun, participation, skill development, risk management, and competition. Training programs are designed to reflect this focus while striving for excellence. Being a member of SSRA affords an athlete the opportunity to achieve greatness in ski racing, while becoming an expert, all-mountain skier. SSRA is committed to nurturing positive attributes and life skills through alpine winter sport. Athletic fitness, individual responsibility, and positive self-image are important aptitudes developed within SSRA programs.
- SSRA is committed to excellence in athletic development, development of character, and individual/team results. A commitment is made to every athlete to help them reach their full potential. We treat every athlete with respect and utilize the tools and innovations needed to cultivate greatness at the highest levels in the sport.

Ski Racing is Fun

- SSRA athletes are motivated by a variety of things. The common thread is a love for skiing and the enjoyment found in being part of the team, training, and competition. SSRA coaches are committed to having fun in the pursuit of excellence. In everything that is planned, fun is first.

Athlete Development

- SSRA embraces principles of the United States Ski & Snowboard Association's National Alpine Training System detailed on page 6. Long-term athlete development and welfare are central tenets to program activities and goals.

The Best in the Inland Northwest...A Commitment to Skiing Excellence

- Team Strength: SSRA team accomplishments have included strong showings in Pacific Northwest Ski Association standings and team events. More locally, SSRA has won the EEYSL team cup four times in the past five seasons. SSRA emphasizes TEAM, above all else in terms of competitive significance.
- Individual Accolades: Every year, SSRA sends athletes to the Junior Olympics and top divisional/regional races. SSRA athletes have won gold medals and overall titles at these events in 1994, 1995, 1999, 2000, 2001, 2004, 2006, 2007, 2008, 2009, 2010, and 2012 against athletes from across the Pacific Northwest, Western Region and beyond. Alumni have been members of the US Ski Team, Western Region Team, and Pacific Northwest Ski Association Alpine Team, as well as competitors in the X-Games. SSRA has even produced a 4-time Skijoring National Champion.

Financial Operation

- SSRA is a not-for-profit, 501-3C organization. Program fees pay for approximately 60% of team costs. The remainder of our budget is supplied by fund raising dollars; subsidizing tuition 40%. This subsidization comes in the form of club fundraising events (golf tournament, ski-a-thon, and dinner/auction), donations, corporate sponsorship, and event revenue. Through community generosity, SSRA is able to offer a valuable service to children and young adults throughout the Inland Northwest at affordable prices.

USSA ALPINE TRAINING SYSTEM

PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
Biological Age Pre Puberty Age 2–6 years old Play Age 1–4 years in sport Participation Ski around 1 day a week 20 days a year At least 95% free skiing Play many other sports - gymnastics or balance-based sports	Biological Age Pre Puberty Age 6–10 years old Training Age 1–4 years in sport Participation Ski 2–3 days a week 50 days a year At least 90% free skiing Fun races Play many other sports	Biological Age Pre Puberty (Before Growth Spurt) Age Girls: 10–13: J4 (J5–J3) Boys: 11–14: J4 (J4–J3) Training Age 4–8 years in sport Participation Ski 3–4 days a week 70 days/year At least 60% free skiing Competition Period: (Jan.–April) Number of race starts: 10–15 Ratio 1:6 (race:training) Play complementary sports	Biological Age Puberty (Growth Spurt) Age Girls: 11–14: J3 (J4–J3) Boys: 12–15: J3 (J4–J2) Training Age 5–9 years in sport Participation Ski 4–5 days a week 100 days/year At least 30–50% free-skiing Competition Period: (Dec.–April) Number of race starts: 15–30 Ratio 1:5 (race:training) Play complementary sports	Biological Age Post Puberty (After Growth Spurt) Age Girls: 12–16: J3 (J4–J2) Boys: 14–17: J2 (J3–J1) Training Age 6–11 years in sport Participation Ski 4–5 days a week 120–140 days/year At least 15% free skiing Competition Period: (Nov.–April) Number of race starts: 25–max 45 Ratio 1:4 (race:training) Play complementary sport	Biological Age Full Maturation Age Female: 16+ J2–J1 Male: 17+ J1 Training Age Minimum 10+ years in sport Participation Ski 4–5 days a week 130–150* days/year At least 10% free-skiing Competition Period: (Nov.–April) Number of race starts: 55* Ratio 1:3 (race:training) *based on the number of disciplines
Conditioning Emphasis					
Emphasis on play, fun, skiing and balance.	Emphasis on play, fun, basic agility, balance and coordination. Incorporate activities that develop explosiveness (0-10 sec) and general endurance.	1–2 conditioning sessions per week in season. Further development of previous components. Emphasis on aerobic conditioning. Incorporate own body weight training and body awareness training.	1–2 conditioning or recovery sessions per week in season. Increase aerobic conditioning and balance/agility/coordination, particularly through growth spurt. Begin light external resistance work including bands, med balls, etc.	2–3 conditioning or recovery sessions per week in season. Strength and power, introduce progressively more anaerobic training, endurance, complex agility and balance.	4–5 conditioning or recovery sessions per week. Eccentric strength, power & explosivity. Aerobic training, especially efficiency and recovery work. Core strength. Produce force in skiing specific positions.
Technical and Tactical Emphasis					
Active start – learning and fun environments Ski and play on skis	Adventure stage – skiing all terrain Free play, guided free skiing and drills are an integral part of development. On snow time needs to be spent skiing. Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing. Introduction to carving, use of upper and lower body separation for angulation, and pole plant.	Technical stage – Develop the skills to carve Instill sound fundamental technical skills. Execute linked, carved turns with all the technical components in a variety of terrain. Acquire specific technical and tactical skills including gate blocking, speed elements, course inspection, anticipation of terrain, line and turn shape. Free ski all terrain with competence, with an emphasis on balance and carving.	Tactical stage – Learning line and strategy Actively maintain technical skills through the growth spurt. Emphasize use of tactics to achieve carved turns on the most appropriate line for the athlete. Develop speed and efficiency by refining carving and steering movements to achieve the desired turn radius in courses. Use a variety of course sets, conditions and terrain to teach the skier to adapt to different situations.	Technical and Tactical Refinement stage – event specific technical and tactical skills Refine technique and tactics after growth spurt. Integrate the increased strength, power and body size to achieve a more optimal line. Refine event specific technical and tactical skills (jumps, terrain, traverse, long turns, etc.). Advanced tactics for difficult situations (a-rhythmical course sets, difficult conditions and terrain).	Mastery or innovation stage – Event specific technical and tactical mastery Mastery of technical and tactical skills based on the individual's style. Optimizes line for ability level and conditions in race situations. Apply equipment innovations.
Equipment Selection & Preparation					
Equipment Selection & Preparation Skis: Chest high with a variation based on height, weight and skill level Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance Protection: Helmet required at all times Poles: Optional - introduce at older levels as skill level develops	Learn USSA rules for all equipment selection Skis: 1 pair of skis is sufficient for this group. Head height with a variation based on height, weight and skill level. Introduce ski preparation. Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required. Older athletes may need shin/arm protection. Poles: Standard length = forearm horizontal with pole tip in snow.	Adhere to USSA rules for all equipment selection Skis: Slalom, GS and super G skis. Develop tuning skills. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: GS-standard length. SL-pole guard for blocking & protection, pole may be slightly shorter.	Adhere to USSA and FIS rules for all equipment selection Skis: Slalom, GS and super G skis. Refine tuning skills. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: GS-standard length. SL-pole guard for blocking & protection, pole may be slightly shorter.	Adhere to USSA and FIS rules for all equipment selection Skis: Slalom, GS and super G skis with training skis. Tuning skills continue to improve. Insight into waxing and grinding necessary for speed skiers. Boots: Proper boot fit, flex and performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: GS standard length. SL-pole guard for blocking and protection, may be slightly shorter. Custom pole sizing and contouring for individuals.	Adhere to USSA and FIS rules for all equipment selection. Equipment testing including skis, boots, plates, bindings and poles is recommended to maximize performance. Skis: Race and training skis for all disciplines. Professional support or consultation is recommended for preparation. Boots: Discipline specific boots may be necessary to maximize performance. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: GS standard length. SL-pole guard for blocking & protection, may be slightly shorter. Custom pole sizing and contouring for individuals.
Performance Psychology Emphasis					
Fun, variety, positive reinforcement and perseverance. Positive parental support is essential.	Sampling Years Teamwork and sportsmanship. Encourage a balanced lifestyle that encourages healthy habits and promotes success in sport and life. Positive parental support is essential. Families get involved with clubs.	Sampling Years Positive self talk, work ethic and perseverance with a focus on the process not results. Encourage the use of imagery and visualizing good technique. Demonstrate teamwork and sportsmanship. Positive parental support and club involvement.	Sampling Years Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results. Continue to use imagery and visualize good technique. Teamwork and sportsmanship. Positive parental support and club involvement.	Commitment Develop and refine race day plan. Develop mental rehearsal routines, refine goal setting process, what to focus on, what works on race day, develop "athletic plan" to approach training sessions and life. Document through journaling. Parents continue to support the commitment of the athlete in the sport.	Specialization and Mastery Refine performance psychology skills: Imagery; goal achievement; performance planning; attention and focus; self regulatory talk & confidence. Identify optimal performance state. Dealing with competition, risk, failure and fear. Parents continue to support the commitment of the athlete in the sport.
Competition Emphasis					
	Local competition: Innovative with FUN focus interclub competition.	Local racing leads to state and divisional championships which may lead to regional events.	Local racing leads to state and divisional championships which may lead to regional events and Junior Olympics.	Appropriate level and number of race starts ranging from local to national and international competition.	Regional FIS Series, FIS U, NOR-AM and European FIS races Olympics, World Cup, World Ski Championships, World Jr. Championships, European Cup

COACHES



Coaching Staff: Best in the Pacific Northwest!

ALPINE TEAM (FIS & U16)

Chuck Holcomb (HC), Mark Burandt

ALPINE TEAM DEVELOPMENT (DEVO)

Alex Tyson (HC), Mikayla Brandhorst, Alex Burandt

YOUTH SKI LEAGUE

Jon “Eddy” Edwards (HC), Gary Peck, Stefan Burandt, Berkeley Guenzel, Briley Thompson

INTRODUCTION TO SKI RACING

Greg Scheidt (HC), Andy Walker, Stephen Thoen, Mike Hansen, Rianne Ellingwood

SSRA Coaches Credentials

All SSRA coaches are licensed with the United States Ski and Snowboard Association. Each coach undergoes a background check, completes USSA Safesport Training, and CDC Concussion Training. Coaches are educated in-house through clinics and mentoring, as well as within the nationally recognized USSA and PSIA education systems. SSRA coaches are also involved in first aid training each year. SSRA coaches are committed to helping each athlete reach their ski racing goals and dreams.

PROGRAM DESCRIPTIONS

INTRODUCTION TO SKI RACING SATURDAYS –OR-- SUNDAYS

Introduction to Ski Racing is designed for first-time participants ages 5-11. This program offers over 80 hours of coaching on Saturdays or Sundays from Dec 5th to Mar 20th. Groups meet at 9am and ski together until 2:30pm. Program includes 5-day Holiday Camp (Dec. 27-31). Skiers compete in Mt. Spokane home races and select EEYSL races.

Ages: 5-11 Age Classes: U8-U12
 Season: Saturdays; December 5th to March 19nd OR Sundays, December 6th-March 20th. Members choose Saturdays OR Sundays.
 Included Camps: Holiday Camp (December 27-31)
 Races: Mt. Spokane home series and EEYSL finals
 Cost: \$807.50 for new members when using a first-time member coupon.
 \$807.50 for returning members who enroll by October 15. Use an early bird coupon to receive discount. **After October 15, the cost for returning members is \$850.



YOUTH SKI LEAGUE

Our most popular and successful program! The YSL is designed for skiers 5-11 who want to have fun becoming all-mountain skiers while developing abilities to compete in ski racing. The program offers over 165 hours of coaching on Saturdays AND Sundays, December 5th-March 20nd and includes Holiday Camp (Dec. 27-31)! Groups meet at 9am and ski until 2:30pm. Skiers compete in the local EEYSL race series and Mt. Spokane home series.

Ages: 5-11 Age Classes: U8-U12
 Season: December 5th to March 20th; Saturdays AND Sundays
 Included Camps: Holiday Camp-Dec. 27-31
 Races: EEYSL race series and Mt. Spokane home series
 Cost: \$1135.25 for new members when using a first-time member coupon.
 \$1135.25 for returning members who enroll by October 15. Use an early bird coupon to receive discount. **After October 15, the cost for returning members is \$1195.



FULL-TIME YOUTH SKI LEAGUE

This program offers everything that our popular YSL program offers with the addition of Wednesday night training during January-Mid March. The **Full Time Youth Ski League** is a great option for those who want to have more opportunities for improvement and something fun to look forward to after school!

Ages: 7-13 Age Classes: U8-U14
 Season: December 5th to March 20th; Saturdays AND Sundays
 **U14's continue through Buddy Werner Championships (April 1-3)
 Night Training: January 6-March 9 on Wednesdays
 Included Camps: Holiday Camp-Dec. 27-31
 Races: EEYSL race series, Buddy Werner Championships (U14's only) and Mt. Spokane home series
 Cost: \$1420.25 for new members when using a first-time member coupon.
 \$1420.25 for returning members who enroll by October 15. Use an early bird coupon to receive discount.
 **After October 15, the cost for returning members is \$1495.



PROGRAM DESCRIPTIONS



U10 ALPINE TEAM DEVELOPMENT (DEVO)

U10 Alpine Team Development (DEVO) is designed for athletes 8-9 with a developmentally appropriate focus of fundamentals and race training. The top goal is time on snow. 10 DEVO athletes train with the YSL and FTYSL groups on the weekend. On-snow training begins with a November camp (11/21-11/28) in Canada and continues at Mt. Spokane on Saturdays and Sundays through April. DEVO athletes have access to night training on Wed/Thurs nights (JAN 6 - MAR 10), Friday day training, and speed training before the lifts open to the public. U10 DEVO athletes participate in Club Races and EEYSL races.

Ages:	8-9	Age Class:	U14
On Snow Training:	Begins with first local snow, or Banff training camp (November 21-28)		
Weekend Training:	9:00-3:00; 7:00-1:00 when speed training		
Night Training:	January 6-March 10 on Wednesdays and Thursdays		
Midweek Training:	Fridays 9AM-2PM		
Included Camps:	Banff Training Camp-Nov. 21-28		
	Early Holiday Camp-Dec. 19-23		
	Holiday Camp-Dec. 27-31		

U12 ALPINE TEAM DEVELOPMENT (DEVO)

U12 Alpine Team Development (DEVO) is designed for athletes 8-9 with a developmentally appropriate focus of fundamentals and race training. Dryland training begins October 13th (Tu/Th). On-snow training begins with a November camp (11/21-11/28) in Canada and continues at Mt. Spokane on Saturdays and Sundays through April. DEVO athletes have access to night training on Wed/Thurs nights (JAN 6 - MAR 10), Friday day training, and speed training before the lifts open to the public. DEVO athletes participate in Club Races and EEYSL. On occasion U12 DEVO's compete in divisional or regional races.

Ages:	10-11	Age Class:	U12
Dryland Training:	Oct.13-Nov. 19; Dec. 1-17; Tu/Th (4:30-5:45)		
On Snow Training:	Begins with first local snow, or Banff training camp (November 21-28)		
Weekend Training:	9:00-3:00; 7:00-1:00 when speed training		
Night Training:	January 6-March 10 on Wednesdays and Thursdays		
Midweek Training:	Fridays 9AM-2PM		
Included Camps:	Banff Training Camp-Nov. 21-28		
	Early Holiday Camp-Dec. 19-23		
	Holiday Camp-Dec. 27-31		

PROGRAM DESCRIPTIONS



U14 ALPINE TEAM DEVELOPMENT (DEVO)

U14 Alpine Team Development (DEVO) is designed for athletes 12-13 years old who want to take their skiing to the next level. Participating in the Alpine Team Development program takes a serious commitment to excel...and to have fun in the process! Although perfect attendance is not mandatory, it is expected that athletes will do their best to attend as often as possible, make the most of each training session, and to be daily contributors to the team. Dryland training begins October 13th (Tu/Th). On-snow training begins with a November camp (11/21-11/28) in Canada and continues at Mt. Spokane on Saturdays and Sundays through April. DEVO athletes have access to night training on Wed/Thurs nights (JAN 6 - MAR 10), Friday day training, and speed training before the lifts open to the public. DEVO athletes participate in Club Races, EEYSL, Buddy Werner Championships, select PNSA scored races.

Ages:	12-13	Age Class:	U14
Dryland Training:			Oct.13-Nov. 19; Dec. 1-17; Tu/Th (4:30-5:45)
On Snow Training:			Begins with first local snow, or Canadian training camps Weekend
Training:			9:00-3:00; 7:00-1:00 when speed training
Night Training:			January 6-March 10 on Wednesdays and Thursdays
Midweek Training:			Fridays 9AM-2PM
Included Camps:			Panorama Training Camp-Nov. 13-15
			Banff Training Camp-Nov. 21-28
			Early Holiday Camp-Dec. 19-23
			Holiday Camp-Dec. 27-31

PROGRAM DESCRIPTIONS



U16 ALPINE TEAM

The U16 Alpine Team program is designed for committed athletes (ages 14-15) who are preparing to succeed in Pacific Northwest, Western Region and National level competition and championship races. Athletes should love to ski, be willing to employ a strong work ethic, and desire to contribute to the team. SSRA's Alpine Team is an 12- month, comprehensive program. Team dryland coordination begins July 1. Team dryland begins October 1st and is offered on Tuesdays, Wednesdays, Thursdays, and Fridays. On-snow training starts with fall training camp at Banff, Alberta, Canada (11/21-11/28) and continues at Mt. Spokane from the opening to the closing of the resort. Alpine Team training runs from 9am-3:00pm on weekends or from 7am-1pm when speed training. Mid-week training takes place on Wednesday and Thursday nights (Jan. 6 - Mar. 10) from 5pm-8pm and Friday from 9:00-2:00. SSRA Alpine Team athletes compete in PNSA divisional racing (DEC-MAY) and may qualify for the various Western Region projects, Western Region Championships, or the CanAm project.

Ages:	14-15	Age Class:	U16
Dryland Training:			Oct.1-Nov. 19; Dec. 1-17; Tu/Th (4:30-5:45)
On Snow Training:			Begins with first local snow, or Canadian training camps.
Weekend Training:			9:00-3:00; 7:00-1:00 when speed training
Night Training:			January 6-March 10 on Wednesdays and Thursdays
Midweek Training:			Fridays 9AM-2PM
Included Camps:			Panorama Training Camp-Nov. 13-15 Banff Training Camp-Nov. 21-28 Mt. Spokane Early Holiday Camp-Dec. 21-23
Races			See race schedule

PROGRAM DESCRIPTIONS



FIS ALPINE TEAM

The FIS Team is designed for those preparing for PNSA, Western Region, Canadian, and NorAm FIS competition. Competition schedules are tailored to meet the needs of each individual athlete. This program is periodized over 10 months following summer training camps. Individual summer conditioning programs are created for July, August, and September. Team Dryland training begins Oct. 1st and is offered on Tuesdays, Wednesdays, Thursdays, and Fridays. On-snow training begins with fall camps at Panorama and Banff, Alberta, Canada (11/21-11/28) and continues at Mt. Spokane from the opening to the closing of the resort. FIS Alpine Team training takes place from 9am-3:00pm on weekends, or from 7am-1pm when speed training. Mid-week training is offered on Wednesday/Thursday nights, from Jan. 6 - Mar 10. SSRA's FIS Alpine Team is for athletes 16+ who want to realize their full potential as scholar athletes.

Ages:	16+	Age Classes:	U19-U21
Program Duration:	12 months		
Dryland Training:	Oct.1-Nov.19; Dec. 1-17; Tu, W, Th, & Fri. (4:30-5:45)		
On Snow Training:	Begins with first local snow, or Canadian training camps		
Night Training:	January 6-March 10 on Wednesdays and Thursdays		
Included Camps:	Panorama Camp dates TBA		
	Banff Training Camp-Nov. 21-28		
	Early Holiday Camp-Dec. 21-23		
	Holiday Camp-Dec. 27-31		

Races: Individual race schedules arranged.

HOW TO ENROLL

ENROLLING WITH SSRA IS EASY!

1. Goto: spokaneski.bonzidev.com/home.php
2. Review programs. Consult Chuck with questions 509-979-7499
3. Complete Bonzi Member Account
4. Complete Parent Information
5. Complete Athlete Registration
6. Pay by Credit Card. Use coupon code that applies
"Early Blrd": Returning Members use this coupon code to get a 5% discount when renewing by October 15.
"First Time Member": First time members use this coupon code to get a 5% discount when they enroll.
"Coach": Coaches use this coupon code to receive their discount.

***IF YOU HAVE ANY QUESTIONS, PROBLEMS, OR ARE SIMPLY CONFUSED, PLEASE CALL ONE OF US AND WE WILL WALK YOU THROUGH THE PROCESS!**

Contact: Chuck Holcomb, SSRA Executive Director 509-979-7499

ONCE YOU ARE REGISTERED...

1. Review the frequently asked question on www.gossra.org. Ask questions. Get involved. The more that you know, the more that your family will love being a part of ski racing and SSRA! In addition, a parent handbook will become available in September.

2. Parents and athletes should attend the appropriate pre-season team meeting:

Individually arranged	FIS Alpine Team Meeting
Tuesday, September 29, 2015	U16 Alpine Team Meeting
Wednesday, October 7, 2015	DEVO Team Meeting
Tuesday, October 20, 2015	YSL/FTYSL Team Meeting
Thursday, November 5, 2015	INTRO/New Member Meeting

3. Call or email Chuck to make sure we have your current contact information. Make sure we know what size coat your child will need.

4. Arrange a time to talk to or meet with coaches to insure you have the right equipment for the upcoming season. See the equipment requirements/recommendations document.

5. Purchase a USSA license at www.ussa.org.

6. Attend the team registration night on Thursday, December 3rd at the Kress Gallery in RiverPark Square! Purchase a season pass at the event.

Spokane Ski Racing Association



Equipment Requirements and Recommendations

**For specific questions, please consult Chuck!

"X" is for USSA or SSRA required equipment

Opt is for USSA or SSRA recommended equipment

Program		Hardgoods										Softgoods										Safety and Protection				
		Ski's with bindings					Clothing					Goggles					Stealth									
		GS	SL	SG	DH	Boots	Poles	Coat	Side	Gloves	Goggles	Ski	Stealth	Speed	Helmet	Face	Pole	Shin	Back							
Class	Age	Age																								
Introduction to Ski Racing																										
	U12	10 and 11																								
	U10	8 and 9	X*					X	X	X	X	Opt	Opt	Opt	X	X	Opt	Opt								
	U8	7 & under	X*					X	X	X	X	Opt	Opt	Opt	X	X	Opt	Opt								
Youth Ski League/FTY/SL																										
	U12	10 and 11	X	X*	X			X	X	X	X	Opt	Opt	X	X	X	X	X								
	U10	8 and 9	Opt	X*				X	X	X	X	X	X	X	X	X	X	X								
	U8	7 & under	X*					X	X	X	Opt	X	Opt	Opt	X	X	Opt	X								
Alpine Team Development (DEVO)																										
	U14	12 and 13	X	X	X			X	X	X	X	X	X	X	X	X	X	X	Opt							
	U12	10 and 11	X	X	X			X	X	X	X	X	X	X	X	X	X	X								
	U10	8 and 9	X	X				X	X	X	X	X	X	X	X	X	X	X								
Alpine Team																										
	U16	14 and 15	X	X	X	Opt		X	X	X	X	X	X	X	X	X	X	X	Opt							
	U19	16, 17, 18	X	X	X	Opt		X	X	X	X	X	X	X	X	X	X	X	Opt							
	U21	19 to 20	X	X	X	Opt		X	X	X	X	X	X	X	X	X	X	X	Opt							

Athletes must remove slalom face guard prior to free skiing, or training for other events (GS/SG/DH). Consider a second helmet.

***A mouth guard is an acceptable alternative to a slalom face guard for protecting the mouth. Slalom face guards are superior since they protect the entire face. Consider a spare lens or second pair of goggles for your child to avoid problems with fogging.**

Helmets must have hard material covering the ears as per USSA rules (soft ear helmets do not meet rules of the sport in GS, SG & DH)

U14 and older athletes must have FIS approved helmet. All athletes should have a backpack (any will suffice) and a water bottle.

Back protectors are highly recommended for those racing downhill and super G.

All U16 and FIS Alpine Team Members are expected to own tuning equipment and wax.

PLEASE CONSULT CHUCK ON SIZING SKIS AND BOOTS BEFORE BUYING. IN GENERAL....Slalom skis should be approximately nose to chin height. GS skis should be approx. 20 cm longer than SL skis. Super G skis should be 15-20 cm longer than GS skis.

EQUIPMENT

TEAM UNIFORMS

Team Parkas and Soft Shells:

•Team coats create team identity and unity. Coats create visibility on the mountain and attract new members, as well as provide exposure for our many committed corporate sponsors. Athletes wear team uniforms with pride.

•All SSRA athletes receive a SSRA team parka or soft shell to be worn during training and on race days. Team uniforms must display the current SSRA team sponsors.

•SSRA athletes are expected to wear uniforms at team awards. This is an important time to represent the team, and sponsors, for our collective efforts.

•Each year, a parka or soft shell order is completed creating a rotation every 2 years. SSRA orders an under layer (soft shell, etc.) every other year. SSRA order an outer layer (parka), every other year.

- 2014-2015 Parka Order completed
- 2015-2016 Soft shell order being placed by October 25, 2015.
- 2016-2017 Parka Order to be placed by April 30, 2016

•This upcoming spring, a coat order for new parkas will be placed. Delivery will occur in the beginning of the 2016-2017 season.

•THIS YEAR

- **SOFT SHELLS:** Submit sizing information via team enrollment or at SSRA sizing event (October 18). Newcomers should contact Chuck as soon as possible to be added to the team soft shell order to be placed December 7. Sizing information needs to be communicated prior to the order to take advantage of this enrollment benefit. Team soft shells are included in tuition when sizing information is communicated by deadlines.
- **PARKAS:** Contact Kevin and Sunny Schafer (509)-939-8389 or kevins@garco.com to inquire about remaining sizes available for purchase. If a parka is your size is not available for purchase new, we will do our best to help you find a used coat from an existing or past user.

GOAL SETTING, TRACKING & ASSESSMENT

Goal Setting

S.M.A.R.T. Goal setting principles

•Goals should be:

- Specific
- Measurable
- Adaptable and Attainable
- Realistic
- Time Based

•Coaches will meet with athletes regarding their specific goals for the season and go through the S.M.A.R.T. goal setting process. Coaches will collaborate with athletes in the process to allow for multiple goals in each area: Competitive, Physical, Mental, and Technical.

•Goal setting sheets can be found in the appendix of this document.

Athlete Tracking

Coaches

Coaches will use completed goal setting sheets, training logs, video, and assessment to track athlete progress and achievement of goals.

Athletes

Athletes will use completed goal setting sheets, journaling, video, and assessment feedback to monitor their progress and achievement of goals.

Athlete Assessment

Skills Quest

*Conditioning Assessment

We conduct USSA conditioning assessments to test our fitness levels off of the hill. Dryland Training prepares athletes' aerobic endurance, anaerobic endurance, strength, speed, power, agility, coordination, and flexibility

*Skiing Skills Assessment

Skiing skills assessments will be conducted during the season to measure athlete's ability to perform certain drills. These drills are promoted as representative of the skills needed to be a complete and competitive skier and ski racer, at each specific age level.

Evaluations

Racer evaluations are provided by coaches. Each program determines what is best for their athletes in terms of written feedback, and frequency of evaluative reporting.

Racing

See subsequent pages for specific race schedules.

SSRA's racing philosophy reflects our commitment to athlete development. Over-specialization at an early age is counterproductive. Instead, long-term skill development with an age-appropriate amount of competition is planned. Appropriate amounts of free skiing, drills, drill courses, and race rehearsal support the race schedule. Training volume and content justifies each individual race schedule. Consult the USSA Alpine Training System matrix, your coach, or Chuck for more information.

COMMUNICATION

SSRA communicates in many ways to keep membership informed and everyone working together. The team realizes the critical role that communication plays in the success of our organization.

Types of Communication

Website	Email	Pre-season team meetings
Phone	Face to Face	Training Hotline (509) 238-7933
Athlete Evaluations	Parent Surveys	Facebook

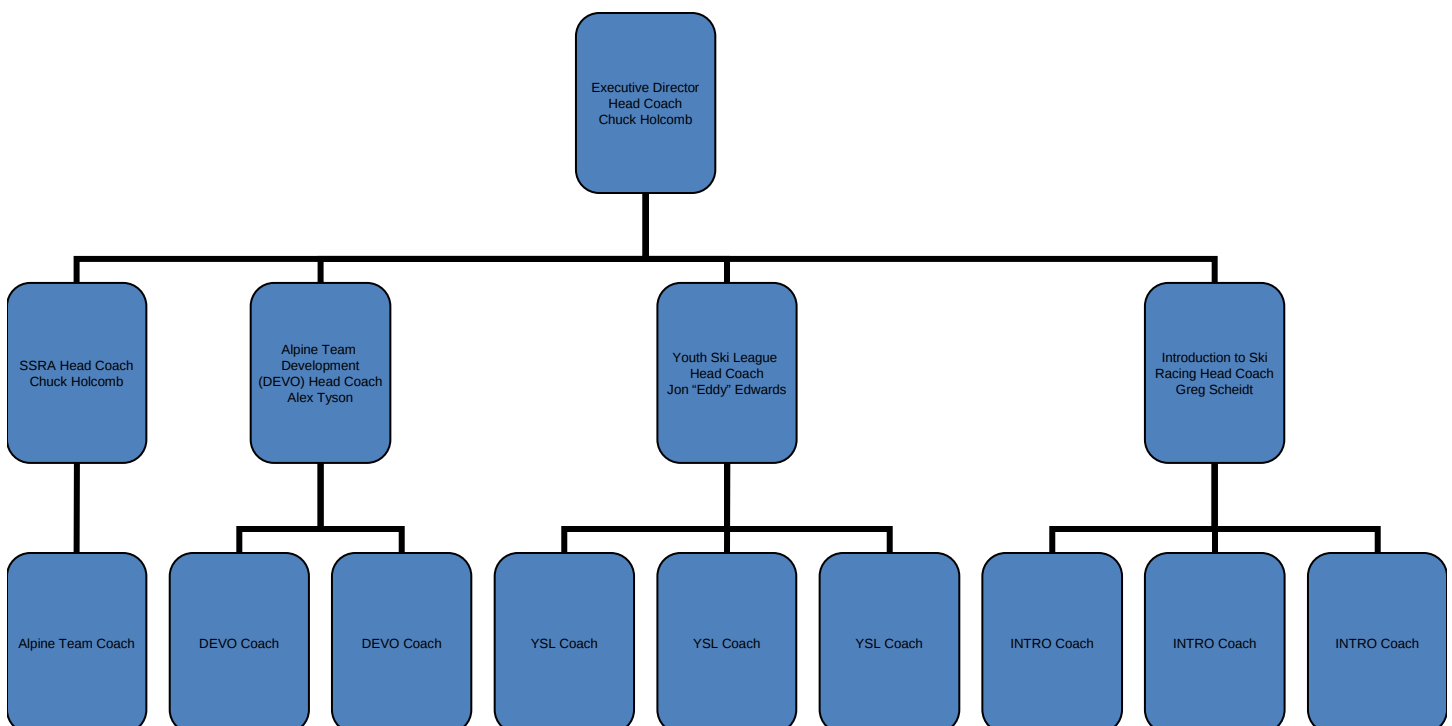
Pre-season Meetings

Individually arranged	FIS Alpine Team Meetings
Tuesday, September 29, 2015	U16 Alpine Team Meeting
Wednesday, October 7, 2015	DEVO Team Meeting
Tuesday, October 20, 2015	YSL/FTYSL Team Meeting
Thursday, November 5, 2015	INTRO/New Member Meeting

Training Plans: Training plans will be posted on www.gossra.org on Monday of each week. Since training plans sometimes change, training plans are confirmed on the hotline each night before training, after 5pm by dialing (509) 238-7933.

Communication Flow Chart: It is the belief of our organization that direct communication yields the best results. In most cases, the child's coach should be contacted first. Second, the head coach of your child's program can be contacted (INTRO, YSL, DEVO, or Alpine Team Head Coach). Third, the SSRA Executive Director/Head Coach is contacted. Serious issues should be directed to the Executive Director/Head Coach.

1. Contact your child's coach
2. Contact your team's head coach (INTRO, YSL, DEVO, Alpine Team)
3. Contact Executive Director/Head Coach



TRAINING

Training

- Training plans reflect the principles of USSA's Alpine Training System.
- Consists of a combination of age-appropriate, skill building activities:

Undirected Free Skiing	Directed Free Skiing
Drills	Race Rehearsal
Drill Courses	
- Encompasses areas of:

Physical preparation	Mental preparation
Technical preparation	Tactical preparation

Training Expectations

Preparation

Athletes are expected to be prepared. Team members should check the training plan on www.gossra.org, and check the training hotline (238-7933) nightly. Athletes need to have appropriate training gear for each training block. Racers must have appropriate skis. Twin tips are not used for training, slipping, or warm up due to the designs being inconsistent with what is best for high performance skiing. Twin tips are allowed when skiing deep snowfall with coach approval. In every instance, skis should be appropriately prepped (edges sharp, bases waxed, etc.) Athletes are expected to wear their team uniform, protective gear, and speed suits for each day of training with the team. In addition, athletes are expected to wear adequate layers of winter clothing to stay warm and maximize training opportunities. Most importantly, make sure to be well fed, Rested and hydrated for each training and racing day. Please remember to use the bathroom on the way out of the lodge, before each training session.

Flexibility

Training plans can change due to the variability of winter weather. Precipitation, snow conditions, and visibility can force changes. Athletes must remain flexible and adapt as needed.

Punctuality

It is extremely important for each athlete to arrive on time. Groups leave the meeting spot above lodge 1 at 9:00 AM in the morning and 12:15 PM after lunch, on weekends. Groups leave at 5:00 PM on weeknights above lodge 2. On speed training days, groups involved depart at 7:00 AM. Athletes are expected to be on time for team functions and meetings.

Attitude

Attitude is one of the things athletes can control in sport. Arriving with, and maintaining a positive attitude through training has a significant effect on individual and team performance and enjoyment.

Effort

Effort is another variable in an athlete's control. Being prepared to give 100% on and off of the hill is a habit expected in SSRA. Since we perform as we prepare, please be ready to train as you would race; with the commensurate levels of focus and intensity.

Behavior

It is expected that SSRA athletes hold themselves to the highest standards of individual conduct. Team members will be respectful of the team, coaches, ski area personnel, general public, teammates, family, and themselves. For more detailed expectations, please see athlete and parent codes of conduct in the appendices of this document.

SKILLS QUEST

The Alpine Training System is built upon six developmental phases.

- [Phase 1](#) – Ages 2-6, introduction to sport
- [Phase 2](#) – Ages 6-10, 1-4 years skiing
- [Phase 3](#) – Pre-puberty, girls ages 10-13, boys ages 11-14, 4-8 years skiing
- [Phase 4](#) – Puberty, girls ages 11-14, boys ages 12-15, 5-9 years skiing
- [Phase 5](#) – Post-puberty, girls ages 12-16, boys ages 14-17, 6-11 years skiing
- [Phase 6](#) – Full maturation, girls ages 16+, boys 17+, over 10 years skiing

Conditioning Assessment Phases 1-2:

Fitness Component	Badge Name	Test Name and Order
Hand-eye	"Catch"	1. Catch technique
Eye-foot	"Kick"	2. Kick technique
Coordination	"Throw"	3. Overhand tennis ball throw technique
Coordination	"Run"	4. 15 meter running technique
Coordination	"Jump"	5. Vertical jump coordination
Coordination	"Leap"	6. Standing long jump technique
Balance	"Balance"	7. Balance beam walking
Coordination	"Forward Roll"	8. Forward roll

Conditioning Assessment Phases 3-6:

Fitness Component	Badge	Test Name and Order	Phase 3	Phase 4	Phase 5	Phase 6
Growth & Development		1. Height 2. Sitting Height	X X	X X	X X	X
Balance & Coordination	Balance	Balance Beam Progression Test	X	X	X	X
Functional Movement	Movement	1. Overhead Squat 2. Single Leg Squat	X	X	X X	X X
Strength & Power	Vertical Jump	1. Vertical Jump Test 2. Triple Jump Test	X	X	X X	X X
Anaerobic Capacity	Box Jump	1. 40 sec. Box Jump 2. 60 sec. Box Jump	X	X	X	X
Aerobic Capacity	Beep Test	20m Shuttle Run	X	X	X	X

SKILLS QUEST & RACING

Skiing Skills Assessment

Primary Skill	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6
Pressure	Steps & Jumps	Pole Jumpers	Pole Jumpers in tuck	Straight run in wave track	Linked turns in wave track	Camel jump
Edging	Basic outside ski turns	Outside ski turns	One ski skiing	One ski skiing-lane changes	One skiing without poles	One ski skiing hourglass
Rotary	Hockey stop	Straight run to sideslip with edge set	Pivot slips	Sideslip to straight run to sideslip	Hop turns	Vertical brush quickness course
Balance	Freeski-with parallel skis	Freeski-with pole usage	Freeski-lane changes	Freeski-hourglass	Freeski-varied terrain and snow conditions	Freeski moguls in V shaped corridor

Racing

USSA Licenses

The United States Ski & Snowboarding Association sanctions almost all of the races in which SSRA athletes will compete. Therefore, every SSRA athlete needs to purchase a USSA license.

Competitor	U10 & under	9 & under	\$25
Competitor	U12	10 & 11	\$50
Competitor	U14	12 & 13	\$75
Competitor	U16 & over	14 & over	\$150
Required for FIS registration			
Masters	18 & over		\$90
Official	15 & over	Periodic background screening required	\$60
Club Volunteer	15 & over	Periodic background screening required	\$45
Short Term Youth	U12 & under	11 & under	\$15/day
Short Term Athlete	U14 & older	12 & over	\$25/day
Short Term Masters	U21 & over	18 & over	\$15/day

[Register for a USSA license](#)

RACE SCHEDULES

2015-2016 INTRODUCTION TO SKI RACING RACE SCHEDULE

<i>Dates</i>	<i>Race/Series</i>	<i>Location</i>	<i>Disciplines</i>
Dec 31	Club Holiday Camp Race	Mt. Spokane	1GS
Feb 20-21	EEYSL	Mt. Spokane	2SL
Mar. 6	EEYSL	Mt. Spokane	1GS
Mar. 13	Club Race Invitational	Mt. Spokane	1GS
Mar. 19-20	EEYSL Finals	Lookout	1GS/1SL

2015-2016 YOUTH SKI LEAGUE/FULL TIME YSL RACE SCHEDULE

<i>Dates</i>	<i>Race /Series</i>	<i>Location</i>	<i>Disciplines</i>
Dec 31	Club Holiday Camp Race	Mt. Spokane	1GS
Jan 23-24	EEYSL *	49 Degrees North	2GS
Feb 6-7	EEYSL *	Schweitzer	2SG-U12/14 only (Sat) 1 GS all ages (Sun)
Feb 20-21	EEYSL *	Mt. Spokane	2SL
Mar. 6	EEYSL	Mt. Spokane	1GS
Mar. 13	Club Race Invitational	Mt. Spokane	1GS
Mar. 19-20	EEYSL Finals*	Lookout	1GS/1SL
Apr. 1-3	Buddy Werner U14 Champs	Mt. Bachelor	1SG/1GS/1SL U14's only

2015-2016 U10 DEVO (Alpine Team Development) RACE SCHEDULE

<i>Dates</i>	<i>Race Series</i>	<i>Location</i>	<i>Disciplines</i>
Dec 31	Club Holiday Camp Race	Mt. Spokane	1GS
Jan 23-24	EEYSL	49 Degrees North	2GS
Feb 7	EEYSL	Schweitzer	1GS
Feb 20-21	EEYSL	Mt. Spokane	2SL
Mar. 6	EEYSL	Mt. Spokane	1GS
Mar. 13	Club Race Invitational	Mt. Spokane	1GS
Mar. 19-20	EEYSL Finals	Lookout	1GS/1SL

Races in **Bold Type** are scored to EEYSL individual and team, season-long standings

Races with and asterisk "" are used for BWC U14 Seeding

**Racers must have a USSA license for competition.

***On race days, plan on arriving to the lodge by 7:00-7:30 for races.

****Always attend awards! Bring your camera. Congratulate efforts first!

RACE SCHEDULES

2015-2016 U12 DEVO (Alpine Team Development) RACE SCHEDULE

<i>Dates</i>	<i>Race Series</i>	<i>Location</i>	<i>Disciplines</i>
<i>Dec 31</i>	<i>Club Holiday Camp Race</i>	<i>Mt. Spokane</i>	<i>1GS</i>
<i>Jan 23-24</i>	<i>EEYSL</i>	<i>49 Degrees North</i>	<i>2GS</i>
<i>Feb 6-7</i>	<i>EEYSL</i>	<i>Schweitzer</i>	<i>2SG/1GS</i>
<i>Feb 20-21</i>	<i>EEYSL</i>	<i>Mt. Spokane</i>	<i>2SL</i>
<i>Mar. 6</i>	<i>EEYSL</i>	<i>Mt. Spokane</i>	<i>1GS</i>
<i>Mar. 19-20</i>	<i>EEYSL Finals</i>	<i>Lookout</i>	<i>1GS/1SL</i>

2015-2016 U14 DEVO (Alpine Team Development) RACE SCHEDULE

<i>Dates</i>	<i>Race/Series</i>	<i>Location</i>	<i>Disciplines</i>	<i>Quota</i>
<i>Dec. 19-21</i>	<i>EC-Russ Read</i>	<i>Mt. Bachelor</i>	<i>2GS/1SG</i>	<i>Open</i>
<i>Jan 9-10</i>	<i>EC-Webb Moff</i>	<i>Snoqualmie Pass</i>	<i>2SL</i>	<i>Open</i>
<i>Jan 23-24</i>	<i>EEYSL *</i>	<i>49 Degrees North</i>	<i>2GS</i>	<i>Open</i>
<i>Feb 6-7</i>	<i>EEYSL *</i>	<i>Schweitzer</i>	<i>2SG/1GS</i>	<i>Open</i>
<i>Feb 20-21</i>	<i>EEYSL *</i>	<i>Mt. Spokane</i>	<i>2SL</i>	<i>Open</i>
<i>Mar. 6</i>	<i>EEYSL</i>	<i>Mt. Spokane</i>	<i>1GS</i>	<i>Open</i>
<i>Mar. 10-13</i>	<i>WR U14 Champs</i>	<i>Jackson Hole</i>	<i>1SG/1GS/1SL</i>	
<i>Mar. 19-20</i>	<i>EEYSL Finals*</i>	<i>Lookout</i>	<i>1GS/1SL</i>	<i>Open</i>
<i>Apr. 1-3</i>	<i>Buddy Werner U14 Champs</i>	<i>Mt. Bachelor</i>	<i>1SG/1GS/1SL</i>	
<i>TBA</i>	<i>EC-Golden R.</i>	<i>Timberline</i>	<i>4SL</i>	<i>Open</i>

RACE SCHEDULES

2015-2016 U16 ALPINE TEAM RACE SCHEDULE

<i>Dates</i>	<i>USSA Races</i>	<i>Champs</i>	<i>Location</i>	<i>Disciplines</i>	<i>Quota</i>
<i>Dec. 19-21</i>	<i>EC-Russ Read</i>		<i>Mt. Bachelor</i>	<i>2GS/1SG</i>	<i>Open</i>
<i>Jan. 2-3</i>	<i>Northwest Cup</i>		<i>Schweitzer</i>	<i>2SL</i>	<i>Open</i>
<i>Jan. 15-17</i>	<i>U16 Qualifier</i>		<i>Mt. Spokane</i>	<i>2SL/1GS</i>	<i>Open</i>
<i>Jan 30-31</i>	<i>EC-Hampton</i>		<i>Mission Ridge</i>	<i>2GS</i>	<i>Open</i>
<i>Feb. 13-15</i>	<i>U16 Qualifier</i>		<i>Mt. Hood Skibowl</i>	<i>2GS/1SL</i>	<i>Open</i>
<i>Feb 16-17</i>	<i>U16 Qualifier</i>		<i>Mt. Bachelor</i>	<i>2SG</i>	<i>Open</i>
<i>Feb. 18-21</i>	<i>NWC-Sun Cup</i>		<i>Mt. Bachelor</i>	<i>2DH</i>	<i>Open</i>
<i>Mar. 5-6</i>	<i>Evergreen Cup</i>		<i>Stevens</i>	<i>2SL</i>	<i>Open</i>
<i>Mar. 16-20</i>		<i>U16 Champs</i>	<i>Mammoth</i>	<i>SG/GS/SL</i>	<i>19W/20M</i>
<i>Mar. 17-20</i>		<i>CanAms</i>	<i>Alberta-TBA</i>	<i>2SG/GS/SL</i>	<i>10W/10M</i>
<i>Apr. 8-10</i>	<i>NWC Finals</i>		<i>Mt. Spokane</i>	<i>SG/GS/SL</i>	<i>Open</i>
<i>TBA</i>	<i>EC-Golden R.</i>		<i>Timberline</i>	<i>4SL</i>	<i>Open</i>

2015-2016 FIS ALPINE TEAM RACE SCHEDULE

SSRA FIS Alpine Team Race Schedules are individually arranged to best suit each athlete's needs. These are created in pre-season individual meetings with SSRA coaches.

RACING

SSRA Race Travel Policy

EEYSL Races

U14 and younger-U8, U10, U12, and U14 racing in Emerald Empire Youth Ski League races will travel with parents and will not incur and team travel costs aside from their personal travel costs. SSRA may book a block of rooms to help the team stay together. Families will be notified of the team lodging plans, how to access the block of rooms, and a cut-off date, if applicable.

PNSA U14 Championships

SSRA will travel together and stay in team lodging. Athletes can stay in team lodging with family, or with SSRA coaches. SSRA will coordinate a trip cost based on team entry, lodging, team travel costs, etc and relay that amount to each family.

U16 and FIS Alpine Team Races

SSRA travels as a team at the U16 and FIS Alpine Team levels. This helps to keep the team organized and cohesive as well as keeping costs as low as possible. A block of rooms is booked for each trip. Athletes can stay in team rooms, or stay in team lodging with family. More information is included in the team travel policy.

Championship and FIS Races

Pacific Northwest U14 Championships

SSRA U14 athletes race in the Pacific Northwest Ski Association U14 Championships. This race is open to all U14 athletes. SSRA must seed the team to determine start orders. EEYSL races with asterisks on the race schedules are used for this purpose. The best 1 of 2 Super G, 2 of 3 SL and 3 of 4 GS results will be used. World cup points will be awarded (100, 80, 60, etc) and the team will be ranked in order, individually by event. The top 7 seeds will be ranked, per gender, with any additional U14 athletes being placed in a randomized 8th seed. SSRA may use time trials to help determine seeding and to break ties.

Western Region U14 Championships

New this year, the Western Region will host a regional U14 championships. 3-4 boys and 3-4 girls will be selected from EEYSL races to compete in the event. Please consult the PNSA competition manual for more information.

Western Region U16 Championships

19 women and 20 men will be selected from the PNSA U16 qualifier series to compete in the championships. The best 2 results from each qualifier event will be counted and used to select the team to represent PNSA. Consult the PNSA competition guide for more info.

WR U19 Champs and Western Region FIS Races

Each of the above have individual quotas as found in the PNSA comp guide. Selections are based on USSA points and athletes travel with PNSA travel teams.

Canadian FIS

Athletes may be considered for selection if below a USSA point cut-off level. Then, selections are based on the US athletes seeking entry to the race.

National Championships and Nor Ams

Higher level races are qualified by specific criteria as outlined in the PNSA competition guide and the Western Region website/handbook.

FUND RAISING POLICY

SSRA relies heavily on fundraising and corporate sponsorship & advertising to subsidize tuition and pay for the kind of program in which SSRA members take pride. Each year, SSRA expenses are subsidized 40% by fundraising and race hosting income. SSRA is committed to remaining competitive, as well as inclusive and diverse in its membership. Fundraising efforts are instrumental in meeting these purposes and achieving the organization's philosophical goals for the community of greater Spokane.

To achieve these goals, significant volunteer efforts are required each year, from each member family of SSRA. In fact, SSRA has a proud history of volunteerism that has set our organization above others. Fundraising is a lot of hard work, but it can also be a lot of fun and something that brings members together.

Participation in Fundraisers: Successful SSRA fund raisers take significant membership support!

- **Ski-A-Thon (Sunday, December 27, 2015):** Each athlete is asked to raise \$100 in pledges for this fun team fund raising tradition.
- **Auction (Friday, February 26th, 2016):** Each family is asked to donate 1-2 auction items and a bottle of wine (for an instant wine cellar). Each family is required to purchase 2 tickets to insure the success of this critical team fund raising event. Tickets are \$75 each and can be paid when enrolling in SSRA or can be billed to you, whichever is easiest. At registration night, tickets will be issued to member. Members can use the tickets or sell them to others.
- **Corporate Sponsorship:** Please do business with our corporate sponsorship partners!! And, pass on the corporate sponsorship packet to potential new sponsors. Additional copies available-contact Chuck. Corporate Sponsorship decreases the fundraising burden on other SSRA events.

Volunteering Policy and Family Commitment

While many families volunteer in each fundraiser and for each race, not every family can do so. However, each family is asked to volunteer for at least five volunteer-days; with three being race days. If you are a new SSRA family this year, you are asked to volunteer for three days.

How are the days counted?

Any adult who contributes a day of volunteering counts as a volunteer-day. So, having a mom and dad both work on one race day counts as two volunteer-days! Also, many folks ask friends to help out. These count towards your days as well.

What else should I know?

On race days, each on-hill volunteer is given a lunch, a lift ticket, and a lift ticket voucher for another day!

What if I simply do not have time?

You can exercise the volunteer buy-out option (\$500 for returning members).

Do I really need to fill this out?

SSRA families have the best volunteering reputation in the Northwest. This form is an outline of expectations (we know members will follow through without a formal agreement!). More importantly, this form helps the organizers of events know, in advance, which events will need more outside help!

Fundraising Committee

The SSRA fundraising committee needs you! The committee has two parts; Fundraising Events and Corporate Sponsorship. The following individuals coordinate the efforts of each and report to the SSRA BOD.

Fundraising Events Contact	Home Phone	Cell	Email
Ski A Thon	TBA		
Auction	Maile Aden	509-995-3561	jeffandmaile@yahoo.com
	Jlynn Spitz	630-433-7322	jlynnspitz@yahoo.com
Corporate Sponsorship	Chuck Holcomb	509-979-7499	chholcomb@hotmail.com

Subcommittees for each event and for corporate sponsorship need your help. Sharing contacts and donating time are the primary and most effective ways of contributing. Please contact appropriate chairpersons to volunteer for specific events and efforts.

Specific Event Roles and Responsibilities

- Ski-A-Thon: Prizes procurement, registration/bookkeeping
- Auction: Procurement, procurement collection, Data entry/computer, program creation/sponsors, event set-up, membership outreach, registration
- Corporate Sponsorship: Company outreach, membership outreach, promotional tool development, community visibility

CORPORATE SPONSORSHIP

2014-2015 Gold Medal Sponsors:



2014-2015 Silver Medal Sponsors

Dix Corporation



2014-2015 Bronze Medal Sponsors



RACE HOSTING

SSRA & Mt. Spokane will host the following races during the upcoming season:

Date	Race	Disciplines	Location
12/31	Holiday Camp Race	GS	Mt. Spokane; Hourglass
1/15-18	PNSA U16 Champs Qualifier #1	2SL/1GS	Mt. Spokane; Hourglass
2/20-21	EEYSL Race #3	2SL	Mt. Spokane; Hourglass
3/6	EEYSL Race #4	GS	Mt. Spokane; Hourglass
3/13	SSRA Invitational Race	GS	Mt. Spokane; Hourglass
4/6-10	PNSA Northwest Cup Finals	SG, GS, SL, Dual SL	Mt. Spokane; No Alibi, Hourglass

Note: These are races that we will host and for which we will be seeking volunteers. The above schedule is not a race schedule for any specific SSRA team or group



Race Committee

- The SSRA race committee is experienced and continuously looking to educate newcomers! The fall officials clinic takes place on Sunday, October 11th. This is a great way to get started and learn about working a race. And, SSRA in-house training is a primary way that expertise is passed on in a variety of roles. In other words, you will be trained!
- In total, it takes at least 75 volunteers for each race day!

Duties include:

Race venue set-up	Timing/Calculations	Course Maintenance
Race administration	Hospitality	Announcers
Gatekeeping	Volunteer Coordinators	Wiring
Start/Finish crews	Scoreboard	

- **Get involved. It's fun. It's rewarding. It's for the kids!**

APPENDIX

POLICIES

Referral Policy

Referral tuition refunds are awarded when the SSRA registrar receives a referral, with a name, from a new member's electronic enrollment. Referral refunds are mailed to members after registering for the season. Referrals must come from returning members. Referral refunds are \$50, per referral.

Refund Policy

Tuition can be refunded in full until the end of the second day of participation with the team (Contact SSRA Registrar). Upon the third day of participation, refund requests should be made to SSRA Executive Director, Chuck Holcomb. Refunds are routinely granted in the case of injury, etc. All refund requests are considered on a case-by-case basis by the SSRA Board of Directors

Exceptions to SSRA Programs

Granting exceptions to SSRA programs are rare and should be submitted in writing to Executive Director, Chuck Holcomb. Requests will be discussed with the SSRA Board of Directors and considered on a case-by-case basis.

Team Upgrade Policy

At any time, an athlete can upgrade an SSRA team program (provided the athlete is age-eligible for the team program). Upgrade tuition differences are pro-rated from the date of the upgrade with all of the upgraded program considered.

Late Start Pro-Rating

FTYSL, YSL, and INTRO Tuitions are pro-rated when athletes begin in January or later.

Please contact Executive Director with questions about other programs.

Tuition Discounts

All discounts (referral discounts, new member discounts, early bird discounts, coaches, etc.) are deducted from full tuition prices. Early Bird tuition discounts are approximately 5% and awarded to returning members who register by October 15, 2015 for the 2015-2016 season. SSRA Coaches receive 30% tuition discounts on their children's tuition. To receive the above discounts, a coupon code must be used during online enrollment. Codes are: "Early Bird", "First Time Member", and "Coach"

Repetitive Discount Policy

Members who may qualify for multiple tuition discounts must choose one. Multiple tuition discounts are not allowed. The spirit of SSRA's various discount policies is to extend discounts to many members for different reasons and qualifying criteria.

FitzGerald Jensen Peck Scholarship Fund

Scholarships are applied for annually. Applicants must be returning members to SSRA. Applications must be completed in full and submitted by the deadline. Tuition awards are deducted from SSRA full tuition amounts. No other tuition discounts can be used when using a scholarship to reduce tuition.

SSRA Team Commitment

All athletes participating in SSRA training programs may race only as SSRA athletes. Athletes must designate their team as SSRA on entry forms.

Team Uniform (coat) Policy

Team uniforms are provided with tuition. Each year, either a team parka, or soft shell is provided. All SSRA athletes wear an SSRA team uniform during training and on race days. Team uniforms must display the SSRA team sponsors.

POLICIES

SSRA Travel Policy

When SSRA travels as a team and the U14, U16, U19 and U21 level, the following policies are followed:

1. Team van-everyone pays a team van fee regardless of use. Team van is provided for everyone's use. Although team members may opt to travel with family, SSRA coaches may require the team to travel to/from the venue in the team transportation for organizational and team cohesion purposes.
2. Team lodging-when team lodging is arranged, athletes can stay in a team room/condo or stay in the same lodging facility with parents.
3. Team meetings/functions: All athletes are expected to attend team meetings and functions.
4. Race Entry-SSRA will submit team entries on the behalf of each athlete.
5. Race Accounts- Race accounts are designed to simplify race travel. The concept is based in the idea that members pay into a savings account at the beginning of the season, from which race travel expenses are then deducted. Accounting is provided to help families check calculations. When the account becomes depleted, it is the responsibility of members to deposit enough money to pre-pay for the next event(s). Race accounts are not set up to finance members' race travel. To the contrary, accounts are set up, tracked, and maintained to keep the team from financing individual member expenses. The following expenses are deducted from race accounts: race entry fees, coach travel expenses, van expense, high flouronated wax overlays, and lodging (if staying in a team room).

SSRA Logo Policy

SSRA team logos are the exclusive property of SSRA. Logowear sales are provided as per approval of the SSRA Board of Directors. Use of the the SSRA logo, creation of independent logos, or use of SSRA slogans, are forbidden without expressed written consent of SSRA.

Concussion Policy

All members must read and acknowledge, by signature, that they have done so, on the SSRA enrollment form. Coaches undergo concussion training as per the Washington State Lystedt Law. When an athlete shows signs of concussion or is suspected to have a concussion, SSRA policy mandates that coaches sit them out, when in doubt. Athletes may return to training and competition only after a written clearance from a doctor trained in concussion identification and management (training within last 3 years) is provided to the SSRA Executive Director. All U21, U19, U16, and U14 athletes must complete pre-season impact baseline cognitive tests every two years. Each athlete must take the baseline test every two years.

[Impact Test Info Sheet and Permission Slip](#)

Harassment Policy- See www.gossra.org

Conflict of Interest Policy- See www.gossra.org

CONCUSSION

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

•Headaches •“Pressure in head” •Nausea or vomiting •Neck pain •Balance problems or dizziness •Blurred, double, or fuzzy vision •Sensitivity to light or noise •Feeling sluggish or slowed down •Feeling foggy or groggy •Drowsiness •Change in sleep patterns	•Amnesia •“Don’t feel right” •Fatigue or low energy •Sadness •Nervousness or anxiety •Irritability •More emotional •Confusion •Concentration or memory problems (forgetting game plays) •Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

•Appears dazed •Vacant facial expression •Confused about assignment •Forgets plays •Is unsure of game, score, or opponent •Moves clumsily or displays incoordination •Answers questions slowly •Slurred speech •Shows behavior or personality changes •Can’t recall events prior to hit •Can’t recall events after hit •Seizures or convulsions •Any change in typical behavior or personality •Loses consciousness

CONCUSSION

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

GOAL SETTING

Name/Age Group: _____

Ultimate Dream Goals: _____

Competitive Goals

For 2015-2016: _____

For 2016-2017: _____

Training Goals

Physical	Physical	Physical
1.	2.	3.
Steps to Achievement	Steps to Achievement	Steps to Achievement
1.	1.	1.
2.	2.	2.
3.	3.	3.
Mental	Mental	Mental
1.	2.	3.
Steps to Achievement	Steps to Achievement	Steps to Achievement
1.	1.	1.
2.	2.	2.
3.	3.	3.
Technical	Technical	Technical
1.	2.	3.
Steps to Achievement	Steps to Achievement	Steps to Achievement
1.	1.	1.
2.	2.	2.
3.	3.	3.

ATHLETE EVALUATIONS

Athlete Name: _____ Date: _____

Program: _____ Coaches: _____

Scoring is based on a scale of 1 to 4 and is related to athlete age, developmental phase, and commitment to the sport. (1=emerging, 2=developing, 3=proficient, 4=excelling)

Skill Development	Score	Comments
Stance	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Posture	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Turn Shape	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Alignment in Turn	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Hip Extension	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Ankle Flexion	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Parallel Legs	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Lateral Balance	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Pole Use	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
<u>Personal Development</u>		
Attendance	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Attitude	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Team Player	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Work Ethic	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Focus	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Intensity	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Equipment	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Preparedness	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	
Nutrition/Hydration	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	

NOTE TO PARENTS

Dear Parents,

It is a privilege to be entrusted with the opportunity to coach your child and the rest of the competitive alpine skiers in the program. We at SSRA are going to do all we can to help your child reach his or her full potential on and off the slope. We will be focused on instilling a love for skiing and an appreciation of, and adherence to, our core values: commitment, teamwork, discipline and sportsmanship. Through these, your athlete can best realize their athletic potential and develop character traits that will serve them throughout their lives. We want what is best for your child – their health, well-being, and future as an athlete and a person.

You will play a crucial role in your child's success with SSRA. We can only accomplish our goals if we have your help.

Define Success

- Definition of Success – everyone sees success in results, but we also value the things surrounding the competition that the athlete has control over: effort, attendance, improvement and sportsmanship. We are process oriented and do our best to focus on and celebrate the process of becoming and developing as a ski racer.

Success in Skiing is a Journey of a Thousand Lift Rides...and Many More Turns!

- Take the Long View-** Taking the long view applies to your child's development. The training that will make an eight year old the area's fastest slalom skier may not be the training that will benefit that skier in the long run. Making decisions now that will benefit the skier over the long haul of a skiing career calls for prudence, and it means sacrificing some rewards now for huge gains later. Now we make them technically solid on the hill; now we make them fit; now we teach them to set goals and to expect great things, and later they will become elite athletes. Our destination is not two weeks down the road, but several years. We are process, not outcome driven.

- How They Do vs. What they Do** – Especially at younger ages, how fast a child skis and how well he or she places is not critical. In fact, the correlation between racing success prior to 12 years old, and racing success as a mature athlete is weak. This means that development is the focus when a child is young. Racing is exhilarating and fun, but should not be over-emphasized at an early age. When a child is young, race results often correlate with early development and experience. What is truly important in determining future skiing success is what happens everyday in practice: Are they developing skills and technique? Are they internalizing the attitudes of a champion? Are they gradually gaining powerful fundamentals and building for the future? The work done is cumulative, with every training session adding a grain of sand to what will eventually become a mountain.

THE INFLUENCE WE HAVE

You Are Key to Your Child's Skiing

A parent's attitude toward skiing, the program, the coach, and his or her child's participation, is key towards the child's attitude and success. The young skier takes cues from his parent. If the parent shows by word, deed, facial expression, etc., that he does not value skiing, that he doesn't appreciate having to drive to training or stand along the fence at a race, or that "it's not going to matter" if the child skips free skiing sessions, then the chances are very good that the child will lack commitment, have little success, and lose interest.

Teach Them to Dream Big

The possibilities are infinite. If we teach children to settle for the ordinary, we may indeed save them from many a heartache and many a failure. But we also rob them of the opportunity of achieving great things, and the opportunity to plumb their depths and realize their full potential.

Allow Your Skier to Be Resilient

Winning big means failing many times along the way. Each failure hurts, but these temporary setbacks create the strength for the final push. Instead of having children avoid failure by never taking risks, we teach them how to think about failing: risk-taking and failure are necessary for learning, improvement, development, motivation, feedback, and long-term success.

Your Support is Needed

As children succeed, fail, and succeed again, it can feel like an emotional roller coaster. One of your most important functions as a skiing parent, and as a coach, is to provide emotional support during the tough times, of which there will be many. Kids also have few previous experiences; perspective to tell them that confidence is well founded and growth follows struggle. They will get this self-confidence from outside the realm of their own experiences, from the coach or parent. Let them believe that you believe they can succeed!

Success

Only one skier can win the race. Often in the younger age groups, the winner will be the one who has bloomed early. Hard work, perseverance, and enjoyment of the process generates the greatest chance for success in the long term. It is expected that every parent wants his or her child to succeed and to learn from skiing. Success really means being the very best you can be, striving for improvement in every aspect of skiing. It leads to lasting enjoyment.

Responding to Successful Results

Celebrate, but avoid over emphasizing successful results – leave room for when your child gets a lot better. Remember to ask how they feel and what they are proud of. We avoid treating young athletes like superstars because the more we treat them like superstars, the less likely they will become superstars. Similarly, we encourage athletes to be humble...greatness is apparent to everyone without it being communicated by words. We teach kids to walk the walk.

The Danger of Bribery

Bribing your skier to perform well by promising presents, money, special meals, etc. may work in the short run – but the long-term consequences can be counterproductive. We strive to develop internal motivation and maintain process-orientation.

Work and Fun

Persistence and work ethic are the most important qualities leading to success in skiing and life. It is critical to create and cultivate that work ethic when a skier is young. We emphasize that fun means working hard and challenging yourself, taking pride in accomplishing difficult goals, and discovering talents you didn't know you had. Ski racing is fun!

Your Reaction to Mistakes at Races

Kids make mistakes at races. It's going to happen. When it does, it is best to handle them gracefully. Remember to support race officials and bring concerns to coaches. Sometimes skiers are disqualified from a race. You coach can represent you, and your child in the event that a protest is warranted. Everyone does the best that they can with athletes interests in mind.

Home and Hill Must Dovetail

Traits of discipline, respect, high expectations, and commitment at home directly influence the child's approach at training and races. Please carefully consider our core values and other formative memos about the values the team espouses. Please reinforce suggestions from the coaches. A skier must have trust in his coach and in the program. If you have concerns about the coaching or the coaching advice, talk to the coach directly.

The Next Ted Ligety or Mikaela Shiffrin??

In order to make it to the Olympics, many things must occur over a long period of time. Therefore, be cautious of getting your hopes too high and try not to judge every run by Olympic standards. The most important factors will be practice, practice and practice. Howard Gruber is a psychologist who has made a life work out of studying great achievers. He argues the difference between the very good and the truly great isn't talent, but much harder and more consistent work.

ATHLETE CODE OF CONDUCT

SSRA Athletes conduct reflects a general respect for self, team, family, mountain, and their sport. SSRA athletes play by the rules and hold themselves to a high moral standard. Each SSRA athlete agrees to:

- *Adhere to the Rider Responsibility Code and the rules of SSRA, Mt. Spokane, and each governing body of ski racing (FIS, USSA, WR, PNSA and EEYSL)
- *Act as an ambassador of the sport. Athletes should understand their responsibility to represent SSRA, Mt. Spokane and ski racing in an admirable way, on and off of the hill; at home and away.
- *Assume personal responsibility and self-accountability.
- *Respect & support decisions of the coaching staff, officials, ski area personnel, and ski patrol.
- *Embrace the fact that being a part of the SSRA team is a privilege, and not a right. It can be revoked at any time if the rules and accepted behavior for maintaining team participation are not followed. Furthermore, some conduct and violations of SSRA conduct code/policies will result in disciplinary action. These sanctions are implemented by the SSRA Program Director and include temporary suspension or expulsion without refund of team/program tuition.

General rules and team guidelines

SSRA Members will:

- *Not use illegal drugs, alcohol or tobacco
- *Not use profane language or derogatory language
- *Respect others and avoid hurting others physically or emotionally. This includes, but is not limited to, respecting teammates' desires to focus, learn, maintain a positive attitude, and get adequate sleep (when on the road).
- *Respect the belongings of others
- *Be honest
- *Complete and submit enrollment, goal setting, team agreement and any additional forms that are required to participate.
- *Compete as members of the SSRA team. SSRA athletes must be registered for races as members of the team, designated as such on start lists/results, and participate as members of the team fully during team meetings, inspection, warm-up, race runs, and awards. It is understood that access to SSRA training programs and facilities implies a commitment to team competitive goals and the individual contributions implied and made explicit through participation.

Training expectations

Members of SSRA will:

- *Be productive, responsible and reliable members of the team. Athletes are expected to exhibit this commitment at all times.
- *Demonstrate a positive attitude and a desire to make the most of training opportunities.
- *Refrain from cursing or overt and excessive displays of frustration.
- *Be punctual for team training and events.
- *Notify coaches in advance if unable to attend weekend training
- *Arrive for training well-rested, well-fed, and hydrated.
- *Be prepared for changes in schedule
- *Dress in warm layered clothing appropriate for cold, winter conditions.
- *Always wear a helmet to training
- *Always have mouth protection when slalom training
- *Always wear goggles when training gates of any kind.
- *Keep cell phones/ipod on mute & use only for parental contact as needed/in case of emergency.
- *Not use cell phones during training.
- *Always carry their season pass.
- *Maintain their equipment and make sure skis are always sharp and waxed.
- *Assist in gathering materials for training, and with putting materials away after training.
- *Be assertive in course setting and tear down. (**During night training only-if you are unable to arrive in time to help set, volunteer to tear down and carry gates at the end of training).
- *Slip and inspect every training course prior to running it.
- *Use the restroom prior to training in the morning and after lunch.
- *Ask permission to use the bathroom, or leave the group, in general, during training.
- *Notify coach prior to leaving for the day.
- *Attend video analysis sessions.
- *Clean up after themselves, and others if necessary, in Mt. Spokane lodges
- *Respect the general public. Avoid skiing fast in slow zones. Avoid skiing excessively close to others. And, avoid voicing frustration if interfered with; in, or out, of a training course.
- *Use superior judgment. If unsure, consider if your planned action is "the right thing to do."

Race travel expectations:

- *Athletes will not expect to compete if training has been missed leading up to a competition.
- *Athletes will notify the coach, prior to the entry deadline, if unable to attend a competition
- *Athletes will stay in team arranged accommodations
- *Athletes will attend all team meetings and auxiliary functions.
- *Athletes are expected to have skis race ready and tune skis for each race day. Travel wax should be applied before departure. Racers should bring tuning equipment on race trips.
- *Athletes will be on time

ATHLETE CODE OF CONDUCT

- *Athletes will inspect courses and warm up adequately before each start.
- *Athletes are expected to be invested in the race experience. Avoid excessive lodge time. Watch better competition or go free skiing when not preparing for a race run. Do your best to check in with a coach after each run.
- *Athletes are expected to be a contributing member of the team. Retrieve clothing for teammates. Share course reports if asked by the coach. Cheer for and encourage your teammates.
- *Athletes will remain at the race venue until the referee report (DSQ list) is posted, and you have communicated with a coach that you are leaving.
- *Athletes will find out when the team meeting will take place, if not previously specified, prior to leaving the mountain.
- *Athletes are expected to adhere to the entire SSRA Code of Conduct
- *Athletes are expected to be gracious winners, and mature when faced with setbacks and defeats

Rules specific to Alpine Team Racing

- *Alpine Team Members will complete PNSA contact information forms, medical releases, and intent to compete forms. If regional travel is expected, Western Region medical releases must also be completed.
- *Alpine Team Members must contact the Program Director at least two weeks in advance, if competition plans change, as specified on the intent to compete form.
- *Alpine Team Members will be entered in USSA events by coaches using a team entry.
- *Alpine Team Members must electronically accept or reject invitations to represent PNSA in FIS and championship races on the www.pnsa.org website.
- *Alpine Team Members will not expect to compete, or to be entered in a race, if race accounts do not hold sufficient funds. It is the responsibility of each athlete to know the status of their account prior to an event. Remember that entry deadline precede a race by a week or more. Therefore, check funds in race accounts 10 days-2 weeks prior to planned race travel.
- *Entry fees, coach per diem, overlay hi-flouro team wax and team van use charges will be deducted from race accounts. Accounting details will be emailed to you.

Mt. Spokane rules

Mt. Spokane is SSRA's greatest supporter. Few mountains work as cooperatively with a racing program as Mt. Spokane Ski & Snowboard Park.

Without Mt. Spokane's support, SSRA would not exist. Respect the mountain. *Members of SSRA will:*

- *Store skis in racks
- *Always carry your season pass and present it, each ride, to the lift attendants in a courteous manner.
- *Show appreciation to mountain personnel, ski patrol, lift attendants and ski school instructors.
- *Remember that because SSRA enjoys such privileges, the general public must be shown exceptional respect.
- *Remember that as a ski racer, and with many in team coats, you are highly visible.
- *Never cut lift lines
- *Not cut underneath ropes or ski in closed areas.
- *Obey signs and directives of mountain employees and patrol.
- *Always inspect a jump before hitting it. When jumping, make sure that someone is spotting the landing.
- *Not use profane or derogatory language.
- *Look uphill before starting
- *Stop only where visible from above and on the side of trails.
- *Slow down in slow skiing zones, in any crowded areas, and before entering lift line corrals.
- *Report accidents to patrol or to the lift attendant at the top of any lift.
- *Set skis in an "X" above injured skiers, in a place where people can see the "X" and avoid the injured skier
- *Help people any chance that you get. This can include retrieving the equipment of someone who has fallen, giving directions, giving honest advice on trail difficulty, etc.
- *Remember that you represent SSRA directly and that your actions, or lack of action have an impact on our privileges for many years to come.

Disciplinary action

In the event that an athlete is unable to uphold the above criteria as outlined in the SSRA Code of Conduct, disciplinary action may result. Expect action to be taken. These are as follows:

Level 3

- *Use of illegal drugs, alcohol or tobacco
- *Breaking the law
- *Physically hurting another person intentionally

Level 3 Disciplinary Action: Immediate suspension from the team for an indefinite period. Additional offense will result in expulsion from the team for the year. In such a case, the right to refuse future business may be exercised by SSRA.

Level 2

- *Violation of curfew; unbeknownst whereabouts to coaches after designated curfew time

Level 2 Disciplinary Action: 7-14 day suspension from team. Additional offense will result in Level 3 Disciplinary Action.

Level 1

- *Violation of SSRA Code of Conduct
- *Violation of Ski Area Rules
- *Violation of the rules of ski racing and travel policies of FIS, USSA, WR, PNSA or appropriately associated body of ski racing.

Level 1 Disciplinary Action: 1-7 day suspension from team. Additional offense will result in Level 2 Disciplinary Action

Appeal Process

Any disciplinary action imposed may be appealed to the SSRA Board of Directors. The case will be reviewed and the Board will decide on appropriate measures. The Board of Directors may, but is not limited to, imposing the above penalties. Appeals should be submitted in writing.

PARENT CODE OF CONDUCT

SSRA Parental Code of Conduct

(Adapted from the National Youth Sports Safety Foundation)

Preamble: *The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these six pillars of character.*

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun, master skills, and spend time with others who love skiing.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the EEYSL, PNSA, and/or USSA.
5. I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every practice, competition, or related team event.
6. I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning.
11. I will praise my child for competing fairly and trying hard.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize competition in the lower age groups (age 12 and younger).
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during competitions and will never question, discuss, or confront coaches in the race arena, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use anywhere near the race arena.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
18. I will be proactive with any concerns that I have about coaching. I will contact my child's coach, with coaching concerns. I will contact the head coach if problems persist.
19. I will be proactive with any concerns about the team, its policies, initiatives, or management. I will contact the executive director only after considering solutions. I will never air complaints to others (on the hill, in the lodge, by phone/text/email/social media, but will instead deal directly team management to find solutions.
20. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:
 - Verbal warning by official, head coach, and/or head of league organization
 - Written warning
 - Parental season suspension
 - Membership termination or non-renewal

PARENTS AND COACHES

Jekyll and Hyde

Coaches often undergo miraculous transformations. Attitudes towards a coach can be quite different when a child is “succeeding” vs “struggling or failing.” When a child skis well, the coach is a good chap and everyone’s happy. When the child does not do well, the coach’s abilities and motives are suspect. We encourage parents to treat coaches the same no matter how your child performs.

The Wisdom of Solomon

Coaches make many decisions. You won’t agree with them all, and with the benefit of hindsight we often refine our thinking. Trust the coaches to act in what they consider the best interests of your child and the team as a whole, and understand that this sometimes will conflict with what you see as the best interests of your child at a specific moment.

Coaching versus Over-Coaching

It is possible to over-coach. Inexperienced coaches have a tendency to do this, especially at races. Sometimes coaches can give too many instructions before a race, or provide never-ending corrective feedback. Sometimes the coach’s speech is actually directed to a nearby parent rather than to his or her athletes. Parents might be impressed by this show of active coaching. However, over-coaching is ineffective.

At training, skiers need instruction. But they also need to be allowed to try things, to watch other skiers, to feel things, and to find out what works and what doesn’t, with perhaps a few leading questions from the coach. You don’t teach an infant how to walk; he watches you, he tries it, he falls, he falls again and again, and in no time he is charging around the house making mischief. There are different learning styles and we do our best to appeal to each to best service our groups.

At races, sometimes less is more. In a stressful environment, the more information an athlete has to assimilate, causes confusion; it can “jam the circuits” entirely (similar to “cramming” for an exam in school). If a coach has been doing the job in practice, the skier will know how to ski before he gets to the race. Once at the race, the focus shifts to tactics and motivation almost exclusively. A couple of cues or reminders and the skier can get into the start gate without his mind cluttered by distracting details.

Keep us in the Loop

We sometimes don't understand why a skier is responding to training as he is. Why is he so tired? Why is he so inconsistent? It is easy to forget how much life, choices, etc, impact time on the snow. Let us know if there are problems at home or at school that will affect your skier's training and racing performance. You don't need to give us all the details, but in order to coach your skier individually; we have to know what is happening individually.

Talk to the Coach

It is most effective to communicate with the coach regarding your concerns about the program or your child's progress within it. Likewise, it is detrimental to disparage a coach or the program to other parents. Please talk to the coach involved. Coaches will welcome dialogue that makes them better and thus more successful in their careers. Sometimes the best approach is by helping a coach with a potential solution. We value partnering with parents to best serve our children!

The "Big" Race

As your child begins to race more and qualify for higher races, expectations from the athlete, parents, and coaches can increase. Instead, we try to maintain the same routines and emphasis on each race whether it is an EEYSL race or the Junior Olympics. Extra pressure or extraneous preparations for a major event inhibits natural performance. If we can treat all races the same and have the same expectations, your child will be much better prepared for any event...no matter how big.

We Are in this Together

There are not intro and U16; devo and YSL parents. We are all SSRA parents. We help and support each other. Our organization works together and has a proud history due to this cohesiveness.

In Summary

Thank you for choosing SSRA. We are grateful for the opportunity to play a part in your child's development as a skier, ski racer, and as a person. We believe that by instilling a love for the sport and emphasizing our core values we can positively affect everyone in a positive manner, and pave the way for athletic excellence at the same time. We will need each other in this process, and by working together, we can help your child can best realize their athletic potential and develop character traits that will serve them throughout their lives.