



Multnomah Athletic Club



2024-2025  
PARENT | ATHLETE  
TEAM HANDBOOK

# Table of Contents

Table of Contents.....	2
INTRODUCTION .....	4
Staff Leadership.....	4
Mission .....	4
Vision.....	4
Values.....	4
Philosophy.....	4
SEASONAL TRAININGCAMPS .....	6
Alpine Team Fall Training Camp 2024 – Panorama, BC, Canada.....	6
Summer Camps 2025 are TBD.....	6
ALPINE WINTER PROGRAMS .....	8
MAC Youth Ski League (YSL Team) – U8 to U14.....	8
U.S. Ski & Snowboard (USSS) Team – U14 to U21 .....	9
FIS Team – U18/U21/Post-Graduate.....	10
MAC Masters Team .....	11
FREE SKIING and SNOWBOARD WINTER PROGRAMS .....	12
MAC Freeride Ski Team .....	12
MAC Snowboard Team.....	13
NORDIC WINTER PROGRAMS .....	14
MAC Nordic Youth Team .....	14
ATHLETE AND PARENT EXPECTATIONS.....	15
EQUIPMENT and MEMBERSHIP REQUIRMENTS.....	16
Team Uniform (Anticipated, rates may change).....	16
Athlete Uniform Policy.....	16
U.S. Ski & Snowboard, USASA, and IFSA Membership.....	16
FIS Membership .....	16
General Equipment.....	17
Helmets .....	17
Competition Travel and Lodging.....	17
Entry Fees .....	17
Tickets and Season Passes.....	18
COMPETITION .....	18
Junior (U14 to U21) and Masters Competition.....	18
FIS (International Ski Federation) .....	18
U.S. Ski & Snowboard (National Governing Body of Competitive Snow Sports in the United States).....	18
PNW (Pacific Northwest Division) .....	19
Youth Competitions (Youth Ski League ~ YSL) .....	19
Mt. Hood Youth Ski League (MHYSL).....	19
Freeride Skiing and Snowboarding Competition.....	19
United States of America Snowboard and Freeski Association (USASA).....	19
International Freeskier and Snowboarder Association (IFSA).....	20
WEB RESOURCES.....	21

Club Programs – PNW.....	21
Mountain Resorts.....	21
Governing Bodies and Organizations.....	21
SKI RACINGTERMINOLOGY .....	22
POLICIES AND RESOURCES .....	23
Athlete Protection Policies.....	24
PART I - EDUCATION & TRAINING POLICY.....	24
PART II - POLICIES FOR ONE-ON-ONE INTERACTIONS .....	26
ONE-ON-ONE INTERACTIONS .....	26
MASSAGES AND RUBDOWNS/ATHLETIC TRAINING MODALITIES.....	27
LOCKER ROOMS, RESTROOMS, AND CHANGING AREAS .....	28
SOCIAL MEDIA & ELECTRONIC COMMUNICATIONS .....	29
LOCAL TRAVEL.....	30
TEAM TRAVEL .....	30
PART III - REPORTING .....	31
Academic Eligibility Policy.....	33
Athlete Uniform Policy.....	34
Communication Policy.....	35
Speed Training Policy.....	37
Training and Competition Venue Policy.....	38
Volunteer Requirement Policy .....	39
Alpine Equipment Guidelines by Program and Age Class.....	41
<b>Separated and Injured Athlete Procedures.....</b>	<b>44</b>
Key Age Class Transitions: A Parent's Guide.....	45

# INTRODUCTION

MAC Ski & Snowboard is a *U.S. Ski & Snowboard Certified Club*, offering programs in the sports of Alpine, Free Skiing, Snowboard, and Nordic from early development to elite levels.

## Staff Leadership

- **Justin Rackley**  
Program Director/Head Coach | [JRackley@themac.com](mailto:JRackley@themac.com) | 503-517-7581
- **Seth Tinker**  
Head U16 USSS/FIS Team Coach | [seth@hoodlandsportandfitness.com](mailto:seth@hoodlandsportandfitness.com) | 503-313-6056
- **Kris Dausz**  
Head U14 Coach | [krisdausz@gmail.com](mailto:krisdausz@gmail.com) | 503-891-2575
- **Jonathan Puskas**  
Head YSL Team Coach | [JPuskas@themac.com](mailto:JPuskas@themac.com) | 503-317-9646
- **Jack Egan**  
Head Freeride Ski Team Coach | [JEgan@themac.com](mailto:JEgan@themac.com) | 404-569-0489
- **Forrest McGaw**  
Head Snowboard Team Coach | [forrest.mcgaw@gmail.com](mailto:forrest.mcgaw@gmail.com) | 971-280-2551

## Member Leadership – Ski & Snowboard Committee

- **Matt Edlen**  
Ski & Snowboard Committee Chair | [Ski.Chair@themac.com](mailto:Ski.Chair@themac.com)

## Mission

To develop life-long skiers and riders with a passion for their sport.

## Vision

To be a leading U.S. Ski & Snowboard club, providing holistic curriculum in alignment with the best practices and principles of the National Governing Body.

## Values

Honesty • Integrity • Sportsmanship • Camaraderie • Grit • Determination • Work-Ethic • Growth-Mindset

## Philosophy

MAC Ski & Snowboard believes in the development of young athletes athletically, academically, and socially. Athletes are taught the importance of hard work and dedication to sport and academics: lessons that carry over into their lives. Through camaraderie, good sportsmanship and fun, athletes grow and thrive in our positive team environment.

At MAC, we believe that early specialization in sport is shortsighted. Cross-training and varied athletic experiences improve overall athleticism, reduce the risk of injury, provide new opportunities for social growth, and combat the growing “burn-out” phenomenon in youth sports. The club encourages athletes to compete in school sports and accommodates scheduling conflicts, when possible, while maintaining consistency with the obligations undertaken in the athlete contract.

MAC Ski & Snowboard is committed to a skills-based curriculum for its athletes, focusing on the fundamentals of great skiing first. This includes the 4 major skill pools: Balance, Edging, Rotary, and Pressure Control. A fun and easy way to remember these is **BERP!**

- **B**alance: fore aft as well as lateral balance, and the overall awareness of the center of mass.
- **E**dding: tipping of the legs and skis
- **R**otary: twisting of the legs and skis
- **P**ressure Control: flexion and extension of the body and bending of the skis

Once there is a solid understanding and ownership of these skills and the ability to blend them together is semi-regular, only then do we believe the addition of speed and competition tactics is both safe and beneficial. Building a rock-solid foundation at an early age is vital, and a key element found in the development of the best athletes in the world. Simply put, our coaching philosophy is to teach athletes to become great skiers and riders first, with a broad fundamental skill base and a love for their sport.

Sportsmanship is a key value of the club. MAC athletes represent one of the leading amateur athletic institutions in the nation. Athletes, coaches, and parents are expected to bring credibility to the MAC and its athletic programs. Athletes uniformly exhibit respect for their fellow competitors, teammates, coaches, officials, resort staff, and the public. It is a privilege to represent the MAC, and it is expected that athletes, coaches, and parents will do so with the highest standards everywhere we go.

Communication among athletes, parents, and coaches is a cornerstone of the program. Our coaching staff is willing to meet with athletes and parents by appointment for any reason.

Coaches in partnership with parents are expected to address problems before they become critical and keep athletes and parents informed of team developments.

Parents' support of the coaching staff is crucial to success on the hill. Parents model the attitudes and values that their children bring with them to training and competition. Remaining positive about coaches and other athletes goes a long way toward avoiding unproductive emotions and conflicts.

Coaches will:

- Teach technical and tactical skills in a safe and positive environment
- Respect athletes and their parents
- Uphold the processes and standards described in this handbook
- Communicate with parents regarding an athlete's behavior, attitude, discipline, and performance at training and competition

## SEASONAL TRAINING CAMPS

### Alpine Team Fall Training Camp 2024 – Panorama, BC, Canada

Camp	Ages	On Snow Training	Dates	Cost
<b>Fall Training Camp</b>	U14 +	Panorama Resort, BC, Can. 8 days on snow	Nov. 23 - Dec. 1	\$2,600 estimated

Every fall MAC Ski & Snowboard provides an early season training camp prior to or over Thanksgiving week. The fall training camp offers a unique opportunity to gain valuable time on skis in a focused environment and excellent training conditions. The Camp Fee may include:

- Lodging and Meals
- Transportation to and from destination
- Lift pass
- Training space
- Coaching support on and off hill

### Summer Camps 2025 are TBD

Camp	Ages	On Snow Training	Dates	Cost
<b>MAC Freeride Summer Camps</b>	Age 10+ U10 w/ Head Coach Approval	8:30AM-1PM Palmer Snowfield, Timberline	TBD	TBD

**MAC Freeride Summer Camps:** Terrain Park safety and fundamentals focused. Our training will cover etiquette and safety, box/rail fundamentals, jump fundamentals, and an introduction to basic tricks (spins and grabs). The goal is to develop a foundation of the basic knowledge and fundamental skills involved in park skiing. These newly developed skills will increase the athlete's overall ability and self-confidence.

Camp	Ages	On Snow Training	Dates	Cost
<b>MAC Alpine Summer Ski Camps</b>	U12+ U10 w/ Head Coach Approval	3-6 days on snow per camp 6:45AM-12PM Palmer Snowfield, Timberline	TBD	TBD

**MAC Alpine Summer Ski Camps:** Our training focus will be on the technical events, Slalom and Giant Slalom. Camps are designed as a progression starting with skill development rooted in the fundamentals of each discipline, moving to volume and repetition of new movement patterns in gates.

This will build a solid foundation going into Fall Training Camp, Holiday Camp, and next competition season.

**Summer Camp Prerequisites:** The summer environment on the glacier is challenging and requires a certain level of maturity and competence to be safely navigated. Athletes should be independent enough to lap the chair lifts on their own, hike from the lodge to the chair lift, and from the chair lift to the snow with an on-hill backpack and their equipment. Athletes must be comfortable and confident skiing intermediate to advanced terrain of varying conditions (firm and icy to soft and slushy) and manage water and food intake and sun protection. Coaches will reinforce these behaviors with mandatory breaks during on-snow training.

# ALPINE WINTER PROGRAMS

## MAC Youth Ski League (YSL Team) – U8 to U14

Program	Ages	On Snow Training	Competition	Dates	Program Options
<b>MAC Youth Ski League (YSL Team)</b>	Ages 6-13 U8, U10, U12, U14  Age Class as of Dec. 31	Mt. Hood Meadows  Prep Team: Sundays  YSL Team 1 Day: Sun 2 Day: Sat/Sun 3 Day: Wed/Sat/Sun	MHYSL Series & Intra-Team Competition	Dec.- March	1 Day: \$1,540 2 Day: \$2,044 3 Day: \$2,268

**Prerequisite:** All MAC Youth Ski League athletes must be at skiing ability level 6 or higher, defined as “I am skiing parallel and confidently on all groomed blue terrain. I am exploring un-groomed trails and the easiest bumps. I usually make the same turn sizes and shapes on un-groomed trails.” –All groomed blues, easy blue bumps, easy groomed blacks. Parents may be asked to play “tail-gunner” for U8’s who need help loading the chairlift due to their height. YSL 2 Day and 3 Day athletes must be 2<sup>nd</sup> year U10 and older and be independent skiers who can ski the whole mountain and must have two or more years of ski team experience, or with Head Coach approval.

**YSL Team 1 Day:** Recommended for age class U8 to U10 Level 6 skiers who are new to racing, and who meet the above prerequisites. An introduction to ski racing, with a heavy focus on the fundamental skills of skiing. We put the “fun” in fundamentals! Athletes will benefit from our highly experienced and professionally certified staff as they learn and master the fundamental skills of great skiing in a fun, team atmosphere. Roughly half the day is spent in a closed environment working in drill courses, kombi courses, and traditional race courses, and half the day is spent in directed free-skiing in the open environment.

**YSL Team 2 Day and 3 Day:** Recommended for racers with 2 or more years in the sport, age class U10 to U14. As athletes advance in skill and need more time on snow to continue their development, they can step up to 2 or 3 days per week. At this level we emphasize directed free skiing to continue to develop athletes’ understanding of skiing fundamentals. In addition, more time is spent learning ski racing skills and tactics, including a mixture of gate training in a closed environment (drill courses, kombis, race simulation with timing), and free-skiing and drilling in the free environment.

**Dry Land Training Program:** Strength and Conditioning training to prepare athletes for the upcoming ski and ride season. Sport specific training utilizing plyometrics, games and cardio to increase general strength, endurance, and balance. Separate Dry Land Training Fee from Sport Team Fee.

- Professional Strength & Conditioning Coaches
- 2 days per week, October to Mid-December, schedule posted to TeamSnap
- Age 10 and up (U12)

**Training and Competition:** Calendars will be posted on Team Snap when they are finalized. MAC YSL athletes will participate in the Mt. Hood Youth Ski League Series. U12 athletes may compete in the PNW Buddy Werner Championships.



## U.S. Ski & Snowboard (USSS) Team – U14 to U21

Program	Ages	On Snow Training	Competition	Dates	Program Options
<b>USSS Team</b>	Age 12-18 U14, U16, U18, U21  As of Dec. 31	Mt. Hood Meadows  2 Day: Sat/Sun 3 Day: Wed/Sat/Sun 4 Day: W/Th/Sat/Sun	U.S. Ski & Snowboard Races	Dec. – April	USSS Team 2 Day: \$2,528 3 Day: \$3,088 4 Day: \$3,664

**Prerequisite:** USSS Team athletes must be advanced skiers who can ski the entire mountain and take runs on their own unaccompanied by a coach. Additionally, U14 USSS Team athletes must have two seasons previous experience on the MAC Team, or other USSS Club, or with Head Coach approval.

**USSS Team:** This program is designed for experienced ski racers who are interested in a higher level of commitment, competing in Divisional U.S. Ski & Snowboard sanctioned races, and establishing their national point profile. This is the track for U14 and U16 athletes wishing to compete at the Regional FIS level when they become U18's and remains a viable option for U18's wishing to compete at the USSS level only. Team activities begin in early fall with sport specific Dry Land Training, move onto snow at Fall Training Camp (separate fee) in November, continue over the course of the competition season, and conclude with Summer Camps (separate fee). Athletes will benefit from our experienced nationally certified coaching staff, providing holistic support from equipment prep to conditioning and recovery, video analysis, training, and race day support. Athletes may also receive the MAC's generous financial support through Developmental and Championship Funding as it is available, and the athlete meets the Sport Specific Standards.

**Dry Land Training Program:** Strength and Conditioning training to prepare athletes for the upcoming ski and ride season. Sport specific training utilizing plyometrics, Olympic lifting, and cardio to increase power, muscular endurance, aerobic endurance, and balance. Separate Dry Land Training Fee from Sport Team Fee.

- 2 and 3 day per week options
- Professional Strength & Conditioning Coaches
- 10 Week Program, October to Mid-December, schedule posted to TeamSnap

**Training and Competition:** Calendars will be posted on Team Snap when they are finalized. With so many races available, the coaching staff will work with individual athletes to determine a competition schedule that is best suited for development and goal achievement. Dependent upon program option and individual goals, athletes will compete in some combination of local U.S. Ski & Snowboard Races, PNW U14 Series, PNW Evergreen Cups, PNW Northwest Cups, and Western Region Championships should they qualify. Transportation packages must be purchased for transport to and from any mid-week training day.

## FIS Team – U18/U21/Post-Graduate

Program	Ages	On Snow Training	Competition	Dates	Program Fee
<b>FIS Team</b>	Ages 16 + U18, U21, Post Grad	Mt. Hood Meadows  Jan-Mar - 4 Days per week: Wed/Thur/Sat/Sun	U.S. Ski & Snowboard & FIS Races	Dec.-May	FIS Team \$4,840

**FIS Team:** This program is for U18 to post-graduate (PG) athletes wishing to pursue U.S. Ski & Snowboard and FIS racing throughout high school and beyond. Athletes compete in the PNW Evergreen Cup and Northwest Cup Series, Western Region Qualifiers, and Western Region FIS events. Team activities begin in early fall with sport specific Dry Land Training, move onto snow at Fall Training Camp (separate fee) in November, continue over the course of the competition season, and conclude with Summer Camps (separate fee). Athletes will benefit from our experienced nationally certified coaching staff, providing holistic support from equipment prep to conditioning and recovery, video analysis, training, and race day support. Athletes may also receive the MAC's generous financial support through Developmental and Championship Funding as it is available, and the athlete meets the Sport Specific Standards.

**Dry Land Training Program:** Strength and Conditioning training to prepare athletes for the upcoming ski and ride season. Sport specific training utilizing plyometrics, Olympic lifting, and cardio to increase power, muscular endurance, aerobic endurance, and balance. Separate Dry Land Training Fee from Sport Team Fee.

- 2 and 3 day per week options
- Professional Strength & Conditioning Coaches
- 10 Week Program, October to Mid-December, schedule posted to TeamSnap

**Training and Competition:** Calendars will be posted on Team Snap when they are finalized. With so many races available, the coaching staff will work with individual athletes to determine a competition schedule that is best suited for development and goal achievement. Athletes will compete in some combination of local U.S. Ski & Snowboard Races, PNW Evergreen Cups, PNW Northwest Cups, Western Region Devo Series, Western Region Elite Series, and Western Region and National Championships should they qualify. Transportation packages must be purchased for transport to and from any mid-week training day.

## MAC Masters Team

Program	Ages	On Snow Training	Competition	Dates	Program Options
<b>MAC Masters Team</b>	Age 21+	Mt. Hood Meadows  5 Day: Sat/Sun 10 Day to Full-Time: W/Th/Sat/Sun	PNW Masters + Regionals and Nationals if qualified	Dec. - April	5 Day: \$368 10 Day: \$720 20 Day: \$1,272 Full-Time: \$1,880

The MAC Masters Team is for those life-long ski racers looking to continue the fun, camaraderie, and competition of ski racing at the Masters level. Athletes will train integrated with the Junior Team. Athletes may travel to competitions throughout the Pacific Northwest division and qualify for regional and national level competitions. Certain programs gain athlete's access to Adult Developmental, and Championship Funding should they qualify.

**5 Day:** 5 training days with the MAC Alpine Team over the course of the season. Athletes must communicate the days they would like to train with the Program Director or Lead Junior Team Coach to confirm. Any PNW Masters races attended are facilitated on their own.

**10 Day:** 10 training days with the MAC Alpine Team over the course of the season. Athletes must communicate the days they would like to train with the Program Director or Lead Junior Team Coach to confirm. 10 Day athletes may receive Adult Developmental Funds to help offset entry fees to one PNW Masters race.

**20 Day:** 20 training days with the MAC Alpine Team over the course of the season. Athletes must communicate the days they would like to train with the Program Director or Lead Junior Team Coach to confirm. 20 Day athletes may receive Adult Development Funds to help offset entry fees to PNW Masters races as available.

**Full-Time:** All training days available over the course of the season. Athletes should keep an open channel of communication with the Program Director and/or the Lead Junior Team Coach to ensure that schedules and Junior Team training plans align. There may be occasional special training sessions where Masters will not be able to train with the Junior Team due to numbers, safety, or event type. Adult Developmental Funds are available to offset race entry fees. Championship Funds are available for athletes that qualify for a Regional or National Championship.

### **Competition:**

The PNW Masters racing schedule can be found here: <http://www.PNW.org/calendar/masters>. The competition calendar will vary for each athlete based on commitment level and availability. Regional and national level calendar found here: <http://ussamasters.org/>.

# FREE SKIING and SNOWBOARD WINTER PROGRAMS

## MAC Freeride Ski Team

Program	Ages	On Snow Training	Competition	Dates	Program Options
<b>MAC Freeride Ski Team</b>	10 and up	Mt. Hood Meadows 1 Day: Sundays 2 Day: Sat/Sun 3 Day: Friday night	USASA and IFSA Competition, USASA National Champs	Dec. - April	1 Day: \$1,540 2 Day: \$2,292 3 Day: \$2,836

**Prerequisite:** Freeride Team athletes must be advanced skiers who can navigate off-piste terrain at Mt. Hood Meadows. Level 7 ability level minimum: “I can smoothly link parallel turns together with a pole plant on all blue and black terrain. I am exploring un-groomed black terrain, including bumps. I can connect different turn sizes and shapes seamlessly for the different challenges.” – All blue terrain and most black terrain

**FR Team 1 Day:** The foundation program of the MAC Freeride Team. Designed around the heart of MAC Ski & Snowboard’s philosophy of fundamental skill development and fun. Athletes will learn all-mountain riding techniques for varying snow conditions, avalanche safety and awareness, fundamental terrain park and halfpipe skills, safety, and etiquette, and develop their overall freeriding ability.

**FR Team 2 Day:** Designed for skiers looking for a higher number of days on snow, and a desire to compete in various Freeride events. Competition Team athletes are taught all aspects of freeride skiing, including Slopestyle, Halfpipe, and Big-Mountain freeriding skills. The Coaching staff will work with athletes who are motivated to compete, setting goals, and working to achieve them. Home and away competitions in USASA and IFSA over the course of the season, including USASA National Championships, are all fully supported. Athletes must be advanced skiers able to ski Black Diamond terrain at Mt. Hood Meadows confidently, on and off-piste.

**FR Team 3 Day:** For skiers looking to take their game to the next level, qualify to USASA Nationals, or master that next big trick that will improve their competition performances, the option to add a third day of training with a focus on terrain park skills and trick progressions is available. This session will be after school on a weeknight under the lights at MHM. Athletes must be advanced skiers able to ski Black Diamond terrain at Mt. Hood Meadows confidently, on and off-piste.

**Dry Land Training Program:** Strength and Conditioning training to prepare athletes for the upcoming ski and ride season. Sport specific training utilizing plyometrics, Olympic lifting, and cardio to increase power, muscular endurance, aerobic endurance, and balance. Separate Dry Land Training Fee from Sport Team Fee.

- 2 and 3 day per week options
- Professional Strength & Conditioning Coaches
- 10 Week Program, October to Mid-December, schedule posted to TeamSnap

**Training and Competition:** Calendars will be posted on Team Snap when they are finalized. The coaching staff will set the competition schedule, outlining supported events. USASA and IFSA Competition, plus USASA Nationals are all supported.

## MAC Snowboard Team

Program	Ages	On Snow Training	Competition	Dates	Program Options
<b>MAC Snowboard Team</b>	10 and up	Mt. Hood Meadows 1 Day: Sundays 2 Day: Sat/Sun 3 Day: Friday night	USASA and IFSA Competition, USASA National Champs	Dec. - April	1 Day: \$1,540 2 Day: \$2,292 3 Day: \$2,836

**Prerequisite:** Snowboard Team athletes must be advanced intermediate riders, able to comfortably ride off-piste terrain at Mt. Hood Meadows. Level 7 ability level minimum: “I am able to ride all blue terrain in varied conditions and working on easy black terrain, including bumps, trees, and terrain parks.” –All blue terrain and groomed black terrain

**Snowboard Team 1 Day:** The foundation program of the MAC Snowboard Team. Designed around the heart of MAC Ski & Snowboard’s philosophy of fundamental skill development and fun. Athletes will learn all-mountain riding techniques for varying snow conditions, avalanche safety and awareness, fundamental terrain park and halfpipe skills, safety, and etiquette, and develop their overall freeriding ability.

**Snowboard Team 2 Day:** Designed for riders looking for a higher number of days on snow, and a desire to compete in various Freeride events. Competition Team athletes are taught all aspects of snowboarding, including Slopestyle, Halfpipe, and Big-Mountain freeriding skills. The Coaching staff will work with athletes who are motivated to compete, setting goals, and working to achieve them. Home and away competitions in USASA and IFSA over the course of the season, including USASA National Championships are all fully supported. Athletes must be advanced riders able to ride Black Diamond terrain at Mt. Hood Meadows confidently, on and off-piste.

**Snowboard Team 3 Day:** For riders looking to take their game to the next level, qualify to USASA Nationals, or master that next big trick that will improve their competition performances, the option to add a third day of training with a focus on terrain park skills and trick progressions is available. This session will be after school on a weeknight under the lights at MHM. Athletes must be advanced riders able to ride Black Diamond terrain at Mt. Hood Meadows confidently, on and off-piste.

**Dry Land Training Program:** Strength and Conditioning training to prepare athletes for the upcoming ski and ride season. Sport specific training utilizing plyometrics, Olympic lifting, and cardio to increase power, muscular endurance, aerobic endurance, and balance. Separate Dry Land Training Fee from Sport Team Fee.

- 2 and 3 day per week options
- Professional Strength & Conditioning Coaches
- 10 Week Program, October to Mid-December, schedule posted to TeamSnap

**Training and Competition:** Calendars will be posted on Team Snap when they are finalized. The coaching staff will set the competition schedule, outlining supported events. USASA and IFSA Competitions, plus USASA Nationals are all supported.

# NORDIC WINTER PROGRAMS

## MAC Nordic Youth Team

Program	Ages	On Snow Training	Competition	Dates	Program Options
<b>MAC Nordic Youth Team (NYT)</b>	Ages 7-15 U8-U16  Age Class as of Dec. 31	Mt. Hood Meadows Nordic Center  U8/U10/U12: Saturday 10:30AM-Noon U12/U14/U16: Saturday 9:00-10:30AM	Cross Country (XC) Events at: Oregon 4-Way May Day	Jan to Mid-March 10 Weeks	NYT: \$368 YSL-NYT Add-On: \$275

**Nordic Youth Team:** A 10-week program designed for age class U8 to U16 beginner to intermediate skiers, comprised of an introduction to Nordic (Cross Country) Skiing, with a heavy focus on the fundamental skills of Classic and Skate Skiing in a playful environment. The NYT trains one day per week on Saturday mornings at the Mt. Hood Meadows Nordic Center, adjacent to the HRM lot. The Saturday schedule allows Alpine YSL Team athletes who train on Sundays to add-on the NYT and experience a complete skiing education! The older and younger groups are staggered, with the older group meeting at 9am, and the younger group meeting at 10:30am. Sessions are 90 minutes and focused on skill development, fitness improvement, and fun! Athlete's will develop their skills while fostering a love for nature and the beautiful Pacific Northwest winter environment. Over the season, there will be ample opportunities for group games and adventures along the Nordic trails, while also learning how to choose appropriate equipment and clothing for the ever-changing winter weather. Athletes will be introduced to competition through the XC events at two Oregon competitions.

**Equipment:** Skiers need their own classic and skate equipment (skis, poles, boots). Classic and Skate training will be announced weekly via TeamSnap based on weather and conditions. Equipment can be obtained at The Mountain Shop in Portland, Hillcrest Ski and Sport in Gresham, Otto's Ski Shop in Sandy, or Pure Stoke in Hood River, amongst other locations. U8's that are new to Nordic skiing may use classic gear and a single set of poles.

**MHM Nordic Passes:** Mt. Hood Meadows Nordic Trail Passes are not included in the Sport Team Fee. Members can purchase Nordic Passes online at [skihood.com](http://skihood.com).

**Dry Land Training Program:** Strength and Conditioning training to prepare athletes for the upcoming ski and ride season. Sport specific training utilizing plyometrics, games and cardio to increase general strength, endurance, and balance. Separate Dry Land Training Fee from Sport Team Fee.

- Professional Strength & Conditioning Coaches
- 2 days per week, October to Mid-December, schedule posted to TeamSnap
- Age 10 and up (U12)

**Training and Competition:** Calendars will be posted on Team Snap when they are finalized. MAC NYT skiers will have the opportunity to compete in the XC competitions of the Oregon 4-Way at Ski Bowl, and May Day Race at Mt. Bachelor in the spring. These fun events are the perfect entry level into cross country competition.

# ATHLETE AND PARENT EXPECTATIONS

## **Athletes are expected to:**

- Strictly abide by the Athletic Code of Conduct and all MAC Ski & Snowboard Policies.
- Be assembled at the designated meeting area by 8:45am, geared up and ready for the day. Athletes load chair lift at 9:00am.
- Be courteous and respectful to coaches, teammates, fellow competitors, and mountain staff.
- Attend dry land training unless excused by a coach (U14 and older)
- Attend 75% of their program training schedule
- U16's and older are expected to take ownership of their own training, communicate with coaches, and mark their own availability on Team Snap for training and competition.
- Be able to ski down groomed runs and get on and off the chair without assistance.
- Strictly abide by the Skier Responsibility Code (See Web Resources, pg. 16).
- Have fun!

## **Parents are expected to:**

- Strictly abide by the Athletic Code of Conduct, MAC Member Policies, and all MAC Ski & Snowboard Policies while on the mountain or inside the club.
- Positively support and encourage their athletes regardless of performance and leave the coaching to the Coaching Staff.
- Complete an online registration and submit appropriate forms to Head Coach Justin Rackley by the **Registration Deadline** of December 1st.
- Provide timely transportation to dry land and on-hill training and competitions, and
- be sure that their athlete's attend 75% of their program training schedule.
- Arrive at the mountain with plenty of time to allow athletes to boot up, warm up/stretch and meet coaches at the designated meeting area by 8:45AM.
- Volunteer in some aspect for MAC Ski & Snowboard hosted races/events. See Volunteer Policy.
- Assist coaches with setup or tear down of racecourses when asked.
- Communicate with coaches with questions and concerns.
- Have fun!

## **Athletic Code of Conduct**

The Athletic and Ski Committees have adopted the following code of conduct:

1. While competing at any venue, we will play fairly and encourage fellowship among our opponents and ourselves.
2. We will treat each other, our opponents, guests, officials and staff with dignity and respect.
3. We will at all times, whether as competitors or spectators, conduct ourselves in a sportsmanlike manner and we will not tolerate any among us who do not.
4. We will not use performance-enhancing drugs to gain a competitive advantage.
5. We will instill these values in our junior members and guests by education and example.

**Any act is a violation of the MAC Athletic Code of Conduct if it is offensive by reasonably accepted community standards.**

## EQUIPMENT and MEMBERSHIP REQUIREMENTS

### Team Uniform (Anticipated, rates may change)

Youth Size Team Uniform (U8 to U14)	
All Teams - REQUIRED	Estimated \$165-\$200

Adult Size Team Uniform (U14 to Adult)	
All Junior Teams - REQUIRED Masters Team - OPTIONAL	Estimated \$250-\$350

### Athlete Uniform Policy

Please reference MAC Ski & Snowboard Athlete Uniform Policy in the Policies and Resources section on page 33 of this Handbook.

### U.S. Ski & Snowboard, USASA, and IFSA Membership

For all registered athletes of MAC Ski and Snowboard, U.S. Ski & Snowboard membership is required. USASA and IFSA Memberships may be additionally required for any Freeride/Snowboard Competition Team athletes competing in events sanctioned by these organizations. Reference all organizations Membership Categories and Benefits by Sport under Resources on page 22. Reference the table below to determine your US Ski and Snowboard membership.

**U.S. Ski & Snowboard early deadline is October 15.** Late fees apply after this date.

### FIS Membership

For athletes U18 and older intending to compete in FIS events. FIS License can be purchased with Alpine Competitors License online at your [US Ski & Snowboard Member Portal](#).

**FIS application deadline is August 15<sup>th</sup>.** Late fees apply after this date.

\*\$85 before August 15<sup>th</sup>. \$155 after.

MAC Program	USSS Membership Category	Cost
YSL Team	Alpine Competitor U12 & Under (Age 8-11)	\$105
	Alpine Competitor U14 (Age 12 – 13)	\$130
Nordic Youth Team	Nordic General Member	\$40
USSS Team	Alpine Competitor U14 (Age 12 – 13)	\$130
	Alpine Competitor U16 & Over (Age 14+)	\$220
FIS Team	Alpine Competitor + Alpine FIS License	\$220+\$85*
Freeride Ski Team	Freeski General Member (Age 10-11)	\$40
Snowboard Team	Snowboard General Member	\$40
Masters Team	Masters w/ Requirements	\$155
	Masters FIS License	\$50



## General Equipment

Team members are responsible for having their own skis, boots, poles, helmet, race suit and Team Uniform (see Athlete Uniform Policy under Policies and Procedures). **For a guide on specific equipment requirements, reference the Equipment Guide at the back of this Handbook.** MAC Ski & Snowboard has a strong partnership with Mt. Hood Alpine Racing Center, and the coaching staff has connections with many Mt. Hood area vendors and equipment reps. Keep a close eye on team communications via Team Snap throughout the year and attend equipment nights. MAC coaches and equipment reps put in much time and effort to size, fit and familiarize athletes and parents with the latest equipment. For specific equipment questions, please contact your athlete's Head Coach.

## Helmets

Helmets are required by U.S. Ski & Snowboard, FIS, and MAC Ski & Snowboard for all athletes, and must be always worn while on the mountain free skiing/riding, training, or competing. Athletes age class UI4 and older who will be competing in any U.S. Ski & Snowboard and/or FIS events are required to use a helmet that meets current FIS specifications and must be marked with the **“Conform to FIS Specifications RH 2013”** label. This label must be built into the layers of the helmet by the manufacturer, where it is visible yet beneath the clear coat and finish of the helmet, or it will not be approved. The exact label required is shown below:

Specifications for Competitor Equipment Edition 2014/15  
Label attesting conformity with FIS specifications for Alpine racing helmets  
(GSISGQH)



Minimum Width: 10 Mm  
Minimum height: 15 Mm

If you are uncertain, ask the vendor to clarify if it is FIS legal or consult with Ski Team coaching staff before purchasing. Helmets will vary in price according to style and quality. Make sure that any helmet purchased is approved and endorsed by the coaching staff.

## Competition Travel and Lodging

Team members and families are responsible for their own food, travel, and lodging expenses (unless included in the cost of a specific training camp). Coaching Staff may drive UI6 and older athletes to and from away competitions in one of our vans, and arrange the trip, including lodging, times of departure and arrival, meal plans, etc. Travel may also be arranged with parents, if the destination requires air travel, or is more cost effective or logistically efficient for athletes to travel with or stay with parents. The opportunity for Developmental and Championship funding for both Junior and Masters Athletes is available for certain competitions. The financial support of its amateur athletes using Development and Championship Funds is a long-standing tradition at the club, and we are proud and privileged to be able to continue this tradition. Juniors and Masters who qualify for Elite Championship level competitions will be reimbursed some portion of their travel, food, lodging, lift ticket, and entry fee expenses using Championship Funding. This privilege is exclusive to members of MAC Ski & Snowboard and does not exist at any other U.S. Ski & Snowboard club.

## Entry Fees

Team members and families are responsible for the cost of race entry fees. For ski races away from home, all athletes may be allowed to receive reimbursement for entry fees using Developmental Funding, dependent on the club's budget from year to year.

## **Tickets and Season Passes**

Team members and families are responsible for their own lift tickets (unless included in the cost of a specific training camp), season passes, and Elite Passes. For ski races away from home, all athletes may be allowed to receive reimbursement for lift ticket costs using Developmental Funding, dependent on the club's budget from year to year. MAC Ski & Snowboard primarily trains at Mt. Hood Meadows Resort but will also utilize training space at Timberline and Ski Bowl at various times of the year if conditions allow. For regular weekend training (Saturday and Sunday), every effort will be made to train at our home of Mt. Hood Meadows. It is recommended that all families purchase a Meadows Season Pass. \*

For competitive U14 and older athletes that have met the qualifications, an Elite Pass\*\* can be purchased through the Pacific Northwest Ski Association (PNW). This pass allows access to most Pacific Northwest ski resorts where Divisional competitions take place.

*\*Mt. Hood Meadows season passes may be purchased online at [www.skihood.com](http://www.skihood.com). \*\*The PNW Elite Pass can be purchased online at [www.PNW.org](http://www.PNW.org). Qualifications for this pass are also available on the PNW website.*

## **COMPETITION**

MAC Ski & Snowboard competes in events from local youth competitions on Mt. Hood to international Elite Level competitions all over the U.S. and Canada. There are multiple governing bodies that sanction these events. MAC Ski & Snowboard and its members pay dues to these organizations to enter competitors into their events. There is a top-down approach where there is one governing body for international, national, regional, and local events. Each organization works closely with the others to provide continuity in snow sports across all age groups.

### **Junior (U14 to U21) and Masters Competition**

#### **FIS (International Ski Federation)**

This is the governing body for all international ski racing. The FIS sanctions everything from World Cup competition down to regional FIS races for junior athletes. MAC junior athletes, U18 and above, will have the opportunity to compete and succeed in FIS level events. MAC Masters athletes may also choose to compete at the FIS Masters level.

#### **U.S. Ski & Snowboard (National Governing Body of Competitive Snow Sports in the United States)**

U.S. Ski & Snowboard is the national governing body of Olympic skiing and snowboarding. It is the parent organization of the US Ski Team, US Snowboarding and US Free Skiing. Developed to facilitate participation in national and international competition, the Olympic sports organization provides structure for competitive skiing and snowboarding. From grassroots programs to governance of sport, management of rules, competitions and athletic rankings, U.S. Ski & Snowboard oversees athletic pipelines for development in the sports. With a vision to make the USA the best in the world in Olympic skiing and snowboarding, U.S. Ski & Snowboard provides leadership and direction for tens of thousands of young skiers and snowboarders who share an Olympic dream while maintaining a strong adherence to core values. U.S. Ski & Snowboard, established in 1905, operates out of the national training and education facility, the Center of Excellence, in Park City, UT.

U.S. Ski & Snowboard will work in tandem with the FIS for Elite Level and North American Cup races such as U.S. Nationals, as well as with regional and local governing bodies for youth and junior competition. MAC Ski & Snowboard looks to the Alpine Training System for its skills and development based coaching philosophy, and holds its athletes to the standards set forth by them. Our athletes will have the opportunity to race in U.S. Ski & Snowboard sanctioned events as early as U14.

### **PNW (Pacific Northwest Division)**

PNW is the Division of the Western Region of the United States that MAC Ski & Snowboard is a member of. They are the facilitators of U.S. Ski & Snowboard National standards and philosophy in the Northwest. PNW also brings together all the ski team programs in the Northwest and unifies them for the common good of the athletes. Our junior athletes will have the opportunity to train and race with the division.

The Pacific Northwest Ski Association was originally developed out of the need for uniformity in all phases of ski competition. PNW works with U.S. Ski & Snowboard in establishing the eligibility and qualifications of competitors, setting standards and certifications for coaches and officials, and organizing clinics and training programs for all alpine skiing disciplines. As a division of the U.S. Ski & Snowboard Western Region, PNW plays a key role in all US ski competitions. PNW's programs are the first step for ski competitors to national and international amateur sports competition. PNW is a non-profit organization and operates for the benefit of all PNW and U.S. Ski & Snowboard members in the Pacific Northwest division. PNW and its competitions are organized under the guidelines of the International Ski Federation (FIS) and U.S. Ski & Snowboard.

### **Youth Competitions (Youth Ski League ~ YSL)**

#### **Mt. Hood Youth Ski League (MHYSL)**

The Mt. Hood area ski programs including MAC Ski & Snowboard, Meadows Race Team, Cooper Spur Alpine Team, and Mt. Hood Race Team have formed a local organization, known as the Mt. Hood Youth Ski League, for the betterment of our youth athletes. Together, the Mt. Hood area programs put on YSL races for U8 to U14 athletes. All the MHYSL races are held at Mt. Hood. MAC Ski & Snowboard hosts the Candy Cup at Mt. Hood Meadows Resort.

With the development of its youth athletes at the forefront, MAC Ski & Snowboard believes strongly in fun and healthy competition in a familiar and safe setting. The MHYSL events are the perfect opportunity for our local youth athletes to compete in front of friends, family, and coaches. This gives them the ideal venue to display their ever-growing skill sets, creating confidence and ownership of what they learn throughout the season.

### **Freeride Skiing and Snowboarding Competition**

#### **United States of America Snowboard and Freeski Association (USASA)**

The United States of America Snowboard and Freeski Association (USASA) is a California-based non-profit organization that is represented by 30 regional series across the USA. The USASA national office is located in Littleton, NH. The regional home offices are located in Portland, Maine, and Bailey, Colorado. The USASA is made up of over 5,000 athlete members and 600+ coaches and officials. The total membership including parents and supporters exceeds 10,000 members.

The USASA hosts 500+ Snowboard and Freeski events annually at approximately 120 ski resorts in the U.S. The USASA National Championships are held annually at Copper Mountain, Colorado and span

twelve days with over 1800 participants. The USASA National Championship is the largest snowboard and freeskiing event in the world and has been held consistently by the USASA for the past 30 years. The USASA is the first step in the Olympic pipeline for snowboarding and freeskiing.

### **International Freeskier and Snowboarder Association (IFSA)**

The International Freeskier & Snowboarder Association (IFSA) was founded in 1996 by Shane McConkey, a pioneer in freeskiing. Shane believed that freeride athletes would be best served by an athlete-owned organization. 27 years later, we continue to work and play by Shane's guiding vision – the freerider is our bottom line.

Today, the IFSA focuses on driving exceptional quality and integrity across our sport, as we sanction junior and adult big mountain competitions in North and South America.

## WEB RESOURCES

In ski racing, there are an endless number of organizations, governing bodies, ski racing programs, ski resorts, committees, councils, equipment products and vendors. MAC Ski & Snowboard understands that navigating this landscape can be cumbersome. We hope that you will find the following list helpful, and we ask that you acquaint yourselves especially with the websites of U.S. Ski & Snowboard, PNW, and Multnomah Athletic Club.

### Club Programs – PNW

#### Mt. Hood Area Clubs:

MAC Ski and Snowboard: <https://themac.com/alpine-ski-snowboard>

Cooper Spur Alpine Team: [www.cooperspurraceteam.com](http://www.cooperspurraceteam.com)

Meadows Race Team: [www.meadowsraceteam.org](http://www.meadowsraceteam.org)

Mt. Hood Race Team and Academy: [www.mthoodacademy.com](http://www.mthoodacademy.com)

#### Rest of Division:

Crystal Mountain Alpine Club: [www.cmacracing.com](http://www.cmacracing.com)

Mt. Bachelor Sports Education Foundation: [www.mbsef.org](http://www.mbsef.org)

Mission Ridge Ski Team: [www.mrst.us](http://www.mrst.us)

Schweitzer Alpine Racing School: [www.sars.net](http://www.sars.net)

Spokane Ski Racing Association: [www.gossra.org](http://www.gossra.org)

Stevens Pass Alpine Club: [www.spacracing.com](http://www.spacracing.com)

Team Alpental Snoqualmie: [www.tasskiracing.com](http://www.tasskiracing.com)

White Pass Ski Team: <http://www.skiwhitepass.com/>

### Mountain Resorts

Mt. Hood Meadows: [www.skihood.com](http://www.skihood.com)

Mt. Hood Ski Bowl: [www.skibowl.com](http://www.skibowl.com)

Mt. Bachelor: [www.mtbachelor.com](http://www.mtbachelor.com)

Timberline: [www.timberlinelodge.com](http://www.timberlinelodge.com)

### Governing Bodies and Organizations

U.S. Ski & Snowboard: <https://usskiandsnowboard.org/>

Western Region: <https://usskiandsnowboard.org/sport-programs/regions-divisions/western-alpine-region>

PNW (Pacific Northwest Ski Association): <https://pnwdivision.org/>

FIS (International Ski Federation): [www.fis-ski.com](http://www.fis-ski.com)

USASA (United States of America Snowboard and Freeski Association): <https://www.usasa.org/>

IFSA (International Freeskiers and Snowboarders Association): <https://ifsafreeride.org/>

NSAA (National Ski Areas Association): [www.nsaa.org](http://www.nsaa.org)

Skier Responsibility Code: [www.nsaa.org/safety-programs/responsibility-code/](http://www.nsaa.org/safety-programs/responsibility-code/)

# SKI RACING TERMINOLOGY

**B Netting:** Specialized protective netting used to protect racers and maintain course boundaries

**Banner tape:** Used to mark course boundaries

**Bib:** Worn by racers during competition, used for numerical identification

**Breakaway:** see flex-gate

**Brushes:** Training aid, used like gates to mark course

**Brush-Base:** The base of a hinged gate that can be inserted into the snow surface without screwing it in with a gate wrench (an obsolete tool rarely used today).

**Chief of Course:** Responsible for course maintenance, oversees course setter

**Chief of Race:** Oversees all aspects of a race

**Closed Gate:** Space between gates is parallel to or follows the fall line

**Delay:** Gates set in course to alter or delay racers path downhill and create a rhythm change within the course

**DH: Downhill**

**DNF:** Did not finish, racer did not complete the course to the finish

**DNS:** Did not start, racer did not race

**DQ:** Disqualified, racer did not complete course but did finish

**Dry Land:** Off snow training session

**FIS:** International Ski Federation, governing body of all international competitive ski racing

**Flex-gate:** Plastic pole with hinged bottom, used as turning pole

**Flush:** 3 to 5 closed gates, close together in a row

**Fore runner:** Person who skis course to evaluate safety, timing systems, provide reference for gatekeepers and provide feedback on course to Chief of Course

**Gate:** Two poles used to mark the path the racer takes down the hill

**Gate Keeper:** Verifies that each ski racer passes through gates

**GS:** Giant Slalom

**Hand Timing:** Use of stopwatch for determining racers time. Used as back-up to computer timing system

**Hairpin:** Two closed gates, close together.

**Homologation:** The sanctioning of an area of terrain to be used for racecourses in FIS or U.S. Ski & Snowboard competition

**Inspection:** Competitor's opportunity to examine a course prior to running it

**Invitational:** Non-USSA or FIS sanctioned ski race, invitation to compete comes from host organization

**Junior:** Competitive ski racer aged 14 and older as of Dec. 31

**Jury:** Responsible for all decisions pertaining to the race, arbitration of disputes and upholding rules and collaborates with the TD. Jury members are the TD, Referee and Chief of Race.

**MHYSL:** Mt. Hood Youth Ski League. The YSL series on Mt. Hood.

**Officials License:** Certification by USSA or FIS to act as Referee, Chief of Race, Chief of Course, Chief of Timing, Start Referee, Finish Referee

**Open Gate:** Space between gates is perpendicular to fall line

**Panel:** Fabric stretched between two poles used as gates

**PNW:** Pacific Northwest Ski Association

**Points:** Junior racer scoring for each seeded competition they finish, used in National and International ranking. Points affect race start order and lower points reflect better results

**Referee:** Oversees the race

**Scrape:** Remove excess wax from ski base

**SG:** Super Giant Slalom

**SL:** Slalom

**Slip:** Lingo meaning to inspect the course, and/or improve the conditions using skis

**Start Referee:** Oversees start area

**Starter:** Sends racers through the starting gate

**Stubbies:** Short training gates

**Technical Delegate (TD):** Senior race official that acts as representative of the sanctioning bodies of ski racing. Consults race organizers on procedures and rules interpretation

**Time of Day:** The difference between what time of day it is when a racer leaves the start and crosses the finish. Also referred to as Hand Timing

**U.S. Ski & Snowboard:** National Governing Body of snow sports in the United States

**YSL:** Meaning Youth Ski League, commonly used to describe athletes aged U8 to U14 (6 to 13 years old), or the competitions in which athletes of that age compete in.

## **POLICIES AND RESOURCES**

### **Policies**

- Athlete Protection Policies – p.23-30
- Academic Eligibility Policy – p.31
- Athlete Uniform Policy – p.32
- Communication Policy – p.33-34
- Speed Training Policy – p.35
- Training and Race Venue Policy – p.36
- Volunteer Policy – p.34-35

### **Resources**

- Equipment Guidelines – p.36-37
- Lost and Injured Skier – p.38
- Age Class Transitions Guide - p.39-41
- [U.S. Ski & Snowboard Alpine Equipment Regulations](#)
- [U.S. Ski & Snowboard Alpine Membership Categories and Benefits – Alpine Team \(YSL/U14/USSS/FIS/Masters\)](#)
- [U.S. Ski & Snowboard Freeskiing Membership Categories and Benefits – Freeride Ski Team](#)
- [U.S. Ski & Snowboard Snowboard Membership Categories and Benefits – Snowboard Team](#)
- [USASA Membership Pricing and Info – Freeride Ski and Snowboard Team](#)
- [IFSA Membership Pricing and Info – Freeride Ski and Snowboard Team](#)

MAC Ski & Snowboard

# Athlete Protection Policies

MAC Ski & Snowboard has adopted the following Minor Athlete Abuse Prevention Policies as set forth by U.S. Ski & Snowboard and the US Center for SafeSport.

## TERMINOLOGY

**Covered Organization:** The U.S. Olympic Committee and a national governing body, including U.S. Ski & Snowboard.

**Jurisdiction:** Authority or control.

**Local Affiliated Organization (LAO):** A regional, state, or local club or organization that is directly affiliated with a NGB or that is affiliated with a NGB by its direct affiliation with a regional or state affiliate of an NGB. U.S. Ski & Snowboard deems its member clubs ("Member Clubs") to be LAOs (Local Affiliated Organization).

**Minor, child, or minor athlete:** An amateur athlete under 18 years of age.

**National Governing Body (NGB):** An amateur sports organization affiliated with a sport included on the program of the Olympic, Paralympic, or Pan-American Games, which is also recognized by the United States Olympic Committee (USOC) pursuant to the Ted Stevens Olympic and Amateur Sports Act, 36 U.S.C. §§ 220501-220529. This definition shall also apply to the USOC, or other sports entity approved by the USOC, when they have assumed responsibility for the management and/or governance of a sport included on the program of the Olympic, Paralympic, or Pan-American Games. U.S. Ski & Snowboard is a National Governing Body.

**National Member Organization:** A national organization that is directly affiliated with a NGB, over which the NGB has jurisdiction (without respect to whether the NGB has disciplinary authority over individual members of that national organization), and is: (a) an Amateur Sports Organization requesting sanction from a NGB; or (b) an Applicable Amateur Sports Organization under the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017.

**Member Clubs:** For the purposes of these Policies, whenever the term Member Club is used, it includes LAOs and NMOs.

## PART I - EDUCATION & TRAINING POLICY

Education about child abuse, athlete abuse and bullying, helps everyone become more aware of unsafe situations and encourages discussions about methods to provide a safe and nourishing environment for all athletes. U.S. Ski & Snowboard encourages all members and all parents to participate in the SafeSport training.

### A. Adults Required to Complete Mandatory Training by U.S. Ski & Snowboard

U.S. Ski & Snowboard requires the following individuals complete training provided by the U.S. Center for SafeSport ("Center"):



- Adult athlete members of Member Clubs, except Short Term Athlete Members due to their limited participation and those Master Athletes who do not i) have regular contact with minor athletes or ii) have authority over minor athletes
- Adult members (who are not athletes) of Member Clubs who i) have regular contact with athletes or ii) have authority over athletes
- Employees and Board Members of Member Clubs
- Individuals providing services to Member Clubs, including but not limited to contractors, volunteers, interns, who i) have regular contact with athletes or ii) have authority over athletes

U.S. Ski & Snowboard requires athletes who will become 18 years of age during the upcoming membership year, complete the U.S. Center for SafeSport training on or before their 18th birthday, provided that such athletes under 18 have the consent of their parents or legal guardians.

To satisfy the training obligations, U.S. Ski & Snowboard and Member Clubs shall adhere to this Education & Training Policy. The Center's "Core Center for SafeSport Training" provides the required child abuse prevention training mandated by federal law.

#### I. Core Center for SafeSport Training

The individuals listed above in Part I, A are required to complete training concerning child abuse prevention. Training other than the Core Center for SafeSport Training does not satisfy this policy. U.S. Ski & Snowboard, Member Clubs, LAOs and NMOs may provide training in addition to the Core Center for SafeSport Training. However, if an organization provides additional training, it shall not refer to such training as "SafeSport" training.

#### 2. Refresher Course(s)

A refresher course is required on an annual basis, and must be completed on or before July 1, immediately subsequent to the one-year anniversary of the completion of the Core Center for SafeSport Training or the most recent refresher course, for each of the above listed individuals in Part I, A at U.S. Ski & Snowboard or a Member Club. Policies, procedures and/or communications to said adults concerning refresher course requirements must be updated on or before June 23, 2019.

#### **A. Minors Athletes**

U.S. Ski & Snowboard clubs, subject to parental consent - offer and give training annually to members who are minors regarding the prevention of child abuse. U.S. Ski & Snowboard clubs shall track and provide the following documentation to U.S. Ski & Snowboard:

- A description of the training(s)
- The date the training(s) was offered and given
- A description of how the training(s) was offered and given.

U.S. Ski & Snowboard fulfills the requirement to offer and give training by instructing members how to access training specifically for minors that is offered by the U.S. Center for SafeSport. Member Clubs shall provide the instructions to its minor members and their parents or legal guardians and assist U.S. Ski & Snowboard in instructing members on how to access training

specifically for minors offered by the U.S. Center for SafeSport.

## **B. Exemptions**

Exemptions from this Education & Training Policy may be made on a case-by-case basis for victims/survivors. Requests may be made directly to the U.S. Center for SafeSport, [ngbservices@safesport.org](mailto:ngbservices@safesport.org), or to U.S. Ski & Snowboard.

The Center will work with U.S. Ski & Snowboard regarding appropriate accommodations for persons with disabilities to satisfy the training requirements herein.

## **C. Minor athletes who become adult athletes**

With the exception of athletes who are members of the same team, Minor Athletes who reach the age of majority (i.e., 18 years of age) must adhere to the provisions found in the Minor Athlete Abuse Prevention Policies when interacting with minor athletes who are 14 years of age or younger. For the purposes of these Policies the “same team” is intended to include athletes who regularly train and compete together in the same sport. Minor Athletes who reach the age of majority and then obtain a position of authority that presents a power imbalance, such as becoming a coach or official, must also comply with these Policies regardless of the age of the minor athletes with whom they will interact.

# **PART II - POLICIES FOR ONE-ON-ONE INTERACTIONS**

The majority of child sexual abuse is perpetrated in isolated, one-on-one situations. By reducing such interactions between children and adults, programs reduce the risk of child sexual abuse. However, one-on-one time with trusted adults is also healthy and valuable for a child. Policies concerning one-on-one interactions protect children while allowing for these beneficial relationships. The policies below apply to U.S. Ski & Snowboard and to Member Clubs. When the word “organization or organizations” is used, it includes both U.S. Ski & Snowboard and Member Clubs.

## **ONE-ON-ONE INTERACTIONS**

### **A. Application**

This policy shall apply to:

1. Adult members at a facility that is either partially or fully under the jurisdiction of U.S. Ski & Snowboard or a Member Club;
2. Adult members who have regular contact with amateur athletes who are minors;
3. An adult authorized by U.S. Ski & Snowboard or a Member Club to have regular contact with or authority over an amateur athlete who is a minor; and
4. Adult Staff and board members of U.S. Ski & Snowboard or a Member Club.

(Collectively, “Applicable Adults” for the purposes of this policy.)

### **B. Observable and interruptible**

- One-on-one interactions between a minor athlete and an Applicable Adult (who is not the

minor's legal guardian) at a facility partially or fully under the organization's jurisdiction are permitted if they occur at an observable and interruptible distance by another adult.

- One-on-one interactions between minor athletes and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under the organization's jurisdiction are prohibited, except in the circumstances described in subpart 4 of this section and under emergency circumstances.

C. Meetings

- Meetings between Applicable Adults and minor athletes at a facility partially or fully under the organization's jurisdiction may only occur if another adult is present, except under emergency circumstances. Such meetings must occur where interactions can be easily observed and at an interruptible distance from another adult. Chair lift rides and gondola rides with an Applicable Adult and a minor athlete are allowed under this policy.
- If a one-on-one meeting takes place in an office, the door to the office must remain unlocked and open. If available, it will occur in an office that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.

D. Meetings with mental health care professionals and healthcare providers

If a mental health care professional and/or health care provider meets with minor athletes at a facility partially or fully under the organization's jurisdiction, a closed-door meeting may be permitted to protect patient privacy provided that: (1) the door remains unlocked; (2) another adult is present at the facility; (3) the other adult is advised that a closed-door meeting is occurring; and (4) written legal guardian consent is obtained in advance by the mental health care professional and/or health care provider, with a copy provided to U.S. Ski & Snowboard or the applicable Member Club. The consent may be given via email or text, when necessary. Consent may be provided at the beginning of each season provided that the professionals and health care providers are specifically named in the consent. Consent is not required in the event of an emergency and the parents or legal guardian cannot be contacted timely and the athlete is deemed to need immediate medical/mental health attention.

E. Individual training sessions

Individual training sessions between Applicable Adults and minor athletes are permitted at a facility partially or fully under the organization's jurisdiction if the training session is observable and interruptible by another adult. It is the responsibility of the Applicable Adult to obtain the written permission of the minor's legal guardian in advance of the individual training session if the individual training session is not observable and interruptible by another adult. Such permissions for individual training sessions that are not observable and interruptible by another adult, must be obtained at the beginning of each season. Parents, guardians, and other caretakers must be allowed to observe the training session.

## **MASSAGES AND RUBDOWNS/ATHLETIC TRAINING MODALITIES**

A. Application

This policy shall apply to:

1. Adult members at a facility that is either partially or fully under the jurisdiction of U.S. Ski & Snowboard or a Member Club;
2. Adult members who have regular contact with amateur athletes who are minors;

3. An adult authorized by U.S. Ski & Snowboard or a Member Club to have regular contact with or authority over an amateur athlete who is a minor; and
4. Adult Staff and board members of U.S. Ski & Snowboard or a Member Club.

(Collectively, “Applicable Adults” for the purposes of this policy.)

**B. Massage or rubdown/athletic training modality**

Any massage or rubdown/athletic training modality performed at a facility, or a training or competition venue must be conducted in an open and interruptible location. Any massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the massage or rubdown/athletic training modality in the room.

## **LOCKER ROOMS, RESTROOMS, AND CHANGING AREAS**

**A. Application**

This policy shall apply to:

1. Adult members at a facility that is either partially or fully under the jurisdiction of U.S. Ski & Snowboard or a Member Club;
2. Adult members who have regular contact with amateur athletes who are minors;
3. An adult authorized by U.S. Ski & Snowboard or a Member Club to have regular contact with or authority over an amateur athlete who is a minor; and
4. Adult Staff and board members of U.S. Ski & Snowboard or a Member Club.

(Collectively, “Applicable Adults” for the purposes of this policy.)

**B. Non-exclusive facility**

If U.S. Ski & Snowboard or a Member Club uses a facility not fully under its jurisdiction (for, e.g., training or competition or similar events) and the facility is used by multiple constituents, Applicable Adults in categories 1. a through d are nonetheless required to adhere to the rules set forth herein.

**C. Use of recording devices**

Use of any device’s (including a cell phone’s) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces at a facility under our organization’s jurisdiction is prohibited. Exceptions may be made for media and championship celebrations, provided that such exceptions are approved by U.S. Ski & Snowboard or an applicable Member Club, and two or more Applicable Adults are present.

**D. Undress**

Under no circumstances shall an unrelated Applicable Adult at a facility under U.S. Ski & Snowboard’s or a Member Club’s jurisdiction intentionally expose his or her breasts, buttocks, groin, or genitals to a minor athlete.

**E. One-on-one interactions**

- Except for athletes on the same team, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area when at a facility under the partial or full jurisdiction of U.S. Ski & Snowboard or a Member Club, except under

emergency circumstances.

- If U.S. Ski & Snowboard or a Member Club is using a facility that only has a single locker room or changing area, the organization will designate separate times for use by Applicable Adults, if any.

#### F. Monitoring

U.S. Ski & Snowboard and Member Clubs will regularly and randomly monitor the use of locker rooms and changing areas at facilities under their respective jurisdictions to ensure compliance with these policies.

## **SOCIAL MEDIA & ELECTRONIC COMMUNICATIONS**

#### A. Application

This policy shall apply to:

1. Adult members who have regular contact with amateur athletes who are minors
2. Any adult authorized by U.S. Ski & Snowboard or a Member Club to have regular contact with or authority over an amateur athlete who is a minor; and
3. Adult staff and board members at U.S. Ski & Snowboard or a Member Club.

(Collectively, “Applicable Adult” for the purposes of this policy.)

#### B. Content

All electronic communication originating from Applicable Adults to amateur athletes who are minors must be professional in nature.

#### C. Open and Transparent

- Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), another Applicable Adult or the minor’s legal guardian will be copied.
- If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult should respond to the minor athlete with a copy to another Applicable Adult or the minor’s legal guardian.
- When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult will copy another adult.
- Amateur athletes who are minors may “friend” the organization’s official page.

#### D. Prohibited electronic communications

- Participating Adults are not permitted to communicate privately via electronic communications with amateur athletes who are minors, except under emergency circumstances.
- Participating Adults are not permitted to “private message,” “instant message,” “direct message,” or send photos via Snapchat or Instagram or any form of social or digital media to a minor athlete privately.
- Participating Adults are not permitted to maintain social media connections with minors;

such adults are not permitted to accept new personal page requests on social media platforms from amateur athletes who are minors and existing social media connections with amateur athletes who are minors shall be discontinued.

**E. Requests to discontinue**

Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by the organization or by the Applicable Adults subject to this policy. The organization will abide by any such request that their minor athlete not be contacted via electronic communication, absent emergency circumstances.

**F. Monitoring**

- The organization monitors its social media pages and removes any posts that violate the organization's policies and practices for appropriate behavior.
- The organization will inform the legal guardian of a minor athlete of any prohibited posts, as well as the organization's administrator.

**LOCAL TRAVEL**

**A. Application**

This policy shall apply to:

1. Adult members who have regular contact with amateur athletes who are minors
2. Any adult authorized by U.S. Ski & Snowboard or a Member Club to have regular contact with or authority over an amateur athlete who is a minor; and
3. Adult staff and board members at U.S. Ski & Snowboard or a Member Club.

(Collectively, "Applicable Adult" for the purposes of this policy.)

**B. Transportation**

Applicable Adults who are not also acting as a legal guardian, shall not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must have at least two minor athletes or another adult at all times, unless otherwise agreed to in writing by the minor athlete's parent/legal guardian in advance of each local travel. The parent/legal guardian may provide the written agreement at the beginning of each season, provided the agreement contains the specific names of the Applicable Adults, and the specific dates, location, and types of travel.

**C. Shared or Carpool Travel Arrangement**

We encourage parents/legal guardians to pick up their minor athlete first and drop off their minor athlete last in any shared or carpool travel arrangement.

**TEAM TRAVEL**

**A. Application**

This policy shall apply to:

1. Adult members who have regular contact with amateur athletes who are minors
2. Any adult authorized by U.S. Ski & Snowboard or a Member Club to have regular contact with or authority over an amateur athlete who is a minor; and

3. Adult staff and board members at U.S. Ski & Snowboard or a Member Club.

(Collectively, “Applicable Adult” for the purposes of this policy.)

**B. Team/Competition Travel**

When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete must have his/her legal guardian’s written permission in advance and for each competition to travel alone with said Applicable Adult. The legal guardian’s written permission may be provided for all competitions at the beginning of the season, provided the permission contains the specific names of the Applicable Adults, and the specific dates, location, and types of travel.

**C. Hotel Rooms**

Applicable Adults shall not share a hotel room or other sleeping arrangement with a minor athlete (unless the Applicable Adult is the legal guardian, sibling, or is otherwise related to the minor athlete). However, a parent/legal guardian may consent to such an arrangement in advance and in writing. Furthermore, a parent/legal guardian may consent in advance and in writing to the minor athlete sharing a hotel room or other sleeping arrangement with an adult athlete. The parent/legal guardian’s written consent may be provided at the beginning of the season, provided the consent contains the specific names of the Applicable Adults, and the specific dates, location, and types of lodging. A separate enclosed bedroom in a condominium or house will be treated the same as a separate hotel room, provided that a minor athlete has the opportunity to utilize bathroom facilities alone.

**D. Meetings**

Meetings shall be conducted consistent with the organization’s policy for one-on-one interactions (i.e., any such meeting shall be observable and interruptible).

**E. Room Checks**

During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and observable and interruptible environments shall be maintained.

## **PART III - REPORTING**

The Center handles ALL reports of sexual abuse within the U.S. Olympic and Paralympic Movements. Make a report to the Center if you have a reasonable suspicion of sexual misconduct such as child sex abuse, non-consensual sexual conduct, sexual harassment, or intimate relationships involving an imbalance of power.

All reports of child abuse or sexual assault of a minor must also be reported to local authorities (Police or Child Welfare Office). Reports of abuse not involving a minor may also be reported to local authorities.

### **SafeSport Helpline**

- The Center for SafeSport provides 24-hour support via the [SafeSport Helpline](#) or by calling

866.200.0796.

### **Reporting Suspected Violations of Sexualized Conduct**

<https://www.safesport.org/report-a-concern>

Conduct which does not involve sexualized conduct, but which may violate one of the six categories of prohibited conduct (Emotional Misconduct, Physical Misconduct, Sexual Misconduct, Bullying, Harassment, Hazing) may be reported to [safesport@usskiandsnowboard.org](mailto:safesport@usskiandsnowboard.org)



# Academic Eligibility Policy

MAC Ski & Snowboard has adopted the following rules from Portland Public Schools (PPS) and Oregon School Activities Association (OSAA) regarding the eligibility for participation in sport for student athletes.

## **Student Athletes are required to:**

- Be always enrolled and passing five credit classes as well as making satisfactory progress toward graduation. (OSAA Rule 8.1.2) Athletes must pass five credit classes each semester to be eligible for the next semester. (OSAA Rule 8.1.1) It is highly recommended that athletes take six classes.
- In addition to the OSAA eligibility regulations MAC Ski & Snowboard athletes must maintain a G.P.A. of
- 2.0 with no F's or a G.P.A. of 2.5 with one F for each quarter. Athletes will be placed on academic probation if they are below these standards. No student may be on academic probation for two consecutive quarters and remain eligible for participation in team training, competition, travel, or dry land training.
- Attend school the entire school day to be eligible for practice or competition that day, with exception of school sponsored activities or pre-arranged absence approved by your teacher or administrator for team activities such as mid-week on-snow training.
- Follow the pre-arranged absence procedure for your school. Failure to follow these procedures will result in an unexcused absence. As a result, the student will not be allowed to train with the team that day or compete in the next race. If it is found by the coaching staff, the athlete's parents and/or teacher that an absence was unexcused, and the athlete attended training anyway, the punishment will be doubled whereas the athlete will miss the following two training sessions and following two races.
- Follow all school rules and always conduct themselves appropriately and with integrity.

## **Exceptions to the Policy**

MAC Ski & Snowboard offers programs for Post-Graduate (PG) athletes who are pursuing ski racing at the U.S. Ski & Snowboard/FIS level. This policy as it relates specifically to G.P.A. and school attendance does not apply to PG athletes who are not enrolled in school or attending classes. PG athletes are still required to adhere to all parts of this policy relating to conduct.

MAC Ski & Snowboard

# Athlete Uniform Policy

MAC Ski & Snowboard will partner with various vendors to supply its athletes and coaches with a high-quality team uniform at a highly discounted cost to the program and its members. This partnership allows us to re-order and fill specific needs for the following season, build MAC Ski & Snowboard brand, nurture our team culture, and create continuity moving forward.

All athletes must always wear a Winged M sticker front and center on their helmets. Specifically, the Winged M must be the first sticker or decal on the front of the helmet, just above where the goggles fit onto the face. Winged M stickers will be provided by the team.

## Guidelines

- Team uniforms must be worn at all team training events
- Team uniforms must be worn at all competitions
- Team uniforms must be worn at all awards acceptance ceremonies

## Uniform Requirements

- YSL Team – Required
- USSS/FIS Team – Required
- Freeride Ski Team – Required
- Snowboard Team – Required
- Masters Team – Optional

## Exceptions to the Policy

Due to the success of our junior athletes, some may qualify for Elite Divisional and Regional Teams. As members of these teams, athletes receive uniforms. Therefore, if you are a member of the PNW Alpine Team, the Western Region Team, or the US Ski Team you are exempt from the uniform policy if you wear your PNW, Western Region, or US Ski Team uniform. However, we hope that you will support the team as much as possible by wearing your MAC gear when it does not conflict with your other obligations.

*NOTE: Being on a PNW Championship Team or Western Region Championship Team does not exempt you from the uniform policy. Championship Event Jackets are meant for the Event only.*

# Communication Policy

MAC Ski & Snowboard and its staff and member leadership, exist across the following platforms:

1. **Team Snap** – MAC Ski & Snowboard specific communications and calendaring
2. **The Multnomah Athletic Club website:** Registration for programs and camps, location of Handbook, Policies, and Waivers.
3. **Facebook** – Social media platform for members of MAC Ski & Snowboard. Use to buy and sell ski equipment amongst the team, share photos, and stay up to date with pics and results from current happenings.
4. **Instagram** – Social media platform used to broadcast team news, share photos of our athletes, and otherwise promote MAC Ski & Snowboard. Follow @mac.ski.and.snowboard.

Members of MAC Ski & Snowboard are expected to use the communication platforms in the following ways:

## **TeamSnap:**

1. Team registration is completed using an online form that creates your athlete's TeamSnap profile. The parent/guardian who completes registration will be asked to input all parent/guardian contact information, including MAC member number, contact cell phone, contact email, and all contact information and details for their minor athlete such as their birthdate, gender, contact cell phone, contact email, and US Ski and Snowboard member number. These are required steps during online registration.
2. Download the TeamSnap App (visit the App Store on your iPhone or Android and search "TeamSnap") for your smart phone and/or tablet so that you can check the schedule/calendar and stay up to date from wherever you are.
3. Read thoroughly Team Email Communications. These communications contain essential information regarding training, race registration, team camps and events, and a multitude of other vital information pertaining to your athletes. Email subject lines that begin with "ACTION REQUIRED" are of high importance and contain race registration or travel information. If you do not read these communications, you may miss important deadlines and your athlete may not get into some events.
4. Mark your athlete's availability on the TeamSnap schedule for training, races, and team camps and events.
5. Check the TeamSnap Schedule frequently so that you are aware of upcoming events on your athlete's calendar.

## **MAC Website:**

Register your child for their appropriate winter program and complete all steps prior to the registration deadline of December 1<sup>st</sup>. Complete all required elements of registration:

1. Know your program! Reference this Handbook for program descriptions and Sport Team Fees.
2. Have your US Ski & Snowboard Membership Renewed! Reference page 16 of the Handbook. Become/renew a member here: [US Ski & Snowboard Membership](#). Freeride Team athletes

competing in USASA or IFSA events will additionally need their [USASA Membership](#) and/or [IFSA Membership](#).

3. Read and understand this Handbook! You will be asked to agree to the policies/procedures and expectations outlined in the Handbook during the online registration process.
4. Register - Registration link sent to all returning members via TeamSnap.
5. Once you have completed steps 1-4 you are in the waiting period while program capacity is being determined. We will not be taking any additional registrations beyond December 1st. Sport Team Fee Contracts will be sent to all that are within the program cap. Signing of the STF Contract is binding and reserves your sport on the Team for the 23-24 season.

#### **Facebook:**

1. If you have a Facebook account, log in to your profile, type in MAC Ski & Snowboard into the search bar, and ask to join the member's only MAC Ski & Snowboard Facebook group.
2. Share your ski racing and mountain shredding photos from free skiing days, training, races, and camps with the team!
3. Post pictures and details on ski equipment you are looking to buy, sell or trade!
4. Stay up to date on fun pictures, results, and general happenings from races and camps!
5. Receive official team news.

#### **Instagram:**

1. If you are on Instagram, follow @mac.ski.and.snowboard a to stay up on team news and see pictures of our athletes and coaches doing what they do best!

The goal of using these communication platforms is to make access to important program related information as easily accessible as possible, while creating a reciprocal relationship in communication from members to staff. Thank you for actively participating!

# Speed Training Policy

MAC Ski & Snowboard and U.S. Ski & Snowboard (National Governing Body) require an Alpine Competitor's License (U14 USSS Team program and older) to train Speed (Super-G) in a Junior Speed Training Venue where the distance set between gates is at the acceptable U14 range of 25 to 40 meters, and the maximum vertical drop is 350 meters (about the height of the Empire State Building).

According to Rules UI000.2 and UI256.1 of the U.S. Ski & Snowboard Alpine Competition Guide, "Only U12 and older athletes may take part in SG." There are no exceptions to this rule. This means that U10's will not be eligible.

Select U12 and U14 YSL athletes may "ski up," and train in the Junior Speed Training Venue only when the following conditions are met:

1. The course set falls in the acceptable U12 SG range of 22 to 35 meters.
2. The training venue has a vertical drop of no more than 300 meters.
3. The athlete shows the skills necessary to train in the above conditions safely at the discretion of the USSS/FIS Team Coaching Staff. The criteria used to determine if a U12 or U14 YSL athlete can "ski up" are:
  - a. Demonstrate a Skiing Skills Assessment score of 4 or greater (Bronze level) in at least two of the following Phase 3 exercises of [SkillsQuest](#):
    - i. [Pole Jumpers in a Tuck \(Pressure\)](#)
    - ii. [One Ski Skiing \(Edging\)](#)
    - iii. [Pivot Slips \(Rotary\)](#)
    - iv. [Free Skiing with Lane Changes \(Balance\)](#)
  - b. If an athlete can only meet the requirement in two of the exercises, those exercises must be [Pole Jumpers in a Tuck](#) and [One Ski Skiing](#). These assessments can be done at any time by the USSS/FIS Team Coaching Staff while free skiing and drilling with the athletes. An official SkillsQuest Competition is not required.
  - c. Shows a mature and focused attitude while training and racing. This means that the athlete is taking responsibility for their own training by listening to their coaches, doing what is asked of them by their coaches without complaint, and showing dedication by attending training on a regular basis. This is determined in the judgment of the USSS/FIS Team Coaching Staff.

# Training and Competition Venue Policy

MAC Ski & Snowboard and U.S. Ski & Snowboard (National Governing Body) require membership, specifically as a licensed **Coach**, **Competition Official**, or **Competitor** to be inside the rope line at a training and race venue, unless specifically volunteering for course/gate keeping crew at a race, or if asked to be there by the coaching staff for a specific purpose. The concerns are the safety and learning experience of the athletes. Think of the training or race venue as the playing field and sideline area during a soccer or football game; only athletes, coaches and officials are allowed in these areas. Parents, to help the coaching staff create the best environment for your athlete, please abide by the following simple rules while on the mountain during training or competition:

**Training Venue:** During training, along with developing the skills to race faster, coach and athlete are constantly working on habitual processes for inspection, visualization, and pre-race routines that will help the athlete reach desirable intensity levels for optimum performance.

1. Please refrain from hanging around the training course start venue.
2. If you would like to observe your athletes as they train with their coaches, specifically inside a roped venue with gates set, please do so from outside the rope line.
3. Please refrain from standing near a coach at the bottom of a training course as the coach is giving feedback. This includes the bottom of the Stadium training venue. The athlete is distracted by the conflict of authority figures present, and the learning process is interrupted.

**Competition Venue:** During competition, it is vital that coaches and athletes can communicate with one another without distraction from parents. This is primarily a safety concern. Interrupting this process even with the best of intentions can have adverse effects on the athlete's ability to perform, which directly affects their ability to race in a safe manner. This is especially true at speed events.

1. Please refrain from hanging around the racecourse start venue.
2. Please do not loiter near the group during inspection.
3. Please refrain from interacting with your child immediately following their race performance before they have had a chance to debrief with their coach. Regardless of performance, athletes have just finished an intense physical and mental effort, and there are many emotions involved. Allowing the athlete to come down from this "performance high" by debriefing with their coach first will help their interaction with you, their parent, to be a much more positive one.
4. Please **DO** provide positive reinforcement and unconditional love and support to your child, regardless of results. These are the best possible things you can give to your developing athletes.

Thank you for your support and trust in the program. Your athlete's safety and development are of paramount priority and concern.

# Volunteer Requirement Policy

A successful MAC Ski & Snowboard Program requires a strong parent commitment. Not only are you commuting with your child weekly to on-mountain training and helping them with gear and coordination, but we also need your help to provide safe and successful on-mountain events for our team members. Parent participation is essential so that the MAC can continue to host excellent races and events to draw high participation from Mt. Hood teams and pave the way for future U.S. Ski & Snowboard competition bids.

Each MAC family is expected to volunteer for their respective athletes enrolled in our Youth or Junior Programs. See chart below for details. Becoming active in our club as a volunteer is one of the best ways you can learn more about the sport and connect with other team members.

Throughout the ski season, the Volunteer Coordinator will provide both On-Hill and Off-Hill opportunities. Communication will be sent through TeamSnap.

Our on-going commitment to our team, our club and our mountain is essential to our club's reputation and future growth within the Pacific Northwest ski racing communities.

Program	Requirement	Buyout	Charge per day not worked
YSL Team 1 Day Freeride/Snowboard Team 1 Day Nordic Youth Team	1 Day	\$100	\$100
YSL Team 2/3 Day USSS Team 2 Day Freeride/Snowboard Team 2/3 Day	2 Days	\$200	\$100
USSS 3/4 Day Team FIS Team	3 Days	\$300	\$100

## Volunteer Opportunities

**Off-Hill Opportunities:** Uniform Distribution, Holiday Camp and Lodge Jobs, Team Gear/Apparel sorting, Ski and Snowboard Swap, Sub-Committee Member (special project), other opportunities as presented by the team.

**On-Hill Opportunities:** Parent Chaperone for away races/comps for USSS/FIS Team, Mt. Hood YSL Series, USASA Mt. Hood Series, Meadows IFSA Big Mountain event, MAC Holiday Camp, Spring BBQ and Fun Race.

- *MAC families are also encouraged to volunteer at away competitions. Please let the Volunteer Coordinator know of your involvement and provide in an email upon your return: Event Name, Chief of Race or Head Official, Volunteer Coordinator, your role, and any other pertinent details.*

If you prefer not to volunteer at the level required by your athlete's participation, the buyout amount will be added to the cost of each enrolled athlete's tuition at the conclusion of the season. If you prefer to opt out at the beginning of the season, the buyout can be paid at the time of registration. Please

inform Justin Rackley, Program Director/Head Coach.

Helpful tips for volunteering:

- Learn about different [Volunteer Positions](#)
- Read TeamSnap communications.
- Enroll in a training session we will provide throughout the season. Last year we offered Gate Keeping and Course Maintenance and plan to do this again.
- Sign up early with the Volunteer Coordinator, Noel Larsen, to secure the position and dates you prefer.
- Remember that volunteer race days do not always coincide with your racer's schedule. Please check the training calendar and plan accordingly. You may or may not have lunch at the same time as your racer.
- Consider volunteering at Junior or Master races if you have a YSL racer – your racer will be at their regular training, and it can be easier to coordinate with friends' families to be sure they get their lunch.
- Ask questions – we will help.
- Sign in early on volunteer days so you can catch your breath before heading out to your position.
- Remember your ski gear and be prepared for the ever-changing Pacific NW weather. Hand/foot warmers and a granola bar are great to have just in case your shift lasts longer than expected.
- Most venues provide a lift ticket and small snacks for your services.
- Races can and do get cancelled or changed from time to time due to signups, weather, conflicting race schedules, etc. Be prepared to adjust, requirements still must be fulfilled if race dates change.



# Alpine Equipment Guidelines by Program and Age Class

EQUIPMENT	USSS/FIS Team (U16-U21)	U14 USSS Team	YSL Team (U12/U14)	YSL Team (U8/U10)
SL Race Skis	X	X	X	
GS Race Skis	X	X	X	
Super-G Skis	X	X		
Downhill Skis (USSS and FIS)	X			
One Pair of SL Skis/Multi-Event Race Skis Between Chin and Eye Level				X
Soft Flexing Jr. Race Boots		X	X	X
Stiffer Flexing Jr. or Adult Race Boots	X			
Straight Race Poles for SL	X	X	X	X
GS Race Poles (slight bend or straight)	X	X	X	
Helmet (US Ski/FIS approved)	X	X	X	X
Helmet Chin Guard for SL	X	X	X	Optional
Shin Guards for SL	X	X	X	If Hitting Gates
Pole Guards For SL	X	X	X	If Hitting Gates
Back Protector	X	X	Recommended	
Mouth Guard	X	X	Recommended	
Race Suit	X	X	X	Optional

Goggles	X	X	X	X
Rain Gear	X	X	X	X
Warm Layered Clothing	X	X	X	X

## **Skis**

All Ski companies make good products, and the coaches will be able to advise parents on which would be suitable for their athlete.

Shaped or side cut skis are when the tip and the tail are wider to help the athletes to carve by creating an arc in the snow. Slalom skis tend to have more shape than giant slalom skis (short, quick turns versus longer turns).

It is beneficial to go shorter rather than longer when choosing length for children. A shorter ski will facilitate turning, allowing quicker progression of basic skills and increase your child's enjoyment of skiing.

For athletes U8 to U12, skis should be between the chin and the top of the forehead, with slalom skis more at chin level and GS skis at forehead level. Check with your coaches before you purchase your child's equipment.

## **Boots**

A softer flexing boot will be more effective than a stiffer boot due to strength limitations and skill level.

To determine if a boot is soft enough for your child you should be able to see the forward boot flexion happening in the upper cuff simultaneously with the lower leg. If the upper boot cuff does not move or moves very little the boot is too stiff and will hinder your child in their skill progression.

Boots should fit properly, tightly but comfortable. Remember the boots might feel too tight at first but will break in within a couple of ski days. Buying oversized boots is counter-productive for both performance and fit. Buy boots that fit properly and check with your coaches if you have any questions about your child's equipment.

Our Boot Fitting expert is Bob Olsen of Mt. Hood Alpine Racing Center. Contact him for boots and all equipment needs at <http://www.mthoodarc.com/>

## **Night Skiing**

It is particularly important if you are training at night that you wear goggles with clear lenses. Dark lenses or goggles meant for daytime skiing are not effective at night & can not only hinder your child's training but even make it dangerous when skiing gates if they cannot see properly. Night training is often colder, so remember to wear extra layers at night. All these things will make for a more enjoyable and safer skiing experience.

## **Helmets**

Ski Helmets are mandatory for all training and racing. U.S. Ski & Snowboard/FIS Approved Helmets required for U14 and older athletes. It is required that racers wear their helmets at all training sessions and races. No exceptions. For more information on the U.S. Ski & Snowboard/FIS Approved Helmets, refer to "Helmets" on page 13 of this Handbook.

# Separated and Injured Athlete Procedures

MAC Ski & Snowboard works closely with Mt. Hood Meadows Resort Mountain Operations, Lift Operations, and Ski Patrol staff to maintain and educate its membership of safe practices and appropriate on-mountain behavior.

## Separated Athlete Procedure:

- Coaches will instruct all athletes in their group to follow this procedure should they become separated from the group:
  - Separated athlete should proceed to the bottom of the last chair lift that the group rode up. The group will know to meet back here and look for the separated athlete.
  - If it is not possible for the separated athlete to return to the bottom of the last lift the group rode up based on their location on the mountain, the athlete should make their way to the tree island at the bottom of Mt. Hood Express and wait there for the group. The coach will take the group to this location to meet the separated athlete.
- Coach will inform the Head Coach via radio of the last place they were together with the separated athlete. Head Coach can then take the appropriate steps to inform the other coaches on hill to look for the athlete, and contact Patrol, Lift Operations, and flag the athlete's pass.

## Injured Athlete Procedure:

- Make the athlete comfortable and warm but be careful not to move them.
- Make the athlete's whereabouts known by crossing skis or sticking your snowboard in the snow in a visible location above the injured athlete for ski patrol and to warn other skiers/riders in the area.
- If cell phone coverage is available, call Ski Patrol at 503-337-2222 ext. 1249 or 1299
- Notify the Head Coach of the incident as soon as possible via radio, they may be able to contact Ski Patrol for you.
- If the wait is going to be prolonged, notify the Head Coach via radio, who can then come take the remaining athletes while you wait with the injured skier.
- Once Ski Patrol arrives on the scene, complete an incident report, and continue with or reconnect with your group.

## Safe and Appropriate On-Mountain Behavior:

### Chairlift

- Goofing off on the lift **WILL NOT BE TOLERATED**
- Athletes must remain seated, facing straight ahead, and put the safety bar down if one is available.
- First offense of inappropriate behavior on the chairlift will result in a verbal warning from coach. Second offense will result in being sent in for the rest of the day's training and notifying parents of behavior. If inappropriate behavior continues or becomes a pattern, the ski area may revoke the athlete's season pass.

### General

- All athletes will comply with slow zones and ski/ride in control and at appropriate speeds.
- All athletes will be respectful and polite to ski patrol staff and the public.
- All athletes will behave in a manner that is respectful to their teammates and coaches.

## Key Age Class Transitions: A Parent's Guide

Navigating any new sport presents its challenges to parents, especially at key transitional ages as athletes move up in the sport. Never fear, we are here to help you understand these key times in the sport of Ski Racing and how to navigate MAC's various program options so that you can rest assured you are registering your athletes for the right program for the new ski season! First things first, you need to make sure you understand the age classes:

Age Class	Definition	Programs	Competition Level
<b>U8</b>	Under 8 years old; 6-7	YSL Team	YSL Racing
<b>U10</b>	Under 10 years old; 8-9	YSL Team	YSL Racing
<b>U12</b>	Under 12 years old; 10-11	YSL Team	YSL Racing
<b>U14</b>	Under 14 years old; 12-13	YSL Team USSS Team	YSL and US Ski and SB Racing
<b>U16</b>	Under 16 years old; 14-15	USSS Team	US Ski and SB Racing
<b>U18</b>	Under 18 years old; 16-17	USSS/FIS Team	US Ski and SB and FIS Racing

### U12 U14 (YSL to U.S. Ski & Snowboard Racing)

The U14 age class is the most complicated age class transition in our sport. Your child has been racing now for several years in a MAC Youth Ski League program, racing on Mt. Hood in the Mt. Hood Youth Ski League Race Series. Suddenly they become a tween and the options open drastically for them, causing you to lie awake at night dreading the registration process for the new season. Do not worry. It sounds complicated going from Youth Ski Racing to Junior Ski Racing, but it is really all the same stuff, just with a little bit more travel and ski time! Here is what you need to know:

### Two Pathways

YSL Team Track	US Ski & Snowboard (USSS) Team Track
<ul style="list-style-type: none"> <li>• <u>YSL Team</u> offers up to 3 days per week of training, with a race schedule that keeps them in Oregon, racing in the Mt. Hood Youth Ski League Race Series.</li> <li>• YSL Team 1 Day, 2 Day, 3 Day</li> <li>• Races are non-scored, not involved with U.S. Ski &amp; Snowboard (National) points</li> <li>• Some events are free to race in, subsidized by MHYSL, some have nominal entry fees</li> <li>• Equipment recommendations are according to US Ski and Snowboard Guidelines. See <i>attached matrix</i></li> </ul>	<ul style="list-style-type: none"> <li>• <u>USSS Team</u> offers up to 4 days per week of training, with a race schedule in the PNW Division, with some races being in Oregon, Washington, or Northern Idaho, in addition to some YSL races on Mt. Hood.</li> <li>• USSS 2 Day, USSS 3 Day, USSS 4 Day</li> <li>• U.S. Ski &amp; Snowboard U14 Alpine Competitors License required for competition.</li> <li>• Athletes get a National Point Profile in each event (Slalom, Giant Slalom...) and events are scored. Athletes start with 999 points in each event, and lower them by racing well. Athletes</li> </ul>

<ul style="list-style-type: none"> <li>• New Team Jacket required every 2 seasons</li> <li>• Typically no Team Travel unless to Buddy Werner Champs if not on Mt. Hood, and parents and staff approve.</li> </ul>	<p>are then nationally ranked based on their points.</p> <ul style="list-style-type: none"> <li>• Scored events all have Entry Fees</li> <li>• New Team Jacket required every season</li> <li>• Some Team Travel to U14 Qualifier events, if athletes/parents are ready and staff approves</li> <li>• Eligible for Championship Funding as athletes qualify for Western Region Championship events.</li> </ul>
---	--

## U14 U16 (U.S. Ski & Snowboard Racing)

Okay, now things have calmed down a bit. You have had a season or two of U.S. Ski & Snowboard racing, and you are used to your tween traveling a bit with the team and with you to some U14 Qualifiers in the PNW Division. Now they become a U16, a teenager starting High School, and oh no here come the sleepless nights again! Not to worry. The transition from U14 to U16 is no big deal. You are already used to some race travel, you have the U.S. Ski & Snowboard license and points thing down, and the demand on equipment has already been multiple pairs of race skis for a while now. U16 is the first season that your child technically becomes a “Junior Racer,” and they have multiple options to continue pursuing ski racing in one of the Junior Team programs:

### USSS Team – U16

<b>2 Day</b>	<b>3 Day</b>	<b>4 Day</b>
Training days: Sat/Sun Support for PNW events U.S. Ski & Snowboard U16 and older Competitors License required New Team Jacket required every season Eligible for Championship Funding as athletes qualify for Western Region Championship events	Training days: Wed or Thur, Night, Sat/Sun Support for PNW events U.S. Ski & Snowboard U16 and older Competitors License required New Team Jacket required every season Eligible for Championship Funding as athletes qualify for Western Region Championship events	All training days are available, up to 4 per week, Wed/Thur Night, Sat/Sun Support for full USSS race schedule U.S. Ski & Snowboard U16 and older Competitors License required New Team Jacket required every season Eligible for Championship Funding as athletes qualify for Western Region Championship events

## U16 U18 (U.S. Ski & Snowboard Racing to FIS Racing)

At this point, you are dialed with everything U.S. Ski & Snowboard. You have been sending the kids off with the team to races around the Pacific Northwest, even to a Western Region Championship event, and cannot be phased. Then we throw this whole FIS Racing thing at you. And you thought you were finally going to get some sleep. The reality is, by the time your U16 becomes a U18, there has already been plenty of preparation over the course of their U16 years between you and the coaching staff, so you will handle it like a champion. All the USSS Team programs remain the same, and if your child is on the pathway to FIS racing, they will be a Full-Time FIS Team athlete. Here is what is new at U18:

### **USSS Team and FIS Team – U18**

- Everything as outlined under the USSS Team and FIS Team programs above and detailed in the Parent/Athlete Handbook plus the following:
  - FIS License required if racing FIS
  - Eligible for FIS Sanctioned races in the Western Region and beyond (FIS is International Ski Federation)
  - Western Region Qualifying events in PNW and Western Region events outside of PNW
  - Equipment must conform to U18 USSS and FIS regulations. *See table below*
  - Eligible for Championship Funding as athletes qualify for Western Region Championship events