



**FLAGSTAFF SKI &  
SNOWBOARD TEAM**  
*FAST·GCFT*



## **Parent/Athlete Guidelines**

**Thank you for joining the Flagstaff Alpine Ski Team or the Grand Canyon Freeride Team.**

**We are happy to have your family and your athlete on our team!**

This guideline is meant to answer some of the questions you may have and outline the organization's expectations of you and your athlete. Most team communications are sent by email and through the Sports Engine App. Team information is also posted on the team website and our social media channels.

### **Flagstaff Ski & Snowboard Team**

2 South Beaver Street, Suite 118

Flagstaff, AZ 86001

928-773-9707, checked daily

Office Hours: Monday & Friday, 8am - 4pm

**[flagstaffskiclub.org](http://flagstaffskiclub.org)**

**Charlie Boyer, Director of Mountain Operations - [cboyer@flagstaffskiclub.org](mailto:cboyer@flagstaffskiclub.org)**

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### **FOLLOW US**

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Instagram @team.fast & @gcft\_



## **REGISTRATION**

- Complete registration on our website at [flagstaffskiclub.org](http://flagstaffskiclub.org), through Sports Engine.
- For FAST athletes wanting to compete in sanctioned events, join the US Ski & Snowboard (membership fee required) for being able to compete at US Ski & Snowboard sanctioned events via the website at [www.ussa.org](http://www.ussa.org).
- For Snowboard or Freeski athletes wanting to compete in sanctioned events, join the USASA - Grand Canyon Series at [www.usasa.org](http://www.usasa.org).

## **ATHLETE'S ROLE**

- Begin your season with dryland training.
- Be sure you have your pass and/or lift ticket each training day.
- Have all of your gear and equipment tuned and ready for each training/race day. Be sure your name is on all of your gear!
- Know who your coach is and which team you have been assigned. You will be emailed with this information close to the opening date.
- Meet at the ski shack, booted and suited (ready to ski/snowboard), 15 minutes before your practice time.
- Stay with your team and listen to your coach(es) during training.
- Know your responsibility codes!
- Attend community service days like scheduled trash pick-up events along Snowbowl Road.

## **PARENT'S ROLE**

- Complete registration and payment on [flagstaffskiclub.org](http://flagstaffskiclub.org) through Sports Engine. This must be completed before your child is allowed to participate, unless arrangements have been made for a trial session.
- Complete membership in US Ski & Snowboard or USASA for your athlete if applicable.
- Get your child (age 8 and over) involved in the dry land training program in the Fall. This is part of your team fee and is very helpful in reducing injury. One training class will be provided for athletes under the age of 8 so you can work with them individually.
- Be sure your athlete has a season pass or daily lift ticket for each training/race day.
- Get your athlete to the mountain promptly, 15 minutes ahead of scheduled start time.
- Be sure your athlete has snacks, lunch, and enough water. Purchasing lunch from the lodge is highly discouraged this season.



- Make sure your athlete has the proper fitting clothing and equipment. (Be sure their name is on their clothing & equipment. Many athletes have the same jackets and equipment.)
- Review Flagstaff Ski & Snowboard Team and Arizona Snowbowl rules and regulations with your athlete. They are expected to know and follow these guidelines.
- Volunteer both off and on-mountain. This helps us to keep our fees down so we can avoid having to hire staff for events. We require all 4.0 credits to be earned for a volunteer deposit refund. No partial refunds will be given. Sign-up through DIBS on our website.
- Stay involved with the team! Ask questions of administration and/or coaches, attend clinics, and orientations. These activities will help you better understand our team, your child's progression, and the US Ski & Snowboard development pipeline.

## **GENERAL INFORMATION**

**Team Assignments** are made based on the athlete's registration information, discipline and previous experience. All athletes are assigned a team based on age, ability and developmental levels. Your child will remain with this team throughout the season, but there may be shifting as some progress faster and we like to provide the appropriate amount of challenge when possible. If you feel your child needs to move to a different level during the season, please discuss this with their coach or Director of Mountain Operations.

### **Uniforms/Equipment**

- A team order is placed near the end of the season for next season's jackets, gloves, etc. We currently have great deals with Marker and Karbon for clothing and accessories. An order form will be emailed to you late in the spring. Orders arrive in the fall and payment is due upon receipt. This equipment and clothing is primarily for skiers.
- Another great venue for clothing and equipment is the annual Ski and Snowboard Swap in the fall. Many team members have their outgrown equipment for sale on the swap and find great bargains for the upcoming season.
- Check the [www.flagstaffskiclub.org](http://www.flagstaffskiclub.org) under Calendar & News for the Team FAST Shop.
- Humphrey's Summit generously gives all Flagstaff Ski & Snowboard Team members a 10% discount on products and services.
- There are many on-line venues for race gear including, but not limited to, The Race Place, Speedy's, Reliable Racing.



- HELMETS are REQUIRED for all athletes. Alpine Ski Racers are no longer allowed by US Ski & Snowboard rules to wear helmets with the soft ears for Giant Slalom races. Be sure to be aware of the appropriate helmet and equipment rules for all programs (US Ski & Snowboard, USASA, etc.)

**Tuning & Waxing** is very important to keep your equipment in good condition! We offer clinics so you can learn to do this at home. For the 2020/21 Season, we are offering a Quick Wax Card for \$35 for 16 Quick Wax Services (\$80 retail value) at Snow Mountain River.

**Team Photos** – will be taken during the season and will be made available to all athletes

**Award Banquet** – is traditionally held in May once all the out of town races are completed. A free ice cream social or BBQ is served and athletes are awarded on several categories for each team/group. We encourage all athletes and families to attend and support their teammates.

**More Fun Stuff** – Having a good time is our number one priority! We have fun events throughout the season including Boze Bump Cup, Slush Bowl, Derby, and costume days.

## **VOLUNTEER DEPOSIT & OPPORTUNITIES**

Parents and volunteers of the Flagstaff Ski & Snowboard Team are some of the most important resources in maintaining a successful program for the athletes. Your involvement helps us keep our team registration fees and program costs as low as possible, covering approximately half of the operational costs.

A Volunteer Deposit of \$300 per family is due at registration. Parents can sign up to earn credits via DIBS on our website for a refund. Credits can be earned in .25, .5, and 1 credit increments (1 credit = about 8 hours.) Two of the four necessary credits must be earned **on-mountain** during race days and events.

If you choose not to volunteer for any events, your fee will be donated to the team as a tax deductible donation. Unrefunded volunteer deposits help fund our scholarship program. It is our hope that families will become more involved with their athletes and participate when time and schedules allow. Besides – it is a great way to be a part of your athlete’s experience, it’s fun, and a great way to get to know the other team families. Here is a partial list of volunteer opportunities for our team.



- **Fundraisers & Events:** Off-mountain events such as Ski Swap, Oktoberfest, Fall Fundraisers, tabling at events and more!
- **Race Day Crew:** registration table, timing officials, gate keepers, scoreboard, course crew, starters, finish arena, lunch preparation. We need approximately 40 volunteers per day for race events.
- **Alpine Official Training:** Join US Ski & Snowboard by paying the alpine official dues and obtain training through RMD clinics. Positions include race secretary, referee, timing and calculation and chief of race. You are eligible to officiate at all US Ski & Snowboard races, not just locally.
- **USASA Regional Events or USASA Nationals** – see the USASA Grand Canyon Series Director(s) if you are interested in volunteering for any role at events including Technical Supervisor, gate judges, freestyle judges, chief of course, etc.. USASA events can count towards 2 of your 4 volunteer credits.

Please note that volunteer roles in which you come in contact with athletes require US Ski & Snowboard and/or USASA membership. Both volunteer memberships include a background check and Safe Sport Training to keep our junior athletes safe.

**The following volunteer opportunities do not earn volunteer credit, but are a great way to get involved and support the team!**

- **Committees:** Have a great skill you would love to share with the team? Consider joining a committee to get involved. Current committee include: PR/Stewardship, Maintenance, Communications, Race Committee, Fundraising and Scholarship.
- Flagstaff Ski & Snowboard Team **Board of Directors** – get involved in your team and help keep the organization growing and thriving!

**Thank you, in advance, parents and volunteers for your help!**

## **FUNDRAISING**

Funding of the Flagstaff Ski & Snowboard Team comes from team registration fees, membership, and equipment fees. This only covers about half of our operational costs.. Additional income is generated through fundraising including sponsorships, grants, donations, race events, and fundraisers, including:

- **Ski and Snowboard Swap** - one of the Flagstaff Ski & Snowboard Team's largest fundraisers and takes place in fall each season.



- **Fall Ball Benefit Dinner** – a public event held in the fall. An informal dinner, dance, and silent auction highlight this event. A fun evening!
- **Sponsor Board** - is an oversized recognition board that is located at Agassiz Lodge at the Arizona Snowbowl.

## **ARIZONA SNOWBOWL**

The Arizona Snowbowl is the biggest supporter of the Flagstaff Ski & Snowboard Team. The Arizona Snowbowl is home to the Flagstaff Ski & Snowboard Teams and provide many services such as race hill grooming, training space, and occasional early lift privileges, which requires both lift operators and ski patrol to put in extra time.

In return, Flagstaff Ski & Snowboard Team athletes and their families participate in scheduled trash pick-up events along Snowbowl Road. This is a fun way to get to know other athletes and families and only takes about one hour of your time. You will receive notifications as to when this will be scheduled.

Flagstaff Ski & Snowboard Team members are ambassadors of Arizona Snowbowl as they travel to many other resorts around the country and internationally.

## **ORGANIZATIONS**

### **US Ski & Snowboard**

US Ski & Snowboard is the national governing body of alpine ski and snowboard racing. Membership in US Ski & Snowboard varies according to age and commitment. Upon joining US Ski & Snowboard, members will have internet access to the competition guide (alpine or snowboard respectively). The competition guide will assist you in understanding the many facets of competition throughout the country. Please refer to the section entitled “Rocky Mountain Division” to familiarize yourself with the rules, procedures, and qualifying systems that may affect you and your athlete.

### **Rocky Mountain Division - RMD**

US Ski & Snowboard has three geographical regions, with the Flagstaff Alpine Ski Team being part of the Rocky/Central Region. Within the Rocky/Central Region, Team FAST is in the Rocky Mountain Division, Southern Series.

### **USASA – United States of America Snowboard and Free Ski Association**



The USASA is the largest snowboard and freeski organization in the world. It's mission is to facilitate safe, fun and fair events across the country for athletes from 5 to 95. Regionally it is represented by the USASA Grand Canyon Series which provides events including snowboard alpine (GS/SL), boarder and skier cross, slopestyle, rail jam, half pipe and banked slalom. Each year athletes can qualify to compete at USASA Nationals bringing over 1600 ski and snowboard athletes of all ages to compete in six major disciplines.

## **POLICIES & PROCEDURES**

There is comprehensive Policies & Procedures Manual adopted in July 2020, with the most recent version posted on [flagstaffskiclub.org/documents](http://flagstaffskiclub.org/documents)

## **FLAGSTAFF SKI & SNOWBOARD TEAM RULES**

- No use of alcohol or illegal drugs.
- No use of tobacco products.
- No profane or abusive language.
- No stealing or lying. Be truthful at all times.
- Be considerate of others. Bullying is intolerable behavior.
- Be on time for training sessions, team activities, and race events.
- Notify coaches if unable to attend any scheduled activities.
- Wear suitable protective clothing from elements and proper safety equipment.
- ***Helmets are required.***
- Inspect and slip (if allowed) ALL training and racing courses prior to running.
- No sunglasses while running gates; *goggles only.*
- Assist with set-up and tear-down (including slipping out ruts) of training and racing courses.
- Communicate with your coach if ill, tired, unsure, or afraid that the course is too fast or too difficult for you.
- Adhere to the US Ski & Snowboard Code of Conduct as published in the US Ski & Snowboard Competition Guide.
- Assist fellow teammates and coaches.
- Obey all AZ laws and AZ Snowbowl mountain policies and procedures.
- Be responsible for your own actions and equipment.
- Respect the rights and property of others.
- Ski safely, in control, be courteous to others, and have fun!



### **Arizona Snowbowl Rules**

- Carry season passes or lift tickets when skiing and training. Have the pass ready to show to the lift attendant. Show your pass in a courteous manner.
- Be cordial and respectful of all ski area staff and other skiers.
- The general skiing public always comes first!
- Cutting lift lines is not allowed unless otherwise instructed to by your coach.
- Fast skiing outside of race and training areas is prohibited and considered a serious offense. High speed training will be provided at appropriate times and with appropriate precautions and safety personnel.
- No jumping without permission and a spotter.
- Do not ski in packs. Racing each other is dangerous and it frightens the general public.
- When skiing outside designated race areas, you must ski at the same speed as the recreational skiers on the trail.
- Never jump off of lifts.
- When approaching any terrain changes with obstructed visibility, turn so that you can look at the area before skiing into it.
- Keep an appropriate distance from trees and other fixed objects.
- Never race or compete with other athletes in any areas open to the public.

### **TRAINING & RACING- WHAT TO EXPECT!**

#### **Dry Land Training**

Dry land training is one of the most important tools for the physical maintenance and improvement of a skier.

- Reduce injury
- Promote general and sport-specific fitness.
- Increase body awareness.
- Strengthen team spirit.
- Encourage overall health and character.

#### **Training Day at Arizona Snowbowl**

- Arrive at the Ski Shacks, booted and suited (ready to ski) 15 minutes ahead of your scheduled training time.
- The Ski Shack is located up the hill from Lots 7 & 8, 5 & 6 in the upper parking area.





- Athletes should put their backpack, lunchbox, etc. in the team shack. (Be sure your name is on your gear!)
- Skis, snowboards and poles can be set on the racks near the shack. Please encourage athletes to put them up against the wall of the shack instead of on the run in front of the shack.
- Helmets are required for all athletes – no exceptions!
- Be sure to be well hydrated before your training day begins and stay hydrated all day!
- Saturday and Sunday training groups will break for lunch – usually sometime between 11:00 a.m. and noon. It is highly recommended that athletes bring a packed lunch.

### **Race Day at Arizona Snowbowl**

- Registration deadlines and forms will be emailed to you in advance of the race. Be sure to have your registration form completed for each racer and race fees paid online
- Local team race events will have pre-registration and on-site registration.
- Locally hosted US Ski & Snowboard races will have **pre-registration only**. No on-site registration.
- All athletes racing in US Ski & Snowboard sanctioned races **MUST** be US Ski & Snowboard members prior to race day.
- All athletes must pass by the race day registration table to get their bib/race number.
- There will be a race day schedule posted as to inspection times and race start times.
- Races are run per age group and gender. Typically girls run the course first, with the youngest competitors racing first. The boys run after all girls have gone, again with the youngest male competitors racing first.
- Typically there is a morning and an afternoon race. Once you have completed your morning race, you may watch your teammates run or go on in the lodge and get lunch.
- Be back on course for the afternoon inspection and afternoon race as per the schedule or as per your coaches' instruction.
- Athletes are responsible for their own gear left at the top of the race course. Loop back around after your last race and gather your jacket, pants, etc.
- Athletes will not be put back with their coach/team after their last race. Parents are responsible for knowing where their children are until it's time to meet for awards.
- The team award ceremony will be held on the deck at Agassiz Lodge after the race is over and the course has been torn down. Athletes are expected to help tear down the course—there are age appropriate jobs for everyone. **All athletes are encouraged to stay for the award ceremony and support their teammates!**



- Local team races are awarded 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> per gender and age category. Some races are awarded separately for the morning and afternoon races and some are combined times from both races.
- US Ski & Snowboard sanctioned races are awarded 1<sup>st</sup> through 10<sup>th</sup> places.

Parent volunteers are needed at all race events! Volunteer opportunities include gatekeepers, course crew, timing officials, scoreboard, starters, finish arena, registration table. We need approximately 40 volunteers per race and not all positions require you to be on-hill.