

Bluewood Blazers dba Bluewood Alpine Race Team
Athlete-Parent Handbook
2009 – 2010 Season

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Greetings!

On behalf of the staff and the board of directors of the Bluewood Alpine Race Team (BART) we would like to welcome you. You have made the choice to join a great organization, to improve your skiing skills, and maybe even pursue a dream of achieving greatness through your chosen sport. Whether your goal is to be the best at Bluewood, in the Northwest or even in the world, we have programs that will help you achieve your goal.

This handbook has been prepared to give you the information you will need to get started with the team and better acquaint you with the sports of ski racing. Especially for younger children, the main motivation for joining this team is to have fun while improving skills in sports they can participate in their entire lives. We are happy to have your family involved with our team and look forward to many days of fun with all of you!

George Struthers, Program Director

Your 2009– 2010 BART Board:

President, Sandra Farley

Secretary-Treasurer, Regina Vandersloot

Past President, Monica Struthers

Mission Statement

BART is a non-profit organization dedicated to providing quality training and competition experience to skiers. We create athletes that are competitive at all levels of competition through high quality coaching, and training facilities. We strive to create an environment of healthy competition, sportsmanship and character development while still having fun. We believe that family support and participation is essential in achieving these goals.

Philosophy

“Be the Best you can be”

ALWAYS DO YOUR BEST. Your best is going to change from moment to moment. It will be different when you are healthy as opposed to sick. Under any circumstances always do your best and you will avoid self judgment, self abuse and regret.

Sounds simple, but it takes a lot of hard work and perseverance to make an improvement of some kind on a daily basis. In sports, it is easy to think of only physical or technical improvements, but there is so much more. Skills to be learned and improved in our program include tenacity, mental focus, self-discipline, time management, goal setting, and sportsmanship. These competitive skills are also life skills that will help the athlete in all parts of his/her life, now and in the future.

Young children (age 12 & under) focus on having fun, interacting with friends and coaches, and developing skills. Training for this age group is broad based, and focuses on athlete skill acquisition and development. Competitions are kept to 4 to 5 per season, mostly at ski areas close to our home mountain.

As athletes age, training and racing will intensify. You will not see dramatic improvements like you did in the younger years. Athletes may complain they have hit a plateau or are not making progress. This is the same time when the demands of being a teenager and dealing with peer pressure are setting in. Many athletes leave the sport when they do not see quick improvement. Parents and coaches need to work together during this time to assure the athlete that this will pass if they are patient enough to proceed. Young athletes and

their families at this stage of development need to understand that the more time they can put into the sport, the more improvement they will see. An athlete training 2 days a week should not compare their progress to someone training 3 or more days per week. Always keep focused on the athlete's goals and the path needed to be taken in achieving them.

Not every skier will become a national or international star, but the rewards of participation are there for all. Keeping focused on the improvements that your athlete is making and being positive about their involvement is the most important thing a parent can do. This in turn will help the athlete gain a positive self-image and feel great about their involvement, regardless of the "results" on the scoreboard.

Organizational Information

Eligibility

Those eligible include any child who has the ability to ski the blue and most of the black diamond terrain at Bluewood. Athletes must be past beginner ability and be able to load the chair by themselves. Athletes may join the ski team for a tryout day to see if they are ready for the program.

All team members are encouraged to join the U.S. Ski & Snowboard Association (USSA), the governing body of our skiing in the United States. An USSA license can be obtained at www.ussa.org and is required before you will be able to participate in some of the competitions. BART is a member of PNSA, a division of USSA. USSA members receive a membership card, rulebook, and are covered by USSA secondary injury insurance during USSA sanctioned competitions and sanctioned training. BART is also a member of the Professional Ski Instructors of America-Northwest Division (PSIA-NW) and covered by their liability insurance policy for all training and competition.

An athlete's competitive career will start with competitions hosted by member clubs of the Pacific Northwest Ski Association (PNSA – Wash., Oregon, and northern Idaho), one of 7 divisions within USSA. PNSA has its own web site (www.pnsa.org) that you will want to refer to for rules, race calendars, results, and other pertinent information. As the athlete improves, he or she may be asked to compete in events in other parts of the U.S. and Canada under the auspices of the International Ski Federation (FIS).

Age

The biggest consideration is that the athlete is able to ski or ride a full day without their parents, be able to put on their own equipment including gloves, helmet, jacket, and be able to load and ride the chair lift on their own.

Ski Competitions

Compete by both age class and ability levels.

Athletes age 12 & younger typically compete by age. Age classes are as follows: (age as of Dec. 31 the year of competition) J7 (6 & under), J6 (age 7-8), J5 (age 9-10), J4 (age 11-12). The exception is the annual Buddy Werner Championships where all athletes 9-12 compete as one group.

Junior skiers 13 and older compete by both age and ability. Junior age classes are: J3 (age 13-14), J2 (age 15-16), J1 (age 17-18), and Senior (19 & older). J3 and older athletes may compete in the J3 Series, Evergreen Cup races and Northwest Cup races. These athletes may also compete in FIS (Federation of International Skiing) competitions if selected. Ski racing at the J1 and J2 level can become more serious and time intensive should the athlete choose that route. For those wishing to pursue the sport at a less intense level, those options are available as well.

Tuition

Tuition makes up about 50% of the budget for the ski team. The BART Board of Directors sets tuition rates. The goal is to cover coach's wages and some of the overhead with tuition, and let fund raising money cover the remaining fixed costs and purchase of new equipment needed by the team. Tuition rates will be posted on the team website, www.skibart.com and on the official registration form each year. **All tuition must be paid in full before athletes are allowed to train with the team.** Other arrangements may be made on a case by case basis.

Tuition rates cover only the program you sign up for. For instance, you sign up for the 1-day program, then decide you'd like to attend a few additional days. There will be a per day fee for these extra training days. Should, during the season, you train enough extra days that you have paid for the next

program, (in this case the 2-day program, then training fees will once again be assessed.

Lift Tickets/Season Pass

Members of BART are encouraged to purchase season passes in the spring at the most reduced rates for Bluewood. New members may be able to purchase a pass at the Spring price when joining the team prior to Bluewood's opening day. Bluewood is also a member of the Northwest Passage that will enable season pass holders to purchase lift tickets at other ski areas at a reduced price. See Bluewood's website for more information.

Elite Season Pass – Junior age skiing athletes may be eligible for the PNSA Elite Season Pass. An elite pass is good at most Northwest ski areas during the season of purchase. Talk with your coach and/or view details on the PNSA web site.

Fundraising/Volunteering

Fundraising is the lifeblood of our organization. BART is always looking for new ways to raise funds – the board is always open to member suggestions and ideas.

Following precedent of other ski teams, each family is expected to contribute 10 hours of fundraising/volunteer activity to BART. This could include working on any of the fundraising events and/or serving on the hill as a worker at a race or during training.

In addition to fundraising events, the club secures a number of donations from the community in return for advertising on the BART wall at the mountain and on our website. Your help in procuring these donations is greatly appreciated.

Equipment

Ski competition equipment is highly specialized. Athletes and parents who first enter the program are often surprised at the amount of attention the coaches spend on equipment, especially boots. Fit is crucial to the athlete being able to make the movements and acquire the skills necessary to have success in their chosen sport.

Some tips, if you are going to be looking on your own:

Boots: in skiing, a good fit combined with a boot the athlete can flex are the important elements. **DO NOT** purchase a stiff boot for a young athlete, just because they are competing – it will do more harm than good. If the athlete comes to the program with overly stiff boots, do not be surprised if the coach asks your permission to “cut” the boot to soften it up. Custom foot beds and liners add the finishing touch to a well-chosen pair of boots. They allow the athlete to stand in the boot with their natural alignment. Cants help adjust this further so pressure is distributed evenly over the athletes foot.

Skis: YSL athletes may be best served by one pair of skis, a Slalom ski or a good all-mountain ski. Junior athletes (13 & up) will be best served with 2 and possibly 3 sets of skis (SL, GS, and SG). Unfortunately, when it comes to competition, one size/type does not work for all situations. Ask your coach what will work best for you.

Clothing: Team jackets may be available for sale to members. Ask the club for details. Race suits/speed suits are used in all disciplines of ski competition. Speed suits can run from \$150 to \$500 depending on the style and manufacturer.

Helmets: Required at all times for training and at events, no exceptions.

Specialty Equipment: Pads, gloves, pole guards, shin guards, back protectors and mouth guards. Consult your coach on what types of specialty equipment you may need. Mouth guards are highly recommended for all competitions. For speed events, back protectors are highly recommended.

Ski Team Programs

YSL – Age 7 – 12

YSL is a race program for our youngest team members. Often it is asked, what age should my child start racing? Age is not the only determining factor for participation. The skiing ability and maturity level of the individual are also an important factor in making the decision. The program is for those who can ski all blue and most of the black runs at Bluewood prior to joining the team. Athletes are grouped according to their abilities and coached by trained and competent professionals. YSL is not about racing, as much as it is about becoming the best skier each young athlete can be. 70% of the time is spent in skill development and refinement, 20% is spent in gate training, and about 10% is actual racing. Groups spend 5 hours each training day on snow, meeting at 8:50 each morning, and dismissing at 3:00 in the afternoon. There is a one hour unsupervised lunch break from approximately 11:30 – 12:30 depending on conditions and training programs.

YSL athletes compete by age most of the season. The age class that the athlete will compete in is determined by the child's age as of Dec. 31 of the competition year. (Refer to Age in the Eligibility section of the handbook) The exception to this is the annual Buddy Werner Championships where all athletes 9-12 compete together. The Buddy Werner Championships are open to J4 and J5 age athletes only, and are limited to 7 boys and 7 girls from BART. A season long qualifying system is in place to choose these athletes. The Buddy Werner Championships are run according to USSA and PNSA race rules. Please refer to the PNSA web site at www.pnsa.org for information.

YSL Competition Entry Fees and Travel

Attendance at ski competitions requires travel. Most events will take place in the Pacific Northwest. Travel to locations further away will happen as the athlete develops. These trips are at an additional cost to athletes.

Event Entry Fees: All YSL athletes will send in their own entry fees in advance of each event. Coaches will explain this procedure at the pre-season team meeting. The exception to this rule is the Buddy Werner Championships where the team must submit and pay all

entries. Attendees will be billed by the team for these costs. You will be notified if there are other exceptions to this policy.

Travel Billings: Costs for coach's expenses will be billed immediately after returning from a trip. Payment is due within one week of receiving the statement. Those athletes over two weeks behind in their travel payments will not be allowed to travel to the next event with the team. In some cases, an estimated trip fee invoice will be sent in advance of the trip to ensure that money is available to pay for the event. An over estimate/payment will result in a credit to the athlete for future travel. An under estimate/payment will result in a second billing to make up the difference.

Families may set up a pre-pay account for their athletes. In this case, a family can deposit funds in their athlete's name with BART. Those funds will be used to cover trips throughout the season. You will receive an itemization of what the money is going towards as well as the balance updates. You can add more money to the fund as needed throughout the season.

All trips are planned at least three weeks in advance of departure. Athletes must notify the coaches two weeks in advance of the planned event their intentions of traveling with the team or if they do not plan to attend the event.

Transportation: YSL athletes must provide their own transportation to competitions.

Lodging: Families of YSL athletes will make their own lodging arrangements. Families are encouraged to try and stay together as a team when making lodging choices.

Junior Race Program – Age 13 & Older

Junior athletes 13 and older compete by both age and ability. Skill development is emphasized, but a great amount of time is spent on race training and competition. At the coach's discretion, athletes may train in their age groups or in ability groups, depending on the training goal.

Dryland training is suggested in the fall so the athletes are mentally and physically prepared to hit the slopes when the snow falls. Dryland training focuses on strength and aerobic conditioning. Consult your

coach for dryland program details. Dryland training will be the responsibility of the athletes. All athletes participating in this program will be required to keep a training journal that will be reviewed on a monthly basis with the coaching staff.

Early season on-snow training opportunities may be offered at Mt. Hood, OR (2-4 day trips) and in Canada (2-5 day trips) for those who can take advantage of them.

A typical on snow training day for the athletes is as follows: 8:30 a.m., arrive at the hill; 8:45 am morning meeting; 9:00 am on snow; lunch (time at coaches discretion); afternoon training starts after lunch and will dismiss at approximately 3:00 p.m.

J3 athletes (13 & 14) are the youngest in the Junior program. This age group has a mix of training and racing opportunities available to them. Some will choose to compete in the PNSA Evergreen series open races. This is the entry-level program for Junior racing and a time when skill acquisition is a very important part of the training mix. Athletes at this age travel less than the older Juniors, and races are selected for them based on ability and the opportunity to have success. J3's will race approximately 4 to 7 weekends during the season. J3's who do well in the PNSA J3 series may qualify for the Western Region Junior Olympics in March. This is a 5-day event that rotates throughout the West.

Seniors (19 & older), J1's (age 17 & 18), and J2's (age 15 & 16) compete in the Evergreen Cup and Northwest Cup Series. These athletes may also compete in FIS (Federation of International Skiing) if selected. Ski racing at the J1 and J2 level can become more serious and time intensive should the athlete choose that route. For those who wish to pursue the sport at a less intense level, those options are available as well.

J2 and older athletes can expect to race 4 to 8 weekends per season in the Northwest. For those who qualify for out of division events, you can add 2 to 5 weeklong events.

Junior Competition Entry Fees and Travel

Attendance at ski competitions requires travel. Most events will take place in the Pacific Northwest. Travel to locations further away will happen as the athlete develops. These trips are at an additional cost to athletes. You can expect to pay approximately \$175 per day for a competition, based on the following approximate costs: Entry Fees (\$37 per day), lodging (\$50 per night), food (\$50 per day), lift tickets (\$35 per day), and coach's expenses (lodging/food/lift costs split among the athletes attending). The staff works to keep travel costs reasonable.

Event Entry Fees: All Junior athletes will send in their own entry fees in advance of each event. Coaches will explain this procedure at the pre-season team meeting. You will be notified if there are exceptions to this policy.

Travel Billings: Costs for coach's expenses will be billed immediately after returning from a trip. Payment is due within one week of receiving the statement. Those athletes over two weeks behind in their travel payments will not be allowed to travel to the next event with the team. In some cases, an estimated trip fee invoice will be sent in advance of the trip to ensure that money is available to pay for the event. An over estimate/payment will result in a credit to the athlete for future travel. An under estimate/payment will result in a second billing to make up the difference.

Families may wish to set up a pre-pay account for their athletes. In this case, a family can deposit funds in their athlete's name with BART. Those funds will be used to cover trips throughout the season. You will receive an itemization of what the money is going towards as well as the balance updates. You can add more money to the fund as needed throughout the season.

All trips are planned at least three weeks in advance of departure. Athletes must notify the coaches two weeks in advance of the planned event if they will be traveling with the team or if they do not plan to attend the event.

BUDDY WERNER CHAMPIONSHIPS

QUALIFYING PROCEDURE

The Buddy Werner Championships are the 9-12 year old Championship race in the Pacific Northwest Ski Association. Each team in PNSA is allowed 7 Boys and 7 Girls. There are approximately 24 teams in PNSA. This is a team event as well as an individual competition. This race rotates throughout the three regions of PNSA. The regions are Western WA, Western/Central Oregon, and Eastern WA / Northern Idaho / Eastern Oregon.

All athletes compete together as one group. All girls ages 9-12 as one group and all boys ages 9-12 in one group. Girls will run one event on Saturday and the other on Sunday. The boys competition is just the opposite. Therefore, one gender runs SL then GS and the other runs GS then SL. The start order for the first run is in the order of seeding on each team. All of the number 1 seeds from each team go first, number 2 second on down to number 7 seed. For the second run, they flip the top 30 finishers, with 30th place finisher going first on down to the fastest first run finisher going 30th. After this, they start the second run in order of first run finish from 31st on down. Unlike races throughout the year, if the athlete is disqualified or does not finish the first run, they do not get a second run. All USSA rules are in effect for this race.

BART has a qualification procedure to select the members of our team. We compete in races throughout the year. We use the Giant Slalom and Slalom races in our selection procedure. World Cup points are earned in each run of these races. In our season long racing, all athletes get a second run regardless of what happens in their first run. With the results from these races, we purge all non BART athletes and rank our 9-12 year old competitors. We take the best 50% of the finishes possible, rounded up, for ranking our athletes. If an athlete attends all competitions in 2009, there are up to 8 runs of both GS and SL available. We will use the top 4 runs of GS and SL to rank our competitors. Whether an athlete competes in all races or not, we still use the best 4 finishes. In the case of ties, we use the next best result to break ties. Athletes will be ranked on our team in each discipline. An athlete may not be ranked the same in each event depending on their finishes throughout the season. The coaching staff reserves the right to determine if an athlete is ready to compete in this event.

The following is the World Cup point system used:

1 st	100 points
2 nd	80 points
3 rd	60 points
4 th	50 points
5 th	45 points
6 th	40 points
7 th	36 points
8 th	32 points
9 th	29 points
10 th	26 points
11 th	24 points
12 th	22 points
13 th	20 points
14 th	18 points
15 th	16 points
16 th	15 points

From 17th on down, the results are in one point increments to 1 point for 30th place.