

Jackson Hole Ski & Snowboard Club

2010 Parent/Athlete Handbook



Fun

Fitness

Teamwork

Sportsmanship

Leadership

Commitment

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Jackson Hole Ski & Snowboard Club

Physical Address: Snow King Center
100 E. Snow King Ave
Jackson, Wyoming

The Snow King Center is at the base of the Snow King Ski Area.
We are on the second floor, upstairs from the Lodge Room and lunch counter.

Phone/Email: Phone: 307.733.6433
Fax: 307.733.2940
Trail Creek: 307.733.0296
Email (general): info@jhskiclub.org

Web Address: www.jhskiclub.org

Mailing Address: P. O. Box 461
Jackson, WY 83001

Shipping Address: Jackson Hole Ski & Snowboard Club
100 E. Snow King Ave
Jackson, Wyoming

Office Hours: Winter: T-F; 10am to 6pm
Summer: T-F; 10am to 5pm

Board of Directors

| <u>NAME</u> | <u>e-mail</u> |
|-------------------|--|
| Tony Brooks | tlbrooks@bresnan.net |
| Bill Campbell | wbc@wyom.net |
| Doug George | douggeorge@bresnan.net |
| Christopher Hawks | chris@hawksassociates.net |
| Sandy Hessler | sshessler@aol.com |
| Robin McGee | robin@bearcreekinc.com |
| Brad Mead | bradmead@wyoming.com |
| Mary Neal | mneal4863@yahoo.com |
| Stephanie Pogue | sp@meadowlarkdevelopment.com |
| Mike Quinn | mquinn@nelsonengineering.net |
| Alex Romaine | alexromaine@bresnan.net |
| Peter Selkowitz | peter.selkowitz@sothebysrealty.com |
| Brandon Spackman | Brandon.spackman@sothebysrealty.com |



The Jackson Hole Ski & Snowboard Club

Jackson's early skiing pioneers organized the Jackson Hole Ski Club in 1938 to create a vehicle for the competitive and recreational enjoyment of winter sports. The Club began to host many winter events including ski joring, slalom and downhill races, ski jumping and dog sled races, along with the highlight of the winter social season, the 49er Ball. The Little Waxers races, started by the Club in the '50s, were the first introduction to competitive skiing for Jackson's children.

The Jackson Hole Ski & Snowboard Club is Jackson's oldest non-profit. Annually serving over 350 young athletes; the Alpine, Nordic, Freeride and Snowboard programs bring affordable snow sports to our local youth.

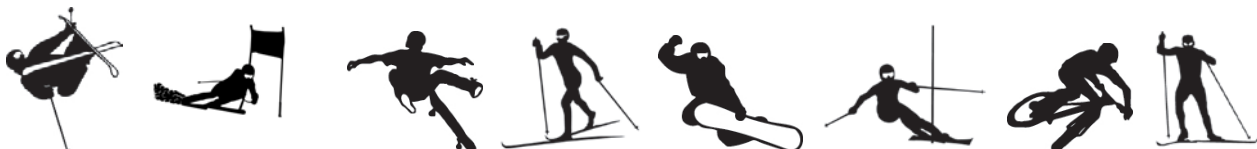
To provide local families with program subsidies and scholarships, the Jackson Hole Ski & Snowboard Club must raise over \$300,000 annually. These funds are raised through generous contributions, memberships, sponsorships and fundraising events. Our events include the Black Tie, Blue Jeans Ski Ball, the Ski Swap, the Moose Chase, the Town Downhill and the Pole Pedal Paddle.

Mission Statement

To inspire fun, fitness, sportsmanship, and personal achievement in young athletes through training, academic support, and competition.

Vision Statement

The Jackson Hole Ski & Snowboard Club will be a model for winter sports programs. Through a strong foundation and financial stability, we will develop programs and strategic partners that allow for the best equipment, facilities, coaches, and support systems to ensure athletes develop to their fullest potential, in sport, and in life.



ANNUAL BUDGET

For the 2009-2010 Fiscal Year our total budgeted income is \$816,513 and our total budgeted expense is \$816,027.

| Program Income | | | Program Expense | | |
|--|------------------|-------------|--|------------------|-------------|
| Program Fee Income | \$311,076 | 38% | Coaching Expense | \$378,458 | 46% |
| | | | Program Expense <i>(Includes training/safety equipment, liability insurance, admin, etc.)</i> | 125,007 | 15% |
| Alpine Race Income | 88,420 | 11% | Alpine Race Expense | 69,330 | 8% |
| Trail Creek Income | 16,425 | 2% | Trail Creek Expense | 23,444 | 3% |
| Auto Income | 50,220 | 6% | Auto Expense | 49,989 | 6% |
| Other Income | | | Other Expense | | |
| Memberships <i>(includes JHMR pass sales)</i> | 105,800 | 13% | Club Expenses <i>(includes admin, utilities, computers, supplies, property insurance, etc.)</i> | 98,418 | 12% |
| Donations <i>(includes Old Bill's)</i> | 115,258 | 14% | | | |
| Grants | 28,020 | 3% | Development <i>(includes special events, membership and fundraising)</i> | 71,381 | 9% |
| Fundraising Events / Races | 94,694 | 12% | | | |
| Other | 6,600 | 1% | | | |
| Total Income | \$816,513 | 100% | Total Expense | \$816,027 | 100% |

Program fees cover 38% of the Jackson Hole Ski & Snowboard Club's annual income. The remaining income is generated through donations, memberships, grants, fundraising events and races. This includes over \$100,000 from our partnership with the Jackson Hole Mountain Resort. Each year JHMR sells Ski Club Memberships to everyone purchasing a season pass. The collected funds are then passed to the Ski Club in February. Any excess funds raised during this fiscal year will be used to reduce existing debt and upgrade outdated equipment.

In addition, our budget does not include over 700 volunteer days donated by the Club parents and athletes. This donated time is critical to keeping our programs affordable. We are grateful for all you do to make our club a success.

We hope to see you at our upcoming fundraising events:

Old Bill's Fun Run – 9/12/2009

Black Tie, Blue Jeans Ski Ball – 9/26/2009

Ski Swap – 11/7/2009

Moose Chase Ski Marathon – 2/13/2010

Town Downhill – 3/13-14/2010

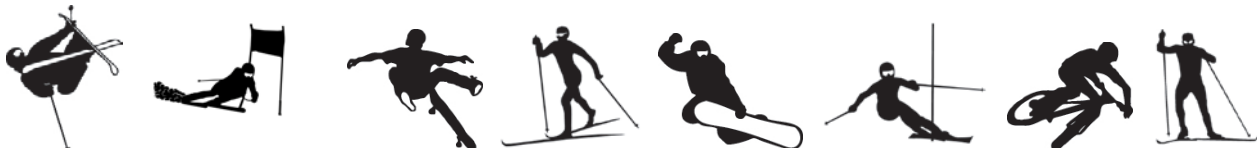
Pole Pedal Paddle – 3/27/2010

JHSC Staff Directory:

| | | | |
|--------------------------------|--------------------|------|---------------------------|
| Executive Director | Carrie Pennington | x101 | cpennington@jhskiclub.org |
| Administration/Accounts | Anna-Lisette Davis | x102 | info@jhskiclub.org |

Coaching Staff:

| | | | |
|---------------------------------------|----------------------|--------------------------------------|------------------------------|
| Alpine Director/Head J3 Coach | Bridger Call | x105 | bcall@jhskiclub.org |
| <i>Alpine Head Coach</i> | Mike Syrovatka | x106 | msyrovatka@jhskiclub.org |
| <i>Alpine Ability Class Staff</i> | TBD | x110 | |
| <i>Alpine J3 Staff</i> | TBD | | |
| <i>Development Coordinator</i> | TBD | | |
| <i>Alpine Development Staff</i> | Hotline/Voicemail | x104 | |
| <i>NGS Coordinator</i> | | x104 winter | |
| <i>Race Administrator</i> | TBD | | raceseecretary@jhskiclub.org |
| Freeride Director | Jeff Moran | x107 | jmoran@jhskiclub.org |
| <i>Freeride Head Coach</i> | Rob LaPier | x107 | rtcopper@aol.com |
| <i>Freeride Training/Devo Coach</i> | | | |
| <i>Freeride Devo Coach</i> | | | |
| <i>Snowboard Comp Coach</i> | Jeff Moran | x107 | jmoran@jhskiclub.org |
| <i>Snowboard Head Training Coach</i> | | | |
| <i>Snowboard Training Coach</i> | Brian "Cutter" James | | |
| <i>Snowboard Training Coach</i> | | | |
| <i>Snowboard Devo Coach</i> | Nicki Shug | | |
| <i>Snowboard Devo Coach</i> | Jessi Rezin | | |
| <i>Snowboard Shredders Coach</i> | Kate Reid | | |
| Nordic Director | Ali Deines | | adeines@jhskiclub.org |
| <i>Nordic IMD Head Coach</i> | Ali Deines | x 103 in summer & 733-0296 in winter | |
| <i>Nordic Devo Head Coach</i> | Jenny Hamilton | | jennyrhilton@gmail.com |
| <i>Nordic Devo Assist Coach</i> | Jon Filardo | | filardo2003@yahoo.com |
| <i>Nordic Teewinot Assist Coach</i> | TBD | | |
| <i>Trail Creek Operations Manager</i> | Steve Swan | | elwa@onewest.net |



| ALPINE | | Next Generation Skiers (NGS) | | Born 2003-1997 | |
|--|---|-------------------------------------|---|-----------------------|--|
| Our youngest athletes' first experience in the Club will provide a foundation for the future introduction of basic skiing skills and racing fundamentals. Coaches will stress the importance of having fun while learning mountain safety and new skills through play, games, and mountain exploration. Free skiing will be emphasized. Participants should be able to put on their own ski equipment, load and ride the lift alone, and ski at an intermediate level. This means all athletes ages seven and above must ski in a parallel stance. Six year old participants must be able to stop on their own and have two previous seasons on snow. Participants are welcome and encouraged to race in Club Series races that do not conflict with their program dates. Athletes are arranged in groups based on skill, speed and social needs. Six year olds (birth year 2003) will ski in their own groups. Program fee includes a JHSC membership. Athlete : Coach Ratio: 7 : 1 | | | | | |
| Program Fee: | \$400 | | | | |
| On Snow Training: | January 2 nd – March 13 th : Saturday, 9:45am-2:30pm @ JHMR (excluding President's weekend) | | | | |
| Ski Passes: | JHMR | Weekend Pass: \$200 (required) | Full Mountain Pass: \$452.20 (optional) | | |
| Max Participants: | 85: Please note that this program filled to capacity in 2009 and early registration is recommended. | | | | |

| ALPINE | | J6 Team: Introduction to Racing | | Born 2002-2001 | |
|---|---|--|---|-----------------------|--|
| The J6 program is organized to teach basic skiing skills and to introduce ski racing to the young athlete. Groups are small and the emphasis is placed on free skiing over the entire Jackson Hole Mountain Resort while practicing balance, edging, body position and having fun! Participants should be able to put on their own ski equipment, load and ride the lift alone, and ski at an intermediate level. Racing introduction will focus predominantly on modern giant slalom technique. Athletes are arranged in groups based on skill, speed and social needs. Program fee includes a JHSC membership. Athlete : Coach Ratio: 6 : 1 | | | | | |
| Program Fee: | \$720 | | | | |
| On Snow Training: | Saturday, 8:45am-3pm @ JHMR | | | | |
| Dec. 19 th - March 20 th | Wednesday, 4pm-6pm @ Snow King (beginning January 6 th , 2010) | | | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (required) | Unlimited Pass: \$149 (optional) | | |
| | JHMR | Weekend Pass: \$200 (required) | Full Mountain Pass: \$452.20 (optional) | | |
| Race Travel/ Expenses: | Club Series Racing (approximately 4 races / no entry or travel fees) | | | | |
| Max Participants: | 35: Please note all programs were filled to capacity in 2009 and early registration is recommended. | | | | |
| Skill development focus: | All-Mountain Safety; Learning a basic balanced athletic position on skis; distributing weight evenly between both skis; skiing with upper body facing downhill; having a consistent stance width while maintaining balanced athletic position on skis; and an introduction to basic elements of a GS course | | | | |

| ALPINE | | J5 Team: Home Team | | Born 2000-1999 | |
|---|---|--|---|-----------------------|--|
| The J5 program is organized to teach basic skiing skills and to introduce ski racing to young athletes. Emphasis is placed on free skiing over the Jackson Hole Mountain Resort while practicing balance, edging, body position and having fun! Participants should be able to put on their own ski equipment, load and ride the lift alone, and ski at an advanced, intermediate level. Racing introduction will focus predominantly on modern giant slalom technique with an introduction to modern slalom technique. Athletes are arranged in groups based on skill, speed and social needs. Includes a JHSC membership. Athlete to Coach ratio: 7:1 | | | | | |
| Program Fee: | \$1,045 | | | | |
| On Snow Training: | Saturday, 8:45am-3pm @ JHMR | | | | |
| Dec. 12 th – March 20 th | Tuesday & Thursday, 4pm-6pm @ Snow King (beginning January 5 th , 2010) | | | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (required) | Unlimited Pass: \$149 (optional) | | |
| | JHMR | Weekend Pass: \$200 (required) | Full Mountain Pass: \$452.20 (optional) | | |
| License: | USSA: \$60 (required for USSA/IMD events) | IMD: \$20 (required for USSA/IMD events) | | | |
| Race Travel/ Expenses: | Club Series Racing (approximately 4 races / no entry or travel fees) Optional regional USSA IMD series (up to five race series/\$500 per series) | | | | |
| Max Participants: | 35: Please note all programs were filled to capacity in 2009 and early registration is recommended. | | | | |
| Skill development focus: | All-Mountain Safety; Learning a basic balanced athletic position on skis; distributing majority of weight over the outside ski; having a consistent stance width while maintaining balanced athletic position on skis; learning timing, balance, and upper body stability through the use of a single pole plant; and an introduction to basic elements of a GS & slalom course | | | | |

| ALPINE | | J4 Team : Home Team | | Born 1998-1997 | |
|---|--|---------------------------------|--|---|--|
| The J4 Program introduces ski racing technique and tactics while continuing to develop basic technical skills. Groups split their time between all-mountain skiing, drills, and gate training. Free-skiing will continue to remain the main avenue for delivery and practice of racing skill development. Athletes are arranged in groups based on skill, speed and social needs. Participants wishing to enter the Club at the J4 level must do so with approval by the J4 Head Coach (this includes an on-snow evaluation). J4 Team athletes are encouraged to attend the November camp in Colorado. Camp dates will be (approximately) November 14-21. Program fee includes a JHSC membership. Athlete to Coach ratio: 7:1 | | | | | |
| Program Fee: | \$1,340 | | | | |
| Training Sessions: | December 8 th – March 20 th | | | | |
| On Snow: | Tuesday and Thursday 4-6pm @ Snow King & Saturday 8:45am-3pm at JHMR | | | | |
| Max Participants: | 35: Please note all programs were filled to capacity in 2009 and early registration is recommended. | | | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (required) | | Unlimited Pass: \$149 (optional) | |
| | JHMR | Weekend Pass: \$200 (required) | | Full Mountain Pass: \$452.20 (optional) | |
| License: | USSA: \$60 (required for USSA/IMD events) | | IMD: \$20 (required for USSA/IMD events) | | |
| Race Travel/Expenses: | Club Series racing (approximately 4 races) no entry or travel fees Optional regional USSA IMD series (up to five race series/\$500 per series) | | | | |
| Skill development focus: | Hill safety; learning a balanced, athletic position on skis; distributing weight over the outside ski; timing, balance, and upper body stability through use of a double pole plant; skiing with the lower legs in a parallel position; and learning basic tactics in GS and introductory basic slalom elements. | | | | |

| ALPINE | | J4 & J5 Team: Additional Dryland Option | | Born 2000-1997 | |
|---|--|--|--|-----------------------|--|
| Dryland training program is available to all J5 and J4 athletes. *Registration and tuition for dryland training is due on October 1 st | | | | | |
| Program Fee: | \$200 | | | | |
| Training Sessions: | October 13 th – December 3 rd : Tuesdays & Thursdays 4 – 5:30pm. | | | | |

| ALPINE | | J4/J5 Intermountain Team: Travel Team | | Born 2000-1997 | |
|--|---|--|--|---|--|
| The J4/5 Intermountain Program introduces ski racing technique and tactics while continuing to develop basic technical skills. Groups split their time between all-mountain skiing, drills, and gate training. Free-skiing will continue to be the main avenue for delivery and practice of racing skill development. This program includes a dryland training program, weekly on-snow video sessions, and athletes are encouraged to travel and compete locally in the USSA Intermountain Division races. Entry level participants split their racing between JHSC Club Series and USSA IMD series. Athletes are arranged in groups based on skill, speed and social needs. J4 IMD athletes are highly encouraged to attend the J3/4 November Colorado Camp (camp fees will be approximately \$800). The J4/5 IMD on-snow program will begin with a three day camp at JHMR on December 4-6. The program will also include a 3 day Holiday Camp, January 1-3 at Snow King. Dryland, both December Camp fees and a JHSC membership are included in program tuition. Athlete to Coach ratio: 7:1 | | | | | |
| Program Fee: | \$2,095 | | | | |
| Training Sessions: | October 13 th - March 20 th | | | | |
| On Snow: Starts Dec. 5 th | Tuesday & Thursday, 4-6pm & Wednesdays 4-6:15pm @ Snow King, Saturdays @JHMR 9am-3pm | | | | |
| Pre-Season Dryland: | October 13 th - December 3 rd : Tuesday & Thursday, 4-5:30pm | | | | |
| Rec. Summer Skiing: | 4-6 days | | | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (required) | | Unlimited Pass: \$149 (optional) | |
| | JHMR | Weekend Pass: \$200 (required) | | Full Mountain Pass: \$452.20 (optional) | |
| License: | USSA: \$60 (required for USSA/IMD events) | | IMD: \$20 (required for USSA/IMD events) | | |
| Race Travel/ Expenses: | Club Series Racing (approximately 4 races) no entry or travel fees Optional regional USSA IMD series (up to five race series/\$500 per series) | | | | |
| Max Participants: | 35: Please note all programs were filled to capacity in 2009 and early registration is recommended. | | | | |
| Skill development focus: | Introduction to ski racing technique & tactics; development of basic technical skills; focus on all-mountain skiing, drills, & gate training. | | | | |

| | | |
|---------------|----------------|-----------------------|
| ALPINE | J3 Team | Born 1996-1995 |
|---------------|----------------|-----------------------|

This team is comprised of motivated 13-14 year old athletes who compete at a level appropriate to their desire and ability in local and regional USSA events. The J3 program features a great deal of individual attention and it tailored to offer maximum opportunity and progression for athletes through regular conditioning, on-snow training, technical discussion, and video analysis. Participation in dryland conditioning in the Fall is expected for J3 athletes. At the J3 level the emphasis is on the technical and tactical aspects of all-mountain skiing and racing. Groups split their time between all-mountain skiing, technical drills, gate training, goal setting, speed event skiing (Super-G, DH), and, as always, having fun! Participants wishing to enter the Club at the J3 level must do so with approval by the J3 Head Coach. J3 athletes will generally attend the November camp in Colorado. Camp dates will be (approximately) November 14-21. Camp fees will be approximately \$800. Program fee includes a JHSC membership.

| | | | |
|--|--|----------------------|--|
| Program Fee: | \$2,900 | | |
| Training Sessions: | September 22 nd – April 5 th | | |
| On Snow: December 5 th - April 5 th | Tuesday, Wednesday & Thursday, 3:30pm-6:15pm @ Snow King Saturday, 9am-3pm @ JHMR & Sunday, 12pm-3pm @ JHMR (through Feb. 1 st) | | |
| Rec. Summer Skiing: | 7-20 days | | |
| Pre-Season Dryland: | September 22 nd – December 3 rd : Tuesday & Thursday 4:00-5:30pm | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 | Unlimited Pass: \$149 |
| | JHMR | Weekend Pass: \$200 | Full Mountain Pass: \$452.20 |
| License: | USSA License: \$125 (\$150 after October 15 th) | | IMD License: \$50 (\$65 after October 15 th) |
| Race Travel/ Expenses: | USSA IMD Series / 7 races or approximately \$2,500 (depending on number of competitions entered); Fall Colorado Camp expenses \$800 (estimated) | | |
| Skill Development Focus Points: | All-mountain skiing; hill safety; skiing with a consistent stance width while maintaining a dynamic balanced athletic position, skiing with the majority of weight distributed over the outside ski in all terrain; utilizing effective pole plants for timing, balance, and upper body stability; utilizing a parallel lower leg stance to create balance & power; and exhibiting GS and slalom tactics and learning the basic fundamentals of Super-G elements. Continuing to develop a lifelong passion and mastery of skiing and ski racing. | | |

| ALPINE | | J1/2 Team | | Born 1994-1990 | |
|--|--|----------------------|---|------------------------------|--|
| <p>JHSC J1/2 motivated athletes will work with a team of dedicated coaches that will employ at their discretion a unique combination of big mountain free-skiing and world class gate training on a consistent surface that only JHSC can deliver. Our goal is advancing each individual's skiing and racing skills to maximize their athletic potential, and to help build the discipline, drive, and determination for them to succeed in whatever arena they choose after ski racing. This program covers all aspects of competitive racing, training, and conditioning, in conjunction with a study hall. J1/J2 program will train in the afternoons, with an early release from their respective schools. Those athletes not academically eligible for early release will train with the J3 team and travel with the J1/2 team. Preseason dryland training is mandatory for J1/2 participants. Athletes will compete locally, regionally, and nationally at a level appropriate to their desire and ability, including NorAm, FIS, and USSA events. Fee includes a JHSC membership.</p> | | | | | |
| Program Fee: | \$4,400 | | | | |
| Training Sessions: | September 8 th – April 15 th | | | | |
| On Snow: | Tuesday-Friday, 2pm-4pm @ Snow King, Saturday, 9am-3pm @ JHMR Weekday sessions may be scheduled as school permits from 10am – 12pm | | | | |
| Pre-Season Dryland: | MANDATORY Monday – Friday, 3:30pm – 5:30pm (location TBD) Participation in 10-30 days of preseason on-snow training that this program offers is recommended. | | | | |
| Study Hall: | Mandatory Monday Sessions, 1:30 – 3:30pm (beginning September 8 th , location TBD) (Additional sessions will be scheduled as needed.) | | | | |
| Rec. Summer Skiing: | 20-30 days | | | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 | | Unlimited Pass: \$149 | |
| | JHMR | Weekend Pass: \$200 | | Full Mountain Pass: \$452.20 | |
| License: | FIS: \$25 (provisional license for 1 st time FIS) | | USSA: \$125 (\$150 after October 15 th) | | |
| | FIS: \$80 (regular license, \$180 after August 15 th) | | IMD: \$50 (\$65 after October 15 th) | | |
| Race Travel/ Expenses: | Based on travel schedule and number of competitions entered | | | | |
| Skill Development Focus: | <p>Hill safety; exhibiting a dynamic athletic balance and position in all terrain and conditions; exhibiting consistent width stance while maintaining dynamic balanced athletic position; skiing with weight distributed over the outside ski in all terrain and events; utilizing a double and single pole plant for timing, balance and upper body stability in all terrain types; utilizing a parallel lower leg stance to create dynamic balance and generate power in all conditions and courses; applying GS, SL and Super G tactics and learning the basic fundamentals of downhill elements. Skill Development Focus Points: This program has consistent winning record of each individual's skill advancement at every level. Thanks to an exceptionally low athlete/coach ratio, JHSC offers a high quality individual improvement focused program that delivers a curriculum covering fundamentals such as on hill safety through development of advanced skills for speed events.</p> | | | | |

| ALPINE | Post Graduate Program |
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The Post Graduate (PG) program is designed for those individuals who have typically completed their high school education. These athletes are expected to dedicate all of their time and available resources to achieving a specific predetermined goal. PG athletes must be highly motivated and task oriented to be seeking goals such as US Ski Team nomination, or to qualify to representation of their country at international competitions, or to improve their ranking in order to make a University Ski Team. Candidates will have an opportunity to access quality preseason on-snow training worldwide at venues consistent with the requirements of the highest level of competition. From December through March PG Athletes will have dedicated training sessions with a team of coaches that will employ at their discretion a unique combination of big mountain free-skiing and world class gate training on a consistent surface that only JHSC can deliver.

PG athletes are expected to have already completed the accumulation phase of their annual physical preparation plan and be ready to commence mandatory early season dryland training five days per week beginning the week of September 8th. Starting in November PG athletes should expect to participate in up to ten training/racing sessions per week along with physical conditioning each day. All athletes are also encouraged to participate in NDS/Western Region, and JHSC on-snow training camps from May to October as appropriate. Program fees include a JHSC membership

| | | | |
|------------------------|---|---|------------------------------|
| Program Fee: | \$6,000 | | |
| Training Sessions: | September 8 th – April 15 th | | |
| On Snow: | Tuesday-Friday 9am-12pm & 1:30-3:30pm @ Snow King, 1 session/week @ JHMR Participation in 10-30 days of preseason on snow training that this program offers is required. | | |
| Pre-Season Dryland: | Mandatory: Monday – Friday, 3:30pm – 5:30pm (beginning September 8 th , location TBD) | | |
| Study Hall: | Mandatory Monday Sessions, 1:30 – 3:30pm (Additional sessions will be scheduled as needed.) | | |
| Rec. Summer Skiing: | 20-30 days | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 | Unlimited Pass: \$149 |
| | JHMR | Weekend Pass: \$200 | Full Mountain Pass: \$452.20 |
| License: | FIS: \$25 (provisional license for 1 st time FIS) | USSA: \$125 (\$150 after October 15 th) | |
| | FIS: \$80 (regular license, \$180 after August 15 th) | IMD: \$50 (\$65 after October 15 th) | |
| Race Travel/ Expenses: | Based on travel schedule and number of competitions entered | | |

| ALPINE | Master’s Racing Program |
|---------------|--------------------------------|
|---------------|--------------------------------|

JHSC Alpine Master’s training program is open to all regional Master’s competitors. The two day a week program will focus on early season skill development, race preparation and competition. Daily program objectives will include skill progressions, free ski and gate drills, video analysis and timing when appropriate. Program Fee includes a JHSC membership.

| | | | |
|---------------------|---|----------------------|-----------------------|
| Program Fee: | \$1,500 | | |
| Training Sessions: | December 16 th – March 18 th | | |
| On Snow: | Wednesday & Thursday, 10am – 12:00pm @ Snow King | | |
| Rec. Summer Skiing: | 7-10 days | | |
| License: | USSA License: \$100 (\$124 after October 15 th) | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 | Unlimited Pass: \$149 |

| FREERIDE SKIING | For Alpine & Nordic Athletes | Born 1999-1990 |
|------------------------|---|-----------------------|
|------------------------|---|-----------------------|

This is a supplemental training session offered to registered JHSC Alpine or Nordic athletes who have an interest in exploring halfpipe, terrain park, big-mountain and freeride skiing. Athletes will train with Freeride Devo or Training Team athletes and coaches (depending on age). Applicants must be experienced all-mountain skiers. (*JHMR Weekend Pass required.*)

| | | | |
|--------------------|--|--|--|
| Program Fee: | \$445 | | |
| Training Sessions: | December 6 th – March 21 st : Sundays 12pm – 3 pm @ JHMR | | |

| FREERIDE SKIING | | Devo Team | | Born 1999 - 1997 |
|---|---|---------------------------------|---|-------------------------|
| This team is designed for experienced skiers interested in focusing on halfpipe, terrain park, freeriding and big-mountain skills. The goal of the Devo Team is for athletes to gain comfort, experience, and confidence in a fun, motivated setting. Competition is not mandatory, although encouraged. Dryland Training is available, but not included. (<i>Snow King Mid-Week and JHMR Weekend Pass required, Snow King Unlimited and JHMR Full Mountain Passes optional.</i>) | | | | |
| Program Fee: | \$1,025 | | | |
| Training Sessions: | December 5 th - March 21 st | | | |
| On Snow: | Wednesdays, 3:30pm-5:30pm @ Snow King Saturdays, 9am-3pm @ JHMR & Sundays, 12pm-3pm @ JHMR | | | |
| Rec. Summer Skiing: | 7 days | | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (required) | Unlimited Pass: \$149 (optional) | |
| | JHMR | Weekend Pass: \$200 (required) | Full Mountain Pass: \$452.20 (optional) | |
| License: (only if competing) | USASA License: \$65 (\$75 after November 1 st) | | IFSA License: \$40 | |
| Competition/Travel Expenses: | Based on travel schedule and number of competitions entered | | | |
| Dryland Training Options: | Tuesdays & Thursdays 3:30pm-5:30pm, October 13 th – November 24 th (\$365) Optional Trampoline Training at Jackson Gymnastics (additional fee) | | | |
| Skill Development Focus: | Focus on fun; responsible big-mountain & terrain park etiquette, safety, & sportsmanship; proper body positioning & weight distribution while freeriding & in park/pipe; basic trick progression (spinning, grabbing, jibbing); displaying focus, a positive attitude, & good sportsmanship during training & events; improving basic skills to build a bigger “bag of tricks”; starting to look at personal riding styles. | | | |

| FREERIDE SKIING | | Training Team | | Born 1996-1990 |
|---|--|---------------------------------|--|-----------------------|
| This team is designed for strong skiers who wish to focus on halfpipe, terrain park, freeriding and big-mountain skills. The goal is to provide a positive environment for motivated athletes to expand upon existing abilities. Competition is not mandatory, although highly encouraged in order to continually develop skills. Dryland training is included. (<i>Snow King Mid-Week and JHMR Weekend Pass required, Snow King Unlimited and JHMR Full Mountain Passes optional.</i>) | | | | |
| Program Fee: | \$1,550 | | | |
| Training Sessions: | December 5 th - March 21 st | | | |
| On Snow: | Wednesdays, 3:30pm-5:30pm @ Snow King Saturdays, 9am-3pm @ JHMR & Sundays, 12pm-3pm @ JHMR | | | |
| Pre-Season Dryland: | October 13 th - November 24 th : Tuesdays and Thursdays 3:30pm-5:30pm Optional Trampoline Training at Jackson Gymnastics for an additional fee | | | |
| Rec. Summer Skiing: | 7-21 days | | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (required) | Unlimited Pass: \$149 (optional) | |
| | JHMR | Weekend Pass: \$200 (required) | Full Mountain Pass: \$452.20 (optional) | |
| Possible Licenses: (dependent on events/series competing in) | USASA License: \$65 (\$75 after November 1 st) USSA License: \$140 National Competitor (\$165 after October 15 th) | | IFSA License: \$40 FIS Registration: \$80 | |
| Competition/Travel Expenses: | Based on travel schedule and number of competitions entered | | | |
| Skill Development Focus: | Focus on fun; big-mountain, terrain park & competition etiquette/safety; responsible/realistic decision making; proper body positioning & weight distribution during trick progression; learning to judge speed, take-offs, & landings of different features and halfpipes; displaying focus, a positive attitude, & good sportsmanship while pushing themselves during training & events; expanding “bag of tricks”, linking multiple tricks, & mixing different tricks with natural & man-made features; focusing on personal riding style & competition game plans. | | | |

| FREERIDE SKIING Additional Training @ JHMR | | Born 1999-1990 |
|---|--|-----------------------|
| Additional afternoon training sessions are available to all motivated Devo and Training Team skiers who desire a more committed training schedule. In order to participate, athletes must arrange early release from school and their own transportation to JHMR. Sessions may be in conjunction with Competition Team training. (<i>JHMR Full Mountain Pass required.</i>) | | |
| Program Fee: | \$365 | |
| Training Sessions: | December 15 th -March 16 th (<i>in addition to regular on-snow schedule</i>) | |
| On Snow: | Tuesdays, 2pm-4pm @ JHMR | |

| FREERIDE SKIING | | Competition Team | Born 1996-1990 |
|--|---|---------------------------------|--|
| This team is designed for athletes dedicated to pursuing the highest level of performance. This program seeks to maximize the athletes' halfpipe, terrain park, freeriding and big-mountain skills as well as build discipline, drive, determination, and self confidence in a highly focused setting. Athletes will need to arrange early release from school in order to participate. Dryland Training is mandatory. All on-snow training at JHMR. (<i>JHMR Full Mountain Pass required, Snow King Passes optional.</i>) | | | |
| Program Fee: | \$2,730 | | |
| Training Sessions: | December 5 th – April 3 rd | | |
| On Snow: | Tuesdays - Fridays, 2pm-4pm & Saturdays, 9am-3pm @ JHMR | | |
| Pre-Season Dryland: | October 13 th - November 24 th : Tuesdays & Thursdays 3:30pm-5:30pm Optional Trampoline Training at Jackson Gymnastics for an additional fee | | |
| Study Hall: | Mandatory Monday Sessions, 1:30pm-3:30pm (location TBD) | | |
| Rec. Summer Skiing: | 7-30+ days | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (optional) | Unlimited Pass: \$149 (optional) |
| | JHMR | Weekend Pass: \$200 | Full Mountain Pass: \$452.20 (required) |
| Possible Licenses: (dependent on events/series competing in) | USASA License: \$65 (\$75 after November 1 st) USSA License: \$140 National Competitor (\$165 after October 15 th) | | IFSA License: \$40 FIS Registration: \$80 |
| Competition/Travel Expenses: | Based on travel schedule and number of competitions entered | | |
| Skill Development Focus: | Focus on fun; big-mountain, terrain park & competition etiquette/safety; responsible/realistic decision making & "line" choice; Positive team/sponsor representation; proper body positioning & weight distribution during advanced trick progression; learning to judge speed, take-offs, & landings for advanced features & big-mountain lines; learning to stay focused & calm during highly competitive & very technical situations; linking advanced tricks on man-made & natural features; concentrating on style, ability, & consistency; and developing a serious competitive game plan & a marketable image. | | |

| FREERIDE SKIING | | For Alpine & Nordic Athletes | Born 1999-1990 |
|--|--|---|-----------------------|
| This is a supplemental training session offered to registered JHSC Alpine or Nordic athletes who have an interest in exploring halfpipe, terrain park, big-mountain and freeride skiing. Athletes will train with Freeride Devo or Training Team athletes and coaches (depending on age). Applicants must be experienced all-mountain skiers. (<i>JHMR Weekend Pass required.</i>) | | | |
| Program Fee: | \$445 | | |
| Training Sessions: | December 6 th – March 21 st : Sundays 12pm – 3 pm @ JHMR | | |

| SNOWBOARDING Next Generation Snowboarders (NGS) Born 2003-2000 | | | |
|---|--|---------------------------------|---|
| This team is designed to introduce elementary aged athletes to all aspects of snowboarding through directed freeriding. Emphasis is on all-mountain riding, etiquette, sportsmanship, team participation & FUN! The team meets Saturdays at the JHMR for a full day of good times. (<i>JHMR Weekend Pass required.</i>) | | | |
| Program Fee: | \$400 | | |
| Training Sessions: | January 2 nd – March 13 th (excluding President’s weekend) | | |
| On Snow: | Saturdays, 9am-3pm | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (optional) | Unlimited Pass: \$149 (optional) |
| | JHMR | Weekend Pass: \$200 (required) | Full Mountain Pass: \$452.20 (optional) |

| SNOWBOARDING Shredder Team Born 2002-2000 | | | |
|--|---|---------------------------------|---|
| This team is designed for young snowboarders who demonstrate basic snowboarding skills. Coaches will help athletes explore bumps, trees, powder, halfpipe, and terrain park features with an emphasis on safety, etiquette, proper technique, sportsmanship, team participation and FUN! (<i>Snow King Mid-Week & JHMR Weekend Pass required, Snow King Unlimited & JHMR Full Mountain Passes optional.</i>) | | | |
| Program Fee: | \$595 | | |
| Training Sessions: | December 9 th - March 20 th (excluding President’s weekend) | | |
| On Snow: | Wednesdays, 3:30pm-5:30pm @ Snow King & Saturdays, 9am-3pm @ JHMR | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (required) | Unlimited Pass: \$149 (optional) |
| | JHMR | Weekend Pass: \$200 (required) | Full Mountain Pass: \$452.20 (optional) |
| Skill development focus: | Focus on responsible big-mountain & terrain park etiquette, safety, & sportsmanship; proper body position and weight distribution while freeriding & in pipe/park; staying positive & having fun while learning to connect basic skills to improve abilities. | | |

| SNOWBOARDING Devo Team Born 1999-1997 | | | |
|--|---|---------------------------------|---|
| This team is designed for experienced snowboarders interested in focusing on halfpipe, terrain park, freeriding and big-mountain skills. The goal of the Devo Team is for athletes to gain comfort, experience, and confidence in a fun, motivated setting. Competition is not mandatory, although encouraged. Dryland Training available, but not included. (<i>Snow King Mid-Week & JHMR Weekend Pass required, Snow King Unlimited & JHMR Full Mountain Passes optional.</i>) | | | |
| Program Fees: | \$1,025 | | |
| Training Sessions: | December 5 th - March 21 st | | |
| On Snow: | Wednesdays, 3:30pm-5:30pm @ Snow King Saturdays, 9am-3pm @ JHMR & Sundays, 12pm-3pm @ JHMR | | |
| Rec. Summer Skiing: | 7 days | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (required) | Unlimited Pass: \$149 (optional) |
| | JHMR | Weekend Pass: \$200 (required) | Full Mountain Pass: \$452.20 (optional) |
| License: (if competing) | USASA License: \$65 (\$75 after November 1 st) | | |
| Competition/Travel Expenses: | Based on travel schedule and number of competitions entered | | |
| Dryland Training Options: | Tuesdays & Thursdays 3:30pm-5:30pm, October 13 th – November 24 th (\$365) Optional Trampoline Training at Jackson Gymnastics (additional fee) | | |
| Skill development focus: | Focus on fun; responsible big-mountain & terrain park etiquette, safety, & sportsmanship; proper body positioning & weight distribution while freeriding & in park/pipe; basic trick progression (spinning, grabbing, jibbing); displaying focus, a positive attitude, & good sportsmanship during training & events; improving basic skills to build a bigger “bag of tricks”; starting to look at personal riding styles. | | |

| SNOWBOARDING | | Training Team | | Born 1996-1990 |
|---|--|---------------------------------|---|------------------------|
| This team is designed for strong snowboarders who wish to focus on halfpipe, terrain park, freeriding and big-mountain skills. The goal is to provide a positive environment for motivated athletes to expand upon existing abilities. Competition is not mandatory, although highly encouraged in order to continually develop skills. Dryland training is included. (<i>Snow King Mid-Week & JHMR Weekend Pass required, Snow King Unlimited & JHMR Full Mountain Passes optional.</i>) | | | | |
| Program Fee: | \$1,550 | | | |
| Training Sessions: | December 5 th - March 21 st | | | |
| On Snow: | Wednesdays 3:30pm-5:30pm @ Snow King Saturdays, 9am-3pm @ JHMR & Sundays, 12pm-3pm @ JHMR | | | |
| Pre-Season Dryland: | October 13 th - November 24 th : Tuesdays and Thursdays 3:30pm-5:30pm Optional Trampoline Training at Jackson Gymnastics (additional fee) | | | |
| Rec. Summer Skiing: | 7-21 days | | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (required) | Unlimited Pass: \$149 (optional) | |
| | JHMR | Weekend Pass: \$200 (required) | Full Mountain Pass: \$452.20 (optional) | |
| Possible Licenses: (dependent on events/series competing in) | USASA License: \$65 (\$75 after November 1 st) | | | FIS Registration: \$80 |
| | USSA License: \$140 National Competitor (\$165 after October 15 th) | | | |
| Competition/Travel Expenses: | Based on travel schedule and number of competitions entered | | | |
| Skill development focus: | Focus on fun; big-mountain, terrain park & competition etiquette/safety; responsible/realistic decision making; proper body positioning & weight distribution during trick progression; learning to judge speed, take-offs, & landings of different features and pipes; displaying focus, a positive attitude, & good sportsmanship while pushing themselves during training & events; expanding “bag of tricks”, linking multiple tricks, & mixing different tricks with natural & man-made features; focusing on personal riding style & competition game plans. | | | |

| SNOWBOARDING | | Additional Training @ JHMR | | Born 1999-1990 |
|---|--|-----------------------------------|--|-----------------------|
| Additional afternoon training sessions are available to all motivated Devo and Training Team snowboarders who desire a more committed training schedule. In order to participate, athletes must arrange early release from school and their own transportation to JHMR. Sessions may be in conjunction with Competition Team training. (<i>JHMR Full Mountain Pass required.</i>) | | | | |
| Program Fee: | \$365 | | | |
| Training Sessions: | December 15 th -March 16 th (<i>in addition to regular on-snow schedule</i>) | | | |
| On Snow: | Tuesdays, 2pm-4pm @ JHMR | | | |

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| SNOWBOARDING | Competition Team | Born 1996-1990 |
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This team is designed for athletes dedicated to pursuing the highest level of performance. This program seeks to maximize the athletes' halfpipe, terrain park and big-mountain skills as well as build discipline, drive, determination, and self-confidence in a highly focused setting. Athletes will need to arrange early release from school in order to participate. Dryland Training is mandatory. All on-snow training at JHMR. (*JHMR Full Mountain Pass required, Snow King Pass optional.*)

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|--|---|---------------------------------|---|
| Program Fee: | \$2,730 | | |
| Training Sessions: | December 5 th - April 3 rd | | |
| On Snow: | Tuesdays - Fridays, 2pm-4pm @ JHMR Saturdays, 9am-3pm @ JHMR | | |
| Pre-Season Dryland: | October 13 th - November 24 th : Tuesdays and Thursdays 3:30pm-5:30pm Optional Trampoline Training at Jackson Gymnastics for an additional fee | | |
| Rec. Summer Skiing: | 7-30+ days | | |
| Ski Passes: | Snow King | Mid-Week Pass: \$129 (required) | Unlimited Pass: \$149 (optional) |
| | JHMR | Weekend Pass: \$200 (required) | Full Mountain Pass: \$452.20 (optional) |
| Possible Licenses: (dependent on events/series competing in) | USASA License: \$65 (\$75 after November 1 st) | | FIS Registration: \$80 |
| | USSA License: \$140 National Competitor (\$165 after October 15 th) | | |
| Competition/Travel Expenses: | Based on travel schedule and number of competitions entered | | |
| Skill Development Focus: | Focus on fun; big-mountain, terrain park & competition etiquette/safety; responsible/realistic decision making & "line" choice; Positive team/sponsor representation; proper body positioning & weight distribution during advanced trick progression; learning to judge speed, take-offs, & landings for advanced features & big-mountain lines; learning to stay focused & calm during highly competitive & very technical situations; linking advanced tricks on man-made & natural features; concentrating on style, ability, & consistency; and developing a serious competitive game plan & a marketable image. | | |

| NORDIC Teewinot | | Born 2002-1999 |
|--|---|-----------------------|
| We offer the Teewinot program to skiers of all ability levels; from the first time beginner to the future racer. Our goal is developing each individual's skiing skills to maximize his or her athletic potential, while having a terrific time on skis. We introduce aspects of training and conditioning, as well as a general appreciation of and respect for the Nordic environment. This program is the first step towards participating in local & regional competitions. Participants are welcome and encouraged to race in local races. Athletes are arranged in groups based on skill, speed and social needs. Program fee includes a JHSC membership & Trail Creek ski pass. Athlete to Coach ratio: 8:1 | | |
| Program Fee: | \$285 | |
| Training Season: | January 5 th - March 18 th | |
| On Snow: | Tuesday & Thursday, 4pm-5:30pm @ Trail Creek Ranch & Teton Pines | |
| Equipment: | \$40 lease fee <i>**Equipment available on a first come first served basis & in children's sizes only.</i> | |
| Skill development focus: | Focus on proper body position through ski play; Dealing with emotions while displaying good sportsmanship; Participating in a wide variety of sports to develop balance, agility, & coordination; Understanding the importance of ski ties. | |

| NORDIC Development Team | | Born 2002-1996 |
|---|--|-----------------------|
| We offer the Development program to skiers of all ability levels; from first time beginner to the future racer. Our goal is to continue develop each individual's skiing skills to maximize his or her athletic potential, while having fun on skis. We introduce aspects of training and conditioning as well as a general appreciation of and respect for the Nordic environment. Training focuses on the development of balance on skis, the joy of the snow, and the joy of skiing. This program is the next step towards participating in local & regional competitions. Participants are encouraged to race in local races and will have the opportunity to compete at one regional competition. Program includes a JHSC membership & Trail Creek ski pass. Athlete to Coach ratio: 8:1 | | |
| Program Fee: | \$580 | |
| Training Season: | November 10 th - March 18 th | |
| On Snow: | Tuesday & Thursday, 4pm-5:30pm @ Trail Creek Ranch & Teton Pines | |
| Equipment: | \$40 lease fee <i>**Equipment available on a first come first served basis & in children's sizes only.</i> | |
| Skill development focus: | Focus on proper body position through ski play & the basic ski motions are taught; Dealing with emotions while displaying good sportsmanship; Participating in a wide variety of sports to develop balance, agility, & coordination; Understanding the importance of ski ties. | |

| NORDIC Junior Nordic Team | | Born 1999-1996 |
|--|--|-----------------------|
| The Junior Nordic team trains three days each week throughout the season. Training focuses on technique, development of an endurance base, learning about ski waxing and continuing to have fun. There is some speed work. These athletes will be encouraged to compete locally and regionally at Intermountain USSA Races. We offer our Junior Nordic Team to motivated athletes aged 10-13. Our objective is solidifying these athletes' skiing, training, and competition skills while building the discipline, drive, and determination for them to succeed inside or outside the realm of ski competition. Our program covers aspects of competitive racing, training, and conditioning. Program fee includes a JHSC membership & Trail Creek ski pass. | | |
| Program Fees: | \$1,020 | |
| Training Season: | October 19 th - March 19 th | |
| Pre-Season Dryland: | October 15 th – till the snow flies; Location TBD | |
| On Snow: | Monday, Wednesday, Friday, 3:30pm-5:30pm @ Trail Creek Ranch | |
| Athlete: Coach Ratio: | 8:1 | |
| Shuttle Fee: | \$80 <i>**Optional Shuttle from Jackson Hole Middle School to Trail Creek Ranch</i> | |
| Est. Race Travel Costs: | 4 Training & Race trips – Estimated total cost: approximately \$1,100 | |
| Skill development focus: | Focus on the basic motions for both skate & classic skiing while continuing to revert to the basic learned body position; Goal setting to plan and execute performance; Introduction of ski specific training while maintaining participation in multiple sports; Basic techniques for waxing both Skate & Classic skis for training & racing. | |

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| NORDIC | Intermountain Race Team | Born 1995 or earlier |
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We offer our Intermountain Race Team to highly motivated athletes aged 14 and over. Our goal is advancing each individual's skiing and racing skills to maximize their athletic potential, and to help build the discipline, drive, and determination for them to succeed in whatever arena they choose after ski racing. These athletes have the opportunity to attend several summer training camps (on and off snow). Team training begins at the beginning of May, with dryland work and continues until the snow falls. Daily training focuses on details of technique, endurance work, strength work and speed work. Training is partially based on the athlete's biannual physiologic testing. These athletes participate in local, regional and national USSA races, and Wyoming High School races, if they choose. These athletes have the opportunity to qualify for the Junior Nationals, Scandinavian Series and World Juniors. These athletes begin to apply the principles of teamwork, leadership, sportsmanship and commitment to all aspects of their lives. We have created seasonal program offerings to be more flexible for athletes and parents. You can register for Summer only, Fall only, Winter only or the complete program to fit your needs. Program fee includes a JHSC membership & Trail Creek ski pass.

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| Program Fees: | Full Time/Year Round Commitment | \$2,200 |
| | Summer Program 5 session/week | \$775 |
| | Summer Program 3 session/week | \$460 |
| | Fall Program 5 session/week | \$515 |
| | Winter Program 6+ session/week | \$1,290 |
| Training Season: | Full Time/Year Round Commitment | May 11 th - March 30 th |
| | Summer Program 5 session/week | May 11 th – August 20 th |
| | Summer Program 3 session/week | May 11 th – August 20 th |
| | Fall Program 6 session/week | September 3 rd – November 12 th |
| | Winter Program 6+ session/week | November 16 th – March 30 th |
| Fall Dryland | Monday – Thursday (Location TBD) | |
| On Snow: | Tuesday - Sunday, 3:15pm-5:30pm @ Trail Creek Ranch – varies periodically | |
| Athlete: Coach Ratio: | 4:1 | |
| Rec. Summer Skiing | 7+ days | |
| License: | IMD License: | \$20 (\$40 after January 1 st , 2008) |
| | USSA License: | \$120 (\$150 after October 15) |
| Race Travel/ Expenses: | Based on travel schedule and number of competitions entered | |
| Skill development focus: | Focus on effectively executing proper energy application through proper motion while maintaining correct body position; Effectively use of imagery, focus, goal setting and planning to achieve desired results; Begin to specialize & focus more on ski training; Understand basic training periodization & focusing on different aspects of such throughout the season; Understand the basic techniques for waxing both Skate & Classic skis for training/racing & the importance of waxing regularly; Becoming more capable of choosing waxes for the conditions. | |

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|------------------------|---|-----------------------|
| FREERIDE SKIING | For Alpine & Nordic Athletes | Born 1998-1989 |
|------------------------|---|-----------------------|

This is a supplemental training session offered to registered JHSC Alpine or Nordic athletes who have an interest in exploring halfpipe, terrain park, big-mountain and freeride skiing. Athletes will train with Freeride Devo or Training Team athletes and coaches (depending on age). Additional coaches will assure the coach/athlete ratios won't be sacrificed by additional trainees. Applicants must be experienced all-mountain skiers. (*JHMR Weekend Pass required.*)

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|--------------------|--|
| Program Fee: | \$425 |
| Training Sessions: | December 7 th – March 22 th : Sundays 12pm – 3 pm @ JHMR |

USSA/IMD Memberships and Licenses

The United States Ski and Snowboard Association is the governing body for competitive ski and snowboard racing in the US, while the Intermountain Division is the geographical division of the USSA to which we belong in Jackson Hole. In order for USSA and IMD to do their job of tracking the points and rankings of all our racers, providing race insurance, and performing many other administrative services, they will charge a membership and license fee.

Before any athlete may compete in a USSA Sanctioned event, they must become a member of USSA and will be required to have both USSA and IMD competition licenses based on their age and race series. Please consult with your coach to discuss which licenses or memberships you may need and to obtain USSA and IMD forms and releases.

USSA Membership forms are also available at the office or on the Internet at www.USSA.org. Check the link for membership information, and then click on forms/applications. October 15th is the registration deadline to avoid a late fee.

The International Ski Federation is the governing body for many Alpine events. Before any athlete may compete in a FIS Sanctioned event, they must become a member of the FIS and will be required to hold a FIS competition license. August 1st is the deadline to avoid a \$100 late fee.

TUITION

Tuition (paid in full) is due prior to the start of the athlete's program start date. Athletes whose tuition is not paid in full by the first competition date will not be entered or allowed to travel as a JHSC athlete until fees are paid.

Tuition refund policy is as follows:

- Payment of program fees and charges for each athlete for the full season is unconditional.
- NO REFUND for program fees will be issued after January 15th.
- Exceptions, prior to January 15th, are as follows:
 - Injury or other medical reason
 - Relocation of family
 - Coach or Club recommendations
- If separation should occur for any of the causes stated above, the program fees less an enrollment deposit (\$100) and the Membership fee (\$30) will be refunded on a prorated basis. Fees will be prorated from the date which written notification is received to the end date of the athlete's program. Program start date includes any applicable dryland training.
- Refund requests must be submitted in writing to Program Director and Executive Director.

SCHOLARSHIPS

The underlying objective of the Jackson Hole Ski & Snowboard Club is to provide an opportunity for all community youth to develop their potential as skiers and snowboarders. The costs involved in skiing and snowboarding at the regional and national levels can be burdensome, and the JHSC Scholarship Program was established to help mitigate the limiting nature of these costs.

As only a limited amount of scholarship funds are available, all athletes must pay a portion of their expenses. Scholarships partially offset equipment, race, and travel-related expenses.

It is our intention that recipients of scholarship funds will, at some point, make a contribution of time or money back to the JHSC. In doing this, they will ensure that the scholarship program from which they benefited will continue to have the means to support athletes in the future.

The Scholarship Committee will consider the following criteria, in no specific order:

- Need
- Ability
- Academic Performance: 3.0 cumulative GPA
- Commitment to the JHSC program
- Ability/desire to contribute back to the JHSC program

If you interested in participating in this program, or are interested in donating financial aid to this program, please contact the Executive Director in the JHSC office.

Scholarship Applications are available at the Information Center at the JHSC offices and at www.jhskiclub.org

Scholarships and other financial aid are also available through outside organizations such as USSA-IMD and NAASF. Please contact your coach or the Program Director for more information.

ACADEMIC POLICY

The Jackson Hole Ski & Snowboard Club realizes the importance of academics to all of our athletes. We strongly believe that athletes should strive for both academic and competitive excellence. Ski and snowboard competition is a time-consuming endeavor which, if not closely watched, may interfere with an athlete's education. In recognition of this, we maintain on staff an Academic Coordinator to help each athlete reach their academic goals.

It is our goal to encourage excellence and to address potential academic problems before they arise. All participating athletes will be expected to maintain academic eligibility in accordance with existing Teton County School District and Jackson Hole Ski & Snowboard Club policies.

Our policies include the following:

- In order to participate in any JHSC program, and prior to any competition, an athlete must have at least a 2.5 GPA, have passing grades in all classes, and be making a satisfactory effort in the classroom. A failing grade in any class will result in immediate evaluation by the Academic Committee. Any athlete who is expelled or suspended from school (for any reason) will serve a similar suspension from club travel, participation and competitions.
- Grade school and middle school parents are requested to monitor their athlete's academic status and determine eligibility.
- Athletes are strongly encouraged to seek out the Academic Coordinator *before* any academic problems arise. The Academic Coordinator may, at any time, suggest the athlete attend more than one of the JHSC tutorial sessions or possibly receive one-on-one tutorial help during these sessions.
- An athlete removed from the Academic Early Release program may not return until they have obtained written permission from the Academic Committee.
- Unless they are ill or traveling on a JHSC sanctioned trip, all athletes are expected to attend school regularly. Unexcused absence from school will not be tolerated, and may affect an athlete's ability to participate in JHSC programs.
- Parents and athletes are required to sign the academic contract included in the membership packet.

ACADEMIC EARLY RELEASE PROGRAM

The Academic Early Release Program is a program that was developed to address the daylight training needs of JHSC athletes. These are athletes as young as 8th grade (on petition from their parents) who are focused on competition, and have made a commitment to regional and national race schedules. If an athlete is in good standing at the Jackson Hole Middle or High School, she/he may be eligible to participate in this program. Participation in this program is a privilege granted jointly by the JHSC and the Teton County School District #1. It is a privilege that can be revoked.

Making a commitment to the Early Release Program by 9th grade allows appropriate planning of an athlete's high school curriculum so that all of the credits required for graduation are obtained. Most athletes obtain credit for the 6th and 7th hour classes by completing electives "on-line" through Nova-Net, University of Nebraska, or University of Utah. This can be done during the school year or during the summer.

Beginning with the start of school, the athlete is required to be in study hall with the Academic Coordinator on Mondays during the JHMS and JHHS 6th & 7th periods. Athletes are encouraged to attend one or more of the optional study halls offered by the Academic Coordinator (T,W,and Th). Tutoring of students outside the defined study hall hours may be available at additional cost to the athlete. Attendance and arrival times will be noted. Tardy athletes must bring an excuse note to study hall. Failure to attend Monday study hall will result in removal from the next training session. During the academic release periods, JHSC athletes may not be present on school property.

Athletes are expected to make medical, dental, and other appointments on days other than Mondays, so they do not miss the mandatory Monday study hall. Failure to attend Monday study hall will result in a make-up during the next training session.

Proper behavior is expected of the athlete during study hall and tutoring sessions. Disruptive behavior will result in the issuing of yellow and red cards. Early release privileges may be revoked. When necessary, an athlete's participation in the early release program will be evaluated by the Disciplinary Committee. If an athlete is removed from the Early Release program, the athlete will not be allowed to be at the JHSC facilities during school hours. The athlete and their family will be responsible for making other arrangements.

The Academic Coordinator will monitor grades and eligibility and communicate with parents and coaches for all high school aged athletes. School progress reports are a beneficial way for the athlete and Academic Coordinator to chart the athlete's academic progress. The Academic Coordinator has the authority to require that the athlete submit a weekly progress report. It is mandatory that the athlete and the athlete's parent(s) give permission to the Academic Coordinator to access each athlete's "Power School" site, and have access to their grade reports.

ATHLETE RESPONSIBILITIES & BEHAVIOR

By accepting the privileges associated with being a part of the JHSC programs, an athlete implicitly accepts the responsibilities as well. Each athlete agrees to abide by the following, as well as what is written throughout this handbook:

Responsibilities and Behaviors:

- At all times, athletes will represent themselves, the JHSC, Snow King, JHMR and Trail Creek Nordic Center in a respectful and dignified manner.
- Read this entire handbook, expect to abide by its contents, and direct questions to the JHSC staff.
- Meet with the coach to develop the athlete's goals and commit to achieve them.
- Treat coaches, teammates, JHSC staff, Club property, and personal property belonging to others, with respect. Verbal or physical abuse will not be tolerated.
- Respect the coach's decisions.

- Athletes are expected to represent themselves, the Club, and our community in a responsible and positive manner.
- Dress in a manner that is a credit to themselves, the team, and the club.
- Behave in a courteous and responsible manner while traveling to competitions, eating in restaurants, and whenever the athletes are representing the JHSC in any manner.
- Must be polite and respectful of all Snow King, JHMR and Trail Creek employees at all times.
- Obey all rules regarding skier safety and courtesy while on the ski/snowboard site, and while attending training or competitions at other areas.
- Unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature, including sexual intimidation and harassment with sexual overtones will not be tolerated by the JHSC.

Training:

- Arrive on-time and prepared for training. Coaches expect to be called if the athlete is going to be late or will miss a practice for any reason. Take responsibility for yourself.
- Equipment is critical to training. We often practice under adverse weather conditions. Please be prepared each day with appropriate clothing.
- Helmets are required for Alpine and Freeride Program athletes at all times. Alpine programs require a full (ear covering) racing helmet.
- Snow King and Jackson Hole Mountain Resorts have made discounted season passes available to each athlete. The owners of Trail Creek have generously allowed the use of their property for training purposes. These are privileges. Misuse of your pass, or disregard for the policies of any of the ski areas will result in the loss of your pass, loss of your privileges at Trail Creek, and possibly your expulsion from the Jackson Hole Ski & Snowboard Club.
- Participate fully in the training and racing plan designed by the coaching staff. This includes dry land and on-snow training, competition, rest and recovery.
- Stay for the complete training session. If you need to leave early, notify the coach prior to the start of practice.

Specific Ski Area Rules:

- The general skiing and riding public always comes first.
- Fast skiing and riding outside the competition or training arena is prohibited.
- No “out of bounds” skiing during JHSC training sessions.

DISCIPLINE POLICY

The JHSC wants to promote ethical and lawful behavior in our athletes and staff. The goal of JHSC policies on discipline is not to take away an athlete’s privileges as merely a means of punishment. Rather, the goal is to address unacceptable behavior and work with the athlete, coaches, and parents to make a change in that behavior.

Athletes are accountable for their behavior whether they are at a JHSC training facility, traveling with the team, or within the Jackson Hole valley.

The JHSC differentiates between behaviors observed by coaches or staff and those that are reported by a third party. Unacceptable behavior observed by JHSC coaches or staff will be dealt with by the athlete’s coach, or will be referred to the Discipline Committee by that coach. Behavior observed by a third party requires that an “incident report” be completed and referred to the Discipline Committee for action. Incident report forms will be available in the JHSC office.

No action will be taken by the Discipline Committee without contacting the people involved in the incident and the athlete(s)’ parents.

The JHSC discipline policy is based on a yellow card/red card system, as in a soccer game. A “yellow card” is used for minor offenses, and a “red card” is used for major offenses. A series of yellow cards may result in a red card. Red cards may be given independently of yellow cards. Yellow and/or red cards will be placed in an athlete’s file, and kept for 12 calendar months from the time it was placed into the file. While previous offenses remain on file for one calendar year, previous infractions will be considered if future offenses or repeated behavior is observed. Only JHSC coaches, staff, and Discipline Committee (not staff of training centers, parents, other athletes, etc.) have the authority to issue “cards”.

OFFENSES THAT DO NOT WARRANT DISCIPLINARY POLICY

- Athletes who exhibit behavior in violation of the general athletes responsibilities and behaviors that are not deemed worthy of a yellow card offense will receive the following discipline:
 - 1st offense: removal from training session and call to parents
 - 2nd offense: removal from current and next training session and parent meeting
 - 3rd offense: removal from participation for 7 days and parent meeting to discuss program participation.
- All disciplinary action taken will be noted in an incident report form and kept in the athletes file for one calendar year.

YELLOW CARD OFFENSES

- Willful Disobedience - Including but not limited to: disruptive behavior, vulgarity or profanity, disrespectful behavior toward other people or property, or lying to a coach or staff member.
- Unexcused absence from Monday study hall
- Violations of Travel Rules
- Violation of Training Center rules
- Vandalism, including minor damage of JHSC property or other people’s property
- Sexual activity with JHSC teammates or other athletes while at a competition
- Physical/Verbal Violations toward others
 - Fighting, Hazing, Verbal Threats, Sexual Harassment

YELLOW CARD DISCIPLINARY ACTION:

- 1st Offense
 - Conference with coach
 - Conference with the Academic Coordinator if appropriate
- 2nd Offense /1st Yellow card issued
 - Conference with coach; yellow card placed in athlete’s file
 - Parents notified, and plans made to correct behavior
 - Possible 1-3 days of suspension from JHSC programs
 - Notice to Disciplinary Committee
- 3rd Offense / 2nd yellow card issued
 - Immediate & indefinite suspension from all JHSC programs
 - Probable removal from the Early Release Academic Program
 - Disciplinary Committee reviews the information and will determine the length of suspension and/or possible expulsion from the JHSC

RED CARD OFFENSES

- Conviction of a misdemeanor or a felony
- Possession of Tobacco
- Theft of personal property
- Tampering with other athletes’ equipment
- Malicious damage of property belonging to the JHSC or others
- Violation of JHSC Drug & Alcohol Policy

RED CARD DISCIPLINARY ACTION:

- 1st Offense / 1st red card issued
 - Red card placed in athlete's file
 - Parents notified
 - Immediate suspension from all JHSC programs and activities for up to 2 weeks
 - Disciplinary Committee reviews the information and will determine the length of suspension
 - A plan will be made to correct the behavior
- 2nd Offense / 2nd red card issued
 - Immediate expulsion from all programs and activities of the JHSC for one year (12 month period) from the date of the offense.

DISCIPLINE WHILE ON A TRIP

When traveling to a competition, the disciplinary policy & actions apply, as well as:

Additional yellow card offenses, at the coach's discretion:

- Curfew violation (night curfew or morning wake-up)
- Misrepresenting the Team (behaving poorly as a guest of another facility, inappropriate language or behavior to another JHSC teammate or other athletes)
- Failure to wear seatbelt in JHSC van
- Athletes failing to exhibit appropriate behavior or found in violation of JHSC Athlete Responsibilities will be sent home at the expense of the family.

SUSPENSION/EXPULSION FROM JHSC PROGRAMS & ACTIVITIES

If an athlete is suspended from JHSC programs and activities, they are not allowed to train, travel, or compete with JHSC. If an athlete is expelled from the JHSC, they must also return all rented or borrowed equipment within 24 hours of dismissal, remove all personal equipment from Club facilities within 72 hours, and must immediately relinquish their ski passes. The athlete will not be allowed to participate in the Academic Early Release Program. They will not be allowed to come to Club facilities after school. No refund of program fees will be made. If the suspension occurs while on a JHSC trip, no refund of trip fees will be made.

APPEAL PROCESS

In the event that the Academic Committee or the Discipline Committee has made a decision that is contested, the athlete or their parent(s) have the right to appeal to the full Board of Directors.

DRUG & ALCOHOL TESTING

The Jackson Hole Ski & Snowboard Club will not tolerate the use of drugs or alcohol while participating in JHSC programs, and will take steps to provide a drug and alcohol free environment for our staff and athletes.

Participants or staff who need help in dealing with drug/alcohol dependency are strongly encouraged to speak with someone and to seek help.

Community Resources include:

The Community Counseling Center; 733-2046
Curran-Seeley Foundation; 733-3908

Drug & Alcohol testing of athletes and JHSC staff may be done at any time. This may be done on a "random" or "for cause" basis. It may include the testing of urine, breath, hair, blood, and/or saliva samples for the presence of prohibited or restricted substances.

“Random” testing will be performed several times during the winter season. Athletes will be selected randomly from the eligible populations.

“For Cause” testing may be requested when any JHSC staff member or participant exhibits behavior that could be due to the use of a prohibited substance, or if there exists reasonable suspicion of use of such substances

The cost of a negative test will be borne by the JHSC. In the event of a “positive” test, the cost will be borne on the athlete or their family. The refusal of an athlete, athlete’s family, or staff member to undergo requested Drug & Alcohol testing, taking deliberate action to evade, impede, or invalidate such testing shall be treated as a “positive” test result.

If an athlete or staff member has a “positive” test or is found in the possession of, the use of, or under the influence of alcohol or illegal drugs, he/she will face immediate suspension for the remainder of the current season. Athletes may reapply for club membership and participation for the following season.

TRAVEL POLICIES

General Travel Procedures:

- JHSC encourages parents to go to races with their children. Part of being involved in ski racing is the travel to other areas for racing.
- You should review your “Race Schedule” to identify upcoming events. Occasionally, the quota limitations and seed lists for an alpine race are not available until just before the race. In this situation, the entry list is not determined until the last minute.
- Please note the departure time on the race announcement. At departure time, we want to have the van packed and ready to move. Please help us by coming early to allow packing and loading time.

JHSC Travel Vans:

- The JHSC has a fleet of vans that are used for transportation of the older athletes (ask your Program Director when athletes begin to travel in the vans) to the competitions. We require that these athletes travel and lodge with the team. Exceptions must be approved, in writing, by the athlete’s coach and Program Director.
- Gas mileage policy: In order to operate and maintain our fleet of vans, the JHSC charges \$0.20 per mile for all athletes traveling in a ski club van to and from the event. Athletes traveling with parents to and from the event will not incur the transportation expense. Athletes traveling with parents may utilize van seating as it is available during the event but will incur a flat \$20 van fee.
- Only current members of the JHSC will be allowed to travel in the JHSC team vans. If a “guest” staff or athlete is traveling in the team van, they must sign all of the JHSC waivers before being allowed to travel or train with the JHSC.
- Seatbelts are mandatory at all times for everyone in the vans.
- Posted speed limits will be observed.
- Each van must have a cell phone available in case of an emergency.
- All trip fees must be paid at least 24 hours prior to departure.
- All trip cancellations must be made 72 hours prior to trip departure. Any cancellations made less than 72 hours from trip departure will be subject to a minimum of \$100 fee and any fees incurred by the team as a result of cancellation policies.
- Each JHSC staff will hold a valid and insurable driver’s license.
- Staff will not consume alcohol within 8 hours of driving themselves or athletes on a JHSC trip.

JHSC Trips:

1. *Younger athletes** do not travel with the team, nor in the vans unless a specific exception has been made. These athletes and their parents are responsible for all transportation, housing, food, and cost associated with travel to the competition. The athlete will travel with and remain “in the custody” of their parent or their parent’s designee. The coaches will provide information as to where the coaches will be staying, the site of the venue, and other pertinent information.

2. JHSC provides van transportation to *older athletes**, Junior Olympic Qualifying races, IMD races, FIS, and other USSA sanctioned competitions. Parent chaperons will be used when necessary. These athletes may be unsupervised at various times during trips.

- All travel departs from the Snow King Parking Lot.
- One ski bag, a tuning kit/boot bag and one duffle bag are sufficient for most trips.
- If not in an early-release program, be sure to have school dismissal pre-arranged.
- Trips 0-300 miles may be driven by one JHSC staff person. JHSC staff may drive no more than 8 hours in any one 24 hour period.
- Trips greater than 300 miles will be driven by multiple JHSC staff persons.
- If it is anticipated that a trip will return later than 1am, an overnight stop will be scheduled.
- If JHSC staff decides that driving conditions, including time of day, are unsafe for travel, an overnight stay will be taken. The expense will be billed to the athlete upon return to Jackson Hole.

** Consult with Program Director to determine when your athlete will begin traveling with the Club.*

INJURY & ILLNESS WHILE TRAVELLING

It is possible that an athlete will become ill or injured on a trip.

If the athlete’s illness/injury does not require medical attention, but the athlete chooses not to race, the athlete will be responsible to contact their parent(s). The coach will ask the athlete to contact their parent(s), and upon return from the day’s racing, the coach will inquire as to whether or not the athlete’s parent(s) have been successfully contacted. If the athlete is physically unable to make the call, the coach will do so.

If the illness or injury is severe enough that medical attention is required, the coach will first attempt to contact the athlete’s parent(s). If they are unsuccessful, they will contact the Program Director. If they are unable to contact the Program Director, they will contact the Executive Director.

COMMUNICATION

Communication between the JHSC, athletes, and parents is of critical importance. There are several ways of disseminating information...

ORIENTATION MEETING: Each fall, each JHSC program will host a Parent & Athlete meeting. This is a good time to find out what is happening in the coming months and to ask questions. This meeting is mandatory for younger team members.

E-MAIL is an important means of communication. Coaches will e-mail information with regard to training and racing. They will check their e-mail daily. Please make sure to include e-mail addresses for the athlete *and* the parent(s) on the registration forms. New email lists will be updated and utilized beginning October 15th of each program year.

INFORMATION BOARD: Information will be posted in two places:

- Alpine & Freestyle teams will post information at the Information Center outside the JHSC offices at Snow King. There will also be hand-outs available for the athletes to take home.
- Nordic teams will post information on the cork board at Trail Creek Ranch. There will also be hand-outs available for the athletes to take home.

JHSC WEBSITE: This is a good source of information, although this will not be as current as are the e-mail missives. However, updated monthly calendars are available on the website.

JHSC “INDIVIDUAL TEAM HOTLINES”: For daily program information and upcoming events.

PARENT RESPONSIBILITIES & BEHAVIOR

Responsibilities:

- Read this entire handbook with your athlete; expect to abide by its policies, and direct questions to your child’s coach or program director.
- All parents are expected to attend the orientation meeting in the fall. It is mandatory that at least one parent attend this meeting.
- Monitor your own expectations of your child’s performance and progress, realizing that athletes who feel that they cannot meet their parents’ expectations quickly lose motivation.
- Commit to the success of the JHSC fundraising programs. It is only with fundraising that this Club can survive and flourish, thus providing your child with a platform for success.
- Provide proper clothing & equipment: The athletes often practice in adverse weather conditions. Dressing properly and dressing in layers can make a big difference in their comfort and enjoyment of their sport. Properly fitting equipment makes it easier to focus on technique. If you have questions about clothing or equipment, ask the coaches for advice.

Behavior:

Around the Ski Club: While we highly encourage you to get to know the staff and your child’s coaches, we encourage you to set up appointments if you have questions or have something to discuss. We also encourage your use of e-mail.

During Training:

- Please feel free to observe your athlete’s training, but please be discrete, as many athletes are distracted if their loved ones are present.
- Please make appropriate arrangements to pick-up your athlete(s). If you want them to call when practice is finished, have them use their cell phone.

During Races:

- Parents are our ambassadors at races and events. Support the coaches and athletes by respecting the event volunteers and offering your assistance when possible.
- Your children will appreciate your interest and support, and will always appreciate your positive, low anxiety approach to their ski racing.
- Get to the race early.
- Recognize that the team is on a tight schedule, and has many responsibilities before and after the actual racing. The time available for you to spend with your child may be very limited. Please ask the coaches when the best times are to be with your child during the trip/ race.
- Do not interfere with the coaches or the athletes during course inspection or at the start. Racers like to know that their parents are on the course watching them, but having them at the start can be too much pressure.
- Do not try to “coach” your child during the race. Allow the coaching staff to do their job.

- Respect the coach's decisions. They are professionals and are trained to maximize your athlete's experience on each trip. If you have questions, discuss the situation with the coach at a later time.
- Be positive. Attend the awards ceremonies even if your child didn't win.
- Take lots of pictures.
- Remember that the scoreboard is always unofficial.
- If you have questions or concerns about times, fairness, or any other issue at a race, direct questions to your coach and they will contact the race official who represents the athletes (when necessary).

VOLUNTEERING / WORK DEPOSIT PROGRAM

The Jackson Hole Ski & Snowboard Club is a 501(c)3 non-profit organization. The JHSC operates with a small staff and a limited budget, and must rely heavily on the generosity of hundreds of volunteers. To ensure the success of its programs, the JHSC requires that parents participate in the Work Deposit Program (WDP). This program ensures that workers are available and motivated to assist with the JHSC races, events and fundraising. It is also a way to get parents involved and committed to the success of the Club.

Included in the registration packet is the "Volunteer Interest Form/ Calendar of Events". Parents are encouraged to sign up for events via this form or in the Volunteer Book kept at the JHSC offices at the Information Center. The JHSC Volunteer Coordinator or Event Coordinator will email those signed up for the event during the week prior to the event. Volunteers are required to sign in on the day of event. The JHSC Volunteer Coordinator will record all volunteer hours and keep a log of the number of days worked. In April, the JHSC Office Manager will contact all club families with their status in terms of completing the work hour commitment. All remaining work balances will be billed at this time.

Families with more than one athlete participating in JHSC programs will only pay one work deposit, but will be responsible for the highest level of commitment.

In 2009, revenue from our many events raised over \$70,000 which funds daily operations and helps keep program costs down. The JHSC is grateful to the many parents and alumni parents who generously donate their time and energy.

Ski Races: Officials and Volunteers

The JHSC organizes races in Jackson for several reasons. We host races mainly to benefit our skiers by minimizing travel and providing "home field advantage". We also produce races to generate income which offsets the cost of the Ski Club programs. Finally, we feel the Jackson community benefits from our hosting athletic events.

In order to host a successful event, we need many volunteers and certified officials. At the FIS and NOR-AM levels, this may mean 50-60 people. The Jackson Club Series demands 15-20 volunteers for each race. The Nordic events may require 40-50 people.

Through your participation as a volunteer and official, the quality of races improves and our need for paid race crew decreases.

Each volunteer at an alpine race is rewarded with a complimentary lift ticket for a future day of skiing.

The biggest reward, however, is a great view of the race and the satisfaction of knowing that you have helped your child obtain his or her athletic goals by being a part of the race organization. At our highest-level races, you will have opportunity to see some of the best skiers in the country and the world.

It is our goal to educate and organize as many parents as possible in race officiating. This will ensure quality and safe races for our community and athletes. Please speak with your Program Director about opportunities and participation in clinics.

Your involvement in the USSA makes a difference. The USSA needs your support as a race official and volunteer to provide all our athletes with the quality competitive experiences they deserve. If you are a member of the USSA, you are covered by their liability insurance anytime you are performing volunteer work at USSA sanctioned events. If you wish to become a member of the USSA, please call the JHSC office and we can provide you with the appropriate forms and information.

COACH RESPONSIBILITIES & BEHAVIOR

General:

- To the best of their ability, help each athlete in their quest to achieve athletic success.
- Constantly work to increase their knowledge and skill as a coach.
- Represent the athletes' best interest locally, regionally, and nationally.
- Behave according to the USSA/USASA Coaching Code of Ethics.
- Commit 100% to the program, to the individual athletes, and to the coaching plan for each athlete.

Specific:

- The coach will meet with each athlete (J3 and older for Alpine & Freestyle, J2 and older for Nordic) individually at the beginning of the season to discuss training, competing and the athlete's goals. Based on this meeting, the coach will develop a specific plan for each athlete. The coach will meet again with the athlete in January to re-evaluate the plan and the athlete's progress. The original plan and/or goals may be modified or adjusted.
- The coaches will communicate effectively with each athlete and parent. Each coach will check their e-mail and ski-club voice mail on a regular basis. Coaches will let their athletes and parents know what this schedule is, and will respond to messages promptly. Coaches will be available for scheduled meetings/discussions with athletes and/or parents. Coaches will post monthly schedules on the website and update the hotlines on a daily basis.
- When at a race, at least one coach will make arrangements for the athletes' breakfast, lunch, and dinner. They will inform the athletes of the daily schedule. They will be responsible for a "wake-up" call, followed by breakfast information. They will transport the athletes to the race venue, and perform "normal" coaching duties. At the end of the race schedule, the coaches will give guidance, especially to the younger athletes, as to when they should do homework, rest, wax, prep for the next day's races and other race related activities. One coach will make arrangements for dinner and will accompany the team to dinner, or will designate a parent chaperone to do such. The coaches will determine the time for "lights out" and perform a "bed check" at that time.
- If school is being missed, coaches will schedule a "study hall" time during the competition. Athletes are responsible for bringing their study materials.
- If a primary coach has questions or issues, they should be taken to the Program Director. If the questions or issues persist, please take them to the appropriate committee or ask that they be discussed at the next Board of Directors' meeting. Requests to be put on the agenda can be submitted to the Program Director or to one of the Board Members.

TRAINING FACILITIES

| | |
|-------------------------------|-----------------------------|
| Snow King Resort: | 100 East Snow King Avenue |
| Jackson Hole Mountain Resort: | Teton Village |
| Trail Creek Ranch: | Trail Creek Ranch Road |
| Cabin phone #: | 733-2096 {November - March} |
| Teton Pines Country Club: | Teton Village Road |
| Nordic phone #: | 733-1005 |

The Jackson Hole Ski and Snowboard Club is fortunate to have some of the finest training centers in the country. In order to preserve this for yourselves and future JHSC athletes, please observe the following policies:

1. Respect our facilities and keep them clean!
 - Athletes will participate in clean up as requested by coaches.
 - Work areas will be cleaned IMMEDIATELY after waxing or ski/snowboard prep, including scraping wax off tables and floor.
 - Trash will be placed in garbage cans.
 - Keep food out of the locker rooms.
2. All personal equipment will be stored in a neat and orderly manner.
 - Keep personal equipment inside lockers or in designated areas before and after training.
 - Only training equipment should be stored in lockers.
3. Athletes will be responsible for any damage to the facility or lockers.
 - No writing, stickers, or defacement to lockers or Club property.
 - No horseplay, yelling, swearing, or disorderly behavior will be tolerated.
 - For those athletes with assigned lockers...be careful with your keys – they can easily break or be lost.
4. Offices and Coaches Room are off limits to athletes unless invited by a coach.
 - Athletes at Snow King Center are requested to use downstairs restrooms.
 - During study hall sessions in the coaches' room please respect the staff's workspace.
5. Access to the team rooms at Snow King Center is limited to JHSC athletes.
 - Athletes are welcome during training hours: one hour prior to training until 6pm at night.
 - Locker facilities are provided as a courtesy to JHSC athletes – JHSC staff is not responsible for athletes when not participating in organized training activities.
 - Athletes are requested to arrive 15 minutes to prior to training. Athletes need to be picked up within 15 minutes of the end of the training session. Athletes who arrive early and/ or stay late cannot be supervised by the JHSC staff and increase the potential for negatively impacting our valuable relationship with the various venues.
 - During races our athletes are requested to spend time off the hill downstairs unless they have specific a race-related need to be in the team room.

Trail Creek Regulations:

The Trail Creek Training facility is located primarily on land belonging to the Trail Creek Ranch. Before her death, the owner of Trail Creek Ranch, Betty Woolsey, graciously allowed us to use her land for skiing. Her successor has continued this generosity, but we must remember that we are GUESTS of the Ranch. In order that this generosity continues to be extended to the JHSC, we must abide by certain regulations. All skiers and families must adhere to the following parking and behavior regulations:

- Park on the south side of the road, in the direction of traffic.
- Park west of the 1st driveway.
- Leave a space every fourth car, so that others may turn around.
- Carpool whenever possible.
- Educate others who park incorrectly.
- Be extremely conscientious when parking.
- Drive slowly.
- Don't double-park, even when picking up your athlete(s).
- Don't park in anyone's driveway.

It is also VERY important that skiers not do anything to stress the abundant wildlife that lives in the woods at Trail Creek. Avoid moose encounters. Moose are a frequent sight on the trails. Usually moose mind their own business, but they can be unpredictable. Never pass a moose on a trail, get between a mother and her calf, yell at the moose, or walk toward it. If a moose moves toward you, get behind a tree or anywhere else that is out of sight. If you encounter a moose, it is best to turn around and ski in the other direction.

Jackson Hole Ski and Snowboard Club
2009/2010 Event Schedule

| | | |
|----------------|--|-----------------------------|
| Sept. 12 | Old Bill's Fun Run for Charity | Town Square |
| Sept. 26 | Black Tie Blue Jeans Ski Ball | JHMR |
| Oct. 3 | Club sign-up day | Snow King |
| Oct. 24 | Trail Creek Clean Up Day | Trail Creek |
| Nov. 7 | Ski Swap | Heritage Arena |
| Dec. 11-14 | Western JR. FIS Race | Snow King |
| Jan. 9-10 | Sean Nurse Memorial Slaloms | Snow King |
| Jan. 2 | Club Series GS | Snow King |
| Jan. 16-18 | Open Series Super G's | JHMR |
| Jan. 23 | Club Series GS | Snow King |
| Jan.30-Jan. 31 | Masters Race 2GS | Snow King |
| Feb. 4-7 | Wild West Classic Elite FIS Series | Snow King |
| Feb. 6 | Club Series GS | Grand Targhee |
| Feb. 13-14 | Possible Training Race for US Ski Team | Snow King |
| Feb. 13 | Moose Chase Marathon | JHMR & Shooting Star Nordic |
| Feb. 20 | Club Series SL | Snow King |
| Mar. 6 | Club Series SL | White Pine |
| Mar. 14-15 | Town Downhill | Snow King |
| Mar. 19-21 | IMD Champs | Snow King |
| Mar. 20 | Club Series Final Dual SL | JHMR |
| Mar. 20 | Nordic X | Trail Creek |
| March 27 | Pole Pedal Paddle | Jackson Hole |

