



2016 - 2017

REGISTRATION PACKET

(v. 20162017.1)

August, 2016

Greetings Mad River Glen Junior Ski Racers

Welcome to another great year and season at Mad River Glen with the MRG Race Program. The *Farmer's Almanac* has once again called for a snowy, cold winter- which is music to our ears! Please read through this packet carefully and it contains important program information. If you have any questions, please feel free to contact me.

Registration and Payment:

The Mad River Glen Race Program is administered through Mad River Glen Cooperative and requires detailed form completion and payment. For registration and payment, you have the option of completing the additional online form through the Mad River Glen website and submitting payment there or mailing in a check. Please note that all program registration takes place through the MRG website this year; hard copy forms will not be accepted. A reminder that October 15th is the last day early season program tuition rates; pass purchases and VARA/USSA memberships. This is a firm date; please don't miss it.

Website and Communication:

Last year we launched two new communication platforms; the program & club website at www.madriverglenrace.org and our TeamSnap program management software. Both communication channels are useful and are excellent ways to learn more about the program and program schedules but have their roles and limitations.

- Website: Our program website is the first place where information in this packet has been published and is relevant to prospective athletes and families. It also contains our weekly training schedule, directions to race venues, information on race day and other useful links to Jim's Blog (published weekly during the season), Team Snap, and Mad River Glen Coop website.
- Team Snap: Used and viewable by only current club members, Team Snap is a wonderful tool for program staff, parents and athletes to use for schedules, communication and sharing media. Available via the website, or on your mobile device (free downloaded app), each age group has their own "team" as well as a larger MRSC team which includes the larger membership. While not mandated, we encourage all to embrace and use their platform. To join, your tuition with the program and membership in the club must be current. Once current, MRG staff will add you to the appropriate team. It is incumbent on the athlete and athlete's family to confirm or add current contact information. Team Snap's utility is limited if contact information is incomplete or not current.

Preseason Events:

Everyone is welcome to join and participate in the following events:

- Kelly Brush Ride, Middlebury, VT (9/10/16) – Join team MRSC to support this great ski racing cause
- VARA Fit Day/Cochran's Dryland, Richmond, VT (9/11/16) – Come try on/buy this year's equipment and get a great workout!
- Ski and Skate Sale, Waitsfield, VT (11/12-13/2016) Sell your equipment or find hidden gems

Preseason Training

There are several early winter training opportunities available for athletes, including our dryland workouts, our preseason training days and camps from ski academies and private coaches. We encourage all who can make it to use these to not only build fitness but refine ski-specific motor skills that will lead to greater progress throughout the season. For those athletes and families who are interested, there are discounted opportunities in Jim Komarmi's Colorado DEVO Ski Camp (www.devoskicamps.com) and our program's Winter Camp 1 at Sunday River, Maine.

Mad River Ski Club Membership and Involvement

The Mad River Ski Club (MRSC) is the sanctioned United States Ski and Snowboard Association/Vermont Alpine Racing Association club that our athletes race under.

We do a lot for a small club and we expect that everyone is involved and contributes. Ski Club families are required to help at two of our four large race events as well as attend and participate in club functions. You can sign up your two (or more) events here or by visiting the club website. Families are required to list the two events they will volunteer for when completing the club (family) registration.

Ski Club Socials

- Holiday Party: Join us for the annual MRSC holiday party on Sunday, December 27th. This is the annual kick-off and welcome to the season. Enjoy great food, cold beverages and learn more about the season ahead.
- Ski Racing “Crash Course” for Parents: Learn the basics of modern race technique, understand course tactics and get feedback on your own skiing. Sunday, January 6^d (weather and location providing)
- Mid-Season Party
- Club Championships and Year End Party

Fall Dryland Schedule:

The 2016 Fall Dryland Program will consist of four Sunday training blocks.

Date	Time	Location	Activity
Sunday, September 11	TBA	Cochran’s Ski Area	Activity Stations
Sunday, October 30	1:00pm - 3:00pm	Fayston Elementary	Balance/Gymnastics
Sunday, November 6	1:00pm - 3:00pm	Fayston Elementary	Agility/Speed
Sunday, November 13	1:00pm - 3:00pm	Fayston Elementary	Speed/Coordination
Sunday, December 4	1:00pm - 3:00pm	Fayston Elementary	Agility/Speed/Games

If you have questions about anything presented in the following pages, athlete equipment or the program in general, please feel free to contact me.

Take care,
 Jim Komarmi
jkomarmi@gmail.com or 303-248-6018

Mad River Glen
Alpine Race Program
Fees and Memberships

1) Junior Race Programs:

U8 Race Program – (for birth years 2008, 2009 and 2010)

Our U8 Program is designed for skiers born in 2008-2010 and meets each week on Saturdays from 9:00 AM until 2:00 PM. The Program serves as an informal introduction to racing with emphasis on having fun and acquiring basic racing skills. MRSC family membership is required. Skiers in this program compete in fun races at MRG and have the option (with USSA membership) to participate in select VARA Northern Vermont Council races.

Fall Conditioning: Sundays beginning October 30st, 1-3pm (optional).

On Snow Training:

- Weekends (Saturday) at MRG starting December 31 from 9:00am to 2:00pm

Program Fee: \$400 per athlete

MRSC Club Membership: \$125/family (before December 1)

VARA Membership: \$35 per athlete (only needed if the athlete will attend races)

USSA Membership: \$25 per athlete (only needed if the athlete will attend races)

Ski Passes: Each athlete is responsible for his or her own season pass or lift ticket.

Equipment: One pair of mountain skis, poles, helmet with “hard ears”.

U10 Race Program – (for birth years 2007 and 2008):

The U10 Program is for skiers born between 2007, 2008 and 2009. The Program meets Saturday and Sunday, 8:30-2:30; additional training sessions are optional. Athletes focus on skill acquisition and technique development while skiing all over the mountain. Athletes will spend 80% out of the course, with 20% reserved for training and racing. U10s race and train both Giant Slalom and Parallel Slalom disciplines. USSA, VARA and MRSC memberships are required

Fall Conditioning: Sundays beginning October 30st, 1-3pm.

On Snow Training:

- Weekends (Saturday/Sunday) at MRG (when it opens) from 8:30am to 2:30pm
- Holiday Winter Camp 2 at MRG from 9am to 2:00pm
- February Vacation at MRG from 9am-2pm.

Program Fee: \$750 per athlete if paid in full by October 15th, 2016.

\$850 per athlete if paid after October 15th, 2016.

MRSC Club Membership: \$125/family (before December 1)

VARA Membership: \$55 per athlete if paid in full by October 15th, 2016.

\$65 per athlete if paid after October 15th, 2016.

USSA Membership: \$25 per athlete

Ski Passes: Each athlete is responsible for his or her own season pass or lift ticket.

Equipment: One pair of race skis, one pair of mountain skis, poles, helmet with “hard ears”.

U12 Race Program – (for birth years 2005 and 2006):

The U12 Program is for skiers born between 2005 and 2006. The Program meets Saturday and Sunday, 8:30-3:00; additional training sessions are optional. Athletes focus on skill acquisition and technique development in a fun, fast-paced environment. Athletes are expected to formally practice balance, body position, edging. 65-70% of an athletes time will be spend skiing outside of race/training courses; 30-35% will be reserved for gate training. U12s race and train both Giant Slalom and Slalom disciplines.

Fall Conditioning: Sundays beginning October 30st, 1-3pm.

On Snow Training:

- Weekends (Saturday/Sunday) at MRG from 8:30am to 3:00pm
- Weekdays (Friday) at MRG from 1:30pm to 3:30
- Winter Camp 1 at Sunday River
- Holiday Winter Camp 2 at MRG from 9am to 2:00pm

- February Vacation at MRG from 9am-2pm.
- Program Fee:** \$825 per athlete if paid in full by October 15th, 2016.
\$925 per athlete if paid after October 15th, 2016.
- MRSC Club Membership:** \$125/family (before December 1)
- VARA Membership:** \$55 per athlete if paid in full by October 15th, 2016.
\$65 per athlete if paid after October 15th, 2016.
- USSA Membership:** \$50 per athlete
- Ski Passes:** Each athlete is responsible for his or her own season pass or lift ticket.
- Equipment:** two pair of race skis (slalom and giant slalom), one pair of mountain skis, poles, helmet with “hard ears” and slalom guards.

U14 Race Program – (for birth years 2003 and 2004):

The U14 Program (born in 2003 or 2004) is focused on complete, well-rounded athletes, who are at home in the trees, bumps or on a GS course. At this level, athletes refine their technique and begin to apply tactics to their technical approach to ski racing. Individual athletes should show respect for their equipment and have general understanding of how to care for and maintain their tune. Roughly 55-65% of an athlete’s time will be spent skiing on the mountain; 35-45% will be in formal training/race courses. Athletes train and compete in Super G, Giant Slalom and Slalom. USSA and VARA memberships are required

Fall Conditioning: Sundays beginning October 30st, 1-3pm.

On Snow Training:

- Weekends (Saturday/Sunday) at MRG from 8:30am to 3:00pm
- Weekdays (Friday) at MRG from 1:30pm to 3:30
- Winter Camp 1 at Sunday River
- Holiday Winter Camp 2 at MRG from 9am to 2:00pm
- February Vacation at MRG from 9am-2pm.

Program Fee: \$925 per athlete if paid in full by October 15th, 2016.
\$1025 per athlete if paid after October 15th, 2016.

MRSC Club Membership: \$125/family (before December 1)

VARA Membership: \$55 per athlete if paid in full by October 15th, 2016.
\$65 per athlete if paid after October 15th, 2016.

USSA Membership: \$75 per athlete

Ski Passes: Each athlete is responsible for his or her own season pass or lift ticket.

Equipment: Two pair of race skis (slalom and giant slalom), one pair of mountain skis, poles, slalom guards and a helmet that complies with new FIS standards. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98.

HS/U16 Program – (for birth years 1999 - 2002):

The HS/U16 Training Program provides athletes the opportunity to continue training or augment their HS training with our Saturday & Sunday or just Sunday only programs. Roughly half of an athlete’s time will be spent completing drill exercises while the other half will be formal gate training. Athletes are not required to join USSA or VARA but should join MRSC. U16 aged athletes who wish to race USSA sanctioned races, should be USSA and VARA members. MRG Junior Race Program will support up to 5 local races that are deemed appropriate for our athlete’s skill sets and fitness level.

Fall Conditioning: Sundays beginning October 30st, 1-3pm.

On Snow Training:

- Weekends (Sunday) at MRG from 8:30am to 2:30pm

Program Fee: \$1025 per athlete if paid in full by October 15th, 2016 (Saturday & Sunday Program)
\$1125 per athlete if paid in full by October 15th, 2016 (Saturday & Sunday Program)
\$500 per athlete if paid in full by October 15th, 2016 (Sunday only)
\$600 per athlete if paid in full after October 15th, 2016 (Sunday only)

MRSC Club Membership: \$125/family (before December 1)

Ski Passes: Each athlete is responsible for his or her own season pass or lift ticket.

Equipment: Two pair of race skis (slalom and giant slalom), one pair of mountain skis, poles, slalom guards and a helmet with hard ears.

Critical Mass Requirement: MRG Race Program requires that the HS Training Program meet a “Critical Mass” criteria in order for the program to be offered. Athletes will be notified and refunds issued after December 1 if the criteria is not met.

Program tuition increases take effect October 15th, 2016. All program registrations must be made via MRG’s online form (<https://www.madriverglen.com/passapp/sh>). You can make your program payment via credit card on the website or by sending in a check check made out to Mad River Glen. All online transactions and checks must be completed by October 15th or postmarked on October 15th. THIS IS A HARD DEADLINE.

Mad River Glen
P.O Box 1089
Waitsfield, Vt. 05673

2) All athletes in MRG Race Program must also be members of the Mad River Ski Club. MRSC provides athletes the opportunity to compete in a USSA registered program. In addition, to being a sanctioned club, MRSC provides social and financial support to the MRG Race Program. Ski Club membership is completed via a second form attached to this packet/email. Please send the attached ski club form and a separate check for \$125.00 no later than December 1, 2015, payable to: Mad River Ski Club, and mailed to:

Meg Singer-Huffman- Treasurer
55 Overlake Park
Burlington, VT 05401

3) Lift tickets/ season passes are not included in the program cost. Please see the Mad River Glen rate sheet. Children 12 and under are free this year provided that they sign up for a seasons pass prior to October 15. All rates go up after October 15.

4) Friday Training will be offered weekly starting January 5th. There is no additional cost for the Friday Program unless training occurs offsite. A Friday training schedule will be posted ahead of time. Friday sessions will be staffed each Friday session by MRG coaches unless otherwise noted.

5) Non-Ski Club members are welcome to “try” the program and participate in training, if there is space available. Non-members should consult and meet with the Head Coach prior to joining the program on the hill.

6) All children who plan to race in the Northern Vermont Council Races (U10s – U14s) must be members of both VARA (\$35-55, depends on age) and USSA (\$25-\$75, depends on age). If you were a member last year, you have received renewal forms in the mail. Please send these promptly to avoid a delay in receiving your membership cards. If you are not currently a member, write or call them directly to request a membership form.

VARA Membership:

Online Registration:	https://secure.adminsports.net/vara
VARA Website	http://www.vara.org
VARA Email:	Julie Woodworth: julie@vara.org

USSA Membership:

Online Registration:	http://my.ussa.org/membership/start
USSA Website	http://www.ussa.org

Mad River Glen Race Program
2016/17 Tentative Calendar of Events

September:

- 10th – Kelly Brush Ride
- 11th – VARA Fit Day/Cochran's Dryland Clinic

October:

- 15th – Jr. Race Program/Season Pass Preseason Rate Deadline
- 30th – Dryland Session 1 @ Fayston School

November:

- 6th – Dryland Session 2 Fayston School
- 12-13th – Waitsfield Elementary Ski and Skate Sale
- 13th – Dryland Session 3 Fayston School
- 13th - Tuning Clinic with Edgewise Fayston School

December:

- 8th-11th – Winter Camp 1 at Sunday River
- 17th – U14-U10 program starts
- 27th – Jan 1st – Holiday Winter Camp 2 (one day off TBD by weather/fatigue)
- 27th – MRSC Club Social
- 30th – U8 Program Begins

January:

- 6th – First possible Friday Training
- 16th - Family Tournament at MRG
- 16th – MLK Day Training
- 22nd – NVC U14 SL at MRG

February:

- 5th – U12 Panel SL at MRG
- 14th - Junior Mogul Challenge
- 21st – Unconventional Terrain Competition
- 20,21,23,24 Presidents' Week Training

March:

- 7th – John Kearns Memorial Town Meeting Day Race
- 25th - Program Finale, Club Championships

MRG Race Program 2016 -2017 Events by Age Group

TENTATIVE

U14:

<u>DATE:</u>	<u>EVENT:</u>	<u>LOCATION:</u>
January 8	Panel Slalom	Burke
January 15	Slalom	Cochran's
January 16	Family Tournament	Mad River Glen
January 22	Slalom	Mad River Glen
January 29	Giant Slalom	Jay Peak
February 5	Giant Slalom	GMVS/Sugarbush ME
February 12	Super G	MMSC/Stowe
	U14 State Shootout	Bromely
March 3-5	U14 State Championships	TBA
March 7	Town Meeting Day SL	Mad River Glen
March 18/19	George Tormey Series	Smuggler's Notch
March 25	MRSC Club Championships & Program Finale	Mad River Glen

U12:

<u>DATE:</u>	<u>EVENT:</u>	<u>LOCATION:</u>
January 8	Skills Day	MMSC
January 16	Family Tournament	Mad River Glen
January 22	Giant Slalom	Jay Peak
February 5	Panel Slalom	Mad River Glen
February 12	Stubbie Slalom	GMVS/Sugarbush ME
February 26	Giant Slalom (Team)	Burke
March 7	Town Meeting Day SL	Mad River Glen
March 18/19	U12 George Tormey Series	Smuggler's Notch
March 25	MRSC Club Championships & Program Finale	Mad River Glen

U10:

<u>DATE:</u>	<u>EVENT:</u>	<u>LOCATION:</u>
January 16	Family Tournament	Mad River Glen
January 29	Giant Slalom (Team Event)	Smuggler's Notch
February 5	Giant Slalom	Cochran's
March 5	Stowe Duals	Stowe
March 7	Town Meeting Day Panel SL	Cochran's
March 12	Giant Slalom	GMVS
March 25	MRSC Club Championships & Party	Mad River Glen

U8:

<u>DATE:</u>	<u>EVENT:</u>	<u>LOCATION:</u>
January 16	Family Tournament	Mad River Glen
March 7	Town Meeting Day SL	Cochran's
March 7	Stowe Duals	Stowe
March 12	Giant Slalom	GMVS
March 25	MRSC Club Championships & Party	Mad River Glen

Mad River Glen
Race Program Athlete Registration Information
2016-2017 Season

We require everyone to use the online registration at <https://secure.madriverglen.com/passapp/sh>
If you prefer to pay via check, please submit a copy of your registration confirmation along with your check payable to Mad River Glen and mail it to:

1.

Mad River Glen
P.O. Box 1089
Waitsfield, Vermont 05673

Tuition Structure:	Program Tuition before 10/15/2016	Program Tuition after 10/15/2016
HS Training Sat/Sun (1996-2002)	\$550	\$550
HS Training Sat & Sun (1999-2002)	\$1025	\$1125
U14 (2003-2004)	\$925	\$1025
U12 (2005-2006)	\$825	\$925
U10 (2007-2009)	\$750	\$850
U8 (2008-20010)	\$400	\$400

**Mad River Glen Co-operative
Liability Release Form**

One Form Per Registered Athlete

I, _____, know that skiing is an action sport carrying significant risk of serious personal injury, death, or property damage.

I also know that there are natural and environmental conditions and risks, which independently or in combination with my activities may cause property damage, or severe or even fatal injuries to me or to others.

I agree that I alone am responsible for my safety while participating in competitive events and/or training for competitive events and specifically acknowledge that the following persons or entities including the Mad River Co-operative and its staff and the Mad River Race Program or any organizers, promoter clubs, officials, representatives, officers, member or any affiliate of any person or entity named above are not responsible for my safety.

I agree to accept all responsibility for the risks, conditions, and hazards which may occur whether they be known or unknown. Being fully aware of the risks, conditions, and hazards of the proposed activity as a competitor and/or participant, I HEREBY AGREE TO WAIVE, RELEASE AND DISCHARGE any and all claims for damages for death, personal injury, or property damage which I may have or which may hereafter accrue to me as a result of any participation in competitive events or training for competitive events, against any person or entity identified above whether such injury or damage was foreseeable or not.

I understand that it is my responsibility to provide my own medical and accident insurance. I agree that I will accept and abide by the rules of the above-mentioned organizations. This Acknowledgment and Assumption of risk and Release shall be binding upon my heirs and assigns.

Signatures(s):

Participant _____ Date: _____

Parent _____ Date: _____

By signing this Acknowledgment and Assumption of Risk and Release as Parent/Guardian, I am consenting to the competitors' participation in competitive skiing and /or training, and acknowledge that I understand that any and all risk whether known or unknown is expressly assumed by me and all claims, whether known or unknown, are expressly waived in advance.

Signature: _____ Date: _____

MRG Junior Race Program Athlete Code of Conduct

One Form Per Registered Athlete

- 1.) Respect and listen to your coaches.
- 2.) Be courteous and respectful to Mad River Glen Ski Patrol, Mad River Glen employees and other resort guests.
- 3.) Racing/training is only permitted in the designated training/event areas. Ski in control and with the flow of traffic while skiing to and from your training/event area.
- 4.) Clean up after yourself in the Basebox, Birdcage, Stark's Nest and on the hill.
- 5.) All athletes, coaches and assistants must have an appropriate day ticket or season's pass while training and on event/competition days.
- 6.) Leave other skier's equipment alone, including other athletes and coaches. All equipment must be kept on a ski rack while not in use.
- 7.) Use of electronic devices during program hours is prohibited unless necessitated by emergency.
- 8.) Offices and other race-related areas are off limits unless your coach invites you into them.
- 9.) If you lose your coach or group, go back to the flagpole or the bottom of the last lift you rode and wait for them.
- 10.) Vermont State Law enforces the ANSI Code B77 3.1.4.5.4., which requires that you ride all chairlifts with your retention/safety bar down at all times.
- 11.) Appropriate public behavior is expected at all times at Mad River Glen and during Mad River Glen functions/events.

DISCIPLINARY ACTIONS

In the event that an athlete violates the Code of Conduct, one or more of the following may occur:

- 1.) Discussion with coaches, parents and athletes concerned.
- 2.) Suspension of ski/training privileges by any Mad River Glen employee; NO REFUND
- 3.) Suspension of competition privileges.
- 4.) Suspension from the MRG Junior Race Program -NO REFUND

I, _____ have read and understand the above Code of Conduct
(printed of athlete)
and agree to respect it throughout the season.

(signature name of athlete) _____
(Date)