



SANTA FE SKI TEAM PARENT & ATHLETE GUIDE

1. MEMBERSHIP REQUIREMENTS

- A completed online registration and full tuition payment is required prior to participating in team sponsored training.
- Ski team athletes are required to have a completed liability waiver and medical release form submitted prior to participating at any team sponsored events.
- All ski team athletes are required to have an up-to-date membership with U.S. Ski & Snowboard.
- Athletes who apply for financial aid must have a completed application submitted to the Board by November 30th. The Board will review applications in a timely fashion and let each athlete know of their status. Partial financial aid recipients must have the uncovered portion of the tuition paid prior to participating in a team sponsored event.
- Season passes for the Sipapu Ski area are required. Junior passes are reasonably priced, and discounts are available to team members if purchased prior to or at the annual ski swap.

2. PARENTAL INVOLVEMENT

- The Santa Fe Ski Team depends on parental involvement, especially to help during race days and at fundraisers.
- Please leave the instruction to the coaching staff and in this regard, do not plan on skiing with your child's group. Parents are not to instruct their kids during training or competition. It can be very confusing for the competitors to hear differing messages from their parents and coaches. On training days, please give your athletes the freedom to learn with the other children. You are always welcome to watch your kids race, ride the lifts with them, and meet them for lunch. This allows us to help your athletes grow, and gives them a sense of independence. Adult Masters, who have officially joined the team will train with other adult masters. Sometimes these groups will mix, especially during gate training. There may be occasional times where Coach Hubert invites parents to free ski with the team, but at all other times, we ask that you give your child independent time with the team.
- If you are dropping your child off on training days and returning later, or have arranged for alternate transportation, please let the coaches know. For very young children, we encourage you to be available at the mountain or lodge.



- If you would like to free ski with your athlete during the day and remove them from training, please notify their coach.

3. ATHLETE CODE OF CONDUCT

- Each athlete is expected to conduct himself or herself in a sportsmanlike manner and is responsible for his or her actions. The sponsorship and support of the Sipapu ski area is our most valuable asset and it is a privilege to ski there. Please think about your actions while on the mountain. You represent yourself and our team at all times through your actions and words.
- Good sportsmanship includes but is not limited to:
 - Respect for all event officials and volunteers, ski area employees, coaches, and staff, the skiing and snowboarding public, fellow teammates and fellow competitors
 - Respect for the facilities and for all private and public property and to display courtesy and good manners while training and traveling to events
 - Self-control, responsible behavior, consideration of others' physical and emotional well-being; no profane or abusive language or behavior will be tolerated
 - A positive attitude promoting team spirit and team unity
 - Honest conduct; cheating, lying, and/or theft will not be tolerated
- Further, the Santa Fe Ski Team will not tolerate:
 - Out of control behavior
 - Cutting in lift lines
 - Disrespect for any coach, parent, lift operator, skier/snowboarder, or ski patrol
 - Any conduct unbecoming to the team while participating in any SFST race, event or function
 - The use of alcohol, illicit drugs or tobacco products
- Santa Fe Ski Team athlete responsibilities include:
 - Academics are more important than athletics. Please make every effort to maintain a good grade point average and to satisfy your parents' academic expectations.
 - Competitors are expected to attend all training activities of their program.
 - Athletes are required to be on time and prepared for the day. This includes:
 - Having skis properly tuned and in good condition.
 - Wearing suitable clothing and be prepared for changing weather conditions
 - Helmets and goggles are required for training and competitions
 - Plan your meals, bring a packed lunch including snacks, or bring money to purchase a meal on the mountain



- Bring a positive attitude and be ready to ski
- While training and competing, each athlete owes it to themselves, coaches and competitors to put forth their best effort
- Athletes are required to remain with the team and/or ski as instructed by their coaches
- Skiing is a potentially dangerous sport. We will be teaching safety skills and respect for the mountain, as well as for other skiers. We believe that our team needs to exhibit exemplary behavior to the other skiers on the mountain. Athletes who do not cooperate with these guidelines, or exhibit dangerous or uncooperative behavior will be suspended or dismissed from the team. Suspended or dismissed athletes will not receive refunds.

4. TRAINING DAYS

- Training days are typically Saturdays and Sundays. There will be occasional weekday training sessions during vacations.
- Training starts at 9am, and lasts until 3pm. Athletes are expected to be ready to go at 8:45am, lining up to get on the lifts. U14+ athletes may participate in early morning training on Sundays.
- It is essential for early morning training that the athletes follow the mountain rules, as there is grooming equipment and motorized vehicles on the mountain. Unsafe behavior will lead to suspension or dismissal from the team. The temperatures are often at their lowest during this time, dress appropriately.
- Lunch break times vary. Athletes need to coordinate post lunch meeting times and locations with their coach.

5. FUNDRAISING

- The Santa Fe Ski Team is a non--profit organization. We strive to keep tuition rates low, compared to similar programs, but to do this we require your participation.
- Fundraising is critical to meet our financial needs, and your involvement is mandatory. This includes helping during the ski swap and any other fundraising events that are planned. We have a sponsorship committee, which we invite everybody to participate in. Any assistance in identifying potential sponsors or donors is appreciated. We also always need help with identifying and submitting grant applications.



6. RACE DAY

- All athletes are encouraged to participate on race days. Fun races are a great opportunity for the newer racers to get used to racing. Southern Series races, or other more advanced races are also a great way for the athletes to compete and gain experience.
- When we host a Southern Series race we need all team members to help. Please sign up to volunteer.
- Registration for races is typically required at least 1 to 2 weeks in advance. Specific race information, help with travel and race schedules will be available on our website and through our newsletter.
- When traveling to other mountains for races, it is up to you to arrange transportation and lodging.
- Lift tickets for athletes and parents are almost always discounted at the host mountains.
- Even though you have already preregistered, race day starts early, sometimes at 7 or 8 am to get lift tickets, bibs, etc. Arriving on time is very important.
- Course inspection typically occurs 1-2 hours before race start time.
- There is often a lot of standing around on race day for your athletes while they wait for their time to enter the course. Please make sure they are dressed appropriately. Carrying snacks and hot chocolate will help. Sometimes there will be limited time for lunch, plan accordingly.

7. TEAM TRAVEL

- Occasionally the team will travel for races or training. It is up to you to arrange transportation or lodging.
- Some of the older racers will be traveling to more advanced races, at times accompanied by a coach.
- When traveling, all athletes are expected to abide to the rules of the team, and if traveling with a coach, we ask that athletes be respectful of their authority.

8. TEAM VAN

- All ski team members are required to have a signed team van transportation waiver.
- Access to the team van is on a first come basis.
- For shuttles up to and from Sipapu Ski area there is a fee of \$5 per athlete to cover costs.
- For all other trips, there is a fee of \$10 per 100 roundtrip miles. The team administrator will determine that cost each trip.



- Seatbelts must be worn at all times.
- Transportation by van is a privilege that can be revoked at any time dependent on athlete behavior.
- Athletes and parents must be on time for pickup and drop-off, or will lose the privilege of using the van.

9. TUITION ASSISTANCE

- Tuition Assistance is available. Please see the website for more information.

10. EQUIPMENT

- Ski Team Athletes are required to have:
- **SKIS**—race skis if you have them. If you don't, don't worry, our coaches will help you select the right equipment depending on your ability.
- **SKI BOOTS**—regular ski boots or race boots, depending on ability.
- **HELMET**—for beginners, regular ski helmet or race helmets are sufficient; all competitive skiers U14 and older are required to have FIS approved helmets in all U.S. Ski & Snowboard Giant Slalom, Super G and Downhill competitions. U14 and older competitors whose helmets are not in compliance will not be permitted to start. Before the winter season begins, check for the FIS RH 2013 logo to make sure your helmet complies.
- **GLOVES**—regular ski gloves or race gloves, depending on ability.
- **POLES**—regular ski poles or race poles, depending on ability.
- The Ski Team has a loaner program for team clothing and equipment. Please talk to your coach about specific needs you may have.
- Equipment requirements for U.S. Ski & Snowboard sanctioned races change annually. Please refer to our website for more information and make sure you are in compliance prior to a race.