

LOOKOUT PASS RACE TEAM (LPRT)



Parent/Racer Information Book

SECTION ONE: GENERAL TEAM PHILOSOPHY

The major focus during our season of training and racing:

- General advanced skiing skill development
- General Skiing Specific Conditioning
- Race-specific skill development
- Race tactics
- Team cohesiveness
- Safety awareness
- Skiing Etiquette
- A lifetime appreciation of the sport
- Having fun

SECTION TWO: TRAINING

➤ Team Members need to possess the following base-level skills, abilities and attributes (all ages):

- The ability to ski Lookout's steeper blue terrain (and some of the area's black diamond terrain) without assistance
- Skiing with skis parallel
- The ability to execute a hockey stop in both directions
- The ability to listen to and follow instruction
- A basic awareness of skiing safety rules and area etiquette
- Team members must be able to get their own gear on and off
- A desire to learn to race/ski better
- An interest in learning the basic concepts of racing tactics
- Beginning to use pole plants (maybe cut this one—or reword)
- The ability to ride all lifts independently
- Have the appropriate ski clothing, gloves, etc and ability/drive to tolerate 2.5 hours of fairly continuous skiing.

➤ General Training Philosophy

- Depending on each day's goals and activities, we will train in a variety of group sizes.
- Our small groups will be determined by age, maturity, and skill level.
- We believe that being a part of a race team is about more than just running gates. Focusing on the disciplines of GS and Slalom, ski time will be balanced between:
 - ❖ Free Skiing
 - ❖ Directed Free Skiing
 - ❖ Drills
 - ❖ Gate Training.

➤ Team Training Schedule

- Team training will take place on Saturdays and Sundays at Lookout, from 9:30 a.m. until 3:00 p.m., with the exception of race weekends, when we will meet as a team at the designated area and time.
- Racers need to be geared up and ready to load the lift by 9:30 a.m. Please take time to inform your coach if you will be late or missing on a training day. We want to be out skiing as soon as possible and can not wait for late comers.
- Safety is important, and we will often employ the buddy system.
- Racers will be expected to ski with the team during training hours.

SECTION THREE: HOLIDAY CAMP (All age groups)

The Holiday Camp is our traditional kick off for the season. This year the camp will run December 28-30. Coaching will focus on skiing fundamentals, of course (through free skiing, drills, and games), but also on getting to know each other. The cost of the camp is included in the program fee.

Schedule for the camp is as follows:

- 9:30: Meet, make introductions, get to know each other, start working on those skiing skills.
- 11:30-12:30: lunch
- 3:00pm break for the day

SECTION FOUR: EQUIPMENT

- Appropriate skis, boots, and bindings for the age and ability of the skier. Remember, we are seeking to achieve advanced-level skiing.
 - Boots should be snug and the racer should be able to flex them. Boots that are too big or too stiff are a severe impediment to progress.
 - Slalom skis should be chin to nose high.
 - Giant Slalom skis should be forehead to head high (a bit longer for the bigger, more advanced kids).
 - Younger kids going with one pair of skis are better off with slalom skis.
- Helmets are mandatory. (They should fit snugly and should accommodate a chin guard.) Soft ear helmets are acceptable for Slalom ONLY, Hard shell for either discipline.
- As we progress in our training and start skiing through set courses, the following items become essential.
- When we get to "stubbies," shin guards protect the kids and give them confidence.
- For tall poles, padded gloves and hand guards are nice. Again, this protects the skier and lends confidence.
- For slalom training and racing, a chin guard is a must.

SECTION FIVE: RACING

- Our training will build the skills necessary to participate competitively in the Emerald Empire Youth League series. (Note that going to races is an optional activity.)
- We will once again be hosting the EEYSL League Finals race in March. Lookout will host the Finals of this series. Parents of our youngest racers might find that this opportunity to ski at "home" a perfect time for their small ones to experience an actual race
- In order for athletes to participate in these races they will need to hold a competitors license through USSA (United States Ski Association--www.ussa.org)

Emerald Empire Youth Ski League Schedule (2009-2010)

January 8-9	Schweitzer	GS
January 22-25	49 Degrees North	Training/SG-GS/SL
February 7	Lookout Pass	GS
February 20-21	Mt Spokane	GS/SL
March 13-15	Ski Bowl/Mt Hood	Buddy Werner Championships GS/SL
March 21-22	Bluewood	EEYSL Finals SL/Stubbie

- These races are primarily for the J5 (10 and under) and J4 (11-12) age categories.
- Our older racers may also compete in all of these events, except for the Buddy Werner Championships, which is designed for racers 12 and under.

- While participating in races is optional, we encourage athletes to race in as many in the series as possible. Parents, coaches and athletes will communicate regularly as to what racers and parents should expect at each race, as well as which racers will be going to each race.
- On race days, coaches will assist racers with course inspection, rules & regulations, race day schedules, and making sure racers are in the starting gate at the appropriate time. Coaches will also assist parents in bringing coats & pants to the finish area.
- It's helpful to have a parent or grandparent available in the lodge to reserve space and have food ready as lunch time can be short and hectic on race days. (Parents can take turns with this role, and will be greatly appreciated by all!)
- On race days, because coaches will be very busy getting kids ready for their events, we assume that parents will handle the responsibility of taking care of:
 - Equipment
 - Race Bibs (to be worn on outside of jacket during inspection)
 - Lift Tickets
 - Lunches
 - Clothing
 - Etc.

Notes:

- In an effort to help keep costs low, transportation and lodging for racers will be left to individual families. Please be sure to communicate, as we will work together as a team to help each other out.
- All ages are as of December 31, 2008.

SECTION SIX: TUITION

Program	Ages	Price
Introduction to Ski Racing (Saturdays only)	5-12	\$275.00
Youth Ski League (YSL)	5-14	\$375.00
Holiday Camp Only (Dec 28-30 2009)	5-14	\$100.00

(Program fees include camp cost)

- While older students are welcome to join us, it should be noted that our focus will be on EEYSL races, which are designed for ages 14 and under.
- These are the Program Fees and do not include lift tickets/season pass or USSA competition fees.
- Registration & Fees need to be paid by December 30, of current year

SECTION SEVEN: ANATOMY OF A RACE

Age Groups:

- J5: Ages 10 and under (born 1998 or later)
- J4: Ages 11-12 (born 1996, 1997)
- J3: Ages 13-14 (born 1994, 1995)

Types of Races

There are four different types of Alpine races: Slalom, Giant Slalom, Super Giant Slalom, and Downhill. The difference between these races is the distance between the poles that the racers have to turn around (gates). The slalom race has the gates closest together so the racers will have to turn more often. In contrast, the downhill race has the poles the furthest apart with very few turns on the race course.

Race Entry

Race registration forms and instructions for LPRT races will be available on the website. If the race is hosted by another ski area, the instructions will vary. Most of the races will require that the registration forms and money be sent to the race secretary at least six days before the race. This will give the race secretary enough time to enter the names and assign bibs. For some of YSL races, late registration is accepted on race day however; late entries are assigned to run at the last of their age group.

Starting order

For YSL races, there will be a random draw for each age category. The start order for the second run in YSL race is usually the reverse order of the first run. All racers will get a second run regardless of whether they Disqualified (DQ) or did not Finish (DNF) on their first run.

The start order for Championship races will be by seed order with random draw within the seed group. For example, each team's best racer will be the first group to race, which will have a random draw. In slalom and some giant slalom races, there will be a second run. The start order for the second run will be by first run times. The fastest time will start first with the exception of the first 15 places. The first 15 places will run in reverse order. For example, the second run starting order will be 15, 14, 13...3,2,1,16,17,18...

Typical Race Schedule

- 7:00 a.m. - registration and course setup crew arrives.
- 8:00 a.m. - start of registration
- 8:30 a.m. - coaches meeting
- 9:00 a.m. - lift opens with course inspection
- 10:00 a.m. - start of race (first run); after the last racer, a DQ list (disqualified athletes) is posted with 15 minutes allowed for protests.
- 1:00 p.m. - start of second run; after the last racer, a DQ list is posted with 15 minutes allowed for protests.

Race Day Registration Check-In

Registration usually starts at 8:00 a.m., the morning of the race. All the racers should be pre-registered with their bibs already assigned. At registration, the racer's fees are collected, bibs are distributed, lift tickets are distributed, and preliminary start lists are handed out. Any late entries or errors have to be documented for the official start list to be printed and distributed 30 minutes prior to the start of the race.

Race Organization Information (Suggested race personnel)

- **Chief of race:** Race committee chairman for the event. Assumes overall control and responsibility.
- **Race Secretary:** Prepares forms, records, final results, etc. Runs race registration and distribution of bibs. Handles correspondence as required. Can be a time-recorder, if necessary.
- **Chief Of Course:** Supervises on-the-hill arrangements. Makes sure that the course setter has sufficient assistance, that the courses are properly set and adequately maintained.
- **Course Maintenance Crew:** Keeps course in good condition for all the competitors by side slipping throughout the race and taking care of trouble spots as they develop.
- **Chief Gatekeeper:** Organizes and instructs the gatekeepers. Delivers notice of disqualification to the Referee and Secretary.
- **Gatekeepers:** Officiate to determine that all racers pass through each gate. Assist in keeping gates in place. Report disqualifications at the end of the event.
- **Starter and Assistant Starter:** Gets racers to the start on time. Gives preparatory signals and the countdown for the start of each racer.

- **Chief Timer:** Supervises timing, communication, and calculations. Oversees timers, calculators, recorders. Plans and sets up timing and communication systems.
- **Timer:** Handles electric timers or watches and gives times to recorders.
- **Recorders:** Keep final time records. Determine individual and team scores for the event. Can double as Secretary.
- **Forerunners:** (1 – 4) Never use racers competing in the day's events; otherwise the course setter or coaches are acceptable.
- **Other Personnel:**
 - **Scoreboard Recorder**
 - **Announcer**
 - **Assistant to the race secretary** – to assist with registration and with results.
- **Race Coordinator:** Contacts personnel prior to event to have people necessary to hold a race.

Race Rules for EESYL Races

- Bibs must be worn and visible at all times, including inspection.
- Racers must be accompanied by coach while inspecting/slipping course.
- Any skiing of the course line during inspection can result in disqualification. Same for shadowing the course.
- Within their class, in the first run, regular entries will run first and late entries will run last. Race order reverses in the second run, within their age/sex class.
- Competitors missing their starting order will be inserted at the earliest convenient time.
- If you lose a ski, you may not reattach it and continue racing. Get off the course as quickly as possible and ski down outside the race course.
- Disqualification results from the ski tips and boots not crossing the imaginary line between the inside and outside gate. Hiking for a missed gate is encouraged. There is no restriction as to the direction of travel crossing the imaginary line.
- Interference is the result of a person or object being in the way of a racer on the course. In the case of interference, the racer must stop and explain the interference to the nearest gate judge and must NOT continue through the course. After speaking to the gate judge, the racer must ski to the finish area and report that a re-run is requested. Re-runs are provisional.
- Racers that fail to complete their first run (DNS, DNF or DSQ) can still race in the second run, though there is no combined time result.
- Protests must be made directly after the race is completed.

SECTION SEVEN: PARENT INFORMATION

- Lookout Pass race team is a family-oriented race team. We encourage you as parents to join in our clinics and training, especially early in the season. This allows us to get to know each other, build camaraderie within the team (including parents), and helps you to understand what we are working on, so you can encourage your racers to try the skills on their own.
- Parent involvement is crucial for the first few days with the youngest racers, especially, as it will take time to get to know strengths, weaknesses, and parent expectations.
- All racers should have a plan for meeting with family members each day, both for lunch and at the end of the training day. **SAFETY IS A PRIORITY! Please remind your racer; ALWAYS need to tell the coaches when they are leaving the group!!!!**
- Positive and enthusiastic attitudes make racing and skiing much more fun, enjoyable. We learn faster and retain more when we have a positive attitude. While we all have our bad days, it is important that one person's bad day doesn't drag us all down. If at any time a team member's attitude becomes a problem, the coach will visit with the racer, as well as the parents at the end of the session. In rare cases, a racer may be brought into the race room to await his or her parents if the problem persists. All racers deserve the undivided attention of their coach, and should be allowed to learn.
- Parents, racers, and coaches will meet on the first weekend to go over our expectations. Please do not miss this meeting as it will allow us to shape the season together. We need your input.
- Fundraisers will help defray our costs and propel our team into the future. Please plan on participating in these activities.
- In order to keep the cost of the program down, we're asking that parents please be available for help with setting or tearing down courses and safety fences on training days. Your participation will allow us to focus more time on coaching your young racers.

Do's and Don'ts of Race Day

- Do get your child to the ski area in plenty of time to go up with the coaches for inspection and warm-up prior to the race
- Do be supportive to the end result, keeping in mind the difficulty associated with this demanding individual sport. Every great run has an element of luck in it. Some days we have it... some days we do not.
- Do not add to the confusion and stress of race day by trying to coach your child. If you sense your child needs more attention during the race experience bring it to the attention of the coach and let them attend to the child.
- Do not ski down the race hill while your child is racing. Focusing on the course is tough enough with out the added pressure of being followed.
- Do support all racers during the race and especially in post race ceremonies. Include all team members in photo opportunities, not just the top finishers.
- Do encourage your children to be humble in victory and graceful in defeat.
- The coaching staff would like to thank you for your cooperation

RACE DAYS:

When we travel to the different races, ample opportunities abound for you to volunteer some time. Please consider being a gatekeeper, course slipper, or volunteer in any way possible. Each area has the opportunity to host a race, and will need other areas to volunteer for us as well. Let's set a positive tone for our team and try to volunteer at least once at a race this season, in addition to our own.

- **HOST TEAM RACE**

Without a doubt, **we NEED YOU!** Our League Finals event of 2008 and 2009 was wildly successful because of you, our parents. Never doubt that! Plan now to be a gate keeper, course setter, timer, stuff hauler, packet stuffer, packet distributor, bib collector, fence setter, lunch carrier, or whatever it takes to pull off a successful race. Mark your calendars NOW for Feb 7 2010 is our turn to host a race; and bring LOTS of friends to help! Skiers and non skiers alike are needed to help with our big event.

Parent Code of Conduct

The success of your racer depends upon positive involvement and support from the parents. Constructive feedback on programs and staff is welcomed and will help the organization further improve its programs. Please take time to understand the following items in the Parent Code of Conduct.

While in attendance at races or events, parents are requested to abide by the USSA and Student Athlete Codes of Conduct as outlined below.

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. Parents shall not be permitted on a racecourse unless designated as a coach or specifically requested by a coach or race official to slip or otherwise maintain the course, or act as an official or gatekeeper.
3. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
4. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
5. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
6. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
7. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as inappropriate comments; refusing to shake hands; or using profane language or gestures.
8. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at an event, and will take time to speak with coaches at an agreed upon time and place.
9. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
10. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
11. During scheduled coaching sessions, no parent shall act as a coach without the expressed invitation of the appropriate program director.
12. Parents shall subjectively relate concerns regarding programs, staff, their child, or other student athletes to the appropriate program director.
13. When addressing issues within a program, parents are requested to adhere to the following lines of communication for resolution of that issue: Coach, Program Director, Board of Directors (i.e., if an issue is not resolved through discussions with a coach, then the issue should be brought before the Program Director.)

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or head of league organization.
- Written warning.
- Parental race suspension with written documentation of incident kept on file by organizations involved.
- Parental season suspension.

Please remember as a parent you are very important to the team and in your child's life. Thank you in advance for all your efforts for the season they are greatly appreciated.

Parent/Guardian Signature _____ Date: _____

SECTION EIGHT: TEAM EXPECTATIONS

- **ALL RACERS are ambassadors of the Lookout Pass Ski Area; therefore ALL rules will be followed with no EXPECTATIONS. There will be a zero tolerance policy.**
- **The Skiers responsibility code will be strictly enforced at all times.** This means no unauthorized speeding, tucking, and jumping. Courtesy should be shown to all skiers and boarder, as well as all ski area employees at all times.
- Respect your coaches, as well as the other racers.
- All racers are expected to be ready and geared up on time. This does not mean show up at 9:30am to get your gear on, this means you are outside ready to go by 9:30am.
- All racers will help setting and tearing down courses for training and race days.
- **Wearing a Lookout Pass Race Team emblem is a privilege and can be taken away. Keep in mind you are wearing a sign and people are looking at you all the time. Your LPRT patch should only be worn for training and races. If you go to another area and decide to snowboard or snow skate DO NOT wear your LPRT patch/jacket. Remember, eyes are watching and you represent our team.**
- **If you quit the team you will be asked to remove your patch from your jacket.** As you will no longer be a part of the team. The race team will buy the patch back from you if need be at a reduce cost.
- All racers will be required to help with volunteering. This is not just for moms & dads.
- You will be required to pick up after yourselves in the race room. You make the mess; you pick it up. Garbage will be taken out daily.
- Your gear needs to be put away and the race room picked up before you head out on the hill, go to lunch, and go home.
- Lockers will be provided for you to store your equipment; you will need to provide a combination lock of your own for the locker.
- The race team is located above the rental shop between ski school and offices; it is a privilege to have a room for "RACERS". Keep in mind you are in a place of business.
- You will be expected to act like Jr. Employees of Lookout since you represent the hill. Therefore there should be no horse playing, or monkey business; and the race room needs to be picked up each time before you go out for training.
- Items (equipment/clothes/etc) left out could end up in lost and found or worst cases scenario someone steels your stuff.

THE LOOKOUT PASS RACE TEAM CODE OF CONDUCT- ATHLETES

Athletes, coaches, officials and volunteers are expected to follow a LPRT Code of Conduct, which is based on the United States Ski Association (USSA) Code found in the USSA Alpine competition guide. Competitors, coaches and officials shall maintain high standards of moral and ethical conduct including, but not limited to:

Self control

Responsible behavior and honesty

Consideration for others

Treating people and their property with respect

Physical and emotional well-being

Good manners in public

Safety-LPRT racers are expected to ski/ride in a safe manner at all times. It is critical that we all act in a safe manner throughout the ski season to prevent injuries. Ensure your own personal safety and the safety of others by using common sense. Do not ski with "tunnel vision." Be aware of condition, terrain, obstacles and people around you while you are skiing and training. **You should be familiar with and obey the responsibility Code**

Helmets- are required during training and racing- no exceptions.

For J4 and older: Face/mouth protection, appropriate hand and shin guards are required for training Slalom.

Drugs, alcohol or tobacco- The use of these substances will not be tolerated and will lead to dismissal from the LPRT.

Dishonesty- Dishonesty will not be tolerated and will lead to dismissal from the race program.

Violence and aggressive behavior- Violent and/or aggressive behavior will not be tolerated and will lead to suspension from training with the race team and USSA events for a minimum of two weeks.

Profanity and abusive language- The use of profanity or abusive language will not be tolerated. During racing events such language can lead to race disqualification and/or racer sanctions for future events.

Disruptive behavior- Skiing/riding and racing is fun. All athletes who have joined the race program have made a commitment to that but also to learning to become better skiers/boarders and racers. Training should be fun but disruptive behavior is discouraged because it is unfair to the coach and to the other athletes in the group.

Good Sportsmanship- Racing is an individual sport but all members of the LPRT are team members. In all cases coaches and athletes are expected to behave as a team and to use positive reinforcement and encouragement. In other words, cheer for your teammates.

Mountain Behavior- Respect the mountain employees, other guests and the mountain facilities at all times. Courtesy toward other people goes a long way. In order to use any lift cutting privileges, you must be within arm's reach of your coach. Be on time. If you are late; you will have to meet the group, find them on the hill; it should be easy to spot the team.

Effort and attitude- The coaching staff realizes that we have athletes of all abilities and skill levels but we expect each athlete to show a positive attitude and to give their best effort during training.

The coaches reserve the right to encourage and enforce the Code of Conduct and safety and behavior guidelines. After one warning the coaches, during training sessions, may dismiss uncooperative athletes from the current session. The athletes will be sent to the lodge for the remainder of that session, and can return to the group at the beginning of the next session of the day. More serious matters will involve the head coaches and parents.

By signing below you as the racer/team member understand it is your duty to abide by the rules/code of conduct of Lookout Pass Race Team and Lookout Pass Ski & Recreation Area, LLC. Failure to do so could result in being removed from the team

Athlete Signature_____

Parental Signature_____

Printed Name and Date_____

LOOKOUT PASS RACE TEAM REGISTRATION FORM

Racers Name: _____

Address _____

Phone# _____ Date of Birth _____

Skier's ability _____

Email address: _____

Any special concern need to be aware of _____

Parent's name _____

Parents phone _____

Program: J6 J5 J4 J3 Program Fees _____

USSA # _____

Lookout Pass Release form signed Y / N

Locker # _____

Locker combination _____

CONTACT INFORMATION

Program Director-Casey Hatfield,
Lookout Pass Mountain/Operations Manager 208-744-1301x12
208-682-5356 casey@skilookout.com
208-682-5357

Race Administration-Tabetha Hatfield 208-512-0112 or 208-556-0744
hat@usamedia.tv

Head Coach-Val Murray 406-370-7112 valgretchenmurray@msn.com

Assist Coach-Gretchen Murray 406-370-7113 valgretchenmurray@msn.com

Assist Coach in training- Galan Murray

Assist Coach in training- Dallas Ward

Assist Coach in training- Keith Hertel