

2008-2009 J4/J5/J6 PARENT INFORMATION

ADMINISTRATION AND MMSST COACHING STAFF

Direct Line: 760-934-0795 (on storm days call the information hotline not the direct line)

Direct Fax: 760-934-0641

You can also dial **760-934-2571** and then the following extensions:

x 3795 Pam LonzaGeneral Information
x 3211 Mark Brownlie.....Program Director/Head Alpine Coach
x 3436 Harry Blackburn.....Lead Development Coach
x 3436 Lindsay Barksdale/Gavin Lewis/Mandy GuinnessJ4/5/6 Head Coaches

x 3441 SKI TEAM INFORMATION HOTLINE Weather/Schedule Update

In the event of a severe storm, please call the MMST Information Hotline for updates on the day's schedule **before** coming up to the mountain.

Mailing Address:

Mammoth Mountain Ski and Snowboard Team
P.O. Box 24
Mammoth Lakes, CA 93546

Email Contacts:

plonza@mammoth-mtn.com Pam Lonza – General Program Questions
mbrownlie@mammoth-mtn.com Program Director/Head Alpine Coach
hblackburn@mammoth-mtn.com Lead Development Coach
lbarksdale@mammoth-mtn.com Head J4 Coach
glewis@mammoth-mtn.com Head J5 Coach
mguinness@mammoth-mtn.com Head J6 Coach

Email Communication: Coaches and Administrative staff will make contact regularly via email throughout the season. Please ensure that you **regularly read AND reply to emails** so that everyone is up to date and informed.

J4 Coaching Staff: Lindsay Barksdale, Jan Vokaty, Collin Wilkinson, Nick Treat, Stuart Brown, Janine Porges

J5 Coaching Staff: Gavin Lewis, Ben Adams, Jimmy Morning, Ryan Wood, David Mannetter, Keith Posekian, Kristin Weber, Rose Martin

J6 Coaching Staff: Mandy Guinness, Cabot Thomas, Kathleen Knox, Grant McNaughton

TEAM PHILOSOPHY AND STRUCTURE

Having fun, maximizing performance in all environments

The United States Ski Team created a Development Pipeline to outline the path athletes should take on their ski racing career. The Mammoth Ski Team uses this pipeline as a rough guide when creating our team philosophy and season plan.

1

Age 0-6

Sport and activity become a fun and integral part of life where children learn basic athletic motions, develop basic strength, flexibility and fitness all while focused on having fun.



2

Age 6-9

Youth participants learn athletic coordination, balance, and agility while continuing to develop overall strength, flexibility, speed and basic fitness. The importance of teamwork and fair play are learned. Fun continues to be the major focus.

Free skiing and recreational racing is an option with an emphasis on participation and fun.



3

Age 9-12

Youth athletes learn skills across a variety of sports that will be the foundation for all future development in athletics. These young athletes should participate in a number of athletic activities including sports that focus on strength, flexibility, agility, coordination, balance, speed and endurance. Fair play, teamwork and fun continue to be emphasized.

Fundamental skiing skills are emphasized in a free-skiing environment. Introduction of local racing through USSA Member Clubs.



4

Age 11-14

Young athletes must develop sport-specific skills as well as fitness. Athletes should begin to focus their attention on fewer sports as they discover their aptitude and enjoyment for a few specific sports. The athletes' rate of growth and development dictates the stage of progress and specialization.

Fundamental skills are reinforced as competition is introduced in GS and SL at the local and state level. Terrain becomes a useful tool in emphasizing fundamental skills with an introduction to tactics.



5

Age 15-16

The athlete begins to optimize specific sport skills and fitness toward competing in the sport. A single sport should be chosen as the primary focus, though other sports can be played as a part of preparation. All aspects of the specific sport must be addressed and incorporated. Fair play, teamwork and the enjoyment of the process of preparation toward accomplishments should be emphasized.

Refinement of fundamental skills and acquisition of tactical skills are the skiing focus. Competition is used to rehearse those skills. Athletes start to have access to national and international competition. USSA club affiliation is essential at this level with coaching provided by a certified USSA coach.

6

Age 17+

Excellence in all aspects of the athlete's specific sport must be the goal of preparation at this stage.

Fundamental and tactical skills are well evolved. The athlete is grasping race day mental strategies and has an annual conditioning plan that supports high performance alpine training and competition.

Competition emphasis shifts to international competitions including domestic FIS events.

Age 17-20 Athlete is mastering fundamental and tactical skills while refining the psychological, fitness and competitive skills. Competition focus is international (Continental Cup and World Juniors) with high performance standards being evaluated on World Rank.

Age 20+ Athlete has mastered all basic skiing and racing skills and is highly sophisticated with psychological preparation and conditioning. The athlete views alpine sport as a professional. Competition focus is World Cup, Olympic Winter Games and the World Ski Championships.

7

All ages

Sport and activity should remain a consistent, important and positive part of life. This is also an excellent time to give back to the sports and activities that have nourished ones own life.

There is recreational racing for all ages and masters for 21+.

THE DEVELOPMENT PIPELINE

The Elite Development Pipeline is a road map that directs coaches and athletes along the path towards maximizing one's athletic ability in the effort to win Olympic medals.



Integrating the outline and theory behind the development of athletes and skiers into the MMST program results in this:

- Mighty Mites have a lot of fun skiing.
- J6's have a lot of fun skiing with the opportunity for more time on snow.
- J5's are still very social and fun-oriented but with the introduction of a wide variety of exercises to develop their skills for racing.
- J4's are challenged more to get the movements correct and apply their skills to racing.
- J3's are when the racing really begins.

As such, collaboration with staff over the years has led to the development of our MMST Time Utilization Chart, which serves as a guide for the best use of time on snow with our athletes.

Time Use Targets						
	MM	J6	J5	J4	J3	J1/2
Freeskiing	60%	55%	50%	45%	30%	25%
Full Gate Courses	0%	3%	5%	10%	18%	25%
Gate Drills	5%	8%	10%	10%	12%	10%
Exercises	15%	15%	15%	15%	15%	10%
Mountain Awareness	15%	9%	5%	3%	0%	0%
Competition	5%	10%	15%	17%	25%	30%

Developing quality ski racers is a long process. We do not skip steps to make young kids faster; instead we add steps to make them better. Developing skills at a young age will ensure that athletes are able to apply these skills in tactical situations as they become more developed physically.

The United States Ski Association has developed the Alpine Training System which puts all the necessary information together on one page with regards to Conditioning; Technical and Tactical Emphasis; Equipment Selection and Preparation; Performance Psychology Emphasis; Competition Emphasis and breaks it down by Developmental Stages.



Alpine Training System



Foundation Stage		Pre & Post Puberty			World Class Performance Full Maturation
PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
<p>Biological Age Pre Puberty</p> <p>Age 2-6 years old</p> <p>Play Age 1-4 years in sport</p> <p>Participation Ski around 1 day a week 20 days a year At least 95% free skiing Play many other sports - gymnastics or balance-based sports</p>	<p>Biological Age Pre Puberty</p> <p>Age 6-10 years old</p> <p>Training Age 1-4 years in sport</p> <p>Participation Ski 2-3 days a week 50 days a year At least 90% free skiing Fun races Play many other sports</p>	<p>Biological Age Pre Puberty (Before Growth Spurt)</p> <p>Age Girls: 10-13: J4 (J5-J3) Boys: 11-14: J4 (J4-J3)</p> <p>Training Age 4-8 years in sport</p> <p>Participation Ski 3-4 days a week 70 days/year At least 60% free skiing Competition Period: (Jan.-April) Number of race starts: 10-15 Ratio 1:6 (race:training) Play complementary sports</p>	<p>Biological Age Puberty (Growth Spurt)</p> <p>Age Girls: 11-14: J3 (J4-J3) Boys: 12-15: J3 (J4-J2)</p> <p>Training Age 5-9 years in sport</p> <p>Participation Ski 4-5 days a week 100 days/year At least 30-50% free-skiing Competition Period: (Dec.-April) Number of race starts: 15-30 Ratio 1:5 (race:training) Play complementary sports</p>	<p>Biological Age Post Puberty (After Growth Spurt)</p> <p>Age Girls: 12-16: J3 (J4-J2) Boys: 14-17: J2 (J3-J1)</p> <p>Training Age 6-11 years in sport</p> <p>Participation Ski 4-5 days a week 120-140 days/year At least 15% free skiing Competition Period: (Nov.-April) Number of race starts: 25-max 45 Ratio 1:4 (race:training) Play complementary sport</p>	<p>Biological Age Full Maturation</p> <p>Age Female: 16+ J2-J1 Male: 17+ J1</p> <p>Training Age Minimum 10+ years in sport</p> <p>Participation Ski 4-5 days a week 130-150+ days/year At least 10% free-skiing Competition Period: (Nov.-April) Number of race starts: 55+ Ratio 1:3 (race:training) *based on the number of disciplines</p>
Conditioning Emphasis					
Emphasis on play, fun, skiing and balance.	Emphasis on play, fun, basic agility, balance and coordination. Incorporate activities that develop explosiveness (0-10 sec) and general endurance.	1-2 conditioning sessions per week in season. Further development of previous components. Emphasis on aerobic conditioning. Incorporate own body weight training and body awareness training.	1-2 conditioning or recovery sessions per week in season. Increase aerobic conditioning and balance/agility/coordination, particularly through growth spurt. Begin light external resistance work including bands, med balls, etc.	2-3 conditioning or recovery sessions per week in season. Strength and power, introduce progressively more anaerobic training, endurance, complex agility and balance.	4-5 conditioning or recovery sessions per week. Eccentric strength, power & explosivity. Aerobic training, especially efficiency and recovery work. Core strength. Produce force in skiing specific positions.
Technical and Tactical Emphasis					
Active start - learning and fun environments Ski and play on skis	Adventure stage - skiing all terrain Free play, guided free skiing and drills are an integral part of development. On snow time needs to be spent skiing. Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing. Introduction to carving, use of upper and lower body separation for angulation, and pole plant.	Technical stage - Develop the skills to carve Instill sound fundamental technical skills. Execute linked, carved turns with all the technical components in a variety of terrain. Acquire specific technical and tactical skills including gate blocking, speed elements, course inspection, anticipation of terrain, line and turn shape. Free ski all terrain with competence, with an emphasis on balance and carving.	Tactical stage - Learning line and strategy Actively maintain technical skills through the growth spurt. Emphasize use of tactics to achieve carved turns on the most appropriate line for the athlete. Develop speed and efficiency by refining carving and steering movements to achieve the desired turn radius in courses. Use a variety of course sets, conditions and terrain to teach the skier to adapt to different situations.	Technical and Tactical Refinement stage - event specific technical and tactical skills Refine technique and tactics after growth spurt. Integrate the increased strength, power and body size to achieve a more optimal line. Refine event specific technical and tactical skills (jumps, terrain, traverse, long turns, etc.). Advanced tactics for difficult situations (a-rhythmical course sets, difficult conditions and terrain).	Mastery or Innovation stage - Event specific technical and tactical mastery Mastery of technical and tactical skills based on the individual's style. Optimizes line for ability level and conditions in race situations. Apply equipment innovations.
Equipment Selection & Preparation					
Equipment Selection & Preparation Skis: Chest high with a variation based on height, weight and skill level Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance Protection: Helmet required at all times Poles: Optional - introduce at older levels as skill level develops	Learn USSA rules for all equipment selection Skis: 1 pair of skis is sufficient for this group. Head height with a variation based on height, weight and skill level. Introduce ski preparation. Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required. Older athletes may need shin/arm protection. Poles: Standard length = forearm horizontal with pole tip in snow.	Adhere to USSA rules for all equipment selection Skis: Slalom, GS and super G skis. Develop tuning skills. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: GS-standard length. SL-pole guard for blocking & protection, pole may be slightly shorter.	Adhere to USSA and FIS rules for all equipment selection Skis: Slalom, GS and super G skis. Refine tuning skills. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: GS-standard length. SL-pole guard for blocking & protection, pole may be slightly shorter.	Adhere to USSA and FIS rules for all equipment selection Skis: Slalom, GS and super G skis with training skis. Tuning skis continue to improve. Insight into waxing and grinding necessary for speed skiers. Boots: Proper boot fit, flex and performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: GS standard length. SL-pole guard for blocking and protection, may be slightly shorter. Custom pole sizing and contouring for individuals.	Adhere to USSA and FIS rules for all equipment selection. Equipment testing including skis, boots, plates, bindings and poles is recommended to maximize performance. Skis: Race and training skis for all disciplines. Professional support or consultation is recommended for preparation. Boots: Discipline specific boots may be necessary to maximize performance. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: GS standard length. SL-pole guard for blocking & protection, may be slightly shorter. Custom pole sizing and contouring for individuals.
Performance Psychology Emphasis					
Fun, variety, positive reinforcement and perseverance. Positive parental support is essential.	Sampling Years Teamwork and sportsmanship. Encourage a balanced lifestyle that encourages healthy habits and promotes success in sport and life. Positive parental support is essential. Families get involved with clubs.	Sampling Years Positive self talk, work ethic and perseverance with a focus on the process not results. Encourage the use of imagery and visualizing good technique. Demonstrate teamwork and sportsmanship. Positive parental support and club involvement.	Sampling Years Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results. Continue to use imagery and visualize good technique. Teamwork and sportsmanship. Positive parental support and club involvement.	Commitment Develop and refine race day plan. Develop mental rehearsal routines, refine goal setting process, what to focus on, what works on race day, develop "athletic plan" to approach training sessions and life. Document through journaling. Parents continue to support the commitment of the athlete in	Specialization and Mastery Refine performance psychology skills: Imagery; goal achievement; performance planning; attention and focus; self regulatory talk & confidence. Identify optimal performance state. Dealing with competition, risk, failure and fear. Parents continue to support the commitment of the athlete in

RACING INFORMATION EVENT SCHEDULE

- Check the Mammoth Mountain/Ski and Snowboard Team website for our training and race calendar.
- Details regarding schedules for specific events will be sent to parents via email in the weeks preceding the event. Please be sure to regularly check your email so that you may allow adequate time to prepare your athlete for the event.
- Please note – events are subject to change according to wind and weather! We will update the ski team hotline while on the road in the event of bad weather. 760-934-2571 x3441
- Season's events: (please refer to calendar for event dates)
 - Kittredge Cup @Mammoth
 - Junior Village Championships (3 races throughout the season @Mammoth)
 - Speed Trap @Mammoth
 - Northstar-at-Tahoe Slalom
 - Squaw Valley GS
 - Diamond Peak 1SL/1GS
 - Mammoth J4 SG/J5&J6 Open GS
 - Sugarbowl J4/5/6 Championships
 - Mogul Bash @Mammoth

RACE ENTRIES FOR USSA/NORTH SERIES RACES

Race entries are generally due one week to ten days before the event. We send a consolidated team entry for each race in Tahoe and our home Super G/Open GS event. Please reply promptly to any emails requesting race entry information. Slalom and Giant Slalom events are \$22/race, \$25/Super G races, and \$12/SG training run. There is a \$15 late fee for each race.

RACE ENTRIES FOR AND EXPLANATION OF HOME EVENTS

All athletes are automatically entered for home events unless we hear otherwise from parents. There is no extra charge for our home events

- **Kittredge Cup December 27, 2009** The Kittredge Cup is a dual race on Fascination. Prizes are awarded for the fastest girl and boy of the day in each age group. The athletes take two qualifying runs in the morning. In the AM qualifying round, they are only competing against those athletes running the same course (either blue or red). We take the 8 fastest kids from the blue course and 8 fastest kids from the red course and seed them into the afternoon's elimination round. The elimination round is a high energy, fast paced event showcasing head to head racing action. Each athlete takes 2 runs against the same competitor, one run in each course. Whoever wins by the most differential time advances to the next round.
- **Junior Village Championships-3 races throughout the season** The JVCs are a team event. Each team is sponsored by a business and that business provides a coach for each day's racing. The athletes inspect with the JVC coach and start the race amongst their JVC teammates. Each race is scored based on the fastest 19 finishers on each team (depending on how many athletes compete each season). If fewer than 19 athletes on a team participate in a race then the team is penalized. Be a good team member and show up for JVC races.
- **Speed Trap February 28, 2009** During the Speed Trap the athletes ski straight down Fascination and we clock their miles per hour. We take the morning to practice on the hill and get the athletes used to going straight and carrying speed.
 - 2nd Annual Parent Speed Trap** We will once again offer a Parent Speed Trap competition. Parents can practice with a coach in the morning and compete in the afternoon after the kids have had their competition. Parents will need to sign a liability release and pay \$20 to compete. The male and female winners will be given their money back and any parent who gets beat in miles per hour by their athlete has to pay us an extra \$20. We will use the Parent Speed Trap as a fundraiser for the new Mammoth Mountain Community foundation.

UNITED STATES SKI ASSOCIATION (USSA) MEMBERSHIPS

USSA membership is necessary if your athlete plans on competing in any of the North Series Far West races scheduled for the season. Four of these races are planned for the Tahoe area, and one will take place in Mammoth. Once you have completed your application and received your membership card in the mail, please bring the card up to the office for us to keep on file in preparation for races.

Links to apply for membership online are as follows:

www.ussa.org or www.fwsking.org

Race Department Volunteers: The Race Department is looking for volunteers to help with USSA, FIS and our J4/5/6 events for the 2009/10 season. Earn **free tickets**, a **free season pass**, or **complimentary race entries**. For more details on the program send an e-mail to racedepartment@mammoth-mtn.com or give them a call at (760) 934-0642.

J4/5 RACE TRAVEL

- **Home Team:** For those athletes who will not be traveling to weekend races in Tahoe, training will still be provided in Mammoth as per the regular schedule.
- **Away Team:** Athletes will have the opportunity to compete in races in Tahoe throughout the season. Please ensure you communicate with the coaches to ensure that your athlete is ready to participate in the event.

--Travel Team: There will be a team van provided for away races for those athletes whose parents are not able to attend the race with them. Up to 12 seats will be available, and will be on a 'first come, first served' basis. The coaches will arrange accommodation for the travel team, and two parent chaperones will stay with and supervise the athletes.

--Chaperones: For each away race we need **2 parent chaperones** to stay with and supervise the travel team athletes. If you are available to help, please contact us in the office for more information.

- **Travel Prices:** All pricing quoted before we depart for a race is an estimate only. A final cost will be confirmed after we return home.
- **Travel Cancellation Policy:** In the event an athlete opts not to attend an event that he or she has already signed up for, the following policy will apply:

Full refund / No Charge

This applies when the cancellation is made before any travel or accommodation arrangements have been secured.

Accommodation Charge

If the cancellation is made after accommodation arrangements have been secured but more than one week prior to the event, the athlete will be responsible for the full athlete accommodation charge.

Full Expense Charge

If the cancellation is made with 2-7 days notice, the athlete will be responsible for all athlete trip expenses excluding lifts and entry fees. If prepaid, lift and entry expenses will be refunded.

No Refund

This applies when the cancellation is made the day before departure or later, or when no notice is received that the athlete will not attend.

RACE DAY CONDUCT

Athletes: It is every athlete's responsibility to ensure they have their own equipment, which is prepared, on race day. Each athlete is responsible for his or her own uniform on race day. Please make sure all equipment, clothing and trash gets picked up from the top of the course each race day.

Parents: Race day is very hectic for both athletes and coaches. We would appreciate the parents help on the day to do a variety of jobs to make the athletes' and coaches' day easier (e.g. taking jackets to the finish area, prepping skis at the start). Please come by the start area on race day to coordinate with the coaches.

- The preparation for each race has been planned by the coaches and each athlete will have a focus for the day. Some kids need to be pumped up and stimulated before a race while others need to calm down and relax. Each athlete knows what is expected during inspection of the course and this is reiterated by the coaches when they inspect as a group. It is not the job of any parent to inspect with athletes. Parents are not allowed on the course. Please respect the professionalism of our coaching staff and the preparation of our athletes. Please give your athlete the same attention on race days as on training days.
- All course reports and race day foci will come from your coach only. It is not the duty of any athlete or parent to give course reports to any other team members.
- Please be respectful of MMST members and other ski teams in the finish area and around the results board. The only person responsible for consulting with the race committee will be a MMST Coach. Remember, there are other athletes/parents/coaches in the finish area and as a parent you are representing our team.
- Tuning of the athletes skis prior to race day is your responsibility. Please have your athlete's skis tuned and waxed the weekend before a race so they can get used to sharp edges. The edges will need to be tuned and waxed again before the race. The sharper and smoother the edges the more confident your athlete will be. Also, the more often you wax your skis the faster they will be.

TUNING AND EQUIPMENT

- **Maintenance:** Routine tuning and waxing of skis will help keep your athlete's equipment in good condition for a longer period of time, as well as allow them the best possible performance.
- **Tuning Equipment:** vices, wax, iron, scraper, base brush, file, file guide, stone
- **Equipment:** Like most sports, skiing has a variety of equipment that may be used for the sport. The more competitive the athlete the more specific the equipment will be. Some kids will have multiple pairs of skis to use for slalom, giant slalom and super g. We only ask that our athletes have one pair of skis to begin. If your athlete plans to compete in the North Series USSA races they may want to have a speed suit. As they get more comfortable competing in gates they will want a padded stealth to protect their arms and back. When we train slalom we do require that our athletes have a face guard attached to their helmet to protect their face and teeth from gates. **All athletes must always wear a helmet during scheduled training sessions.** It is also recommended to wear a mouth guard during slalom training. As our athlete's develop their slalom skills they will start wearing shin guards and pole guards (J4 athletes) for more protection.

REPAIR PROGRAM

Sign up at Main Lodge Repair Shop

\$30 SEASON PER SKIER
FREE MACHINE WAX (1 PER DAY)
FREE BINDING ADJUSTMENT
\$10 BINDING ADJUSTMENT WITH CALIBRATION
\$20 BINDING MOUNTING
\$30 TUNE UPS (WELDS EXTRA)

UNBOUND POLICY

- While wearing their team uniform and unattended by a coach, athletes are **NOT** allowed to enter the Unbound Terrain Park underneath Chair 6 at Main Lodge. The size of the terrain features in this park are much too large for our athletes, and in an effort to prevent any serious injuries, we would encourage you to educate your athletes on this matter.
- We understand that at this age the athletes are eager to get out there and see what they can do on their skis. As such, athletes will only be allowed to use the following terrain parks on the mountain:
 - Forest Trail Terrain Park
 - Main Lodge Super Pipe (accessed via Broadway)
 - Discovery Terrain Park
 - School Yard Terrain Park (on Chair 17 at Canyon Lodge)
 - Chair 4 Terrain Park
 - Boarder/Skier Cross Course (Chair 4)
- Please ensure that your athlete is familiar with Terrain Park etiquette and safety **prior** to allowing them to use the above approved terrain features!

LOCKER USAGE

We provide lockers/locker room for our athletes with the condition that they will be kept clean and tidy. Please do not eat in the locker rooms or leave food out of your locker. No equipment can be left out overnight. Equipment that does not fit in the locker needs to be taken home.

- **Cleanliness:** Keeping the locker rooms tidy is the responsibility of the athletes. The use of these lockers is a privilege, not a right, and can be taken away as a result of misconduct.
 - Lunchtime: At lunchtime, equipment must be placed neatly against the wall of the building, out of the way of other skiers. Skis are not to be left on the snow/ground.
- **Respect:** We know space is tight, especially when people are trying to get ready for training, but everyone has to be respectful of their teammates and treat all equipment and belongings as if it were their own.
- **Shared Lockers:** Locker room space is limited, and as a result, athletes generally share a locker. Please ensure only essential items are kept in the lockers so that everyone has equal space. Make sure everything is put back in your locker (your equipment and that of your locker partner) and double check your lock is locked before you leave.
- **Lost and Found:** Athletes must ensure that equipment (and clothing) is stored properly at the end of each day and during lunch; otherwise it will be taken to lost and found in Main Lodge. During lunch, the space around Chair 6 and the bottom of the stairs needs to be kept clear. All equipment must be leaned up against the building. **Any equipment or clothing left out in the locker room, or on the snow, will be taken to lost and found in Main Lodge at the end of each day.**
- **Parents in Locker Room:** After the first weekend, parents are restricted from the locker rooms. Your athletes need to learn to get ready on their own. If they need help with their boots or other equipment they can ask their coaches. Especially no women in the boy's locker room and vice versa.

LOCKER CONTENT LIST

This simple list will help your athlete be fully prepared for whatever Mother Nature sends our way!

- **Locker Pockets:** This will help athletes organize lockers and give them a spot to hold small items.
- **Goggles:** We ask that the kids have two pair of goggles in their lockers; one pair with a yellow/rose lens for storm days and one with an amber/dark lens for sunny days. We recommend double lens goggles with good UV protection. Double lenses have the least chance of fogging; if dried out during off-time. Also make sure the goggles fit the helmet your athlete is using.
- **Helmets:** Are *required* for all athletes while skiing with the MMST program. Helmets should be approved for skiing, should fit snug, and are not to be used with a ski hat underneath.
- **Neck Gaiter/Warmer:** Best protection on cold/snowy/windy days, and awesome powder days. When weather is severely cold, windy and/or snowy neck gaiters/warmers will be a requirement in order to prevent frostbite from occurring. Bandanas can also be used.
- **Sun Screen/Lip Balm:** These products are a must for protection from the sun and wind. We are outside, above 9000 feet, meaning you can burn within 15 minutes in some conditions. An SPF of 30 or better for the skin, and an SPF of 15 for the lips.
- **Thermal Layering:** Fleece and/or polypropylene garments are best for their breathability and heat retention. Cotton is not ideal, as it does not breathe. **Pajama pants are not allowed as long underwear.** Layering underneath the uniform in colder weather will keep your athlete toasty warm! Remember, you can always shed, but you can never wish another layer!
- **Ski Socks:** Designed to be thin and to allow the boot to fit snugly without any extra bulk. This will ultimately keep feet drier and warmer. Two pairs of socks at a time is not recommended. Changing socks regularly will help keep boots and the locker room smelling fresh.
- **Boots:** Pulling boot liners out periodically will help dry the boot liner completely, keeping your feet warm, and your boots fitting snug.
- **Skis:** In locker at end of day.
- **Gloves:** Should be warm and fit well with room in the tips of the fingers, and dressed with a proper waterproof sealant. Your athlete should have two pair of gloves in their locker to allow them to change when their gloves get wet. Mittens are a good idea if your athlete suffers in cold conditions.
- **Hand Warmers:** These are handy items to keep in your uniform pocket to keep hands toasty on the coldest of days.
- **Team Uniform:** Will be worn while participating in training at home and at away races. **YOU MUST HAVE YOUR ATHLETE'S NAME EMBROIDERED OR WRITTEN ON ALL PIECES OF EQUIPMENT. Creative Image Embroidery on Tavern Road is recommended; (760-924-0500).** This will eliminate a lot of confusion and frustration in the event of loss or misplacement. Clothing and boots need to be dried between ski sessions (this means morning and afternoon on some occasions). Feet and hands will be much happier and warmer in dry boots and gloves. Please help teach your athlete to hang their uniforms at lunch and at the end of the day to allow for drying.

BEING PREPARED

- **Being on Time:** Coaches will be leaving the meeting area (the bottom of the stairs) exactly at the start time (9am/12:30pm), unless otherwise stated. Please ensure that you allow your athlete enough time to get ready in the mornings, as coaches will leave without them if they are late! You should know how long it takes your athletes to get ready and plan accordingly.
- **15 Minute Parking Lot:** It is not okay to use the 15 minute parking lot as a space to leave your car while going inside to get your athlete sorted for the day. Please use the 15 minute parking lot for drop off and pick up only.
- **Late Arrival Protocol:** In the event that your athlete is late for training and their team has left without them, please go up to the office, and ask Pam to radio the appropriate age group to arrange a meeting point.
- **Lunch:** Your children are unsupervised during the lunch break. Please ensure that your athlete comes to training either with a packed lunch, or with money so that they can purchase food in the cafeteria. Coaches cannot be expected to provide lunches every time an athlete 'forgets'!
- **Phone Calls/Cell Phones:** No use of cell phones, including texting, while skiing with the team! The phone in the office may be used by athletes only in the event of an emergency. Please ensure that your athlete has some change in their locker if they need to use the pay phone.
- **Notice Board:** An athlete notice board is located outside of the J4/5 girl's locker room. Coaches will post information regarding the day's schedule/events, as well as tips related to the day's weather and how to dress appropriately. Please make sure your athlete knows to check this board every morning.

Mammoth Ski/Snowboard Education Foundation
2009/2010 Membership Form

Mammoth Ski & Snowboard Education Foundation

Post Office Box 845 Mammoth Lakes, California 93546-0845

Last Name: _____

Parents Names: _____

Mailing Address: _____

Physical Address: _____

City: _____ State: _____ Zip: _____

Phone: (Hm) _____ Local Phone: _____

E-Mail: _____

	<u>Athlete's Name(s):</u>	<u>Age/Grade</u>	<u>Team/Level</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

MEMBERSHIP TYPE (Circle One): **MSSEF Tax ID #95-3574110** **Charity Registration # 44856**

Individual: \$40.00 Alumni: \$40.00 Family: \$75.00 Bronze: \$100.00 Silver: \$250.00 Gold: \$500.00 Platinum: \$1000

We accept both MasterCard and Visa

Name on card _____

Card type _____

Card number _____

Expiration Date _____

Please return the completed form along with your payment to:

Mammoth Ski & Snowboard Education Foundation

Post Office Box 845 Mammoth Lakes, California 93546-0845

For further information, call Pam (760) 924-3108

MSSEF Tax ID # 95-3574110

Charity Registration # 44856