



2009-2010 MWV SKI TEAM REGISTRATION PACKET

**Please complete and return all forms
REMINDER: TUITION INCREASES AFTER 10/15/09**

**Athlete Information Form
Tuition and Fees Form
Race Worker Sign up Form
Family Commitment Form
Athlete's Code of Conduct
Goal Sheet
Medical Form
Signed Release**

to

PO Box 780, Intervale, NH 03845



MWV Ski Team

Athlete Information Form

2009-2010

Athlete Name: _____

Parents: _____

Mailing Address: _____

Telephone Information

Home: _____

Daytime: _____

Ski: _____

Other: _____

Cell Phones

Name: _____ Number: _____

Name: _____ Number: _____

Name: _____ Number: _____

Name: _____ Number: _____

E -Mail Information

Parents E-Mail: _____

Secondary Parents E-Mail: _____

Athletes Email: _____

MWV Program: Weekend ___ Mid Week ___ Dev Team ___ FIS Fee ___ Per Diem ___

Age: _____ Birthdate: _____

USSA#: _____ FIS# _____ FIS racers only

MWV Ski Team Family Commitment 2009-2010

Mount Washington Valley Alpine Education Foundation is a 501 C3 non profit organization. As a program we rely on income from tuition, hosting races, and fundraising events.

Tuition payments must be made for your athlete to be able to participate in the program and obtain a Valley Pass. Payment concerns can be worked with and some scholarship is available, communication with the BOD on these matters is necessary.

To make the program work well all families need to be involved in the **races** we put on by working at least six race worker days (4 for Dev Team).

All families need to be involved in preparing for our two **fund raisers**, and participate in them when they are held.

Please get involved in your athletes race program. Your athletes and our program will greatly benefit if all families participate.

_____ the parents of _____

realize that MWV Ski Team participation requires a family commitment for our program to succeed. We agree to work six worker days, or pay \$120 per missed day. We agree to participate in helping MWV Ski Team put on both the **Ski Ball**, and the **Golf Tournament**. The 2010 Ski Ball will be held on Saturday January 16, 2010. The 2010 Golf Tournament will be held at the end of the third week of June 2010. Family participation in these events is valued at \$600 each.

_____ Date _____
signature

_____ Date _____
signature



MWV Ski Team 2009-2010 Season
Race Worker Sign up

FAMILY: _____

Home Phone: _____ SkiPhone: _____

Select a minimum of six worker days (four for Dev Team) per family.

12/12 Fencing	GS	Attitash/BP_____
12/13 Fencing	GS	Attitash/BP_____
12/14 John DiCarlo Memorial	GS	Attitash/BP_____
12/17 Men's Dev FIS	GS	Attitash/BP_____
12/18 Men's Dev FIS	GS	Attitash/BP_____
12/19 Men's Dev FIS	SL	Attitash/BP_____
12/20 Men's Dev FIS	SL	Attitash/BP_____
12/23 Christmas Open	GS	Attitash /BP_____
12/30 Open SL	SL	Cranmore_____
12/31 Fencing	SG	Cranmore_____
1/2 Fencing	SG	Cranmore_____
1/3 Macomber Cup	GS	Cranmore_____
1/4 NHARA Super G Champs	SG	Cranmore_____
1/14 Super G Camp	SG	Attitash /BP_____
1/15 NHARA Super G Champs	SG	Attitash/BP_____
3/6 Fencing	EHSC	Attitash/BP_____
3/7 Fencing	EHSC	Attitash/BP_____
3/10 Fencing	EHSC	Attitash/BP_____
3/11 Fencing	EHSC	Attitash/BP_____

3/12 Eastern HS Champs	Train	Attitash/BP_____
3/13 Eastern HS Champs	Train	Attitash/BP_____
3/14 Eastern HS Champs	Train	Attitash/BP_____
3/19 Fencing	GS	Cranmore_____
3/20 LaFoley Spring Series	GS	Cranmore_____
3/21 Men's Dev FIS	SL	TBD_____
3/22 Men's Dev FIS	SL	TBD_____
4/4 LaFoley Spring Series	SL	Attitash/BP_____

Parent Name: _____ Alpine Official License#: _____ (if applicable)

Job Preferences: _____ Cell# _____

Parent Name: _____ Alpine Official License#: _____ (if applicable)

Job Preferences: _____ Cell# _____

- *Jobs will be assigned based on need, and it is not guaranteed that you will get your choice.
- *To run a successful race all positions, including gatekeeping, must be adequately staffed.
- *All race workers must sign in to receive credit for working.
- *Job assignments will be posted on the team website www.mwvskiteam.com.
- * Please make a copy of this completed form to keep for yourself.
- * If a race is cancelled or the date changes another race must be worked to make up for the missing race.
- * Please bring your cell phone to the race.



Code of Conduct

The Mt. Washington Valley Ski Team supports the competition regulations of USSA and the Racer Code of Conduct of NHARA, which provide a framework through which various ski programs are developed and operated at all levels. It particularly endorses the policy for sportsmanship-like conduct which states that competitors may be reprimanded, disqualified or suspended for conduct at USSA events that is prejudicial to the sport, as recommended by member organizations and so determined by a Division's Board of Directors.

Good Sportsmanship includes, but is not limited to...

- Respect for all race officials, ski area employees, ski team staff, school staff, fellow teammates and fellow competitors.
- Suitable dress and grooming, courtesy and good manners in public places while training, while traveling and at races.
- Self control, responsible behavior, consideration for other's physical and emotional well-being. No profane or abusive language or behavior.
- A positive attitude, which promotes team spirit and team unity.
- Respect for private and public property.
- Honest conduct...no theft, lying or misrepresentation whatsoever.
- Attendance in all athletic training unless excused by a coach.
- Attendance at awards ceremonies and receptions.
- The Valley Pass is a privilege that is made available to MWVST athletes and offers a unique opportunity to ski at different areas in the Valley. Athletes are expected to respect this privilege and use the pass as it is intended. Any violation of the agreement, including scalping tickets, will result in immediate expulsion from the program.
- Respect of the rules and regulations of the MWVST, NHARA, USSA, and FIS. **SUBSTANCE ABUSE POLICY**
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Mount Washington Valley Ski Team 2008-2009

Controlled Substances Policy

[Defined as drugs, alcohol, cigarettes.]

Drug, alcohol use and other illegal behavior is a major liability for MWV Ski Team, putting in jeopardy the well being of the athlete and his or her peers, exposing the coaches who act as chaperones for the MWV Ski Team to legal risk, and threatening the organization's very existence. MWV Ski Team must hold up the highest standards for its athletes and substance abuse cannot be a part of any athlete's lifestyle. Moreover, we expect our athletes to serve as

an example to younger athletes who aspire to join the ski team and therefore the use of illegal substances may play an adversely influential role in the future development of the team.

The use of drugs, alcohol and other violations of the USSA code of conduct (e.g. page 141 of the USSA Alpine Competition Guide 2008 or later revisions) may result in the following sanctions as approved by the MWV Ski Team Board of Directors and its legal counsel:

- The athlete and parents will be summoned and required to attend to an immediate emergency meeting of the head coach and the board of directors.
- The athlete will incur a 2-week suspension from the team, forfeiting race starts during that period;
- The athlete must see a drug counselor before his/her return to the team;
- The athlete's high school coach will be informed of the violation;
- The USSA Eastern coach will be informed of the violation;
- Representatives of sponsoring equipment companies will be informed of the violation;
- The athlete must write a letter of apology to coaches and the board of directors before returning;
- In the case of drugs, parents will be urged to consider random testing;
- The athlete will no longer be permitted to travel to races on the team van;
- Races requiring an overnight stay in a hotel will require the athlete to provide their own chaperone for the remainder of the athlete's tenure on the team;
- The returning athlete will be expected to assist the coaches beyond normal expectations with set up and take down of gates and fencing for the remainder of the season;
- Scholarships will be forfeited, and eligibility for assistance eliminated for future years. Scholarships will be prorated and the remaining balance due before returning to the team.
- The athlete and both parents must agree to sign and date a mutually agreeable contract to the sanctions approved by the board for the individual offense.
- MWV Ski Team supports its athletes and their efforts to remain drug, alcohol and cigarette free. Athletes with illegal substances problems are encouraged to approach the head coach in advance of problems to seek direction and help.

Athlete Code of Conduct Agreement 2009-2010

Athlete: _____

To this end, in accordance with the Board of Directors of the MWV Alpine Education Foundation, I have read the athlete code of conduct and agree to obey the rules and regulations of the MWV Ski Team and the instructions of the director and the coaches. I understand that I may be subject to expulsion from the program without refund for conduct, which, in the judgment of the Directors of the Foundation, is detrimental to the program.

Program Participant: _____ Date: _____

Participant Signature: _____

Parent: _____ Date: _____

Parent Signature: _____



ATHLETE GOALS 2009-2010 Name: _____

Goals start with a dream, no matter how wild that dream or how far away in year it may be to reaching it, it's still very important. Your dream is what may be driving you to work hard through they difficult times, it's important that you remember what that dream is. **Please fill out this form carefully and with considerable thought.** This form will help both you and the coaching staff identify your short, medium, and long-range goals. It will help the staff in designing an intelligent training and racing schedule to help you reach these goals. Please fill out and return to the ski team office.

Short and medium range goals constantly change. Your goals for this season may be different from the ones you set last season. Short and medium range goals should be more realistic. Medium range goals for example would be season results and achievements. Short term would involve immediate outcomes, based on goals that you set for the week or even for the day. Start with small goals and work up to the big ones. Try to always have a focus for each run you make, and evaluate whether you are making progress toward your goal. As an athlete it is very helpful to spell out your goals, write them down, keep track of them, and change them at times. **Make a copy of this form for your future reference.**

Name: _____

Age: _____ Date of Birth: _____ Year in School: _____

Have your goals changed at all since last season? _____

Have your goals become higher or lower? _____

Are you satisfied with your dry land efforts? _____

Do you need more dry land training development? _____

In what areas do you feel you need to improve conditioning? _____

Are you willing to work to improve those areas? _____

Below you will see in order of progression a list of skiing levels. If your most far-reaching goal is listed, even if it has just been a dream, but you have thought of it often, please indicate it. Also indicate medium and short goals.

LONG RANGE AND SEASONAL GOALS

Eastern High School Championships _____ Collegiate Racing:
Division I, NCAA _____
USCSA _____
US Ski Team _____

Tecnica Cup Series _____
Qualify for Macomber Series _____
J1 and 2 Finals _____
J2 Nationals _____
Eastern Cup Series/FIS Racing _____
Eastern Championships _____
Eastern J2 Championships _____
Nor-Ams _____
US Nationals _____
Other _____

Short and Medium Goals:

Placing in NH December Open Races _____ (top 5, top 15, top30,etc.)
Placing in Macomber Qualifying Series _____ (top 5, top 15, etc.)
Qualify for Macomber Series _____
Placing in Macomber Series _____ (top 3, top 5, top 10, etc.)
Placing in Tecnica Cup Series _____ (top 3, top 5, top 10, etc.)
Qualify for Eastern Cup Series and FIS _____
Placing in Eastern Cup Series _____ (top 3, top 5, top 10, etc.)
Placing in FIS Development Series _____ (top 3, top 5, top 10 etc.)
Placing in LaFoley Spring Series _____ (top 3, top 5, top 10, etc.)
NHARA State Team _____
NHARA Development Team _____
National Age Group Ranking for 2009 _____ (top 100, top 50, top 25,)
Other _____

Technical Skiing Goals

What improvements do you want to make in your own technical skiing ability? _____

Free Skiing: _____

GS Technique: _____

SG Technique: _____

DH Technique: _____

Tactical Skiing Goals

What tactical improvements do you want to make? What would you improve in terms of line and tactics? _____

Mental Conditioning and Preparation

What do you want to improve about your mental preparedness for ski racing? _____

What would you improve about your mental race day preparation and focus on race day?

How do you like to be handled in the start area? _____

Other goals, aspirations, or comments about what you would like to accomplish in the sport of ski racing:

NAME: _____

**MT. WASHINGTON VALLEY SKI TEAM
EMERGENCY HEALTH INFORMATION FORM
2009-2010**

This form constitutes a permission statement that must be signed by a parent or guardian. All of the information on this form is confidential and will be used only for the purpose of evaluating your son's/daughter's health status and facilitating medical diagnosis, care, and/or treatment for him/her or in the processing of insurance claims in connection therewith.

SKIERS Name _____ Date of Birth ____/____/____
Last First MI

Home Address _____ SSN: _____ - _____ - _____

EMERGENCY CONTACTS

Mother's Name _____ Father's Name _____

Home Phone: (____) _____

Home Phone: (____) _____

Work Phone: (____) _____

Work Phone: (____) _____

Alternate Emergency Contacts (other than parent(s))

Relation _____ Home Phone: (____) _____ Work Phone: (____) _____

PRIMARY CARE PHYSICIAN

Physician Name _____

Phone(____) _____

MEDICAL INFORMATION

Allergies _____ _____ _____	Medications _____ _____ _____
Medical Conditions/Limitations _____ _____ _____ _____	Last Tetanus ____/____/____

INSURANCE INFORMATION

Insurance Company _____

PolicyHolder _____

ID/POLICY # _____ Phone Number
(____) _____

PERMISSION TO TREAT & TO RELEASE SUMMARY HEALTH FORM IN EMERGENCIES

I hereby give consent for the Ski Club/Team Director or health care provider(s) considered appropriate by him/her to carry out accepted procedures for diagnosis, immunization, medical and minor surgical treatment, or counseling for my (son/daughter, ward). Should an emergency arise in which time is an important factor and the ski club's/team's authorities are unable to contact me promptly, I authorize an attending physician, ski club/team official, and/or healthcare provider to exercise their best judgement in the interests of my child's welfare.

I also give permission for this Emergency Health Information Form to be released to those ski club/team personnel or appropriate health care providers who may need this information in order to treat my son/daughter/ward in a medical emergency.

Signature of parent or guardian: _____

Date: _____



LIABILITY RELEASE FORM 2009-2010

Name: _____

THE ATHLETE RELEASES THE SKI TEAM FROM ANY AND ALL CLAIMS OR LIABILITY OF ANY KIND, FOR MINOR ATHLETES, THEIR PARENT OR GUARDIAN RELEASES AND WILL PROTECT THE SKI TEAM FROM ANY AND ALL CLAIMS OR LIABILITY OF ANY KIND RELATING TO THE ATHLETE.

The term Athlete includes the parent or guardian of the Athlete, in the event of the Athlete shall be a minor. A parent or guardian signing this release agrees to all terms of this release on behalf of the Athlete as well as the distributes, heirs, next of kin, executors, and administrators of the Athlete, or anyone claiming rights of or through the Athlete.

The term SKI TEAM includes: the Mt. Washington Valley Ski Team, the MWV Ski Racing Program, the Mt. Washington Valley Ski Academy, and the Mt. Washington Valley Alpine Education Foundation, and/or the agents, officers, servants, and employees of these entities, and their heirs, successors, and assigns.

The consideration for this release is the acceptance by the Ski Team of the Athlete's application to participate with the Ski Team, and valuable services received by the Athlete from the Ski Team, and other good and valuable consideration. The Athlete specifically acknowledges receipt of this consideration from the Ski team. This is the reason for joining.

In agreeing to release the Ski Team, the Athlete hereby releases the Ski Team of and from any and all liability, claims, demands, actions, and causes of action whatsoever, arising out of or related to any loss, damage, injury of any kind of nature, including death, or loss or damage to the property of the Athlete that may be sustained or experienced in any way by the Athlete or the Athlete's representatives or guardians, Executors, successors, heirs or assigns and any other person or entity claiming by or under the rights of the Athlete, while participating in, or en route to or from any and all programs or activities of the Ski Team.

In agreeing to release the Ski Team, the Athlete is aware of the risks and hazards inherent in the sport of ski racing and ski training, hereby elects to voluntarily to enter into the Ski Team's ski racing program knowing the nature of the program and the sport of ski racing.

A parent or guardian signing this release agrees to indemnify and hold harmless the Ski Team against loss from any and all claims, demands or actions that may at any time be made or brought against the Ski Team by the Athlete or anyone on the Athlete's behalf relating to any matter intended to be covered by this release.

NOTE: The foregoing is a legally binding document with serious consequences. If you have questions you should seek legal counsel.

I hereby grant permission for a doctor to administer any treatment or anesthetic and perform any diagnostic procedure, operation, or curative remedial procedure they deem necessary of advisable for the care or treatment of the Athlete.

ATHLETE NAME: (print) _____ DATE: _____

ATHLETE SIGNATURE: _____

PARENT/GUARDIAN: (print) _____

PARENT/GUARDIAN SIGNATURE: _____

MEDICAL INSURANCE CO.: _____ Policy# _____

The Trap Hill Ski Team Scholarship

The Scholarship: The Trap Hill Ski Team Scholarship was established in 2007 in memory of Lawson "Trap" Hill, Jackson resident and lifetime Wildcat skier, veteran ski racer, and lifelong supporter of ski racing in Mount Washington Valley. The scholarship covers tuition for the full-time midweek FIS-level MWV Ski Team program (as described below.) The scholarship, based on athletic promise and financial need, is presented annually by the Hill Family to an athlete and student residing in the Mount Washington Valley. The athlete must be a full-time student enrolled in Kennett High or Fryeburg Academy.

Consideration will be given to financial need, academic performance, the athlete's prior year progress and potential for improvement in ski racing, and dedication to the sport. Strong parental involvement in WMVST is expected to give back to the program. Recipients will be held to the highest athletic standards including both sportsmanship and health. Athletes violating USSA and MWVST codes of conduct, particularly with regard to use of controlled substances, will risk loss of the scholarship midseason.

To Apply: Applications will be considered on November 1. All registration materials must be received at the MWV Ski Team office by October 15 including all forms in the packet with:

- 1) A letter of inquiry from the athlete describing their interest, previous year's personal progress and academic performance
- 2) A letter from parents describing financial need along with a copy of the prior year's (2008) 1040 form
- 3) Fully filled out ski team application papers showing method of payment for the program in the event that the scholarship is not received by the athlete (e.g. check, credit card or payment plan). Send along with all registration forms to Mount Washington Valley Ski Team C/o Trap Hill Scholarship.

2009-2010 Valley Pass Info

Mt. Washington Valley Ski Team

Price: tbd - to be paid at Attitash ticket booth.

Tuition must be paid to be able to purchase your pass.

All registration paperwork must have been received by the MWV office.

A parent must sign a pass release form at Attitash for athletes to get their pass (unless athlete is 18 or over).

Contact Info:

MWV Ski Team

PO Box 780

Intervale, NH 03845

603-356-7627

skiteam@roadrunner.com