

2010-2011



HANDBOOK

August 2010

CONTACT INFORMATION

Address: MWV Ski Team, PO Box 780, 13A Route 16A, Intervale, NH 03845

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August 2010

WELCOME LETTER

Dear Athletes and Parents,

Welcome to the 2010-2011 Mount Washington Valley Ski Team! We look forward to the return of many good friends and welcome the arrival of many new MWVST athletes and families. We are sure that you'll find this a great year to be a part of the MWV Ski Team.

Your active support is critical to the success of the program. In 2010-2011 we aim to conduct the best races in the state and boost our fundraising to the next level. We need the commitment of all athletes and families this coming year to achieve these goals.

We encourage both the athlete and the parent to take the time to review the information in this packet. You will find the answers to many of your questions and concerns. There is a wealth of knowledge in this package. Please also explore around our website mwvskiteam.com. The handbook will be there, along with a lot of other documents, and updated info and newsletters are there. There are also useful links.

You will also find your registration packet. These forms need to be filled out completely and returned with your tuition payment. Return your registration packet with full payment by October 1, 2010 to receive the early tuition rate. Please return a separate registration packet for each athlete in your family. It is important that we have a complete set of paperwork for each athlete.

We look forward to your participation in the Mt. Washington Valley Ski Team and a successful 2010-2011 ski season. We are always happy to help with any questions or concerns that you might have, please don't hesitate to contact us. Our ski team office is located at the southern intersection of Rte. 16 A in Intervale. We are the tan building with white trim. The offices are located on the ground floor. Please feel free to visit.

We are looking forward to a great season!

Sincerely,

Dave Gregory
MWV Ski Team
Program Director/Head Coach
skiteam@roadrunner.com

Bruce Hill
MWV Ski Team
BOD Chairman
bruce@catf.us

MISSION STATEMENT

The Mount Washington Valley Ski Team is dedicated to:

- 1 Providing an outstanding program of ski education, training, and racing for Junior 1, 2,3,and Senior, including physically challenged athletes in all levels of competition in the Eastern Region as well as select National and International events sanctioned by the United States Ski Association (USSA) and the International Federation of Skiing (FIS).
- 2 Promoting ski racing and training as a structure within which young athletes can learn the benefits of long-term commitments, responsibility, self-discipline, and dedication as a means of attaining their goals.
- 3 Expecting the highest level of competition excellence from athletes and in so doing provide the format for a higher level of achievement.
- 4 Developing in athletes a sense of both individual and team leadership and responsibility.
- 5 Developing in athletes an attitude of camaraderie and respect for fellow team members, competitors, and athletes.
- 6 Promoting in all athletes good citizenship and a healthy lifestyle.
- 7 Providing as safe an environment as possible for training and racing on an affordable basis.

BOARD OF DIRECTORS

To create continuity on the Board terms are for three years. No less than seven members no more than fifteen. At the end of a term a board member may ask to be re-nominated or to serve "Emeritus".

The desired result is to have experience to draw on but also to involve new parents.

Chairman- Bruce Hill

Treasurer- Hugh Merryweather

Vice Chairman-Don Kernan

Secretary-Cindi Karabelas

Kathy Badger Jim Green Kevin Nolan John Halupowski

Bob Langlands Paul Cremeno Paul Carrigan

Phil Ostroski Lise Peters

EMERITUS

Bob Maguire Frank Lewenberg Ed Poliquin Lois Mann

Slim Bryant Sal Casella Chris Booras

Ray Gilmore Jim Malapan

COACHING STAFF

Dave Gregory – Head Coach/Program Director

Paul Cremeno Skip Bartlett

Joey Miller Sean Badger

Jay Hydren Tom Flavin

Samantha Lewenberg Alec Tarberry

Andrew Benson Bruce Hill

Scott Daigle Josh Kernan

Other coaching staff members TBA

OFFICE MANAGER – Martha Leich

MWVST PROGRAM OPTIONS- 2010-2011

WEEKEND/HOLIDAY PROGRAM: This program is designed for athletes ages 15 years and older who would like to train and race on weekends and during school vacations. Training begins Saturday, November 27th (weather permitting) and ends in early April.

Tuition: \$2400.00 if paid in full by **10/1/10**, \$2600.00 after 10/1/10

FIS Racing: Athletes planning on FIS racing will pay a \$300.00 FIS coaching fee to offset the costs of providing coaching staff for FIS racing and travel. For Kennett students, a contract for school release authorization must be signed by the student, parents, head coach, and high school administrator.

FIS Coaching Fee: \$300.00

DEVELOPMENT PROGRAM: This is a program for athletes who are not looking to race a full season and more interested in developing their ski racing skills. Athletes in this program are limited to 6 race starts for the season. Extra race starts are \$100 per race. The development team trains with the rest of the team and interested athletes should purchase a Valley Pass. Training begins 12/11 and ends 3/15

Tuition: \$1500.00 if paid in full by 10/1/10, \$1,600.00 after 10/1/10

MID WEEK J3/J4 PROGRAM: This program is for J3/J4 athletes who would like to train during the week in addition to their participation in a J3/J4 program at their home mountain. Training will take place on Tuesday thru Friday afternoons. For Kennett students, a contract for school release authorization must be signed by the student, parents, head coach, and high school administrator.

Tuition: \$600.00

Mid Week Program: This program is for any WEEKEND/HOLIDAY MWVST J1/2/Sr athletes who would like to ski during the mid week in addition to the WEEKEND/HOLIDAY program. Athletes can ski mid week afternoons between Tuesday and Friday. For Kennett students, a contract for school release authorization must be signed by the student, parents, head coach, and high school administrator.

Tuition:\$600.00

Tuition is non-refundable. Tuition must be paid in full before purchasing the Valley Pass.

Additional fees may apply for transportation and coach and athlete expenses for FIS, out of state and championship events, please see the section on traveling with MWVST.

Please note deadline for "early rate" tuition is now October 1, 2010

VALLEY PASS

This is a ski pass offered exclusively to MWV Ski Team athletes only, by the ski areas that the ski team trains at: Attitash, Cranmore, and Wildcat. The price of the 2010-2011 Valley Pass is \$569.00. There will also be a \$10 processing fee paid to Attitash for administering the pass program. The Valley Pass may be used at all three ski areas for the entire ski season, 7 days a week, including holidays. If you are a J3 that will be training with the MWVST during the week, don't buy a pass at your home ski area and a Valley Pass. *Take note that the Valley Pass is to be issued for its intended purposes ONLY, see Code of Conduct.*

MWVST FAMILY COMMITMENTS

It is critical that each family hold up their end when it comes to hosting races and putting on fundraisers. A significant part of the expenses of our program are offset by the fundraising which includes races, the Ski Ball/Comedy Night and our Golf Tournament. Without these efforts, tuition could easily rise by over 50%. The MWVST must be a team on and off the hill. Working together is what makes us successful. As you will read below our races and fundraisers benefit our racers and our program in multiple ways. Each family, including athletes, is responsible for doing their part. Please take these commitments seriously. We thank you for doing your part and the many of you who go above and beyond!

FAMILY RACE COMMITMENTS

We continue to host a lot of races in the Valley. There are two reasons for this: races are a source of income for the program and more importantly they provide a "home field advantage" for our racers as well as exposure for the program. There are no two hills alike in ski racing, and being able to train on the hill you compete on can be a significant advantage. Since we have the opportunity to train at several areas, it provides our athletes with more familiarity with the hills they will race on. It does take a lot of work on the part of staff, families and friends, but it is a vital part of our program. We have a strong reputation in the industry for hosting quality races and the program takes great pride in that fact. We couldn't do it without the support our race workers. In order to maintain these high standards, it is vitally important that we work together as a team, and that all families hold up their part of the agreement. Our success is dependent upon the help from each racer's family. Not only are the racers benefiting from being able to race on our home hills, but the revenue that these races bring in also helps cover the costs of the program. Hosting races allows us to keep costs tuition lower.

Race Worker Commitment

Each of the programs offered by the Mt. Washington Valley Alpine Education Foundation requires a race commitment by the families involved. During the 2010-2011 ski season, it is the requirement of each family to work a minimum of seven(7)) races. Development Team families must work a minimum of four (4) races. Each race is valued at \$120.00. If you do not work your commitment you will be billed at the end of the season for each race missed at \$120.00 per race. One race is equivalent to one person showing up and working for the entire race and SIGNING IN. For example, if two parents work the entire day of one race that counts for 2 of your commitments. If you only work for half a day it will not count as a full commitment. You do not have to personally work the races, you may opt to have other family members or friends work your races for you, they just need to sign in and note that they are working for your family. Please note that working races is part of your commitment to the team, you will not receive a voucher for working the race. The schedule of all the races/events we will host for the 2010-2011 season, this schedule is in the athlete registration packet. We can not guarantee workers a specific job, but we will do our best to assign you where you prefer to be. Race workers are placed where they are needed. Jobs marked with a star * require a USSA license; please indicate if you have a USSA Alpine Officials License and list your number. The more alpine officials our club has the better, consider becoming one. Race worker names and assignments will be posted on our web site mwvskiteam.com, please check it before races. **Remember it is your responsibility to sign in at registration and be on time in order to get credit for the race. Do not rely on the race administrator to sign you in to receive your credit; she has a lot to do during the course of a race day. If you become unavailable for a race you have signed up for let us know as soon as possible, no shows on race day can cause problems. 'Fencing' days can be worked for credit. They may be worked in lieu of race days. Make sure to sign in with a coach for worker credit.**

Race Schedule 2010-2011

Race schedule will be published online and emailed. Please sign up for the races, and fencing days you plan to do, keep a copy and return a copy to the MWVST office.

Due to weather it is sometimes necessary that we change dates of races. We will inform you of the changes as soon as possible. If a race date is changed that you were signed up to work you will need to confirm with us whether you will work the race on the new date or if you will sign up for another race. In the event that a race you signed up for is cancelled you will not receive worker credit and will need to make that race up during the rest of the season, the only exception to this is if it is the last race of the season.

FAMILY FUNDRAISING COMMITMENTS

As a member of the team you are part of the Mt. Washington Valley Ski Team and you become a part of our family and a part of the community whether you live here or not. Over the years we have been building a strong relationship to the community. The relationship comes from our need for the community to donate their services and products to our various fundraisers, and attend them. Our main goal with these fundraisers is to keep our costs as low as possible, so regardless of external status anyone interested in joining our program can have that opportunity. Regardless of your desire to participate in the fundraisers, it is a necessity that the team works together, and everyone does their share. This is simply another thing to benefit the athletes and their families, so we appreciate the willingness of everyone to take an active role. The hardest part of these fundraisers comes down to securing items for auctions and prizes for raffles, a rather large part for one person to do, however when done together it can be done with ease.

The 2011 Comedy Night/ Ski Ball is the Saturday at the end of February Vacation Week, a change from previous years, and the Golf Tournament is Friday of the third week of June. All families need to help with BOTH of these fundraisers. Help is needed in planning and running these events, each family also has responsibilities for each event.

Due to the fact that a significant portion of our income is derived from fund raising active parental participation is essential for the successful implementation of the program. **You are required to participate in both of the major fundraising events.** You will find these events fun and exciting to work on, and they bring the team together in a setting away from the mountain. We are always interested in new ideas to improve our fundraising and encourage your suggestions.

Participation by all families is required in order to have successful fundraisers. Each family is required to be involved in putting on all fundraisers. Specific tasks will be assigned to each parent/family/athlete in the program. Volunteer to do what you would like to do. Each family's contribution to each of these events is valued at \$600. A \$600 donation per event may be made to MWV in lieu of each of these commitments.

MWVST Comedy Night/Ski Ball: February 2010

This committee will be responsible for putting on the MWVST Ski Ball at the Grand Summit Resort & Hotel at Attitash Bear Peak. This event usually includes entertainment, food, a silent auction, raffle, a live auction, and more.

For the Ski Ball/Comedy Night each family needs to;:

- Purchase or sell tickets, at least 2 adult and 1 athlete per MWVST athlete.
- Obtain at least 1 item for the auction/raffle.
- Sell at least 1 extra ticket to family, friends, and colleagues or obtain sponsors.

MWVST 23rd Annual Golf Tournament: June 2010

This committee will be responsible for organizing the MWVST Golf Tournament at the Wentworth Golf Club in Jackson, NH. This will include obtaining sponsors, collecting prizes for raffle, winners, and auction, getting players, and more.

For the Golf Tournament each family needs to:

- Obtain at least 1 prize (or 4 similar items that can be awarded to a team of four) or an item for the raffle or auction.
- Get at least 1 person to play in the tournament (this may include yourself).
- Obtain at least 1 sponsor for the event.

TRAINING SCHEDULE

For **training schedule** and updates call the ski team office, **603-356-7627**. Weekend schedules will be on the answering machine on Thursday evenings and posted on the website as often as possible. We will do our best to get the training schedule posted as soon as possible; however sometimes due to looking for the best possible training we may not be able to post a training schedule until the night before. The phone usually has the most updated information.

RACE SCHEDULE

Please read the NHARA handbook for information on J1 and J2 racing. Contact us if you have questions. Suggested race schedules for MWV athletes will be in the newsletters, and posted on the website. The full newsletters are also posted on the site.

RACE ENTRY VOUCHERS

Vouchers or online registration are used to enter all USSA races. FIS race registration is done by the coaches. Race vouchers should be sent in EARLY. Be sure to include the entry fee with your voucher and mail to the hosting club – the NHARA book has addresses for all of the NH Race Administrators. Please note that the Race Administrator *does not have to accept phone, fax, e-mail or late entries*, so be prepared and send your entries in early, including those for races we are hosting. Registration can also be done online at alpineskireg.com.

DRYLAND TRAINING and FALL HIKES

MWVST does three fall training hikes, participation in 2 of these is required to get racer pricing on equipment at the fit session. These hikes are also fun and a great way for everyone to get to know each other and become a team. Athletes also train at 1-2-1 FIT in North Conway. Our athletes are given a great deal on training at 121 FIT, payment is made to 1-2-1 FIT. Details will be made available.

OUTSTANDING BALANCES

All outstanding balances (i.e. race worker fees, travel expenses, etc) from the previous season must be paid before registering for the 2010-2011 season. Skiers with outstanding balances will not be registered unless balances are paid in full from the prior year.

TRAINING DAYS

Training time is invaluable. Please take advantage of it by showing up on time with the proper equipment, tuned skis, and a positive attitude. All athletes are expected to help with course set up and take down. Please do not leave practice without being excused by a member of the coaching staff. If you are unable to attend a practice please leave a message or send an e-mail to let the staff know. Being on time is essential, especially for early morning training, athletes arriving late may not be allowed to train in the morning session; this is a decision made by the coaching staff.

RACE DAYS

Plan to arrive at a race no later than 8:00 AM. Make sure you leave yourself enough time to register, inspect, and warm up for the race. Training courses will be set whenever possible. If there is fencing work to be done at the end of any race MWV athletes are expected to help unless excused by an MWV coach.

SKI AREAS

You are all ambassadors for your sport; please conduct yourselves as such. Please treat all ski area staff and guests with the utmost courtesy and respect. Please pick up after yourselves in the lodge and try not to be an imposition in any way. Do not change your clothes in the middle of the lodge; use the restrooms and other changing areas for this. Keep your belongings in your bag, your bag where designated, skis in the racks not on the ground, and be on your best behavior. It is always a good idea to protect your ski equipment, separate your skis, use a lock, or store them in the car when they are not needed for an extended period of time.

MWV SKI TEAM VAN

There will not be a van this season.

TRAVELING WITH MWVST

(FIS races, Eastern Cups, Championship Events)

When traveling with the team athletes are financially responsible and will be billed for coaches lodging, athlete lodging, mileage, and meal expenses.

For athletes participating in FIS races there is a \$300 FIS coaching fee for the season in addition to their regular tuition.

There are many variables that affect FIS expenses for a particular event, parents who can provide lodging and transportation can help keep costs down. The number of athletes attending the event affects the expense costs per athlete.

LODGING: the group or individual is responsible for the lodging and meals.

COACHES EXPENSES: Coaches are given \$40.00 per day for their meals regardless of whether or not you provide food for the coaches. The cost of the coaches lodging is paid by the athletes. These charges will apply to all athletes attending the event (divided between the athletes)

MILEAGE: If you are traveling with MWVST, mileage is split between participating athletes at a rate of .50 cents per mile (as of 7/10). If a member of the coaching staff provides the use of their personal vehicle, mileage costs will be split between all participating athletes. If a family provides the vehicle for traveling to the event, no mileage charge will apply, but costs should be shared among the athletes involved.

FINANCIAL AID

MWVST provides financial aid based on financial need each year. Please contact Don Kernan 603-466-3687, kernantracy@hughes.net or Phil Ostroski 603-356-3594, philanno@roadrunner.com, both are members of our board of directors, if you are in need of financial assistance for your athlete to be able to participate in our program. If you are requesting aid all registration material must be submitted by October 1, 2010. A copy of your 2009 1040 tax form, and an explanation of why you are asking for assistance will also be needed. Consideration will be given to financial need, academic performance, the athlete's interest in and dedication to the sport. Strong parental involvement in MWVST, beyond the minimum family commitment, is expected as a way to give back to the program. Recipients will be held to the highest athletic standards including both sportsmanship and physical health. Athletes violating USSA and MWVST codes of conduct, particularly with regard to use of controlled substances, will risk loss of the scholarship midseason.

COMMUNICATION

If you have questions, comments or concerns please communicate with us. Call (603-356-7627) or email (skiteam@roadrunner.com) the office, or ask us in person. This handbook contains a lot of useful information, there is also a lot on our web site (mwvskiteam.com) The NHARA handbook you receive by mail from NHARA also contains a lot of information. Take some time to read this handbook and the NHARA handbook and keep them around.