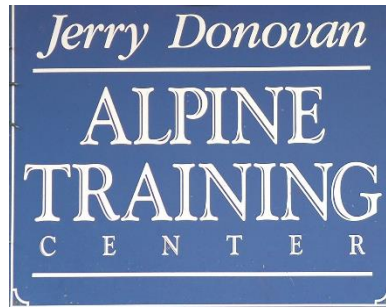


MOUNT SOUTHTON RACE TEAM PACKET 2016-2017



***Race Information Hotline
860-628-0954 ext. 243***



Mount Southington Race Team At The Jerry Donovan Alpine Training Center (JDATC)

Jerry Donovan started the Mount Southington Race program over 40 years ago to give local CT racers the opportunities that Vermont kids have enjoyed for years ~ a local race hill with a comprehensive training program. The Jerry Donovan Alpine Training Center (JDATC) gives a young skier the opportunity to enter the world of competitive Alpine skiing. Top level coaching combined with Mount Southington's training hill provides one of the finest programs in the East. The program is designed to be fun and to help young people develop physically, psychologically, and socially.

Today, the JDATC provides the backdrop for the Mount Southington Race Team, staff, and coaches to provide coaching and training for racers from age 6-20 who are serious about developing their skiing skills. The program's goals are layered to provide the maximum benefits to each age group and ability level. The emphasis is on building a solid base of skiing skills in a fun and competitive atmosphere that are developed by the coaches and skiers working closely together throughout the season. Race results are secondary to skier development. The rewards of the program come not only from the races, but also from the goals achieved by the individual skier. We are looking forward to another exciting training season! Think SNOW!

Coaches are USSA and PSIA certified, many with years of racing experience and others with an extensive background in snow sports instruction. This mix of racing and ski instruction forms the basis of the Mount Southington skier development program. As always, Safety, FUN, and Learning are the three pillars of our program.

Skiers wishing to join the alpine race program will be assigned to one of seven classes according to age. The class age cut-off is determined by **the skier's age as of December 31, 2016**. Each class has a male and female division. Skiers in our Free Ride program must be between the ages of 7-18.

Important Dates

Sept. 11, 2016 - Race Day at Steiner's Sports in Valatie, NY 11am - 5pm.

Sept. 22, 2016 - Meet the Coaches & enjoy a cookout with the team! This is a great opportunity to ask the coaches questions, tour the Race Building, & meet other racers & parents while enjoying a hotdog or hamburger! Bring your paperwork along. Guest Services will be open to enroll your racer in the program. Start time - 5:30pm Duane Bass, Race Director, will answer all your question. 6:30pm - enroll your racer and have a burger.

Sept. 30, 2016 - Race Gear Sale (new equipment) @ Suburban Sports - Berlin 3pm - 7pm

Oct. 7, 2016 - Race Ski Swap @ Suburban Sports in Berlin all day.

Oct. 8, 2016 - Race Gear Sale @ Ski Haus in New Milford 5pm - 8pm

Oct. 15, 2016 - Mount Southington is hosting **Crazy Brew Bash** to benefit the REACH foundation 12pm-4pm. Tickets are \$25 in advance & \$35 at the door. (Must be 21 or older to attend). For more info visit www.mountsouthington.com. Guest Services will be open 9am - 3pm. Sign up for the race team & attend the bash!

Oct. 22nd - 23rd & October 29th - 30th - Guest Services will be open Saturday 9am - 2pm & Sunday 10am - 2pm. Note: the deadline to receive all pre-season rates is Oct 30th.

Nov. 19, 2016, Saturday - Training officially begins! Dry land training 10am-12pm. If we have snow, we will train from 8:30am - 1:30pm. Training is held at Mount Southington.

Nov. 26, 2016, Saturday - Audi FIS Ski World Cup at Killington! Bus leaves MTSO at 5:00am. Bus leaves Killington at 4:00pm. First come, first served so sign up early!

Dec. 3, 2016, Saturday - Second training weekend. If we have snow we will train from 8:30am - 1:30pm, otherwise we will hold dry land training 10am - 12pm.

Dec. 10, 2016 - Season officially starts! On snow training 8:30am - 1:30pm.

Mar. 12, 2017 -Last day of training.

Dec. school vacation - Special practices are held. Dates & times to be announced.

Reminder ~ Once Mount Southington is open practice times are as follows:

Thursday evenings - 6:30pm to 9:00pm for U10-U19+ & Free Ride Team.

Saturdays & Sundays from 8:30am to 1:30pm for ALL Race Team Members (excluding holidays and dates you are racing).

Racers are responsible for their own transportation to and from practices & races.

For directions to the various ski areas go to CYSL.org or tristateskiracing.org.

If you have any questions about practices or race days, please call the **Race Information Hotline at (860) 628-0954, ext. 243**. This number is updated weekly.

Training Goals

Training and competition intensify on the Race Team as the skier gets older, but all alpine racers are working toward refining the same basic skills necessary to ski fast and in control through a race course. The free ride skiers are looking to improve their form and style while increasing their performance.

JDATC welcomes our future Mount Southington Racers to our **U8** Developmental Team. They are loads of fun and bring in new enthusiasm to our program. The Developmental Team is the stepping stone to our full program at our JDATC Training Facility. ***To be a part of our Developmental Team, a skier must be able to load, ride and unload the chairlift independently.***

U10 skiers will be taught to master basic skiing skills and will be introduced to racing techniques and tactics. Skiers in U12 and U14 will refine their skiing technique, with a greater emphasis placed on racing tactics. Approximately 60% to 70% of the U10, U12, and U14 race training will be allocated to technique and skill development. This aspect of training will consist of free-skiing and drills that work towards the establishment of good body position, balance and edging skills. Establishment of these skills into the racer's everyday skiing is necessary before he/she can expect to utilize them in a race situation. The remaining 30% to 40% of training will be used to expose the racer to racing tactics (i.e. long turns, short turns, rise line, transition gates, etc.). Gate drills and training films will be used to accomplish this task. U10, U12, and U14 racers will get a taste of competition by competing against skiers from other areas within the Connecticut Youth Ski League (www.cysl.org).

On the U16, U18, and U21 level, training and competition reaches the highest level of intensity. Specific skiing skills are emphasized and racing tactics are refined. The competition broadens and good racers can find themselves competing against skiers ranked nationally in the Tri-State Alpine Racing Association (www.tristateskiracing.org), under the Eastern Division of the United States Ski Association. These inter-ski area races provide each skier an avenue for reaching the highest level of competition.

Our **free ride team** was founded in the 2014-2015 season. The free ride team is a goal oriented, progressive learning program, with emphasis on safety and alpine freestyle fundamentals. The team begins each training session running drills with the alpine race team and then branches off to concentrate on their own form and style.

VERY TENTATIVE Race Schedules

2016-2017 Season

The 2016-2017 Race schedule is a tentative schedule. An update will be available after the next Tri-State meeting in October. Visit www.tristateskiracing.org for U16-U21 and visit www.cysl.org for U10-U14, for the latest schedules. Dates will most likely remain the same, but places may change.

<u>RACE SCHEDULE - U19+</u>	<u>DATE</u>	<u>PLACE</u>	
	12/31/16	Berkshire East	SL
	1/08/17	Bousquet	SL
	1/15/17	Berkshire East	GS
	1/22/17	Sundown	SL
	1/28/17	Blandford	SL
	2/05/17	Jiminy Peak	GS
	2/12/17	Bousquet	SL
	2/19/17	Berkshire East	GS

U18 & U21 CHAMPIONSHIP RACES - To Be Announced

<u>RACE SCHEDULE - U16</u>	<u>DATE</u>	<u>PLACE</u>	
	1/07/17	Berkshire East	GS
	1/29/17	Wachusett	GS
	2/04/17	Mohawk	SL
	2/11/17	Blandford	SL

U16 CHAMPIONSHIP RACES

2/25/17	Championship	Bousquet	SL
2/26/17	Championship	Jiminy Peak	GS

RACE SCHEDULE (CYSL) U10, U12, U14

<u>DATE</u>	<u>PLACE</u>		
1/08/17	To Be Announced	U12, U14	Kombi*
1/21/17	Sundown	U10, U12, U14	GS
1/28/17	Thunder Ridge	U12, U14	SL
1/29/17	Thunder Ridge	U10	Stubbie
2/05/17	Mohawk	U10, U12, U14	GS
2/12/17	CYSL Finals Mount Southington	U10, U12 & U14	SL

* A Kombi race consists of all styles of racing in one course GS, SL, & freestyle

U12 & U14 CHAMPIONSHIP RACES

3/04/17	Mount Southington	U12	SL
3/05/17	Sundown	U12	GS
3/04/17	Blandford	U14	SL
3/05/17	Berkshire East	U14	GS

3/ /17 - 3/ /17

Gunstock Piche' Open U12 & U14

U10 POST-SEASON FESTIVAL

2/ /17 - 2/ /17
 Mohawk U10 CYSL U10
 Festival

Race Team Membership Rates 2016-2017 Season

FULL TEAM MEMBERSHIP (U10 through U19+ Racers & Free Ride Team)

Training: Thursday 6:30pm - 9:00pm, Saturday & Sunday 8:30am - 1:30pm

DEVELOPMENTAL TEAM MEMBERSHIP (U8 Racers)

Training: Saturday & Sunday 8:30am - 1:30pm

Enrollment Period	Full Team Membership Rates	Developmental Team Membership Rates
Sept. 1, 2016 - Sept. 25, 2016	\$1,225.00	\$1,000.00
Sept 26, 2016 - Oct. 30, 2016	\$1,300.00	\$1,050.00
After October 30, 2016	\$1,400.00	\$1,150.00

*All Rates include a 10% admissions tax on the season pass portion of the membership rate

****ALL RACER MUST BE ABLE TO LOAD, RIDE & UNLOAD THE LIFT INDEPENDENTLY****

Choose How You Wish to Enroll

- Fax (860-621-1833) or Email andrea@mountsouthington.com forms & call with credit card payment (860-628-0954 x216)
- Mail your forms with the appropriate payment to:
Mount Southington Ski Area, PO Box 347, Southington, CT 06489
- Bring your paperwork to the 'Meet the Coaches' Cookout September 22nd
 - (5:30pm for Questions, 6:30 to register and enjoy the cookout)
- Stop into Guest Services with your paperwork
 - Monday through Friday 9am - 3:30pm including Columbus Day
 - Saturday October 22nd & October 29th 9am - 2pm
 - Sunday October 23rd & October 30th 10am - 2pm

The Mount Southington Season Pass has benefits:

- * Discounts at Killington Resort
- * Discounts at Suburban Sports and Bob's Sports Chalet
- * For each pass valued at \$350 or more receive an 8 Hour Flex Lift Ticket voucher to treat a friend to a fun day on the slopes (this pertains to the full race team membership pass **after** October 30th)
- * **AND MORE!!!**

For 3 or more family members living at the same address, a 10% family discount will be applied to the pass portion of the race program provided all passes are purchased at the same time.

- Passes must be paid in full to be eligible for discounts
- Racing passes are non-transferable
- Lost racing passes will be replaced at a cost of \$25.00
- Fraudulent use of racing passes will result in suspension

Steps to Joining the Mount Southington Race Team

ALL RACERS ~ Turn the following items in to Guest Services at Mount Southington Ski Area

(All forms can be found online at mountsouthington.com under the 'Race' tab)

- Completed Season Pass Application & Waiver
- Membership payment - Cash, Check, Visa, Master Card, or Discover
- JDATC Parent's Association Form
- Emergency Medical Treatment Release Form - one per family

U16 thru U21 RACERS ~

Register *Online*:

- **USSA Eastern Division:** www.ussa.org - Purchase a Competitor License **and** sign up for Tri-State here as well

U10, U12, & U14 RACERS ~

Register *Online*:

- **USSA Eastern Division:** www.ussa.org -Purchase a Youth License and sign up for Tri-State.
- **CYSL - Connecticut Youth Ski League:** www.cysl.org
 - Register for CYSL (fee includes a race bib)
 - Registration entitles the participant to enter any of the races in the CYSL race series. You may choose to register and participate in any or all of the races in the series. Register for races online at **www.AlpineReg.com**. You can choose to enter and pay for all races at once or pay as you go. *You must register and pay for the races no later than the day before the race. Any race day registration will be subject to a late fee.*

Additional Information

*Each racer receives a race bib to be used all season. Start numbers in each age group are rotated for each race. Bibs are the racers responsibility. Any lost bib is subject to a \$25 replacement fee.

*Race start time is 8:30am unless otherwise noted.

*Racers must be on the hill at 7:30am.

*Race fees per race for CYSL races are \$55 per race.

~~NOTE: Late fees may apply so pay attention to all due dates~~

Information Guide for All Racers & Parents

- 1) All racers need to join USSA & Tri State. U10, U12, and U14 racers also need to register for CYSL (see below). Please check the websites and take note of the deadlines. The racer should have his/her USSA/Youth Ski League card available on race days.
- 2) To confirm that practice is being held on a particular day, please call the ***Racing Hotline at Mount Southington ~ 860-628-0954, Ext. 243.***
- 3) To confirm a race, call the mountain at which the race is being held. For phone numbers & driving directions go to www.tristateskiracing.org or www.CYSL.org.
- 4) The JDATC Parents Association supports the racers. Parents are expected to participate in activities including the Bake Sale & Raffle on the days Mount Southington hosts the races.
- 5) On race days, all team members should be on the hill for the race no later than 7:30am.
- 6) The coaches will review the race course with the racers before the race starts so they feel comfortable with the course.
- 7) All races have 2 runs. The first starts at 8:30 am (unless otherwise noted) and the second at 12:00pm.
- 8) Awards are given to the first five place winners following the last run of the last racer.

CYSL Information Guide for U10, U12, U14 Racers & Parents

- CYSL Membership Registration and Race Registration are done entirely online through the AlpineReg.com website. You may pay for all the races at once or you may pay as you go. Be careful to only register for races that your racer is eligible for. Look at the description of each race to see which age classes may enter the race.
- You must be a member of USSA and Tristate Alpine Ski Racing Association in order to join and race in CYSL.
- Any CYSL Memberships completed late will be subject to a late fee and must be done by the Wednesday prior to race day in order to be eligible to race in that week's CYSL race. After registering and paying the CYSL Registration Fee, you may register for as many CYSL races as you are eligible for.
- In all cases, you must register and pay for any race you wish to participate in, no later than the day before the race. Any race day registrations will be subject to a late fee, in addition to the race fee, to be paid at the race site.

*** *Race Day Check List* ***

At Home

- ✓ Ensure that all equipment is tuned and ready to race.
- ✓ Check ski pants for full side zippers.
- ✓ Label all clothing, skis AND helmets with the racers' name.
- ✓ Pack USSA card, Racing Bib, and all racing equipment.
- ✓ Remember—it is usually colder at the ski area—bring extra clothing, just in case.
- ✓ Get a good night's sleep.
- ✓ Leave in plenty of time to get to the ski area.

At The Race

- ✓ Plan to arrive 90 minutes before the first run.
- ✓ Bring any necessary waivers for registration.
- ✓ Check in at the registration desk in the main lodge.
- ✓ Attach lift ticket to boots or goggles (not pants).
- ✓ Be considerate of other ski area patrons - don't monopolize the day lodge.
- ✓ Store bags in designated areas.
- ✓ Meet coaches on snow at 7:30am for course inspection.
- ✓ The first run starts at 8:30am.
- ✓ Don't be late for your start number. Racers should report to the top of the race course at least 20 bib numbers before your start number—keep an eye on the course.
- ✓ Gather racers' clothing and equipment at finish area.
- ✓ Eat lunch in the lodge, if time permits.
- ✓ Skiers meet at the top of the race course 15 minutes after completion of the first run for second run inspection (U14's eat lunch AFTER second run inspection).
- ✓ The second run starts approximately 30 minutes after completion of the first run.
- ✓ Ski Fast!!!!
- ✓ Awards are presented after completion of the second run.

Ski Mount Southington

Mount Southington Race Team

JDATC Parents' Association Information Form 2016-2017 Season

Father _____

Email Address _____

Home Phone _____ Cell Phone _____

_____ Address

_____ Town State Zip

Mother _____

Email Address _____

Home Phone _____ Cell Phone _____

Address same as above (complete below if different)

_____ Address

_____ Town State Zip

I would like my contact information to be included in a race team directory to be shared with other race team families. (Check box).

RACER'S NAME	AGE	NEW RACER	CLASS	TEAM	Sizes			
	As of 12/31/16		FR or U8-U19+		(Circle one)	Tee Shirt	Sweat Shirt	Sweat Pants
_____	_____	Y / N	_____	Alpine /Free Ride	_____	_____	_____	_____
_____	_____	Y / N	_____	Alpine /Free Ride	_____	_____	_____	_____
_____	_____	Y / N	_____	Alpine /Free Ride	_____	_____	_____	_____

EMERGENCY MEDICAL TREATMENT RELEASE
Mount Southington Race Team
2016-2017 Season

I, the parent/guardian of the following competitors listed below, give permission for emergency medical treatment of our child/children for illness or accident if we cannot first be contacted.

<hr/> Competitor Name (Please Print)	<hr/> Age	<hr/> Known Allergies / other Medical Conditions (use back if needed)
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<hr/> Competitor Name (Please Print)	<hr/> Age	<hr/> Known Allergies / other Medical Conditions (use back if needed)
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<hr/> Competitor Name (Please Print)	<hr/> Age	<hr/> Known Allergies / other Medical Conditions (use back if needed)
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<hr/> Competitor Name (Please Print)	<hr/> Age	<hr/> Known Allergies / other Medical Conditions (use back if needed)
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<hr/> Parent or Guardian Name (Print)	<hr/> Parent or Guardian Signature	<hr/> Date
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Parent home phone number: _____

Parent cell phone numbers: _____
