



Handbook

2019-2020

Our Vision

Our goal at Mount Washington Valley Ski Team is to provide an environment where our young athletes are able to develop their passion for skiing while fostering dedication, discipline, responsibility and independence in order to navigate academic, athletic and life's many other endeavors.

The Mount Washington Valley Ski Team is committed to:

- Providing as safe an environment as possible for training and racing, on an affordable basis.
- Developing in athletes an attitude of camaraderie and respect for fellow team members and competitors.
- Promoting a healthy lifestyle and love for outdoor experiences.
- Together holding high expectations in work ethic and in doing so, providing the format for success.
- Encouraging the strength and toughness to leave your comfort zone in order to attain goals.

About Us

Founded in 1982, The Mount Washington Valley Alpine Education Foundation is a registered non-profit 501(c)(3) dedicated to educating the next generation of Mount Washington Valley ski racers. Our club operates with the support and devotion from our members and would not survive without dedicated parents, coaches, athletes and volunteers.

As the ski racing in the East continued to evolve, it became apparent that the needs of J1 and J2 athletes (Now U16 and U19) were becoming increasingly difficult to be served by each of the individual mountain local ski teams in the Mount Washington Valley, both financially and hill space wise. The resources dedicated to properly operate a competitive race team for developing ski racers proved to be too much of a burden for one mountain alone.

A group of forward thinking coaches, parents, and ski area managers, conceived and implemented a plan to consolidate this group of athletes into one program. This program would provide a true, seamless progression from the individual youth programs at each mountain.

The concept provided an opportunity to form a true regional team, while leveraging the unique resources of the Mount Washington Valley with its numerous ski areas located in close proximity, into a highly reputable, skilled, and competitive program in the ski racing community.

Board of Directors

The primary goal is continuity; each board member's term is for three years. The board is comprised of no less than seven members and no more than fifteen. At the end of a term a board member may ask to be re-nominated or to serve "Emeritus". The objective is to draw on the experience of senior board members while maintaining participation of parents from current club members.

President - Noah Coleman

Treasurer - Bill Elliott

Officers - Mary Ellen McDermott and Mike Crowther

Scholarship Committee - Harry Mann

Kathy Badger Jay Pingree Peter Bozovic Ace Tarberry Philip Marshall
Paul Carrigan Stan Millen Kristine Porcaro Stu McKay Donna Kutzer

Staff

Michael LeBlanc - Executive Director/Head Coach

Leanne Smith - Program Director/U16 Head Coach

Richie Scanlon - U19/FIS Head Coach

Eddie Bradley
Julien Deniaud
Maggie Flynn
Ace Tarberry

Skip Bartlett
Maddie Glavin

Office Manager - Martha Leich

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Athlete Expectations

Making the jump from U14 to U16 programming in ski racing is a major milestone. Once skiers leave the U14 age group, they are essentially graduating from what is formally known as children's ski racing, and entering into races with other teenagers and occasionally adults. The first year of U16 programming can be a shock as skiers will go from racing shorter courses on easier hills to much longer course sets, often times at more difficult race venues. It is our objective at MWV to prepare our skiers for these experiences and create a platform for our young athletes to take ski racing to the next level, such as FIS skiing and collegiate competition, if they so choose. The following is a list of important responsibilities, qualities and areas of focus that our curriculum will actively refine, in order for our skiers to have a productive experience here at Mount Washington Valley.

Self-Reflection

Every skier in our program needs to focus on self-reflection within their own skiing. This means developing a sense of kinesthetic awareness and cultivating the ability to understand when you are actively making changes to your tactics and technique. The end result should be the ability to apply constructive self-assessment in order to understand the difference between positive and negative movement patterns in their skiing.

Accountability

Arriving to training and races on time, with all of your equipment prepared, and ready to go with a positive attitude. MWV coaches are dedicated to providing a great experience on the hill to all of our club members, in return we ask for consistent work ethic from our skiers.

Cooperation

Mount Washington Valley is a small club and a tight knit group. There are several tasks that need attention in order to provide a safe and productive learning environment at our venues. Everyone pulling the rope in the same direction to complete objectives is essential to our everyday operations.

Respect

Be respectful to yourself, teammates and coaches.

Be respectful to the ski resorts that generously support the sport of ski racing and to the countless individuals who volunteer their time to make each and every event possible.

U16 Program

This program is designed for U16 athletes (ages 14 and 15), both full time and weekend participants. Our goal is to provide a smooth transition from children's racing to seeded racing. The U16 program welcomes athletes from all of the Valley's youth programs, as well as youth programs outside of the Valley.

When you register for the U16 program, the ski season starts when Wildcat opens at the beginning of November. Our main focus for the first month of the season is basic fundamental skill sets, being balanced on the skis and general kinesthetic awareness. We accomplish these tasks through extensive drill work and repetitive movement patterns on snow. The next step for U16 skiers, before they start full length gate training, is turn shape drills that bring the fundamentals from free skiing into dictated direction changes. This portion of the programming is crucial in order for U16s to have the ability to make positive changes to their technique and tactics before the competition season.

Athletes in this program will pursue the U16 NHARA qualifiers, and will participate in open races in the early and later parts of the season. NHARA U16 qualifiers are seeded by USSA National points, therefore committing to early season open races is vital in order to secure good starting positions for qualifiers. The NHARA qualifiers are organized so that starting in Mid-January U16's will participate in 2 races per discipline every two weeks. The post season qualification process is outlined in the NHARA Handbook.

<https://www.nharpine.org/page/show/3406890-nhara-handbook>.

Starting with NHARA speed week, U16 skiers will focus on one discipline at a time for 2 week blocks. The NHARA schedule is designed so that these young skiers can concentrate solely on one discipline at a time, allowing the training volume each individual requires in order to be prepared for the designated event. Though we focus on high volume gate training at this point in the season, continued emphasis will be placed on developing basic body position.

The NHARA U16 qualifying series places New Hampshire U16's at the following Eastern post season events:

1. U16 Eastern Championships
2. U16 Eastern Finals
3. NHARA U16 Finals allows another opportunity for athletes to qualify to the U16 Eastern Finals. NHARA U16 Finals is designed for skiers who did not accumulate enough points from the state qualifying series events to compete at an eastern event.

In addition to U16 specific competitions our skiers will be focusing on the NHARA Lafoley Spring Series races and other USSA racing opportunities, in order to continue to develop a competitive USSA point profile.

U19 Program

The U19 program is designed to provide a competitive and safe on-snow environment for 16-18 year old athletes in order to prepare them for both USSA and FIS sanctioned events. The U19 program welcomes athletes from all of the Valley's programs, as well as teams outside of the Valley.

The U19's will have the choice to pursue USSA races, FIS sanctioned races, or both. Our program is tailored to fit every skier's needs and we are equipped to support each individuals' basic fundamental skill growth as well as their specific ski racing goals.

When you register for the U19 program, the ski season starts when Wildcat opens at the beginning of November. Our main focus for the first month of the season is basic fundamental skill sets, being balanced on the skis and general kinesthetic awareness. We accomplish these tasks through extensive drill work and repetitive movement patterns on snow. The next step for U19 skiers, before they start full length gate training, is turn shape drills that bring the fundamentals from free skiing into dictated direction changes. This portion of the programming is crucial in order for U16s to have the ability to make positive changes to their technique and tactics before the competition season.

The main priority throughout the competition season is for each athlete to compete in early season open races as well as the NHARA Macomber Cup series which begins in January. The goal is to accumulate Mac Cup points at each event as well as providing ample opportunity to improve USSA National points throughout the year. Macomber Cup races are held all over the state of New Hampshire and include Super G, Giant Slalom, and Slalom disciplines. Upon completion of the Macomber Cup events, athletes will be encouraged to pursue the Lafoley Spring Series and other great race opportunities to lower their point profile toward the end of March into the beginning of April. Races such as the UNH Fundraiser and Sugar Slalom in Stowe, Vermont, are perfect examples of events that can prepare each individual for better start positions the following year. Athletes that are successful within these USSA events will be encouraged to take the next step toward FIS level racing and competing within FIS's international point based system.

Mount Washington Valley Ski Team has many U19 athletes that are racing for their respective High Schools all over New England and we are proud to support the Eastern High School Championships every March. We encourage our members to prepare for their in-state Meet of Champions with the ultimate goal of qualifying for the four day championship event. All of the preparation through USSA Open races and series such as the Macomber Cup and Lafoley Series will help them get ready for this unique opportunity.

High School Program

This program is designed for U16 and U19 skiers who would like to train part time with MWV and want to participate in limited weekend races. The High School program tailors to individuals who are looking for a commitment of only **one** day per weekend, whichever day they choose (Saturday or Sunday), on any given week. A lot of our racers in this program are looking for high quality weekend training to prepare for their midweek races at their respective High Schools.

Athletes are always free to add mid-week training whenever they wish, such as Holiday break, February vacation, or Spring break. We are flexible and able to accommodate many schedules as we are always available for training throughout the winter.

Members of the High School program will only be eligible to race in USSA races within the Mount Washington Valley.

Note: Skiers are eligible to upgrade to the U16/U19 full-time or weekend program prior to the February vacation week at the early season price, resulting in reimbursement of the High School program tuition.

FIS Level

FIS racing (Federation Internationale de Ski) is for athletes **age 16 and older** looking to race at a more competitive, international level. If you have aspirations to take ski racing further whether it be, pursuing the U.S. Team, a NCAA collegiate team, or skiing at the highest level available for U19 athletes, then you need to be looking at FIS racing.

The decision to pursue the FIS circuit should be made at the conclusion of your second year U16 season. This is a discussion athletes and parents should have with their coach or mentor.

Post Graduate Program

This program is for any Post Graduate athletes who would like to ski full time (six days per week). Athletes may also concurrently pursue credits at White Mountain Community College or Granite State College.

Assistance with lodging is available; please contact the Program Director for additional information on this program and to discuss how it can be tailored to meet the needs of the athlete.

Mid-Week Training Opportunities (U10, U12, U14)

This program is for **U10, U12, U14** athletes who are able to train during the week, in addition to their participation in a program at their home mountain. Training will be available for these skiers on Tuesday through Friday afternoons.

Per Diem Training

Per Diem training is available to any USSA member, or MWV Ski Team alumni wishing to train on a day by day basis, limited to a maximum of **10** days.

Communication

If you have questions, comments or concerns please communicate with us!

Especially if you are new to this level of racing you will have questions. Call 603-356-7627, 603-662-6420 or email martha@mwvskiteam.com.

All team information and communication will be sent out via TeamSnap, which you will also be using for online registration via a link. Please make sure to complete all of the requested information.

TeamSnap is a web based application designed to help organizations run team sports. MWV has selected this platform based on the features and its relative ease of use. We are working to learn the tips and tricks of how to use it to its fullest potential.

If you are reading this and have given us your email you should have been invited to join us on TeamSnap. To use TeamSnap on your phone please download the App, it is much easier to use. **Registration is through TeamSnap but accessed through a link.** You can find the link either on the TeamSnap homepage or at www.mwvskiteam.com.

In concept it is a private team web site, where only members can have access to information for privacy reasons. We will be maintaining a team calendar and posting important documents on the site. Any parents that wish to upload pictures to share, can do this on the site as well.

E-mails will be sent via TeamSnap for training and races. **Check your emails for the latest up to date information!** TeamSnap will provide you with quick and easy access to all things MWVST.

Valley Pass

Mount Washington Valley Ski Team is proud to partner with Attitash, Wildcat and Cranmore for our on-snow activities. These three resorts have worked tirelessly over the years to provide us with quality training and racing venues. The Mount Washington Valley Ski Team has a unique opportunity provided by these resorts to purchase a one of a kind pass that is only offered to our club. The pass may be used at all three ski areas for the entire ski season, 7 days a week, including holidays. All of our programs **require** each athlete to purchase a Valley Pass, with the exception of our per diem skiers. **Per diem skiers will provide their own passes or purchase per diem tickets, and are not eligible to purchase a Valley Pass.**

The price of the 2019-2020 Valley Pass is TBD or \$721 plus 3%. Keep in mind, there is a \$10 processing fee paid to Attitash Mountain Resort for administering the pass program. The pass is purchased at the Attitash Season Pass Office. When you are eligible to purchase your pass you will receive an email with instructions on how to proceed.

Athletes who are eligible for employee dependent passes at Cranmore, Attitash, or Wildcat need to notify the MWV office of their status, so their pass price can be adjusted.

Please respect this opportunity given to us, the Valley Pass is a privilege and we expect all club members to adhere to all rules and responsibilities at each ski area. This pass is used for its intended club members only.

Tuition

In order to be eligible for the early season rate, an athlete must complete early registration by a late summer date, and pay a \$200 deposit.

This deposit is non-refundable, except in the case of an injury that prevents an athlete from participating in the upcoming season.

The tuition balance must be paid in full by October 15th, and prior to being eligible to purchase the Valley Pass.

Registrations completed after early registration date will be at the regular price. Financial aid is available, contact Martha for more information.

Financial Aid

Mount Washington Valley Ski Team provides financial aid based on financial need, and the Teams financial ability to fund the scholarship program each year. Please contact any BOD member or any Head Coach 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 15**. Be prepared to provide a copy of your IRS 1040 tax form from the previous year, and an explanation of why you are asking for assistance. Consideration will be given to financial need, academic performance, the athlete's interest in and dedication to the

sport. **Strong parental involvement in our program is mandatory, beyond the minimum family commitment.** Recipients will be held to the highest standards including, but not limited to, sportsmanship and physical preparation in our scheduled team dryland sessions. Some athletes have also been successful in getting scholarships from outside sources. Athletes violating USSA and MWVST codes of conduct, particularly with regard to use of controlled substances, will risk loss of the scholarship midseason. Scholarships are awarded on a yearly basis, and an award does not guarantee aid will be available in subsequent seasons.

Outstanding Balances

All outstanding balances (i.e. race worker fees, fundraising commitments, travel expenses, etc.) from the previous season must be paid before registering for the next season. **Invoices that are not paid within 60 days will be charged 1% per month interest, unless payment arrangements are made.**

Program Tuition, Commitments and Dates

Program or Fee	2019-2020 Tuition	Early Rate w/\$200 Deposit	Family Commitment			Start Date*
			Race Work Days	Comedy Night	Golf Event	
Weekend/Vacations (w/out FIS Starts)(U18, U21)			6	yes	yes	
Weekend/Vacations/FIS (coaching only)(U18 or U21)			6	yes	yes	
U16, U19 Full Time Program (6 days /week)			6	yes	yes	
PG Program (please contact us if interested)						
U16 Program			6	yes	yes	
High School Program			3	2 tix	no	
Mid-Week (non-vacation week)Training (U14 & younger)	\$850.00	\$750.00	0	no	no	
High School Program added Vacation Weeks (4 days)	\$120.00	\$120.00	n/a	n/a	n/a	
Mid-Week Per Diem Package (4 midweek days for MWVST athletes)	\$120.00	\$120.00	n/a	n/a	n/a	
Per Diem Training (limit 10 days) (not eligible for Valley Pass)	per day	\$85.00	0	no	no	
Alumni Per Diem Training	per day	\$45.00	0	no	no	
Commitment Opt Out- (for non local families unable to participate)		add \$2000.00				
Race Worker Opt Out	per race	\$120.00				
Fundraiser Opt Out (comedy or golf)	per event	\$600.00		* target date/ snow dependent		
<i>Previous balances due MWVST must be paid to ski</i>						

Family Fundraising Commitments

Focused teamwork. Buy in to the community. Better experience

The Mount Washington Alpine Education Foundation is a volunteer based club organization, as such, we are only as productive as our membership. Our annual income from tuition covers roughly half of our operating cost each season. Given this structure, fundraising is a crucial part of our club's functioning on a year to year basis.

Safety is our number one priority. Ski racing is an expensive endeavor, for example, our club requires an inventory of 350 rolls of B-Net. Each net costs \$400 and has a shelf life of about six years. Installation of B-Net on the hill requires a lot of time from our staff in order to provide safe training and racing. Additionally, our operations require an inventory of over 300 gates, properly functioning radios, timing gear and up to date cameras for video analysis, among other equipment expenses.

The glue that holds the club together is the staff and administration. We are very fortunate to have extremely well qualified, professional coaches working with the athletes. Fundraising is what pays the bills, but buy in from our club members is especially important for fundraising success, and in turn makes our club environment more fun, safe and productive. Many hands makes small work; cooperation within our club community eases the burden for each family.

Fundraising Events

Each family is required to participate in both of the major fundraising events, as well as the athlete sales driven fundraiser.

The 2019 Comedy Night is the Saturday at the beginning of February Vacation Week and the Golf Tournament is the Friday in the third week of June. Help is needed in planning and running these two events; every family will have responsibilities at Comedy Night and at the Golf Tournament.

We are always interested in new ideas to improve our fundraising events and campaigns; we strongly encourage and welcome your suggestions. 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 made to MWV in lieu of each of these commitments will be assessed to families that do not participate in each event.

Mount Washington Valley Ski Team Comedy Night

February 2020

Club members will be responsible for assisting with Comedy Night at the Grand Summit Resort & Hotel at Attitash Bear Peak. This event includes entertainment, food, a silent auction, raffle, a live auction and more.

For the Comedy Night each family needs to contribute an amount equivalent to:

- Purchase or sell **3** tickets per athlete (these can be for athletes and parents).
- Obtain at least **1** item for the silent and live auctions and Mystery Mugs.
- Sell at least **1** extra ticket or obtain a sponsor.

*** Families participating in the High School program are only required to purchase **2** event tickets and are **not required** to donate an item for the auction. ***

Athletes should attend this event.

Mount Washington Valley Ski Team 31st Annual Golf Tournament

June 2020

Club members will be responsible for assistance in organizing the Golf Tournament at the Wentworth Golf Club in Jackson, NH. Historically, the Golf Tournament is held on a Friday, the third week of June. Help will be needed to obtain sponsors, recruit players and to help collect raffle and auction items, etc.

For the Golf Tournament each family needs to contribute an amount equivalent 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 be a parent or athlete).
- Obtain at least **1** sponsor for the event.

*** Families participating in the High School program are **not required** to participate, but are certainly welcome and encouraged to participate. ***

Athletes should attend this event.

Note: This tournament is considered to be the conclusion of the 2019-2020 season.

Mount Washington Valley Ski Team 2019 Athlete Sales Driven Fundraiser

Details TBD

Each year, our athletes are required to participate in a fundraising campaign that directly benefits their skiing endeavors. A past example of this fundraiser is a ski season pass raffle, where each athlete is responsible for selling \$300 worth of raffle tickets.

Race Worker Commitment

Hosting events is a crucial aspect of running a successful ski team. MWVST runs several races each year, from local USSA races to national level multi-day FIS events. Our goal is to host races that our athletes will be actively participating in, in order to give them a home field advantage. These events take a massive amount of energy to operate, including planning, building a safe venue, to finally executing on race day. Races are truly a group effort when run properly and a source of pride for our club community. Not only are these races good for our athletes, but they provide a solid source of revenue for the team.

During the 2018-2019 ski season, each family is required to work a minimum of *six (6)* race worker days. Families with athletes in only the High School Program need to do *three (3)* races.

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. Parents 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.

We cannot 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. If you are unable to be out on the hill (there are outside jobs that do not require skiing), please let us know. Otherwise, **all workers should be prepared to be outside**. Some jobs require a USSA license; please indicate if you have a USSA Alpine Officials License and include your number and certifications. The more Alpine Officials our club has the better, consider becoming one and attending a training class.

Race worker names and assignments will be posted by email and on TeamSnap; please check it before each race.

Remember that it is your responsibility to sign in at registration and to 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!** If you cannot sign in, because you are on the hill too early, please email the office so we can record your work accordingly. Please keep your own personal record as well.

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 may also be counted in lieu of race days! Make sure to sign in with a coach and email the office for worker credit.**

Alpine Officials

Please consider becoming an Alpine Official, it will allow you to work more jobs at races, help out the team, and you will learn more about the sport your children are involved in. Ski racing experience or even skiing ability is not required. NHARA runs fall training sessions and posts all info on their web site at www.nhara.org.

Mount Washington Valley Hosted Race Schedule

Race worker sign up forms will be distributed this fall when the race schedule is finalized. They need to be completed and returned by **December 1**. You must sign up in advance in order to make race preparation possible for event organizers. Please plan ahead, keep a copy and return the form via e-mail or by mailing it to the office.

Due to weather and other circumstances, 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 rescheduled date, or if you will sign up for a different race. **In the event that a race you signed up for is cancelled, you will not receive a worker credit, it is your responsibility to sign up for another race commitment. The only exception is the last race of the season.**

A detailed description of race day duties can be found by following this link.
<https://go.teamsnap.com/855393/files/view/51371865>

Training Schedule

All of our training schedule correspondence is done through TeamSnap. Please refer to the TeamSnap Calendar and pay close attention to communication from your coaches. Ski racing is a sport performed in a dynamic environment where constant changes due to weather conditions and changing snow surfaces are a reality. **Please be flexible, patient and remain in constant communication with your coach. Stay engaged with daily alerts and notifications sent via TeamSnap!**

Athlete Race Schedules

Please read the NHARA Handbook for information on U16, U19, and U21 racing. Contact us if you have questions. Suggested race schedules for athletes will be sent out once the season begins by the coaching staff.

A copy of the NHARA and USSA Handbook will be posted on TeamSnap for easy reference. The NHARA Handbook contains a wealth of information, read it and contact the coaching staff with any specific questions or concerns. Be aware that U16 rules are substantially different from the U14 level, so please read these sections carefully.

Most NHARA race sign-ups are on adminskiracing.com. Ask your coach if you have any questions about the race registration process.

Race Days

Please arrive early enough to be prepared to load the lift when it is open for competitors. Make sure you leave yourself enough time to register, inspect, and warm up for the race. If there is **fencing** to be taken down and rolled at the end of **any race**, MWV athletes are required to help unless excused by an MWV coach present at the race.

You are all ambassadors for your sport; please conduct yourselves as such. Please treat all ski area staff, guests and facilities with the utmost courtesy and respect. Please pick up after yourselves in the lodge, store your belongings in designated areas and put your skis in the racks provided. Be on your best behavior when wearing a Mount Washington Valley Ski Team uniform.

Traveling with Us

Van

We will provide a van whenever possible to FIS races and to transport mid-week athletes to and from training. The van will give athlete's rides to USSA scored races when it is available.

The team van is a privilege and our staff will make informed decisions on how it is scheduled and utilized.

FIS races and Championship Events

When traveling with the team athletes and their families are financially responsible for and will be billed for athletes lodging, coaches lodging, coach car mileage, and coach meal per diem expenses.

There are many variables that affect travel expenses for a particular event. Parents and others who can provide lodging and transportation can help keep costs down. The number of athletes attending the event affects the cost per athlete.

Lodging & Meals

Athlete Expenses: The athlete group or individual athlete is responsible for their lodging and meals.

Coaches Expenses: Coaches are eligible for **\$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 athlete's families. These charges will apply to all athletes attending the event (divided between the athletes).

Mileage

- If you are traveling with a coach in their personal vehicle, mileage is split between participating athletes. IRS mileage costs apply here.
- If the van goes to a FIS race, fuel costs will be shared.
- If a family provides a vehicle for traveling to an event, no mileage charge will apply, but expect that costs will be shared among the athletes involved.

Families will be billed for these expenses as soon as possible once the event is concluded. Bills unpaid within 30 days can result in the athlete not being permitted to continue FIS racing.

Note: Any costs associated with coaches travel to regular, coach supported USSA/NHARA races (including Macomber Cup, U16 Qualifiers, or Lafoley Spring Series) are not passed on to families.