

# 2018-19 CVA Weekend Program

## Parent and Athlete Handbook



Carrabassett Valley Academy, in partnership with the Sugarloaf Ski Club and Sugarloaf resort, is proud to announce it was awarded the US SKi & Snowboard Club of the Year and Snowboard Program of the Year. Also, CVA received Gold Club Certification in 2015 by the United States Ski and Snowboard Association. These awards reflect the highest recognition of club excellence bestowed by US Ski & Snowboard.

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## **COMMUNICATION**

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Freestyle WP Manager	Joan Dolan	207-215 8741	jdolan@gocva.com
Snowboard & SX Program Director	Todd Johnson	207-333-1453	tjohnson@gocva.com
Snowboard WP Manager	Dan MacGlashing	207-237-4472	Dmacglashing@gocva.com
Alpine Program Director	Garrett Lashar	603-545-8089	glashar@gocva.com
Alpine WP Manager	Ron Bonnevie	207-491-7134	rbonnevie@gocva.com

Bill & Joan Alford Competition Center Events Coordinator:

Laurel Lashar	207-237-6896	llashar@sugarloaf.com
Sugarloaf Ski Club	(207) 237-6955	info@sugarloafskiclub.com
USASA Maine Mountain Series Directors:		
Bill & Chrissy Hamel	603-470-8697	dirtpoorracingmx@yahoo.com

CVA	<a href="http://www.gocva.com">www.gocva.com</a>
US Ski & Snowboard	<a href="http://www.usskiandsnowboard.org/">http://www.usskiandsnowboard.org/</a>
Eastern USSA Freestyle	<a href="http://www.EasternFreestyle.org">www.EasternFreestyle.org</a>
Maine Alpine Racing Association	<a href="http://www.skimara.org/home/">http://www.skimara.org/home/</a>
Sugarloaf Ski Club	<a href="http://sugarloafskiclub.org/">http://sugarloafskiclub.org/</a>

## **WEEKEND PROGRAM NEWSLETTERS**

Newsletters will be shared with each discipline group on their respective pages on goCVA.com and via TeamApp. All guardians of Weekend Program participants are expected to download TeamApp to ensure effective communication throughout the season. More information and instructions concerning TeamApp can be found in the TeamApp section of this handbook. Typical frequency for updating posts will be once a week, however this may vary from time-to-time or per the discrepancy of the program manager.

Newsletters will provide both summary information from the previous week, as well as go-forward information for the upcoming week. If additional information needs dispersal outside of the newsletter, coaches will communicate with their parent groups via Team App, or the closed Facebook group [Alpine only].

## **FACEBOOK**

Facebook is an important communication tool for the Weekend Program. Please join the pages to see photographs, results and other important and fun content.

[Alpine WP Facebook Group](#)

[CVA Facebook Page](#)

[Freestyle Facebook Page](#)

[Snowboard Facebook Page](#)

[Alpine Facebook Page](#)

[Ski Cross Facebook Page](#)

[Backcountry Facebook Page](#)

[Gear Swap Facebook Page](#)

## **TEAM APP**

Team App will be used by coaches to share time-sensitive information regarding upcoming training plans, upcoming events, and relevant program information with their individual teams. Parents/guardians are also encourage to use the Chat function to stay connected throughout the season. Parents/guardians are expected to download the app (which can be done on your smartphone, or on your desktop via the web at [www.TEAMAPP.com](http://www.TEAMAPP.com)).

Once the application has been downloaded, parents will need to join the Carrabassett Valley Academy community (this can be found through a search, please be sure to search using the school name spelled out fully). <https://carrabassettvalleyacademy.teamapp.com/dashboard>

Once within the community parents should select ONLY the team/s for which their child/ren is/are a part of.

## **WELCOME TO THE CVA WEEKEND PROGRAM!**

Over the years, U.S. Ski & Snowboard (formerly USSA) and numerous other sport organizations have researched why kids participate in sports. The three primary reasons are:

1. Have fun
2. Be with friends
3. Improve skills

Fun, friendships, improvement - these are resoundingly what youths want from their sports programs and these tenets form the foundation of the CVA Weekend Program.

It is our goal to:

- Prioritize safety at all times
- Keep training fun and exciting to encourage lifelong participation in skiing/snowboarding
- Teach solid skiing/snowboarding skills using the U.S. Ski & Snowboard system of long-term athlete development
- Introduce competitive skiing/snowboarding to the families and athletes
- Maintain the established intensity and scope of training for those who desire to reach the higher levels of competition.
- Develop a sense of team camaraderie and support
- Gear the program for long-term athlete success
- Focus on achievement through personal dedication
- Give each athlete the opportunity to be the best skier/snowboarder that he or she can be

## **ATHLETE CODE OF CONDUCT**

The Weekend Program philosophy emphasizes safety, personal growth, teamwork, individual achievement and community well-being. We are a close-knit community, so every individual's behavior can have an effect not only on his or herself, but also on the entire CVA and Sugarloaf communities. Giving respect to each other as well as for each other's personal belongings is crucial towards maintaining a healthy environment for all. Weekend Program participants represent CVA and Sugarloaf at all times, on and away from the mountain.

## **SUPPORTING ORGANIZATIONS FOR THE CVA WEEKEND PROGRAMS**

### **SUGARLOAF SKI CLUB**

The Sugarloaf Mountain Ski Club has been an integral part of Sugarloaf Mountain since cutting the first trail on the mountain back in 1950. After more than 60 years, the club is a vibrant and active member of the Sugarloaf community, and is the managing base for event volunteers of all disciplines.

The Club's Mission is to preserve the history and heritage of the mountain and the club, to service the Sugarloaf and Carrabassett communities, with an emphasis on the local youth, organize social events for club members, and continue to support competitive events of all levels, from Junior to International, that are staged on the mountain.

All Weekend Program families are encouraged to become members of the Ski Club each year. Click "membership" tab to join.

[Click here to join.](#)

## **BILL AND JOAN ALFOND COMPETITION CENTER**

The Bill and Joan Alfond Competition Center encompasses all competition oriented activities. The new Competition Center is located between the Base Lodge and the Whiffletree Quad. The Sugarloaf Ski Club, Competition Center staff, and CVA Weekend Program are all based out of that building. Bruce Miles is the President of the Sugarloaf Ski Club, Laurel Lashar is the Event & Competition Coordinator, and Jim McCormack is the Manager of the Competition Center. This new center should be your on-mountain home base. If you have any questions, ask us!

## **U.S. Ski & Snowboard (formerly USSA)**

U.S. Ski and Snowboard is the national governing body of Olympic skiing and snowboarding. It is the parent organization of the U.S. Ski Team, U.S. Snowboarding and U.S. Freeskiing. Developed to facilitate participation in national and international competition, the Olympic sports organization provides structure for competitive skiing and snowboarding. From grassroots programs to governance of sport, management of rules, competitions and athletic rankings, U.S. Ski & Snowboard oversees athletic pipelines for development in the sports. With a vision to make the USA the best in the world in Olympic skiing and snowboarding, U.S. Ski & Snowboard provides leadership and direction for tens of thousands of young skiers and snowboarders who share an Olympic dream while maintaining a strong adherence to core values. U.S. Ski & Snowboard, established in 1905, operates out of the national training and education facility, the Center of Excellence, in Park City, UT.

## **USASA**

The vision of the United States of America Snowboard & Freeski Association (USASA) is to be the premier snowboard & freeski organization in the United States. Its mission is to facilitate fun and fair events for all ages across the country, to attract snowboarders and freeskiers, promote their development, provide member education, and influence the future of these sports.

## **ACADEMICS**

Developing well-rounded, successful student-athletes who maintain a healthy balance between academics and athletics is at the heart of all CVA programs. It is important that each Weekend Program participant be in good academic standing at their home school. We strongly encourage parents and athletes to discuss any current academic issues with coaches as needed to ensure appropriate attention to academics.

## **ADVICE TO PARENTS**

One of the primary focuses of the CVA Weekend Program is to allow young athletes to truly discover the sport of skiing/snowboarding while providing an environment where they are internally motivated and excited about improving their skills. Young athletes need to discover their sport without the external demands of expectations, pressure and negative input. Parents and staff should seek to encourage growth, fun and mastery of their skills. Fun exists in the athletes' interpretation and their own feelings. Encourage them to find out what they truly love about skiing/snowboarding.

Parents are most helpful when they praise and support their athlete's choices of interest and activities. To develop real mastery of their skills, parents can take pressure away by focusing on personal performance rather than outcomes and provide a sense of achievement that develops from within and not from finishes or podiums. Always try to discuss performance and improvement rather than winning and losing. Frequently take the time to check and see how they view themselves. This will allow the athlete to grow

and improve naturally at their own pace. Encouraging and helping your athlete to develop these life skills from within is real growth.

### **I WANT TO HELP AT COMPETITIONS. WHAT DO I NEED TO DO?**

Parent participation is critical to the success and safety of our competitions. Becoming a volunteer will help you understand the sport better as well as keep the cost of competition down. You can help with program competitions such as the Junior Freestyle League and Kirsten Clark League as well as the U.S. Ski and Snowboard and USASA sanctioned events. You will be trained how to do the necessary tasks associated with the particular volunteer position you sign up for. Your participation will directly impact the success of our events, as well as your child's enjoyment of them.

For more information on how to become involved, speak to Laurel Lashar at the Competition Center. 207-237-6896 [llashar@sugarloaf.com](mailto:llashar@sugarloaf.com)

### **WEEKEND PROGRAM DATES 2018-2019**

This year's program runs from December 1st until March 31st, and meets each Saturday and Sunday except December 22nd and 23rd. The program also meets during Christmas vacation Dec. 27-31 (January 1st is a day off), and during February vacation week with Wednesday Feb 20th off.

### **MEETING LOCATIONS**

The Freestyle Program meets in the area between the top of the Sawduster chairlift and the bottom of the Double Runner Chairlift.

The Snowboard Program meets outside the Competition Center.

The Ski Cross Program meets in front of the flag poles just outside the rental shop.

The U8-14 Alpine Programs meets between the top of Sawduster Chair and the Perfect Turn Building on the Landing.

The U16/19 Alpine Program meets near the maze of Double Runner B.

### **PROGRAM TIMES**

8:30 - 11:00	Ski/Snowboard Training
11:00 - 12:00	Lunch Break
12:00 - 2:00	Ski/Snowboard Training
2:00- 2:30	U16-U19 Alpine Training

### **COMMUNICATION**

Good communication is key to the success of the Weekend Program. We encourage all parents to proactively communicate with their coaches at all times. Coaches communicate training plans in a variety of ways. There are several changes to the communication and outreach plan for the 2018/19 season, as outlined below:

1. Each week the program director will post an updated newsletter to the CVA website ([gocva.com](http://gocva.com)) on the various discipline pages. It is important that you make a habit of checking the page weekly for the most updated information. The newsletter also contains

links to the calendar and other vital information. Newsletters will be posted on Wednesday afternoons.

2. Team App will be the platform for coaches and parents to remain in contact, to share information beyond that which was included in the newsletter, and/or to remind parents and athletes of important information.
3. We will do our best to drive all communication through Team App whenever possible, to reduce multiple emails for parents, and ensure everyone has access to the same information.

## **PARKING**

Parking is not permitted in the lot and road closest to the Competition Center - Gondi Village lot and Adams Mountain Road. Parking spaces in that area are reserved for residents only. Pick up and drop off in the Gondi Village lot is also strongly discouraged. Instead, please park in day parking lots below the Sugarloaf Hotel or in 60 minute parking. CVA, the Sugarloaf Ski Club and US SKi & Snowboard stress how important it is for clubs to do all they can to maintain positive interactions with resort customers. Parking and driving legally is one way Weekend Program parents can show respect for the resort and the hometown club. Thank you!

## **COMPETITION AND PROGRAM FEES**

The CVA Weekend Program is priced to support athletes at Sugarloaf and the surrounding region (ME, NH, NY, and VT) in competitions falling on weekends during the WP calendar and for end of season championships. The program fee does not include coaching or support outside this region or for dates not on the published Weekend Program calendar. When coaching or support is needed either outside the region and/or outside the regular scheduled dates, additional project fees will apply. Project fees reflect the additional costs incurred to have the coach accompany the Weekend Program athletes to events outside the region. The additional costs are shared by all Weekend Program athletes in attendance at the event.

Below is the breakdown of what additional costs would be incurred:

	<b>On WP Scheduled Dates</b>	<b>Off WP Schedule</b>
<b>Out of Region</b>	Coach Travel Costs	All Coach Costs *
<b>In Region (ME, NH, NY, VT, MA)</b>	-	All Coach Costs *
<b>Overnight Supervision</b>	\$100 shared by all supervised athletes	\$100 shared by all supervised athletes

\* If a trip falls on both scheduled and unscheduled dates, additional costs are applied according to each date.

(ex. A four day, in region trip that has 2 days on the WP schedule and 2 days off the schedule = no charge for the 2 scheduled dates, but all coach costs, except travel, for the 2 unscheduled dates)

\* Depending on the length and distance of the competition, coaches' expenses may include any or all of the following: wages, transportation, lodging, and food.

Each athlete is responsible for covering the cost of their own travel, food and accommodations as needed during regional and out of region competitions and training.

The full time students at CVA travel to regional competitions with CVA coaches in CVA vehicles. Limited space in the vehicle is available for WP athletes. All WP athletes travelling in CVA vehicles will be charged a \$20 fee each way to and from regional competitions. This offer depends on space availability and is first come, first served. Contact your Weekend Program Manager for more information.

### **SAFE SPORT GUIDELINES**

Consistent with the governing bodies of our sport-U.S. Ski and Snowboard and U.S. Olympic Committee (USOC), providing a safe environment to protect the health and well being of our athletes is a high priority for CVA and at the center of all our programs. SafeSport is a valuable partnership between the US Ski & Snowboard and the USOC with a variety of SafeSport Guidance Resources. SafeSport helps raise awareness about misconduct in sport, promotes open dialogue, and provides training and resources.

CVA follows all relevant guidelines and protocols of the U.S. Ski and Snowboard Safe Sport program, found at <https://safesport.org/>

### **ILLEGAL/BANNED SUBSTANCES**

CVA is opposed to the use of prohibited and restricted substances and contact with individuals who are participating in the use of such substances. Substance use negatively impacts athletic and academic performance. Alcohol and drug use interferes in learning processes, brain development, and increases the chance of impairing physical development and injury while participating in athletic competition. As a result of these risks, and in addition to the laws of the State of Maine and the mandates of US Ski & Snowboard, FIS, and NCAA, Carrabassett Valley Academy prohibits the use of all illegal and restricted substances. See

[NCAA banned substance list](http://www.ncaa.org/2018-19-ncaa-banned-drugs-list) (<http://www.ncaa.org/2018-19-ncaa-banned-drugs-list>)

[US Ski & Snowboard Anti-Doping](https://usskiandsnowboard.org/sport-programs/sports-medicine/anti-doping) (<https://usskiandsnowboard.org/sport-programs/sports-medicine/anti-doping>)

[WADA list](https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents) (<https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents>)

### **CONCUSSION**

Summary of the Consensus Statement on Concussion in Sport: The 5th International Conference on Concussion in Sport in 2016 defines a sport-related concussion (SRC) as “a traumatic brain injury induced by biomechanical forces”.

- SRC may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head.



- SRC typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, signs and symptoms evolve over a number of minutes to hours.
- SRC may result in neuropathological changes, but the acute clinical signs and symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.
- SRC results in a range of clinical signs and symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive features typically follows a sequential course. However, in some cases symptoms may be prolonged.
- The clinical signs and symptoms cannot be explained by drug, alcohol, or medication use, other injuries (such as cervical injuries, peripheral vestibular dysfunction, etc) or other comorbidities (eg, psychological factors or coexisting medical conditions).

“A concussion is a type of traumatic brain injury that can have a serious effect on a young, developing brain. While most children and teens with a concussion recover quickly and fully, some will have concussion symptoms that last for days, weeks, or even months. Not giving the brain enough time to heal after a concussion can be dangerous. A repeat concussion that occurs before the brain heals from the first, usually within a short amount of time (hours, days, weeks), can slow recovery or increase the chances for long-term health problems. These may include changes in how the child or teen thinks, feels, and acts, as well as their ability to learn and remember. While rare, a repeat concussion can result in brain swelling or permanent brain damage.”---CDC

For more information on sport-related concussion (also interchangeable with mild TBI or mild Traumatic Brain Injury) please click here:

[NATA position statement](http://www.nata.org/sites/default/files/Concussion_Management_Position_Statement.pdf) (http://www.nata.org/sites/default/files/Concussion\_Management\_Position\_Statement.pdf)

[Zurich Consensus Statement](https://bjsm.bmj.com/content/51/11/838) (https://bjsm.bmj.com/content/51/11/838)

[CDC Parent Fact Sheet](https://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_for_parents.pdf) (https://www.cdc.gov/headsup/pdfs/custom/headsupconcussion\_fact\_sheet\_for\_parents.pdf)

[Free Online Concussion Training Course](https://www.cdc.gov/headsup/youthsports/training/index.html) (https://www.cdc.gov/headsup/youthsports/training/index.html)

**In the event your child is suspected of having suffered a concussion, please refer to the following “at home” care sheet that also discusses warning signs for emergency:**

[At home care of concussion](https://drive.google.com/file/d/0B84PFNp53KWfRHJKUmpManA2VzQ/view?usp=sharing) (https://drive.google.com/file/d/0B84PFNp53KWfRHJKUmpManA2VzQ/view?usp=sharing)

**Concussion Protocol:** To prevent risk of serious injury or long-term consequences, CVA follows a strict policy. CVA, USASA and U.S. Ski and Snowboard compliance for concussion is satisfied by immediate removal of the student-athlete with a suspected concussion. Athletes suspected of concussion will be referred to ski patrol to assess the need for referral to the hospital. Additionally, CVA, U.S. Ski and Snowboard and USASA require evaluation and clearance by a qualified healthcare professional before they are able to compete again. The professional must provide a clearance letter including that they have completed a CEU course in concussion evaluation and management in the last three years. Clearance should include a gradual return to

activity. The U.S. Ski and Snowboard follows this same policy and requires that Jeff Weinman is contacted with the name, membership ID, and date/place of concussion. If an insurance claim is expected, an accident form should also be completed.

Click [here](#) for the US Ski & Snowboard doctor's clearance form:

[http://alpine.usskiteam.com/sites/default/files/documents/athletics/compservices/2011-12/documents/USSkiandsnowboard\\_concussion\\_evaluation.pdf](http://alpine.usskiteam.com/sites/default/files/documents/athletics/compservices/2011-12/documents/USSkiandsnowboard_concussion_evaluation.pdf)

Click [here](#) for the USASA doctor's clearance form:

(<https://www.usasa.org/documents/concussion/Concussion%20Letter%20for%20Parents.pdf>)

## FREESTYLE PROGRAM SPECIFICS

Freestyle is a sport made up of several disciplines; Moguls, Dual Moguls, Freeride (All Mountain Competitive), Freeski (Halfpipe and Slopestyle). In competition, the athletes participating in each event are judged by a panel of at least 3 judges.

CVA Weekend Program Freestyle skiers compete in single mogul, slopestyle and Freeride events.

Moguls skiers charge through a field of snowy bumps with two obligatory jumps. Skiers are judged by a panel of 3 to 5 judges on their technical turns and aerial maneuvers with speed factored into their final score. Single moguls have been included at the Olympic level since 1992. Dual mogul competitions are held at higher levels of the sport. In dual moguls competitors face off head-to-head, side-by-side, and the best skier advances. World Cup level athletes compete in single and dual moguls as do Eastern U.S. Ski and Snowboard "A" level, and NorAm athletes. Most CVA Weekend Program mogul skiers compete in Eastern U.S. Ski and Snowboard "B" level events which only include single mogul events.

The objective of competitive mogul skiing is to take the straightest, fastest line through the moguls, while making good quality short radius turns and executing two "airs" along the way. Mogul competitions take place on well-moguled courses with competitive runs that last from twenty seconds to one minute.

Slopestyle tests a skier's ability to handle a variety of terrain by executing freestyle maneuvers down a course. Each course is filled with features including rails, hips, table tops, and a variety of jumps allowing riders to combine big air and technical tricks into one run. Competitors are judged on amplitude, execution, difficulty of line, landings, and use of the course. Slopestyle made its Olympic debut in 2014. Entry level competitors do very simple tricks such as straight jumps, 180's and 360's. More advanced competitors perform off-axis jumps such as rodeos, mistys, corked 720's and double flips. Competitors train, develop and qualify their skills in all off-axis and inverted maneuvers on water ramps or Bag Jump sites and trampolines before taking them to the snow.

Freeride This group will develop skiing skills that help prepare FreeRide athletes to compete within IFSA and other FreeRide divisions. Our focus on development will include ski fundamentals, route navigation,

acrobatics, ski equipment prep and safety aspects to consider while participating in FreeRide skiing environments and competitions. The FreeRide WP group will prepare athletes to compete and represent their age and Eastern region, giving each athlete the opportunities to do their best in competitions. This group will combine with Academy level coach at many of the IFSA events. The program will have 2 to 3 events for athletes to attend on the FreeRide event Calendar.

### **WHAT EQUIPMENT DO I NEED FOR FREESTYLE?**

You need the following equipment for each skill area:

**SKIS:** Generally speaking, entry level freestyle program athletes should be skiing on weight and ability appropriate, narrow waisted, sidewall junior twin tip skis. If your athlete can ski comfortably and aggressively on all terrain, their skis should fall somewhere between their nose and forehead. If your athlete falls into the advanced-intermediate or beginning-expert categories, or is quite light in weight for their age, the recommended ski length would be between chin and nose

**HELMETS**—Ski specific helmets must be worn at all times. Please be advised that most ski helmets are 1-impact helmets which means they need to be replaced after 1 major impact.

#### **MOGULS:**

**SKIS**—standard length, mogul specific skis are preferred for athletes competing in mogul events. For entry level mogul competitors, narrow waist, straight sidewall junior model twin tip skis are also acceptable. Avoid purchasing cap model skis if possible as they do not perform or hold up as well as skis with traditional sidewalls.

**MOUNTING**—Moguls regular mount or slightly (1 to 1.5 cm) forward of manufacturers suggested mounting area

**POLES**—slightly shorter than standard length, poles should come to the top of the athlete's hip bone when standing on their skis

#### **SLOPESTYLE:**

**SKIS** - For entry level competitors, straight sidewall junior model twin tip skis are a good choice. Avoid purchasing cap model skis if possible as they do not perform or hold up as well as skis with traditional sidewalls.

**MOUNTING**—center

**POLES**—slightly shorter than standard length, poles should come to the athlete's hip socket or slightly shorter when standing on their skis

#### **FREERIDE:**

**SKIS** - For Jr Level FreeRide athletes park ski or wider work well. For 12 and older athletes you will find more big mtn ski options to choose from.

**MOUNTING** - Regular Factor Mount

**POLES**- Longer than most Freestylers, Above the hip mark with skis/boots on.

## **WHO COMPETES IN FREESTYLE?**

Anyone who trains with the CVA weekend freestyle team is eligible to compete in U.S. Ski & Snowboard Association sanctioned competitions, USASA sanctioned competitions and/or in Junior Freestyle League for mogul and park competitions.

The entry level of U.S. Ski & Snowboard Competition for new freestylers is called the Eastern Qualifying Series (EQS) or “B” level series and is primarily for competitors under the age of 13. The ECS or “A” level is for competitors in the Eastern United States, who are 13 years of age and up. A younger freestyler may be moved up to the “A’s” during the season should his or her performance merit it, though it is generally best to stay with one level, either “A” or “B” for the season. USASA sanctioned events are for competitors of all ages.

Freeride athletes will have the opportunity to compete in a Flow and Style Freeride event similar to a Jr. Bump League but with Freeride judging format emphasizing line selection and technique. Athletes 12 and over will also be able to compete in the Sugarloaf IFSA Freeride event as well as receive coaching and ski with the team at all East Coast IFSA events.

### **The Junior Freestyle League**

Intra-mountain Junior Freestyle League competitions are for interested skiers age 13 and under. There are typically 3-4 Junior Freestyle League competitions held at Sugarloaf during the ski season. All freestylers 13 and under who are not involved in U.S. Ski & Snowboard “A” competitions should plan on participating in the Junior Freestyle League.

Competitors involved in U.S. Ski & Snowboard and USASA Freestyle competitions are divided into levels by age and gender. The chart below shows the U.S. Ski & Snowboard age groups. Your classification is determined by your age as of January 1, of the current ski season.

U19	17 to 18 years old
U17	15 to 16 years old
U15	13 to 14 years old
U13	11 to 12 years old
U11	10 years old and younger

## **DO I NEED TO BECOME A MEMBER OF UNITED STATES SKI & SNOWBOARD ASSOCIATION or USASA?**

All Weekend Program freestylers who plan to compete are encouraged to become members of the United States Ski and Snowboard Association and to compete in select mogul, aerial and/or park competitions held in Maine, New Hampshire and Vermont leading to either Maine/New Hampshire Championships and/or East Coast Championships held in March. You may sign up for your U.S. Ski & Snowboard Membership at [www.USSA.org](http://www.USSA.org).

Some Weekend Program Freestylers, who only plan to compete in park competitions, choose to participate in USASA Comps exclusively or in addition to the United States Ski and Snowboard Association competitions. Competing in the USASA Maine Mountain Competition Series can lead to an invitation to compete in the USASA Nationals held at Copper Mountain Colorado in early April. To compete in the USASA Maine Mountain Competition Series, participants must be a USASA member. You may sign up at [www.USASA.org](http://www.USASA.org)

### **HOW DO I SIGN UP FOR AN OFF-MOUNTAIN COMPETITION?**

Competing in off-mountain competitions is fun! Everyone who trains with the CVA Weekend Program is encouraged to participate in competitions. The off-mountain competitions are designed for entry-level competitors and provide an opportunity for skiers to meet and compete with freestylers from other ski areas while getting to know their teammates better. Athletes who choose to compete in off-mountain events are responsible for the cost of their competition fees, membership fees and travel to and from events.

You may find more information and sign-up for UNITED STATES SKI & SNOWBOARD ASSOCIATION mogul, slopestyle and aerial competitions at the following address:

<http://www.EasternFreestyle.org> Individual age group and team awards are given at each event. It is best to register as early as possible for competitions, as the number of entrants allowed in each competition is limited, and competitions tend to fill up early. Full payment by credit card is required at the time of registration on the internet. If you have any questions about the registration process, please contact Joan Dolan, 207-215 8741.

The USASA Maine Mountain Series is for skiers and snowboarders. CVA WP Freestyle athletes may participate in the slopestyle events offers through the series.

For membership information, competition costs and schedules please go to [www.usasa.org](http://www.usasa.org). For Further Information on the Maine Mountain Series please contact:

Bill & Chrissy Hamel ~ [dirtpoorracingmx@yahoo.com](mailto:dirtpoorracingmx@yahoo.com)

### **WILL THERE BE A COACH AT THE OFF-MOUNTAIN COMPETITIONS?**

Yes! There will always be at least one freestyle coach at all competitions that are on the weekend program calendar.

### **WHAT IF MY CHILD IS NOT TRAVELING?**

There will always be groups of athletes with coaches training here at Sugarloaf for those athletes who are not traveling.

### **ADDITIONAL TRAINING OPPORTUNITIES**

#### Trampoline Club:

Improve your performance and confidence on the snow by joining our Trampoline Club. The Trampoline Club is offered exclusively to WP athletes. Our coaches will teach you upright and inverted tricks at our world-class trampoline facility at the Anti-Gravity Complex complete with harness and spotting apparatus.

Trampoline Club is for athletes ages 9-16. We will meet on select Saturdays at 2pm-4pm from December to March

For more information on the Trampoline Club or to register contact Joan Dolan, 207-215 8741

### Junior Bump League

Mini Mogul course events with at least one mogul air

Dates TBD

### Park League

Mini Box/Rail Jam/Park events

Dates TBD

### Flow and Style:

Freeride ski event with an emphasis on line selection, technique and style.

Date TBD

### Winter Training Camps:

Don't miss your chance to experience the skiing, trampoline training, and coaching at this year's CVA Freestyle Winter Training camps for 10-15 year olds.

You will train Tuesday through Friday with Carrabassett Valley Academy for a first-hand experience of the coaching, mountain, Anti-Gravity Complex and academic setting that has trained the minds and bodies of many champions.

Highlights of the week include:

- On-snow park, freeride or mogul specific training
- Trampoline training at our Anti-Gravity Complex
- Huge indoor skate park
- Exciting evening and afternoon activities
- Monitored academic blocks
- Nutritious Meals
- Video Analysis
- On campus housing available (space is limited, book early)

### CVA Extra Training on Fridays

Get extra time on snow and improve your performance and confidence by skiing in our CVA Bonus Friday Training groups. This offers our weekend athletes and others a great opportunity to grab extra time to work in small groups and ski with great coaches and full time CVA athletes.

VISIT [WWW.GOCVA.COM](http://WWW.GOCVA.COM) FOR PRICES AND REGISTRATION

Other Camp Opportunities:

CVA offers a variety of camp opportunities including:

- AGC Tramp and Skateboard camp held on the CVA campus in late July and early August
- Lake Placid, NY water ramp camps in the spring and fall

Beartooth, WY on-snow camp Session 1, June 16-29th. Session 2, June 20-29th.  
FreeRide/Moguls/Rails

Contact Nathan McKenzie at CVA for more information on any or all of these additional training opportunities. [nmckenzie@gocva.com](mailto:nmckenzie@gocva.com) or (207) 237-4497.

## **SNOWBOARD PROGRAM SPECIFICS**

The CVA snowboard program has created an all-inclusive environment for athletes to hone their snowboarding skills on the weekends. Mirrored after CVA's mission to provide opportunities for excellence in competitive snowboarding, the Weekend Program (WP) will introduce competitive snowboarding in a fun, positive, environment. We will foster the life-long love of snowboarding through focused small group student-athlete development.

Riders will train in groups based on individual ability, and explore a variety of terrain and disciplines. This program is designed to prepare the rider for all levels of competitive snowboarding. Training will cover beginning through advanced park, pipe, sbx, and racing skills with a specific focus on developing self-confidence, and the overall rider. The coaching staff will provide training and assistance on snow as well as introduce the importance of equipment preparation, physical conditioning, time management and mental preparation.

We encourage all athletes to strive towards high academic standards and keep sports in perspective. We will provide support in teaching lifelong lessons such as sportsmanship, camaraderie, respect for oneself and others, trust, confidence, goal setting, respect of our environment, and community betterment.

### **THE PROCESS**

Passion for snowboarding and individual success are two important motivating factors in young athletes. WP athletes will have support on an individual basis in the understanding of the athletic process. We will guide as coaches, mentors and role models and will seek the highest levels of motivation, determination, and the hard work necessary from each athlete towards their personal best.

Each athlete will be involved in an encouraging athletic process to include:

- Defining Success
- Goal Setting
- Fitness Assessment
- Equipment Assessment/Acquisition/Preparation
- Competition Plan
- Conditioning Plan
- Result Tracking
- Monthly Reviews

“The CVA Weekend Program provides an experience that mirrors CVA's philosophy. CVA prepares young athletes for snowboard competition and it also takes the time to incorporate the fundamental pieces of athlete development. This process will start to prepare each athlete to focus on things they have control over and work to develop lifelong skills that will follow them off the snow, into college, and the rest of their lives.”

### **SNOWBOARDING DISCIPLINES**

Snowboarding is divided into several different disciplines including but not limited to: Halfpipe, Slopestyle, Big Air, Rail Jams, Boardercross, Giant Slalom, Slalom, Banked Slalom and Freeriding. Each



discipline has specific rules and provides separate competitions. Every WP participant will be encouraged to compete in events in the Maine USASA Series.

Athletes joining the CVA Weekend Snowboarding Team will explore all disciplines as a form of skill building and foundation development. Athletes will be encouraged to compete in all competitive snowboard disciplines. Riders should be comfortable riding a variety of terrain and be proficient at using all Sugarloaf lifts. A minimum of two seasons of snowboarding is required or demonstrated proficiency in basic fundamental snowboarding skills. Helmets are required at all times.

Discipline specific groupings:

Race- Timed events

Freestyle- Judged events

WP athletes will always be encouraged to develop skills in all areas of competitive snowboarding but may specify in their goal setting process which training group they favor. We will foster days in each discipline and encourage solid fundamental skills as the building blocks for success.

### **BOARDERCROSS**

The object of the Boardercross event is to ride through a course filled with terrain features while racing side by side with up to six racers in the same heat. Typically there are qualifying runs to determine start order for elimination rounds. The competitor that wins the final heat wins the event.

Two-time Olympic Boardercross Gold medalist, Seth Wescott, began riding with the CVA Weekend Program, and graduated from CVA in 1994. GO SETH!!!!

### **HALFPIPE**

In the Halfpipe event riders perform a series of maneuvers in the halfpipe utilizing both walls and heel and toe side edges. The most common format for running a halfpipe event is for judges to score two runs. Three to five judges score riders on overall impression, which is made up of amplitude, landings, rotations, and standard maneuvers. The rider with the highest score wins.

### **RAIL JAMS**

Rail Jams are usually formatted for the specific venue and contain a wide variety of features including rails, boxes, hips, wall rides, and other unique features. Rail jams are typically promotional type, fun events, and are designed to enhance the social aspects of snowboarding.

### **SLOPESTYLE**

Slopestyle is an event, that allows each competitor to choose a path through a set course of terrain features performing his/her best maneuvers. The terrain features include but are not limited to: tables, handrails, hip hits, spines and quarter pipes. Judging criteria and scoring is similar to the Halfpipe event.

### **SLALOM/GIANT SLALOM**

Snowboard racing is broken up into two disciplines, slalom and giant slalom. Dual race formats are also popular racing options in slalom and giant slalom. Many racers also freeride and most began snowboarding on freestyle boards before becoming involved in racing. Training in these disciplines can help develop important edge control and body awareness skills that carry over to all other disciplines.

## **BANKED SLALOM**

Banked slalom has long been regarded as the true test of athletic prowess on a snowboard. Riders compete against the clock in a best of two run format on a course made up of shaped berms.

## **WHAT EQUIPMENT DO I NEED FOR SNOWBOARDING?**

The following equipment can be used for each discipline: We ask that all realize the changing conditions of Sugarloaf and dress your rider accordingly.

Freestyle/Freeride:

Board- twin tipped or directional, soft to medium flex pattern, length between the chin and eyebrows of athlete

Bindings

Boots- soft snowboard boots

Helmets must be worn at all times. Helmets must be certified for snow sports use and replaced every year. If a hard fall or concussion is sustained we will recommend a new helmet. Must be CE Certified or ASTM F2040

Race:

Directional camber snowboard, medium to stiff flex pattern, length between the nose and hairline

Boots- soft for BX and BSL, hard boots may be used for GS and SL.

## **WHO CAN COMPETE IN SNOWBOARDING?**

Everyone who trains with the CVA Weekend Program will be encouraged to compete in the USASA Maine Mountain Series. These events are fun, inviting, and designed for the entry-level snowboarder. Athletes who choose to compete in USASA events are responsible for the cost of their competition fees, USASA membership and travel to and from events.

For membership information, competition costs and schedules please go to [www.usasa.org](http://www.usasa.org).

For Further Information on the Maine Mountain Series please contact:

Bill & Chrissy Hamel ~ [dirtpoorracingmx@yahoo.com](mailto:dirtpoorracingmx@yahoo.com)

## **DO I NEED TO BECOME A MEMBER OF USASA?**

All CVA Weekend Program snowboarders who plan to compete in USASA events must be members of the organization. You can register online at [usasa.org](http://usasa.org).

## **USASA NATIONALS**

Weekend Program athletes who qualify for USASA nationals will be invited to travel and compete alongside the CVA team at this important end of season event. Additional fees required.

## ADDITIONAL TRAINING OPPORTUNITIES

**Snowboard Winter Camps** are focused on competitive snowboarders who are looking to bring their skills to the next level and explore the opportunities available at Carrabassett Valley Academy. These training camps provide an excellent opportunity for continued development and specific training working with CVA's full time staff and faculty. Campers will fully integrate into the CVA community and experience all that CVA has to offer.

Other Camp Opportunities:

- AGC Tramp and Skateboard camp held on the CVA campus in late July and early August
- Summer snowboard camps held in Oregon in June and Australia or South America in August.
- Contact Todd Johnson [Tjohnson@gocva.com](mailto:Tjohnson@gocva.com), for more information on these additional camp opportunities.

## **SKI CROSS PROGRAM SPECIFICS**

The CVA program has created an all-inclusive environment for weekend athletes to hone their ski cross skills. The Ski Cross Weekend Program (WP) combines all of the fun and jumps of the park, solid ski racing fundamentals with head to head racing thrills. Mirrored after CVA's mission to provide opportunities for excellence in competitive skiing and snowboarding, the weekend Ski Cross program will introduce competitive ski-cross in a fun, positive environment. We will foster the life-long love of competition through focused small group student-athlete development.

Skiers will explore a variety of terrain and ski racing techniques to enhance training. WP Ski Cross competition program is designed to prepare young athletes for all levels of competitive ski-cross racing and will introduce all racers to the Maine USASA Series.

Fundamental ski technique will serve as the foundation in which to grow the all-around skier and competitor. The coaching staff will provide training and assistance on snow as well as introduce the importance of equipment preparation, physical conditioning, time management and mental preparation.

We encourage all athletes to strive towards high academic standards and keep sports in perspective. We will strive to assist in teaching lifelong lessons such as sportsmanship, camaraderie, respect for oneself and others, trust, confidence, goal setting, respect of our environment, and community betterment.

### **THE PROCESS**

Passion for skiing and the outdoors as well as individual success are important motivating factors in young athletes. WP Ski Cross athletes will have support on an individual basis in the understanding of their athletic process. We will guide as coaches, mentors and role models and will seek the highest levels of motivation, determination, and the hard work necessary from each athlete towards their personal best.

Each athlete will be involved in an encouraging athletic process to include:

1. Defining Success
2. Goal Setting
3. Fitness Assessment
4. Equipment Assessment/Acquisition/Preparation
5. Competition Plan
6. Conditioning Plan
7. Result Tracking
8. Monthly Reviews

The CVA weekend program provides an experience that mirrors CVA's philosophy. The WP prepares young athletes for Ski Cross competition and it also takes the time to incorporate the fundamental pieces of athletic development. This process will start to prepare each athlete with the ability to focus on things they have control over and work to develop lifelong skills that will follow them off the snow, into college, and throughout their life.

## **WHAT EQUIPMENT DO I NEED FOR SKI CROSS?**

The equipment you have for ski racing is perfect for Ski Cross. If you have never ski raced before then you can use the boots you currently use. A laterally stiff and slightly softer flexing boot is best for handling terrain and working through berms. A GS sidecut ski closely simulates a ski-cross turn. Typically tighter turning skis in gs length are the best fits for most skiercross courses. There are several Ski Cross skis available on the market and are also good options. Your coaches can help you decide if you have any further questions on equipment.

## **HELMETS:**

Helmets must be worn at all times. Helmets should be certified for snow sports use and replaced every year. Must be FIS, CE Certified or ASTM F2040 depending on the level of competition. For all USASA events CE or ASTM2040 is required.

## **WHO CAN COMPETE IN SKI CROSS?**

Everyone who trains with the CVA WP Ski Cross program will be encouraged to compete in the USASA Maine Mountain Series. These events are fun, inviting, and designed for the entry-level ski cross racer. Athletes who choose to compete in USASA events are responsible for the cost of their competition fees, USASA membership and travel to and from events. At times WP athletes may jump in with the CVA van heading to local races. These spots will be filled on a first come, first served basis.

For membership information, competition costs and schedules please go to [www.usasa.org](http://www.usasa.org). You must be a member of the USASA a week in advance of the first race day. Registration for events is day of for the Maine Mountain Series.

For Further Information on the Maine Mountain Series please contact:

Bill & Chrissy Hamel ~ [dirtpoorracingmx@yahoo.com](mailto:dirtpoorracingmx@yahoo.com)

## **DO I NEED TO BECOME A MEMBER OF USASA?**

All CVA WP Ski Cross athletes who plan to compete in USASA events must be members of the organization. You may acquire membership forms at [usasa.org](http://usasa.org). Registration for events is typically the day of the event.

A USSA membership will also be required for those Ski Cross athletes who wish to participate in regional USSA GS/SL races as part of the Ski Cross program.

## **USASA NATIONALS**

WP athletes who qualify for USASA nationals will be invited to travel and compete alongside the CVA team at this important end of season event. Additional fees required.

Contact Todd Johnson [tjohnson@gocva.com](mailto:tjohnson@gocva.com) for more information on travel and accommodation options.

\*The Weekend Program will run every day as it is scheduled, both sessions, all winter regardless of conditions. Even if no lifts are running. There are always fun ways to develop young athletes and we will be creative to fill all time available.

### **ADDITIONAL TRAINING OPPORTUNITIES**

**Ski Cross Winter Camps** are focused on competitive ski cross athletes who are looking to bring their skills to the next level and explore the opportunities available at Carrabassett Valley Academy. These training camps provide an excellent opportunity for continued development and specific training working with CVA's full time staff and faculty. Campers will fully integrate into the CVA community and experience all that CVA has to offer.

Other Camp Opportunities:

- AGC Tramp and Skateboard camp held on the CVA campus in late July and early August
- Summer snowboard camps held in Oregon in June and Australia or South America in August.
- Contact Todd Johnson Tjohnson@gocva.com, for more information on these additional camp opportunities.

USASA SX training Fridays or USASA mid week events.

Coaching on these days is included in the cost of the program.

## ALPINE PROGRAM SPECIFICS

### COMMUNICATION

#### Team App

Each age group in the alpine program will have a Team App that will be managed by the age group head coach. The Team App is where you will receive age group specific information and updates, such as race schedules, daily training schedules, where and when to meet, what gear to bring to training and any day-of changes. Once you've been added to a Team App, you can manage the settings on your phone to receive push notifications for every update, ensuring that you can stay informed, even when you're on the slopes.

The group chat on Team App is a great place for parents to coordinate with each other for car pooling, race day volunteering and age group social events. Should you have children in multiple age groups, you'll be able to access each group through the Team App. Your child's head coach will create the Team App when we get closer to the start of the season.

#### Weekly Newsletter

Ron will continue to post a newsletter to the website weekly throughout the season. The newsletter will focus on information and news that's relevant to all of our alpine age groups. You can read the newsletter mid-week on the website: <https://www.gocva.com/alpineweekendprogramnews> and it will be posted to our new Facebook group once it's been updated. You will no longer receive weekly emails from Ron with links to the Newsletter. You will need to go to the website on your own or open the new Facebook group when you receive a notification from Facebook that a new post has been made. We will be updating the website with new information soon.

#### Facebook Group

There is a closed Facebook group for all parents of the alpine weekend program. We heard from many of you that you'd like to be able to receive information through Facebook and a group is the best way to ensure you don't miss a communication. Everyone that's a member of the group will see a red notification when they log onto Facebook, indicating that a new message has been posted to the group. Because it's a closed group, none of the comments you make on the group or messages that you post will be shared with your Facebook friends who aren't members of the group.

Along with the newsletter, we'll be sharing information about upcoming social events, opportunities to volunteer and other updates that are important for all alpine parents. The group is live now and you can request to join here: <https://www.facebook.com/groups/cvaalpinewp/>

**Ski racing has four disciplines.** Slalom (SL) is racing single poled gates that are set relatively close together. Giant Slalom (GS) has paneled gates that are further apart with turns that cross the fall line more. In Super-G (SG), gates are even more spread out than those in GS. Usually bumps are incorporated. In Downhill (DH) the gates are set so that they follow the trail along a protected course.

All competitors are required to wear helmets when competing in USSA sanctioned GS, SL, SG and DH events. We require that for safety reasons, that athletes will wear face protection for SL.

## FOR WHAT GROUP DO I REGISTER? U.S. SKIING AGE CATEGORIES

All age categories are decided by age as of December 31st of the present year.

Birth Year	Age Group to Register
2010	U8 (Second Year)
2008-2009	U10
2006-2007	U12
2004-2005	U14
2003-2002	U16
2001-1997	U19/21

## ADDITIONAL TRAINING OPPORTUNITIES

### Preseason & Summer camps

Our preseason camp is a great way to develop solid fundamentals to begin the competitive season. Snow conditions and free skiing terrain are the best quality possible at this time of the year. On snow training typically happens at Loveland, A-Basin and Copper. Skiing typically happens between 9-2, followed by a 2 hour study hall and a mobility/flexibility session before dinner.

Summer skiing opportunities will vary each year depending on snowfall & weather, but sessions are typically the end of June-beginning of July, late July, or mid August. Details & dates will be announced late winter.

### Winter camps

CVA Winter Bridge Camps are designed for U12-U16 competitive alpine skiers who are looking to bring their skills to the next level. The busy competition season leaves a void in training for competitive weekend athletes. The winter camps provide an opportunity for more on snow training and coaching throughout the competition season.

Bridge camp participation is limited to 10 participants per session. Lodging is available for a limited number of campers in each session. Each bridge camp session provides:

- On-snow training every day of the camp.
- Meals (for boarding campers)
- Fundamental Race Training
- Video Analysis
- Monitored Academic Blocks
- On Campus Housing option



CVA Friday Training Days:

These training days throughout the season allow U10-U21 athletes to train mid-week.

This is an excellent opportunity for young athletes to receive some extra training and bring their skiing to the next level.

Contact Ron Bonnevie at CVA for more information on any or all of these additional training opportunities. Email: [rbonnevie@gocva.com](mailto:rbonnevie@gocva.com) cell: 207 491-7134

**ALPINE RACING ASSOCIATIONS****WHAT IS US Ski & Snowboard?**

This is the National governing body of ski racing & all sanctioned snow sports events in the US. They manage all aspects of competitive skiing & snowboarding. US Ski & Snowboard provides a ladder system by which competing athletes can be compared with others no matter where they live or compete. If an athlete intends to compete in sanctioned USS&S races, they must have a membership, which can be accessed at [www.usskiandsnowboard.org](http://www.usskiandsnowboard.org). Once registered you can download your registration card from the online site. Be sure to do this before registering for any sanctioned USS&S events.

**WHAT IS MARA?**

MARA stands for the Maine Alpine Racing Association. MARA organizes and coordinates all ski racing events in the State of Maine. You can check for event information on their website at [www.skimara.org](http://www.skimara.org) MARA membership is required for U10-U121 MARA membership is needed to qualify for State Championships. [www.skimara.org](http://www.skimara.org)

**HOW DO I ENTER A RACE?**

Now you are all ready to race. You have your USSA card and MARA card, but you have no idea on how to enter a race. Competitors enter by either entering on line or sending in a USSA Alpine Entry Form to the Race Administrator with an entry fee at best five days prior to the event. Check the 'enter a race' tab MARA site for details, as each venue has its own entry procedure. Dates and race locations are listed on the MARA website: [www.skimara.org](http://www.skimara.org)

Entry forms can be found on the MARA site.

\*Race administrators' addresses listed on the MARA site in the 'enter a race' tab.

It is helpful to print out (from the USSA site) and carry a current USSA card to all USSA races.

If you have any further questions please check with your age group coordinator.

## **TYPES OF RACES**

### **I. ON-MOUNTAIN COMPETITION SERIES**

Kirsten Clark League Race Schedule: (Initial organizer + 4 races)

KCL is a race series held at Sugarloaf for athletes U8-U12\*\*. Athletes compete in a team format on a variety of different courses.

\*U14's new to racing will also compete in the KCL series

\*Race start time is at 9:30am unless otherwise specified

### **II. OFF-MOUNTAIN RACES**

All athletes have the opportunity to participate in events away from Sugarloaf. With each age category, more opportunities are available. **IT IS IMPORTANT THAT EACH PARENT AND ATHLETE DISCUSS A RACE SCHEDULE WITH THEIR COACH. PARENTS ARE RESPONSIBLE FOR TRANSPORTING THEIR CHILDREN TO OFF-MOUNTAIN RACES**

#### **WILL THERE BE A COACH AT THE OFF-MOUNTAIN RACES?**

Yes!! There will always be at least one CVA WP coach at all off-mountain competitions that are on the CVA WP schedule, if athletes are attending. Check with your Head Coach to see which coaches will be attending.

#### **WHAT IF MY CHILD IS NOT TRAVELING?**

There will always be a group with a coach training here at Sugarloaf for those athletes who are not traveling.

**GREAT ALPINE 101 RESOURCE -- [2017-2018 USS&S Alpine Competition Guide](#)**