



U16 National Championships

Mission Ridge, Washington March 28 - April 4, 2018

Congratulations on your selection to U16 National Championships! For many of you, this was your goal for the season and you can take great pride in knowing you are one of the top Alpine Ski Racing competitors in the Country.

As an Eastern Region, we will be traveling and participating as TEAM EAST. We will work together to support our athletes at this event, including all staff who will be traveling and working with this year's U16 Eastern Team. Plan to bring your Regional Team Spirit, your passion for the sport, your work ethic and your positive attitude!

Selections

YOB 2002 3 men and 3 women per region from the YOB ranking

YOB 2003 5 men and 5 women per region from the YOB ranking

YOB 2002 and 2003 7 men and 7 women from the overall ranking

YOB 2004 and 2005 U14 athletes must have 1 win and another top 3 in SL, GS, SG

Please see selections procedures in Eastern Region Handbook pg. 25

*please note – selections will use one result per event (ex: best result from either SL, not using both SL's for selection)

Logistics and Details

Schedule

- March 28- Arrival Seattle International Airport (Sea Tac) prior to 2pm
- March 29- Training – Mission Ridge
- March 30- Training – Mission Ridge
- March 31- SG Race Women & Men
- April 1- Women Slalom – Men Giant Slalom Race
- April 2- Skills Quest Tournament
- April 3- Women GS – Men Slalom Race (Banquet Hampton Lodge)
- April 4-Women & Men Dual Event, Depart for Airport

Staff

- Kathy Okoniewski U.S. Ski & Snowboard / Eastern Project Leader
- 10 Eastern Region Coaches TBD

Cost – Please pay through U.S. Ski & Snowboard Payment Portal

\$1600.00

Includes: Entry Fee, Training, Lift Tickets, Lodging, Meals (Lunch on own), Team Vest, Transportation from Seattle to Wenatchee, (round trip & all week), staff expenses, and coaching. It DOES NOT include airfare, baggage fees, lunches, wax, or incidentals.

Lodging & Meals

We will be staying at the Coast Hotel, Wenatchee, WA. Breakfast & Dinner will be included. Lunch will be on your own, and you can purchase lunch at the Mission Ridge lodge.

Travel Plans & Transportation

- **March 28th** : Plan to arrive at the Seattle Airport not later than 2pm. Eastern Region Staff will transport the Eastern Team from airport to Wenatchee.
- **April 4th** : Please book your flights for home departing after 9pm (Red eye). If traveling with a home coach, you can also book your flight for the next day. Eastern Staff will transport athletes from Wenatchee to the Airport and plan to arrive at the Seattle airport at 7pm.
- While in Wenatchee, athletes will have transportation to and from Mission Ridge each day.

Payment & Required Paperwork

Please read over all the enclosed information carefully, complete and return the forms not later than **March 20, 2018**. Payment may be made on line through the U. S. Ski & Snowboard portal. Please scan/email completed paperwork and to kathy.okoniewski@usskiandsnowboard.org

*If you have already filled out the U.S. Ski & Snowboard Paperwork, you do not need to do it again.

Please note that it is **National, as well as Regional, policy to require pre-payment of trip fees**. All participating athletes are required to submit their payment prior to participation or services will not be rendered. This includes transportation from the airport, lodging, or participation in the first team meeting.

Checklist of paperwork – Please email to Kathy Okoniewski

Regional Medical Release

Regional Team Agreement and Hold Harmless Agreement

Mission Ridge Waiver <https://mrst.us/wp-content/uploads/2014/11/liability-release-form.pdf>

Athletes:

Please make sure your equipment meets U. S. Ski & Snowboard regulations.

Important Contacts

Kathy Okoniewski (315-382-5045)

kathy.okoniewski@usskiandsnowboard.org

**U.S. Ski & Snowboard National Development
2017-2018 Medical Release**

Athlete Name _____ Address _____

City, State, Zip _____ Birth Date _____

E Mail _____ Cell Phone _____

Parent _____ Parent _____

Cell Phone _____ Cell Phone _____

Home Phone _____ Home Phone _____

Work Phone _____ Work Phone _____

E Mail _____ E Mail _____

Insurance Coverage

Company _____ Identification # _____

Policy Number _____ Expiration Date _____

Athlete Social Security _____ Name of Policy Holder _____

Medical History

Allergies _____

Medication _____

Impact Baseline Test Date and Location _____

Current injuries or Medical problems _____

Athlete Medical Release

Athlete or Parent, if Athlete is under the age of 18 years, hereby authorizes U.S. Ski & Snowboard Staff to secure hospital, medical, surgical and dental care or treatment and/or procedures for the above named athlete. Parent also consents that in the event of injury to the athlete; coaches can authorize that athlete to receive care, treatment and/or procedures, under the instructions and directions of the licensed physicians on call at the emergency room of the nearest hospital or emergency facility. U.S. Ski & Snowboard shall notify Parent at the earliest possible time before, during or after such care, treatment and/or procedures are authorized. Parent knowingly and voluntarily consents in advance to such care, treatment and or procedures to encourage the physicians and U.S. Ski & Snowboard to exercise their best judgment as to the requirements of such care, treatment and/or procedures. Parent specifically holds harmless and indemnifies U.S. Ski & Snowboard of and from any and all costs and/or claims of any nature arising out of the provision of such care, treatment and/or procedure.

Athlete Signature _____ Date _____

Parent or Guardian Signature _____ Date _____

U.S. Ski & Snowboard National Development 2017-2018 Team Agreement

Team Rules

Members of U.S. Ski & Snowboard teams attending competitions on the national quota, traveling with or as part of a competition trip organized by the U.S. Ski & Snowboard Staff, or attending any training camp or project as part of a U.S. Ski & Snowboard Group are required to abide by the U.S. Ski & Snowboard Code of Conduct.

Additionally, team members agree to:

- Pay in full the project fee before the first day of arrival of the project, unless a payment plan is worked out at the time that the team is named;
- Fully participate in the organized accommodations;
- Attend all team meetings and training activities on time and fully prepared;
- Observe any curfew established by the coaching staff;
- Not use or possess illegal drugs;
- Not illegally use or possess alcohol;
- Not use or possess alcohol in the team accommodations, the team vehicles, or in the presence of team members who are not of legal age;
- Reside in the room to which they are assigned and will share responsibility with their roommates for damages, cleaning charges, and rule violations that occur in the room when it is not possible to establish individual responsibility;
- Observe any additional rules established by the head coach of the project
- Be filmed and photographed and to have his/her image and voice otherwise recorded in any media by U.S. Ski & Snowboard official photographer(s), film crew(s), and video crew(s) and by any other entity authorized by U.S. Ski & Snowboard and grants to U.S. Ski & Snowboard the irrevocable, fully paid up, worldwide right and license to use, and to authorize third parties to use, in all media, Athlete name, likeness, picture, voice, and biographical information for: (1) news and information purposes; (2) promotion of U.S. Ski & Snowboard and the specific competitions in which Athlete competes; (3) promotion of U.S. Ski & Snowboard through its fundraising mission; and (4) to support U.S. Ski & Snowboard's educational and philanthropic efforts through the production of educational and training videos, DVDs and other media.

Violations of these rules may result in suspension from the team and in loss of the opportunity to participate in future teams or quota team preparation or competition projects.

Agreement

I, the undersigned U.S. Ski & Snowboard competitor, have reviewed these rules and the "U.S. Ski & Snowboard Code of Conduct," and agree to abide by it and all applicable rules and procedures during in my participation in any national training or competition project during the current season. I agree that a violation of the rules may result in my immediate suspension from a team, and in the loss of all team services including representation at Team Captains' and Jury meetings, training, housing, meals, and transportation. I realize that I will receive no refund for the unused portion of these services. If suspended, I will be prepared to make whatever arrangements are necessary in order to continue to compete in the event and/or return home. I realize that actions that are violations of the law may result in my arrest and that it will be my responsibility in such a case to notify my parents or legal guardians and/or to make such arrangements as may be necessary for my release and return home. This agreement shall be valid for all projects in the 2017-2018 training and competition season.

Athletes under 18 years of age must have the following section signed by either parents or legal guardians, if applicable. We, the undersigned, parents or legal guardians of the above Athlete, having read and understood the above, agree to allow our child to participate in U.S. Ski & Snowboard training or competition teams. We understand and agree that if our child violates these rules and procedures, he/she may be immediately suspended from the U.S. Ski & Snowboard project with the loss of all team services and without refund of fees paid. We agree that in any case where our child's actions result in his/her arrest, that sole responsibility for notifying us rests with our child and the local law enforcement officials, and that we, and not U.S. Ski & Snowboard, are solely responsible for such actions as may be required to secure his/her release and return home. This agreement shall be valid for all projects in the 2017-2018 training and competition season.

Athlete Signature _____ Athlete Name _____ Date _____

Parent or Guardian Signature _____ Date _____



U.S. Ski & Snowboard National Development 2017-2018 Hold Harmless and Indemnity Agreement

For and in consideration of the provision of ski racing instruction and training by U.S. Ski & Snowboard, I _____ ("Athlete"), and if athlete is under the age of 18 years, the parents or legal guardians of athlete, do hereby covenant and agree on behalf of ourselves, to hold harmless, release, defend, and indemnify

U.S. Ski & Snowboard and any of its employees, or volunteer workers of and from any and all claims arising from the Athlete's participation in U.S. Ski & Snowboard events, including, but not limited to racing instruction, racing competition, or traveling to and from races or training camps. We specifically represent that we have read and have understood that this release is intended to serve as a general release of all legal claims against U.S. Ski & Snowboard and U.S. Ski & Snowboard Alpine, is to be construed as broadly as possible in favor of U.S. Ski & Snowboard, and releases U.S. Ski & Snowboard from all claims, including, but not limited to, those arising from the negligence of U.S. Ski & Snowboard itself.

Athlete Signature

Date

If Athlete is under the age of 18 years, a parent or legal guardian's signature must be affixed here:

Parent or Guardian Signature

Date

U.S. Ski & Snowboard Insurance Policy

FIS and U.S. Ski & Snowboard rules require that competitors be covered by valid and sufficient accident insurance. The racer must carry proof of this insurance and have it available at each race or camp so that prompt medical care can be obtained, if ever needed.

Agreement

We have read and understood the Insurance Policy statement. The insurance policy listed on the Medical Release meets the requirements of the U.S. Ski & Snowboard Insurance Policy and will be maintained in force while the competitor is involved in a U.S. Ski & Snowboard camp or team or while participating in any event on a U.S. Ski & Snowboard quota. We agree that we are responsible for any and all medical charges and we agree that we will promptly reimburse U.S. Ski & Snowboard for any expenses that they or their coaches incur on behalf of the competitor.

Athlete Signature

Date

Parent or Guardian Signature

Date

