



Gromlins 2019

Parent Handbook Purgatory Ski Teams



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PST MISSION STATEMENT

Our mission is to provide an opportunity for the youth of our community to become successful individuals and to achieve their personal goals through the participation in alpine skiing, freestyle skiing, freeride and snowboarding.

PST VISION STATEMENT

To support our mission the Purgatory Ski Team shall:



Strive to provide a **dedicated and qualified staff** to guide, encourage and motivate athletes to accomplish their goals in an environment where skills in both winter sports and life lessons are taught.



Provide its athletes a **solid foundation of skills** in a manner that is both safe and fun and that offers its members the potential for athletic success.



Ensure that every child with the desire to participate will be given that opportunity and facilitate that the Durango Winter Sports Foundation will, when able, offer **scholarships and financial assistance**.



Promote the development of the core values of: Respect, Sportsmanship, Confidence, Perseverance, Responsibility, Camaraderie, and Accountability.



Instill **life-long enthusiasm for skiing** and snowboarding.

THE GROMLINS PROGRAM

Gromlins is a multi-discipline ski team for ages 6-10 focusing on healthy competition and an introduction to alpine, freestyle and freeride skiing. The program will be broken up into Junior Groms (6-8) and Senior Groms (8-10). Class sizes for Junior Groms will be 5 athletes to 1 coach ratio and Senior Groms will be 6 athletes to 1 coach ratio. Coaches might also have an apprentice coach with their group.

The program will run for 10 weeks. The final week we will have a “Grom of the Mountain” challenge where athletes can choose to participate in an alpine, freestyle, and freeride race. The gromlins will be working for this race all season.

Meeting Times and Location

Program will meet at **9:25am** on the Deck of Hoody's at Purgatory and will run until **2:30pm**. Please be on time with your child have already used the toilet.

Lunch

Gromlins are encouraged to pack a nutritious lunch or are given money to purchase lunch. Packed lunches can be left at hoodies in a bin. **Lunch locations will change depending on the day's activity.** If parents would like to join their child for lunch they will be notified in the morning of the day's lunch location. Please let your coach know of any allergies or dietary restrictions.

Communication

We ask that all parents download the Sports Engine App to their phones. Sports Engine is used for the following and is essential to communication with the team: Calendar announcements (including last minute announcements); Parent and coach chat platform; Schedules; Photos; Videos; and News.

Cell Phones

Cell phones can be a great tool but can also make for a big distraction. **We prefer our athletes leave phones in the lodge** but if you prefer your child ski with their phone that's ok but please instruct them that cell phones during ski team are for emergencies only and will be taken away if it becomes a distraction. No cell phone use on the lifts! Cell phone use during lunch is discouraged. Be social at lunch and on the lift- make a new friend. This goes for parents skiing with the group as well.

Avoid Lost Equipment

Please put athletes name on all pieces of gear and clothing, this will save you time and frustration when things get misplaced or get mixed with other athletes stuff. Please make sure that you and your child account for all gear, lunch boxes and clothing at the end of your day to help avoid confusion.

Ski Pass

The pass should be kept in a safe and secure place where it can be easily scanned by the ticket checkers. It can also be attached to the helmet which makes things much easier on race days and cold weather days. Make sure your athlete has their pass with them whenever they ski, they will not be allowed on the lifts without it. **Each child is responsible for their pass** and if it is forgotten they will have to sit out until they can get it replaced. Tracking down a pass is not the coaches' responsibility. If the pass is lost during training, the coach will call the parent and assist in finding a solution.

Health

All athletes are **required to have personal health insurance** with proof required at the time of registration. Please inform the coaches about any allergies, food allergies, medical conditions or learning disabilities prior to the start of the season.

Equipment

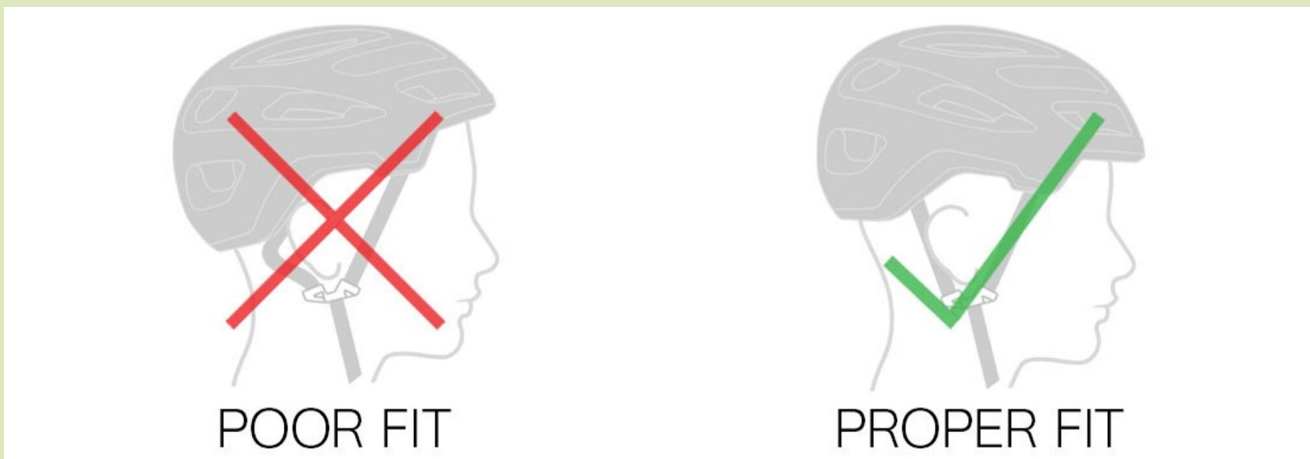
Please keep your athlete's gear properly tuned & waxed. Coaches are not responsible for tuning gear but can help make recommendations and give helpful tips. Make sure to conduct a binding check at the start of each season with a local shop. Also, keep in mind that most ski shops have tuning & waxing included in their season-long rental programs.

Headphones

PST prohibits the use of headphones or earbuds during training and competitions for the safety of our athletes.

Helmets-Athletes

Helmets are mandatory for all athletes for on hill training sessions, as well as, all of the events in which we participate. No athlete will be allowed on the hill without a helmet. No exceptions. Gromlins teams will be identified by the color of their helmet covers which the coach will keep for the season and put on the children when they meet.



PST ATHLETE CODE OF CONDUCT AND RESPONSIBILITIES

Each athlete is expected to act in a sportsmanlike manner and is responsible for their actions. The sponsorship and support of Purgatory Resort and Chapman Ski Hill is our most valuable asset and it is a privilege to ski at Purgatory and Chapman. Please think about your actions while on the mountain. You represent yourself and our team at all times through your behavior.

PST will not tolerate:

- X** Skiing out of control
- X** Cutting in lift lines
- X** Profane or abusive language or behavior
- X** Cheating, lying, and/or theft
- X** Disrespect towards any coach, parent, lift operator, skier/snowboarder, ski patrol, event officials, etc.
- X** Any conduct reflecting poorly on the team while participating in any race, event, training or function
- X** The use of alcohol, illicit drugs or tobacco products

Skier Safety Responsibility Code

1. Always stay in control and be able to stop or avoid others.
2. People ahead or downhill of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail or are not visible from above.
4. When starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and areas.
7. Know how to load, unload, and ride lifts safely prior to using them.

Concussion Policy

Any Purgatory Ski (PST) athlete under the age of 18 years suspected of having sustained a concussion or traumatic head injury must be removed immediately from participation in PST/USSA sporting events (e.g. sanctioned training, practice, camps, competitions or tryouts), by a USSA Technical Delegate/Supervisor or USSA member coach or PST member Coach overseeing such sporting event. The minor athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in above sanctioned sporting events by a qualified "health care provider" as defined under C.R.S. § 25-43-102(1). The qualified health care provider must certify to PST and/or USSA in the clearance letter that he /she is a doctor of medicine, doctor of osteopathic medicine, licensed nurse practitioner, licensed physician assistant, or licensed doctor of psychology with training in neuropsychology or concussion evaluation and management. Upon removal of a minor athlete from participation for a suspected concussion or traumatic head injury, the USSA TD or member coach or PST Member coach, making the removal must inform USSA Competition Services. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to PST and USSA Competition Service in order to be permitted to participate in PST or USSA sporting events. A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a "mild" brain injury because concussions are usually not life-threatening. Even so, their effects can be serious. Risk of Continued Participation A repeat concussion that occurs before the brain recovers from the first-usually within a short period of time (hours, days, or weeks)-can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death. The USSA, USASA and PST recommend that Members review the Center for Disease Control's resources on concussion awareness at the following link:

http://www.cdc.gov/concussion/HeadsUp/online_training.html Many youth sports programs are starting to require baseline testing prior to participation. These valuations help to monitor athletes' recovery once a concussion has taken place. The Impact Test can be a great tool to determine the status of recovery following a suspected brain injury. PST does not require the Impact Test but highly recommends it and will advertise when and where testing will take place. For more info, <https://www.impacttest.com/>

We all play a role in the “Team”

By joining PST, you have joined a team of adults that are here to ensure that your child is safe, has fun, and learns the skills and values of competitive skiing. This team includes the parent, the coach, and the athlete. The parents are a critical piece of the ‘team’ but it is important that parents understand what that role means and how to act in order for everyone to have a positive and successful season.

Job Descriptions:

Parent: Love, Support, Organize, and Communicate

Coach: Teach, Challenge, Protect, Communicate

Athlete: Respect, Train, and Play

The relationships that exist among the ‘team’ go a long way toward determining the quality of the experience that the child has in the program. Some parents do not realize this and at first are surprised to find out that their participation is just as important as the coaches. When this happens, they miss opportunities to help their children grow, and sometimes do things that interfere with their children’s development without realizing it.

The child/athlete has rights as a member of the ‘team’. They have the right to participate and the right not to participate. Although the parent might choose to encourage participation, the child should not be pressured into participation. If they feel forced, their chances of receiving the benefits of the program are decreased and many times leads to the child quitting at an early age.

TUITION REFUND POLICY

No Refund will be granted for any reason. Optional Tuition refund insurance may be purchased through AIG at the time of tuition enrollment if this is a concern.