
EQUIPMENT & USSA MEMBERSHIP

Not sure where to start with equipment? Please review both our general [equipment recommendations chart](#) and [ski length chart](#). **Athletes U12 and under can use the same skis for SL and GS races, at the U14 level we can assess the need for separate skis for each discipline.**

US Ski and Snowboard: For any athlete that plans to participate in a US Ski races during the season, they are required to conform to the [US Ski equipment standards](#). For all US Ski Equipment Rules please refer to [rules page](#) on the USSA website. This link will ensure you are seeing the most recent versions of all information. Racers will also need to pay for a membership to enter any of the USSA sanctioned races (note: Mt. La Crosse Spring Fling does not require a USSA membership).

Registering for USSA sanctioned races: USSA sanctioned races require you to register and pay the race fee online. [Click here](#).

PRACTICE DAYS - WHAT TO EXPECT

Coaches develop a training plan for each evening with each of our groups. The training plans are designed to provide a strong progression each evening while keeping in mind the bigger picture **of the athlete development**, season, goals, competitions in the future, etc. Athletes should arrive on-time each evening and should plan to stay the full evening. We understand this is not always possible but arriving late could mean that the athlete misses important instructions and progressions. Additional free skiing is also encouraged!

Please come prepared to practice with the right equipment and clothing layers. If your skier needs a quick warm up or bathroom break, that is perfectly understandable. We ask that skiers utilize time before and after practice for snacks. Keep in mind that we practice in all conditions! With that said, if we find we need to cancel practice due to weather or concerns with the safety of conditions, you will receive an email/**sportsengine message** as soon as possible that day but no later 2 hours prior to the start of practice.

RACE DAY WHAT TO EXPECT

Pre-Race: It is important for all travel racers to RSVP on SportsEngine. This will provide CAR coaching staff time to make appropriate staffing preparations. Typically, one or two days in advance of the race, you will receive communication from one of the coaches outlining all of the weekend details.

Race Event Communication: SportsEngine/WhatsApp/Telegram. SportsEngine = CAR team communications. WhatsApp = Central Region 2 Races (i.e. Granite Peak, Snowriver). Telegram = Central Region 1 Races (NAGY, Duluth Spirit Mountain, Afton).

Here is a hypothetical race day schedule:

- 7:00am** Athletes arrive, volunteer sign-in at the race office/[lift ticket pickup](#)
- 7:30am** Warm-up
- 8:15am** Racer's meeting
- 8:30am** Course Inspection
- 9:15am** Run 1 start
- 11:30am** Course set
- 12:00pm** Course inspection
- 12:45pm** Run 2 start
- 2:45-4pm** Load the car and head home/lodging

Race Day: Athletes should plan to arrive at the ski hill at least 45 minutes prior to the posted course inspection time. This will allow enough time to get dressed, purchase a discounted lift ticket and possibly take a warm-up run. Your athlete should plan to be at the top of the course at the start of the inspection window to meet their coach. This often means you should be in the lift line 15-20 minutes prior to inspection to be on-time. After inspection, the athlete should be prepared to be at the top of the course for their first race run. We suggest arriving to the top at least 15 minutes before they are scheduled to run. Check the start list and schedule to confirm the approximate time they should arrive. Note that the race organizers try to stay on the posted schedule throughout the day but sometimes they get behind schedule. If that is the case, changes to the schedule are typically posted and/or announced. Between race runs athletes should refuel with a healthy lunch and/or snack. We also encourage that the athletes to get out and SKI to keep their muscles active. Please don't sit in the lodge for long periods of time. Race days are busy for the coaches and we make every effort to have a coach at the top of the course and at or near the bottom of the course to support the athletes. Athletes should actively seek out their coach after each race run to receive feedback. Awards are typically given out after the race is completed.

Live timing/Posted Results: most races use [live-timing](#) to post athlete results. Note that these are unofficial results so there are occurrences when times are posted incorrectly or instances when an athlete is disqualified for improper course execution (i.e. missed a gate). Disqualifications are typically posted near the finish area within 15 minutes of the race completion.

Race Results: Official race results are posted online within in a couple of days following the race. US Ski results [click here](#), search for the event.

RACE VOLUNTEERING

All ski racing events are primarily run by parent volunteers. It is important that at most weekend events that someone from your family is stepping up to volunteer their time to help ensure our races are run efficiently. We have an amazing group of families that do this each weekend and we are thankful for all that they do!

US Ski Races: There are a variety of jobs on a given weekend. Please visit the [Region 2 Central US Ski website](#) for a list of jobs available and further details on how to sign up for a job on the DIBS page. Note that **some** jobs require an Alpine Officials Certification, require that you purchase an officials US Ski

license and possibly go to an Alpine Officials Clinic. US Ski races are in need of more race start and finish referees as well as people to help in timing. To start the certification process, you first get an officials license on the [US Ski website](#) to become a member.

OUTSIDE OF RACE VOLUNTEERING

Our organization is run by coaches as well as many hours of parent and past parent volunteering. Please ask about opportunity to become more involved and help learn more about this wonderful sport!