



## 2023-2024 McCall Winter Sports Club Parent & Athlete Handbook

Welcome to McCall Winter Sports Club(MWSC)! This handbook is designed to provide you with a basic understanding of our programs, philosophy, equipment needs, team rules, calendars, opportunities & resources.

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## ABOUT MWSC

**History:** Since 1947 McCall's local youth have been skiing and competing as a team. The Mighty Mites were the first alpine race and jump team formed at Little Ski Hill. In the late 1900s the team renamed itself "McCall Ski Racing Team" with a focus on alpine ski racing. Most training happened at Brundage Mountain. Around 2012 The name was changed to "McCall Winter Sports Club" to reflect a desire to incorporate more programs than just Alpine Racing; including Big Mountain, Nordic and Devo. In 2018 Nordic split from the team. Over the last four years the team has grown from 54 athletes to 126 for the 21/22 season. The 22/23 season will mark the beginning of MWSC programming at Tamarack Resort.

**Mission:** McCall Winter Sports Club is dedicated to providing a personalized snow sports experience for each athlete. We offer a supportive environment, where our kids will build character, develop confidence on and off the snow, and can challenge themselves to reach their highest potential.

**Core Values:** Fun \* Citizenship \* Sportsmanship \* Fitness \* Community \* Teamwork \* Ethics

**Coaching Philosophy:** Our coaching philosophy is to facilitate each athletes' development to her/his full potential by offering an appropriate blend of guided free-skiing, skill enhancement, technical improvement, terrain negotiation, and competition tactics in an atmosphere of fun and encouragement.

Our goal is to mold outstanding citizens and versatile skiers first, recognizing that with further nurturing, many will become outstanding skiers. Implementation of this philosophy varies with age and ability; younger athletes will spend more time on fun and ski development, whereas older athletes will increasingly focus on mental/physical preparation and course/terrain tactics.

Our coaches are the driving force for athlete progression. Their passion for skiing; both personally and professionally; brings an inspiring element to training and competing. Before and during the winter season, MWSC coaches attend continued training and higher certification requirements for coaching and in-field programs.

**Programming:** Erik “Fish” Fisher oversees all team programming and coaching as the Program Director. Fish was a World Cup Alpine ski racer, 2-time Olympian (2010 & 2014), and on the US National team for 10 years. Since then he has returned to his native state of Idaho in a coaching and leadership role.

Kerry Lofy manages all programming at Tamarack Resort as the Program Manager. Kerry’s background included NCAA alpine ski racing at the Division I level, competitive freestyle in the X-Games and competitive big mountain on the Freeskiing Tour. Since then he has been coaching junior skiers for all levels of competition.

**Mighty Mites** (U8 birth years 2018, 2017, 2016)

Head Coaches: Bob Giles @ Brundage, Tim Collins @ Tamarack

Assistant Coach: Chelsea Avery @ Brundage, Tamarack Assistant Coach to be named

**Ski Development (Devo)** (U10/U12 birth years 2015, 2014, 2013, 2012)

Head Coaches to be named

**Devo Advanced** (U10/U12/U14 birth years 2015, 2014, 2013, 2012, 2011, 2010)

Head Coaches: Jack Fitzgerald @ Tamarack, Brundage Head Coach to be named

**Alpine Ski Race** (U10 birth years 2015, 2014)(U12 birth years 2013, 2012)(U14 birth years 2011, 2010)(U16 birth years 2009, 2008)

U10/U12 Head Coach: Sawyer Mattsson

U14 Head Coach: Erik Vermaas

U16 Head Coach: Erik Fisher

**Freeride Comp** (birth years 2013 and older)

Head Coach: Kerry Lofy

**Big Mountain Backcountry** (birth years 2011 and older)

Head Coach: Austin Wrem

**Air & Style** (birth years 2015 and older)

Head Coach: Kerry Lofy

**PRE-PROGRAMMING PREP:** Our winter season is relatively short. We ask that parents and athletes be fully prepared when it is GO TIME!

**Team Orientation Meetings:** December 12<sup>th</sup> coaches, parents and athletes will meet via Zoom. During these meetings coaches will review expectations and goals for the season with an opportunity for Q&A. Please plan on attending this 30-45 minute meeting.

NOTE: Team Orientation Meetings will be scheduled in STACK Team App with the Zoom Link.

**Equipment Requirements & Nice-to-Haves(\*):**The following lists are generally ordered by prioritization. The club does have some loaner equipment (skis, poles, beacons, probes,

shovels), but with limited supply. If you have a need, email [mccallwintersportsclub@gmail.com](mailto:mccallwintersportsclub@gmail.com). If you have outgrown equipment and/or are looking to purchase used equipment we encourage using the McCall Winter Sports Club Family Page on FaceBook to post and share equipment. [facebook.com/groups/193254940687214](https://www.facebook.com/groups/193254940687214)

#### All Athletes:

- Sync Team Jacket (loaner jacket supplied to athletes)
- Season Pass (Brundage or Tamarack &/or LSH) worn on jacket or helmet  
NOTE: Seasonal registration does not include a pass. Athletes must purchase a season pass separately.  
Tamarack SKY Pass: All MWSC athletes are eligible for the SKY Pass. Valley and Adams County students may pick up their pass at the Tamarack Resort ticket desk.
- Snow Pants
- One pair of all-mountain skis preferably with a slalom side cut. (Length of skis should be distance from athlete's feet to nose when standing straight up.)
- Ski poles with correct fit
- 3 or 4-buckle ski boots WITH CORRECT FIT  
NOTE: Home Town Sports will fit and mold boots. Call to make an appointment!
- Ski helmet with correct fit
- Goggles
- Mittens or gloves
- Neck gator\*
- Backpack to carry all gear and keep gear organized\*

#### Additional requirements for Race Training and Races:

- 2 or 3 pairs of skis (GS, SL and all-mountain)
- 2 sets of ski poles (one for SL w/ pole guards another for GS and free-skiing.)
- Shin guards with correct fit
- Speed suit with correct fit
- Face guard to attach to hard-eared FIS approved ski helmet
- Forearm guards
- Stealth body protector\*
- Back protector\*
- Wax for tuning skis\*

#### Additional requirements for Big Mountain Backcountry:

- Alpine Touring Bindings
- Alpine or Touring Boots compatible with bindings
- Climbing Skins that fit skis
- Transceiver (Beacon) Limited loaners may be available.
- Avalanche Shovel
- Probe
- Non-insulated jacket shell\*
- Back Protector (required for athletes competing in IFSA big mountain)
- Backcountry touring-specific backpack\*

NOTE: Besides being equipped it is required that athletes complete training to understand how to properly use the equipment. Backcountry Boot Camp fulfills this requirement. Other training opportunities exist. Please reach out to Head Coach Austin for more information via STACK Team App.

Cell Phones: Athletes may carry a cell phone so long as it does not interrupt programming for themselves or the team.

Go Pro: Athletes may wear a Go-Pro, but we ask that permission be received before posting or publishing film of other athletes, coaches or members.

**Athlete Requirements:** It is expected that athletes be physically and mentally prepared and able. All athletes are required to be able to load the lift safely by themselves. If a U8 Mighty Mite is not yet able to do so, their parent or guardian must accompany them during training. If it is determined by a Head Coach that an athlete is not able to keep up with their team, a progression plan will be determined; this could include moving to a younger age group or additional training.

*Age categories are determined by the Year of Birth. Athletes may sometimes be asked to train with a different age group per coaches' discretion.*

**Retail Partners:** MWSC Members are encouraged to use our preferred retail partners for equipment and gear.

- Brundage Mountain Resort
- Tamarack Resort
- Home Town Sports, McCall
- Gravity Sports, McCall
- McCall Sports, McCall
- Greenwood's Ski Haus, Boise
- Eco Lounge, Boise
- McU Sports, Boise
- Sync: <https://syncperformancecustom.com/collections/mccall-winter-sports-club>
- [ExpertVoice.com](https://www.expertvoice.com) offers discounts off ski brands when you create an account with your U.S. Ski & Snowboard and/or USASA affiliation.
- [RaceWerks](https://www.racewerks.com): Use discount code **MWSC15** for 15% off.

**Team Jackets:** Sync is the official brand for our team jackets. For those traveling & competing it is required that a team jacket be worn. Athletes will be issued a team jacket at the beginning of the season. If the jacket is on loan, it must be returned in a usable condition at the end of the season. Non-returned jackets or damaged jackets will be charged the full retail value.

Other Sync attire and gear are available to purchase on our team store:  
<https://syncperformancecustom.com/collections/mccall-winter-sports-club>

## **EARLY SEASON**

**Dryland Training:** All U8 & older athletes will begin the season with dryland training after school on Tuesdays and Thursdays, beginning October 3 & 5. Dryland training is optional in Boise and McCall, but highly recommended for U12 athletes and older as physical fitness becomes increasingly more important as skiers mature. Training will focus on strength and conditioning. Regardless of your fitness level, experience, age, or rostered team the elements and principles will promote proper and timely development.

**Early Season Training Camp:** On-snow training for U10 & older athletes is planned for November 20-22. This is an optional camp, but highly recommended for U12 competitive athletes on the race team or freeride comp team. Camp is not included in seasonal programming costs. A separate registration is required.

**ON-SNOW TRAINING AT HOME:** Without the support of our home ski areas and their staff we would be missing out on many resources and benefits. It is the responsibility of each Athlete, Parent, and Coach to reciprocate support to Brundage Mountain, Tamarack Resort and Little Ski Hill. This means knowing and following their rules and policies. This applies during training, competitions and while free-skiing on your own.

**Our Home Ski Areas:** Athletes need a season pass for the home ski area at which they will be training. NOTE: Season pass not included in cost of registration.

Brundage Mountain Resort: <https://brundage.com/>

Little Ski Hill: <https://payettelakesskiclub.org/little-ski-hill/>

Tamarack Resort: SKY pass is free for all McCall Winter Sports Athletes:  
<https://tamarackidaho.com/activities/the-sky-pass>

**Ski Area Rules:** Following is a partial list of ski area rules – a few very important ones!

- Wear your season pass so that is visible to lift operators.
- Be cordial and respectful of all area employees and other skiers/riders.
- Cutting lift lines is not allowed! MWSC does not receive special lift access or privileges.
- Observe all ski area signs.
- No rope ducking! Only open gates may be used to access terrain from the ski area. This includes in-bounds and out-of-bounds terrain.
- Going through a boundary gate is going out-of-bounds which means backcountry protocols are assumed.
- No foul language.
- No outside food or beverage (including alcohol) may be brought in to the Little Ski Hill Lodge without prior permission from LSH.

### **Alpine Race Center(ARC) & Team Yurt Privileges and Rules:**

The ARC is our home base and meeting place at Brundage Mountain for coaches and athletes. The ARC is located at the far end of the Centennial Lot.

The Yurt is our home base and meeting place at Tamarack; located above the Tamarack Express Chair loading zone and beside Ski Patrol.

U12 athletes and younger may not be left unattended in the ARC or Yurt.

Athletes, Parents and Coaches are expected to clean up after themselves inside and outside. This includes BBQ ashes! The ARC and Yurt are only open to Athletes and Parents for the purpose of MWSC programming. Doors are otherwise to remain locked. Tampering with locks and accessing the ARC or Yurt through windows is not allowed.

**Back to Basics:** Athletes & Coaches will get on the snow with “Back to Basics” days at their primary home mountain December 16 and 17. These are not “training days” but they are designed to get back into the swing of things; thus participation is encouraged.

NOTE: “Back to Basics” days will be scheduled in STACK Team App.

**Holiday Camps at Brundage Mountain & Tamarack Resort:** All athletes are highly encouraged to make all camp days; during which initial athlete assessments are made and goals set for the season. Camp days are scheduled in STACK. Please RSVP!

Alpine Race Training: December 26-29, 2023 and January 2-4, 2024.

Backcountry Boot Camp: December 26-29, 2023  
Big Mountain Freeride Training: December 26-29, 2023 and January 2-4, 2024.  
All Mountain Holiday Camp (for Devo & Mighty Mite Teams): December 27-29, 2023  
Bonus Holiday Camp days are scheduled for January 2-4, 2024.

**Regular Season** training begins January 6<sup>th</sup> with Saturday &/or Sunday at Brundage and Tamarack. Mid-week, after-school training begins January 9<sup>th</sup> at Little Ski Hill.

**Morning Prep:** Coaches will communicate training plans for the day in advance via STACK and during the Morning Round-Up.

**Morning Round-Ups:** Athletes and Coaches will meet with their team up to 15 minutes before loading the chair lift outside the ARC or Yurt. Athletes are expected to be prepared to ski with their team at the scheduled start time per STACK Team App – meaning with their season pass, working equipment and readiness. Coaches and athletes will complete a gear check during the morning round-up to ensure all participants are equipped with the necessary gear and safety equipment.

The team will promptly begin the day's training following the morning round-up. Athletes who arrive late and/or are not prepared to depart with the team are responsible for meeting up with the team. Coaches will advise which chair lift to meet at via STACK Chat.

During the Morning Round-Up, athletes are expected to listen and pay attention to coaches. No “sword-fighting” with poles and no snowball tossing/fights are permitted of athletes or parents 😊!

**Afternoon Wrap-Ups:** Coaches will advise of the plan and schedule for the day; including a finish time; during the morning round-up. Note the finish time may change from that originally scheduled in STACK Team App due to weather and conditions. If this does happen, coaches will advise via STACK Chat.

**U.S. Ski & Snowboard Training Systems** provide a blueprint for skiers and snowboarders for long-term athlete development. Fundamentals, Athleticism, and Passion are the 3 concepts of the age-appropriate training and competition system matrix. For more information on the Training Systems, go to <https://usskiandsnowboard.org/sport-programs/training-systems>. Coaches may use these systems in whole or in part dependent on athlete progression and training plans.

Freeski Training System:

[https://usskiandsnowboard.org/sites/default/files/files-resources/files/2017-11/Freeski%20Training%20Systems%2011-16-17\\_1.pdf](https://usskiandsnowboard.org/sites/default/files/files-resources/files/2017-11/Freeski%20Training%20Systems%2011-16-17_1.pdf)



## Freeski Training System

Development Phases Domain							
Phase	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6	
Biological Age	Early Childhood	Early Childhood	Pre-puberty before growth spurt	Puberty and growth spurt	Post Puberty after Growth Spurt	Full Maturation	
Chronological Age	2-6 years old	6-10 years old	Girls: 10-13 Boys: 11-14	Girls: 11-14 Boys: 12-15	Girls: 12-16 Boys: 14-17	Girls: 16+ Boys: 17+	
Time in Sport	1-4 years in sport	3-6 years in sport	4-7 years in sport	5-8 years in sport	6-11 years in sport	Training age: 10+ years in sport	
Training Volume	50 hours per season 1-2 sessions per week	150 hrs/season 2-3 sessions per week	220 hours/season 3-5 sessions per week	360 hours/season 4-6 sessions per week	480 hours/season 5-7 sessions per week	540 hours/season 5-7 sessions per week	
Summer/Off season Training	None	0-5 days	10 days	20 days	25 days	30+ days	
Coached Freeskiing	75%	65%	45%	30%	20%	15%	
Coached Drills	10%	20%	20%	20%	20%	15%	
Coached Venue Training	10%	10%	25%	35%	40%	45%	
Full Run Competition Simulation	5%	10%	10%	15%	20%	25%	
Freeski with friends and family	As much as enjoyable	As much as enjoyable	As much as enjoyable	As much as enjoyable while balancing rest, travel and recovery needs.	As much as enjoyable while balancing rest, travel and recovery needs.	As much as enjoyable with necessary balance of rest, travel and recovery needs.	
Complementary Sports	Participate in many physical activities. Explore individual coordination or balance-based sports. Team sports to build teamwork, ethics and fair play.	Play many sports. Active participation in coordination or balance-based sports. Participation in team sports build teamwork, ethics and fair play.	Continue to participate in many activities and sports. Begin to identify with primary vs. complementary sports.	Continue to participate in complementary sports while identifying clear goals in primary sport.	Use complementary sports and activities for variety and to enhance aerobic conditioning by increasing training volume in all activities.	Use complementary sports and activities for injury prevention, avoiding burnout, and to maintain all aspects of physical fitness.	

Alpine Training System:

<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2017-11/Alpine%20Training%20Systems%2011-16-17.pdf>



## Alpine Training Systems

Development Phases Domain							
Phase	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6	
Biological Age	Early Childhood	Late Childhood	Pre-puberty before growth spurt	Puberty and growth spurt	Post Puberty after Growth Spurt	Full Maturation	
Chronological Age	2-6 years old	6-10 years old	Girls: 9-13 Boys: 10-14	Girls: 11-15 Boys: 12-16	Girls: 12-17 Boys: 14-18	Girls: 16+ Boys: 17+	
Time in Sport	1-4 years in sport	2-5 years in sport	4-7 years in sport	5-8 years in sport	6-11 years in sport	10-15+ years in sport	
Training Volume	50 hours per season 1-2 sessions per week	150 hrs/season 2-3 sessions per week	220 hours/season 3-5 sessions per week	360 hours/season 4-6 sessions per week	480 hours/season 5-7 sessions per week	540 hours/season 5-7 sessions per week	
Summer/Off season Training	None	0-5 days	10 days	20 days	25 days	30+ days	
Coached Freeskiing	75%	60%	45%	30%	20%	15%	
Coached Drills	10%	20%	20%	20%	20%	15%	
Coached Gate Training	10%	10%	25%	35%	40%	45%	
Competition Simulation	5%	10%	10%	15%	20%	25%	
Freeski with friends and family	As much as enjoyable	As much as enjoyable	As much as enjoyable	As much as enjoyable while balancing rest, travel and recovery needs.	As much as enjoyable while balancing rest, travel and recovery needs.	As much as enjoyable with necessary balance of rest, travel and recovery needs.	
Complementary Sports	Participate in many physical activities. Explore individual coordination or balance-based sports. Team sports to build teamwork, ethics, and fair play.	Participate in many sports and activities. Active participation in coordination or balance-based sports. Participation in team sports build teamwork, ethics and fair play.	Continue to participate in many activities and sports. Begin to identify with primary vs. complementary sports.	Continue to participate in complementary sports while identifying clear goals in primary sport.	Use complementary sports and activities for variety and to enhance aerobic conditioning by increasing training volume in all activities.	Use complementary sports and activities for injury prevention, avoiding burnout, and to maintain all aspects of physical fitness.	

**USSA SkillsQuest:** SkillsQuest is integrated into all programming with the goal to teach and implement good fundamental skiing skills, motivation and reward. Focus is on competencies for skiing skills, technique, tactics, conditioning, equipment, preparation, performance psychology and athlete management.

Note: Phase 2 is designed for U8s with 1-4 years skiing.



## SKILLSQUEST ASSESSMENT TABLE

Skill	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6
<i>Pressure</i>	Pole jumpers	Pole jumpers in tuck	Straight run in wave track	Linked turns in wave track	Camel jump in wave track
<i>Edging</i>	Outside ski turns	One ski skiing	One ski skiing with lane changes	One ski skiing without poles	One ski skiing hourglass
<i>Rotary</i>	Straight run to side slip with edge set	Pivot slips	Sideslip to straight run to sideslip	Hop turns	Vertical brush quickness course
<i>Balance</i>	Freeski with pole usage	Freeski – lane changes	Freeski – hourglass	Freeski – varied terrain and snow conditions	Freeski – moguls in “V” shaped corridor

### COMMUNICATIONS

**Athlete Assessments:** Athletes will receive written performance evaluations after holiday camps and end of season. Otherwise, feedback will be verbally communicated with the athlete and parent.

**STACK Team App** is our official team app for the 23/24 season. Parents are responsible for setting up their STACK account notifications and are required to use the TEAM RSVP.

Parents will receive an email invite to McCall Winter Sports Club on STACK. Please accept the invitation and confirm your family’s account is set-up.

CHAT: All team chat groups are kept here. Parents will only see the chat groups that pertain to their child’s team(s). Chat is intended for coaches to provide information about upcoming training or competitions. If plans change (ie: weather delays or postpones training), coaches will communicate this via Chat.

Note: Parents will not be notified of new chat comments by email. Push notifications via the app can be turned on/off.

TEAM RSVP: All team calendars are kept here. Parents will see only the teams that their child(ren) are rostered to. Please RSVP each child here for team training, competitions, and other team happenings.

EVENTS: Club-wide events and happenings will be calendared here. This is also where volunteer opportunities (STACK Duties) may be claimed.

Note: Both TEAM RSVP and EVENTS calendars may be synched with your personal calendar.

ROSTER: Team rosters with athlete and coach bios live here.

NEWS: Newsletters will be saved here.

RESOURCES: Club-wide and team-specific information will be saved here; including Safety protocols, equipment checklists, and the Parent Handbook.

REGISTRATIONS: This is where parents may register athletes for races and competitions. Note: This is also where parents may electronically acknowledge the Parent Handbook.

For help setting up profiles in STACK, refer to [mwsc.club/parent](http://mwsc.club/parent).

**Personnel:**

MWSC Staff:

Chris Costa  
Executive Director  
208-918-0234

Erik Fisher  
Program Director  
208-695-3564  
[erik.mwsc@gmail.com](mailto:erik.mwsc@gmail.com)

Kerry Lofy  
Program Manager  
530-448-1233  
[kerry.mwsc@gmail.com](mailto:kerry.mwsc@gmail.com)

MWSC Board Members: Board meetings are held monthly on the last Tuesday. For additional information including agendas and meeting minutes, email [mccallwintersportsclub@gmail.com](mailto:mccallwintersportsclub@gmail.com).

Willy Beebe, President  
Kimberly Brown, Treasurer  
Bill Gilbert, Board Member  
Sage Kendall, Board Member  
Dusty Bitton, Board Member  
Bob Krahn, Board Member  
Ken Rider, Strategic Partner, Brundage Mountain  
Colby Nielsen, Strategic Partner, Little Ski Hill  
Kara Finley, Strategic Partner, Tamarack Resort

MWSC Parent Advisors (aka: Team Managers) are needed to help be a communication liaison between the coaching staff and team parents. This means helping parents navigate STACK Team App, coordinating competition travel logistics, coordinating clean-up days at the ARC and Yurt, and monitoring volunteer signups and fulfillment. Parent Advisors are noted on team rosters in STACK.

Cell Phones and Radios: All Coaches will travel with a cell phone and/or radio. Athletes may carry a cell phone so long as it does not interrupt programming for themselves or the team.

Other club methods of communication include email from [mccallwintersportsclub@gmail.com](mailto:mccallwintersportsclub@gmail.com), newsletters generated by the Bloomerang application, newsfeeds posted to [mwsc.club](http://mwsc.club) and pages on Facebook and Instagram.

**COMPETITIONS:** All athletes are highly encouraged to compete at some degree or level. Athletes will have the opportunity to participate in local and/or regional races and competitions. Parents are responsible for registering their athlete for each competition. Additional fees are required for registration including USSA, IFSA and/or USASA race/comp entry, lift ticket and coaches or team traveling expenses. An estimation of costs per race will be provided. Coaches may decide that an athlete is not ready to compete for safety reasons. Coach will discuss with athlete and parent should this be the case.

**Alpine Race Calendar:**

U10/U12 Racers will compete in the Intermountain Division's North Series. Current schedule for qualifiers, championships and gender splits may change.

January 20-21, 2024 at Grand Targhee (2GS)  
February 3-4, 2024 at Bogus Basin (GS/Kombi)  
February 24-25, 2024 Monroe Cup at Rotarun (2SL)  
March 15-17, 2024 IMD Championships at Tamarack (SL/GS/Kombi)  
March 23-24, 2024 IMD Finals at Sundance/Arrowhead (SL/GS)  
March 29-31, 2024 Spring Fling @ Grand Targhee (SL/GS/SG) (2<sup>nd</sup> year U12s)

U14 Racers will compete in the Intermountain Cup Series; which are qualifiers for USSA Western Region championships and projects. Current U14 schedule for qualifiers, championships and gender splits may change.

January 12-14, 2024 at Snowking (2SL/GS qualifier)  
January 26-29, 2024 Wes Barron Open @ Jackson Hole (3SG)  
January 29-31, 2024 Speed Camp at Soldier Mtn (1<sup>st</sup> year U14s)  
February 9-12, 2024 at Brundage Mountain (3SG qualifier)  
March 1-3, 2024 at Park City (1SL/2GS qualifier)  
March 21-24, 2024 U14 Regionals at Grand Targhee (SL/GS/SG)  
March 21-24, 2024 Tri-Divisional Champs at Big Sky/Bridger Bowl(SL/GS/SG)  
March 23-24, 2024 IMD Finals @ Sundance/Arrowhead (SL/GS)  
March 29-31, 2024 Spring Fling @ Grand Targhee (SL/GS/SG)  
April 6-9, 2024 IMD Open Snowcup @ Snowbird

U16 Racers will compete in U16 and open races; which are qualifiers for USSA Western Region championships and projects. Current U16 schedule for qualifiers, championships and gender splits may change.

January 4-6, 2024 at Snowbird (2SL/1GS qualifier)  
January 26-29, 2024 Wes Barron Open @ Jackson Hole (3SG)  
February 9-11, 2024 Laura Flood @ Sun Valley(2GS/1SL qualifier)  
February 22-25, 2024 at Utah Olympic Park (3 SG qualifier)  
March 21-24, 2023 at U16 Regionals @  
March 21-24, 2024 Tri-Divisional Champs at Big Sky/Bridger Bowl(SL/GS/SG)  
April 6-9, 2024 IMD Open Snowcup @ Snowbird

There are a few non-sanctioned and "friendly" races; including Papa Bear GS Races and Soda Pop Series (a 3-race series) at Little Ski Hill; and others at Anthony Lakes, Bogus Basin, and Tamarack. NOTE: A USSA competitor license is not required for these non-sanctioned events.

**Soda Pop Races:** These are fun races held Friday nights at Little Ski Hill. Skiers(6-14 years of age) with or without race experience are invited to participate in the recreational or competitive division for 1, 2 or all 3 of the Slalom and Giant Slalom races in the series. Race entry fees are included for those registered for MWSC's Friday night after school training. Otherwise additional entry fee is required to participate.

January 19 (girls and boys)  
February 2 (girls and boys)  
February 23 (girls and boys)

**Soda Pop Rail Jams:** These are fun comps held Friday nights at Little Ski Hill. Skiers & riders (6-14 years of age) with or without comp experience are invited to participate in the series. Comp entry fees are included for those registered for MWSC's Friday night after school training. Otherwise additional entry fee is required to participate.

Comp #1 (girls and boys)

Comp #2 (girls and boys)

Comp #3 (girls and boys)

**Big Mountain Freeride Comp Team** will participate in regional IFSA and USASA competitions. Following are the competitions we are planning to attend as a team.

### **USASA Qualifiers:**

Local qualifiers for slopestyle and rail jam competitions are still being determined. These will be part of the Big Mountain West series.

Full USASA Big Mountain West schedule can be found [here](#).

Purchase New/Renew License: <https://www.usasa.org/members/new>

### **IFSA Big Mountain Qualifiers:**

U10 Devo Advanced Freeride athletes may participate in the local comps.

U12 & older Freeride Comp athletes who wish to qualify for nationals should participate in at least two Regional 3\* events for points.

January 20, 2024 @ Tamarack Resort (Regional 2\*)

February 1, 2024 @ Grand Targhee (Regional 3\*)

March TBD 2024 @ Brundage Mountain (Regional 2\*)

Full IFSA Junior Regional Schedules can be found [here](#).

Purchase New/Renew License: [https://register.freeskiers.org/cs/ifsa/site.register\\_custom](https://register.freeskiers.org/cs/ifsa/site.register_custom)

**Registering for IFSA Competitions:** Competition registration dates are announced in advance and added to the STACK Event Calendar. Parents are responsible for registering their child online at [freeskiers.org](https://freeskiers.org). NOTE: It is recommended that athletes be registered as soon as registration opens as divisions will fill up quickly; with a waiting list thereafter.

Coaches' travel costs are invoiced to athletes after each competition. Travel costs include coaches' lodging, gas, and per diem; and are equally divided amongst all competitors.

**Athlete Travel:** U12 and younger athletes will travel to competitions with a parent/guardian. U14 and older athletes will travel with the team when able. Coaches travel costs are built into competition fees. Signed, Travel Consent Form is required before athletes may travel with coaches & team.

**OUR GOVERNING BODIES:** Athletes participating in one or more events sanctioned by one of the following governing bodies are required to purchase a competitor license. Athletes are also required to know the rules of competition. Handbooks are available online.

US Ski & Snowboard Association: <https://uskiandsnowboard.org>

Intermountain Division: <https://www.imdalpine.org> (no additional membership required)

International Freeskiers Association: <https://www.freeskiers.org>

USA Snowboard and Freeski Association: <https://usasa.org>

**SafeSport:** The US Center for SafeSport is committed to building a sport community where participants can work and learn together in an atmosphere free of emotional, physical and sexual misconduct. SafeSport certifications are required annually of all coaches, board members, and volunteers who are in a role of leadership. Athletes 18 years and older are also

required to complete SafeSport training. Certifications are achieved through online training courses at [safesporttrained.org](https://safesporttrained.org). Note that you do not need to be a named coach, board member or volunteer to complete; anyone may do so.

**MAAPP:** MWSC has adopted US Ski & Snowboard's MAAPP. Coaches are required to implement its policies during all in-program contact. Parents are encouraged to know these policies too.

**RISK MANAGEMENT:** MWSC takes a number of steps to establish a culture of Risk Management within the organization. For coaches, these steps include First Aid and CPR certification, medical protocol review, concussion safety training and radio training at a minimum. Some coaches complete and renew additional training; including Wilderness First Response, Avalanche Rescue, and Emergency Medical training.

**Medical Concerns/Allergies/Prescriptions:**

If an athlete is prescribed medical treatment with any drug or controlled substance it is the parent's responsibility to make the coach aware. If there are long-term or recurring medical concerns, this information should be included in the athlete's registration entry form accessible to MWSC coaches and staff.

**Concussion Safety:** Pursuant to US Ski and Snowboard Concussion policies, any MWSC athlete suspected of having sustained a concussion/ traumatic brain injury must be removed immediately from participation in any MWSC sporting event. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in MWSC sporting events by a qualified health care professional trained in the evaluation and management of concussive head injuries.

Coaches are required to complete St. Luke's Concussion Training at [stlukesonline.org/apps/concussion-education](https://stlukesonline.org/apps/concussion-education). Online training is also offered for parents and encouraged so that we may improve the culture of concussion by learning how to talk about, prevent, and respond to concussions. Additional information is available at [mwsc.club/safety](https://mwsc.club/safety).

Athletes 12-years may take an IMPACT test through St. Luke's Medical Center. This is a simple test that establishes your normal brain activity and can be used to determine a traumatic brain injury, as well as make a determination as to recovery and return back to sport and other activities.

**Weather and Snow Conditions:** If weather and/or snow conditions are deemed unsafe for planned training then coaches may postpone or alter the training. This includes terrain, gates and other features. Schedule changes made before training begins will be noted in the STACK Team RSVP schedule. Changes made after training has begun will be noted in STACK Chat.

**Backcountry Team Travel:** Trips to the backcountry and out-of-bounds is at the coaches' discretion. Although the Backcountry Team may have a scheduled tour out-of-bounds coaches may decide the morning-of that conditions are not safe and/or weather is unfavorable for safe travel. It is also at the coaches' discretion that athletes may travel out-of-bounds with the team on any given day. Skiing out-of-bounds is a privilege. Athletes are required to attend training (ie: Backcountry Boot Camp or another coach-approved workshop or training) and be fully equipped with appropriate gear (including beacon, shovel, and probe) before they are allowed to ski with the team out-of-bounds.

**Injuries Sustained During Training/Competition:** Any MWSC Athlete suspected of having sustained an injury must be removed immediately from participation in any MWSC sporting event, by any MWSC coach or authority.

**Emergency Action Plan:** MWSC's Emergency Action Plan is designed to help coaches, staff, and parents in a leadership role should there be an in-field incident. This document is saved at [mwsc.club/safety](http://mwsc.club/safety).

**MWSC MEMBER REQUIREMENTS:** These are expected of parents, athletes, coaches, staff, and volunteers when representing MWSC.

**COVID-19:** If you are sick, have been exposed to COVID, or test positive then follow the CDC precautionary and isolation guidelines.

If exposed: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

If sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

When to isolate:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html#when-to-isolate>

**School Comes First!** Athletes are expected to maintain good grades in school. There may be times that school attendance is missed due to competitions and/or training. It is the athlete's responsibility to plan ahead and keep up with school work. Coaches may ask for athlete GPA's.

**Dues** are paid when due and not delinquent.

**Affordability:** MWSC is committed to affordability and accessibility for our community youth's participation in our world-class programs. Our seasonal registration fees remain on the more affordable side within our division. Athlete scholarships are available thanks to community support and belief in our values. Boydstun-Hovdey Ski Heritage Foundation accepts scholarship applications up to October 15. Additional scholarships for races, competitions and equipment are available throughout the season. Email [mccallwintersportsclub@gmail.com](mailto:mccallwintersportsclub@gmail.com) for additional information.

**Fundraiser Kick-Backs:** Athletes are encouraged to participate in Holiday Wreath Sales; a fundraiser for the club and opportunity for athletes to earn credits good towards programming, races, and comps.

**Volunteer requirements:** Each family is expected to complete at least 20 volunteer hours during the season. There are many opportunities to volunteer, including fundraising events, hosted races and competitions, and training days. Sign up to volunteer via STACK Duties listed in the Team RSVP and/or Event calendar. Note that some volunteer roles require SafeSport training and certification.

**Fundraisers:** As a 501 c(3) non-profit, fundraising is integral to operational success for the club and requires hands-on help and involvement from all MWSC members. More info at [mwsc.club/fundraisers](http://mwsc.club/fundraisers).

**Online Auction:** Part of our biggest fundraiser with a broad reach happening in late February/early March. Note that each family is required to recruit an auction item valued at \$250 or more. Items are **due February 1st**. Items will be included in either the online auction or at the Live Auction.

Brew Pairing Dinner & Live Auction: A multi-course meal with entertainment and live auction. This is our biggest fundraiser! Date and location TBD.

McCall Winter Savings Cards: Includes Brundage, Tamarack, and LSH lift tickets. Supplies are limited. MWSC receives 100% of the proceeds.

MWSC families may purchase one Savings Card per child registered at \$150.

Savings cards are otherwise on sale online. Referrals are rewarded! Share with friends and family and ask that they list your name to receive a \$10 credit towards seasonal programs, camps, and comps.

Christmas Wreath Sale: A fundraiser for athlete scholarships.

Backcountry Film Fest: Film showing at Alpine Playhouse. Date TBD.

Gear Consignment at McCall Sports: At any time during the season, gear donations may be brought to McCall Sports with proceeds going towards the MWSC account.

**Corporate Sponsorships**: MWSC offers a tiered level of sponsorship opportunities ranging from \$500-\$15,000 per year. Benefits include brand exposure and awareness by way of logo placement on athlete jackets and gear, named recognition at our home mountains, in newsletters and at events. To learn more about sponsorship benefits; visit [mwsc.club/sponsors](http://mwsc.club/sponsors).

## **MCCALL WINTER SPORTS CLUB 2023-2024 CODE OF CONDUCT**

Membership in McCall Winter Sports Club(MWSC) is a privilege that should elicit great pride. MWSC Members; including athletes, parents, coaches, board of directors, employees, officials, and volunteers; are expected to conduct themselves in a sportsmanlike manner that promotes and displays MWSC's core values of Fun, Citizenship, Sportsmanship, Fitness, Community, Teamwork, and Ethics.

MWSC Members are responsible for their actions during all MWSC Activities, including daily practice, competitions, team travel, training camps, and while at areas hosting competitions and training camps.

All Members must agree to demonstrate the spirit and requirements within this Code of Conduct while participating in any MWSC Activity; including but not limited to U.S. Ski & Snowboard(USSA), United States of America Snowboard and Freeski Association(USASA), or International Freeskiers and Snowboarders Association(IFSA) events.

Failure to comply with any of the following rules and provisions may lead to disciplinary action. MWSC's Code of Conduct applies equally to all MWSC Members and is intended to empower each Member to make responsible choices, meet challenges, achieve personal goals, and contribute to our mission to create world-class kids through winter sports.

### Conduct Rules:

1. MWSC Members are responsible for knowledge and adherence to rules and procedures set forth by ski areas, competitions, and MWSC's National Governing Bodies; including USSA, USASA and IFSA.
2. MWSC Members shall conduct themselves in a manner that is consistent with practicing safety, risk awareness, a high standard of integrity, moral and ethical conduct, self-control, consideration of the physical and emotional well-being of others, and responsible behavior during MWSC Activities and when representing MWSC in public places.
3. MWSC Members shall show respect for competition officials, ski area employees, the skiing and snowboarding public, and for each other. This means refraining from the use of profanity, abusive language, or disruptive behavior.
4. MWSC Members shall not discriminate against any other Member or any other person on account of race, religion, age, disability, gender, sexual orientation, or nationality.
5. MWSC Members shall not abuse any privilege that may be extended as a result of their membership, participation, or affiliation with ski areas, MWSC sponsors, and partners.
6. MWSC Members shall abstain from illegal substance use and/or possession thereof; including alcohol, tobacco, drugs, and banned substances governed by USSA and the US Anti-Doping Agency(USADA).
7. MWSC Members shall not engage in any conduct that could be perceived as bullying, hazing, or harassment towards any official, ski area employee, the skiing and snowboarding public, or another Member.
8. MWSC Members agree to abide by the policies and procedures established by the U.S. Center for SafeSport as well as USSA's Minor Athlete Abuse Prevention Policies (MAAPP). This means one-on-one interactions and electronic communications between an Adult Participant and a Minor Athlete must be observable and interruptible. Any exceptions require parent/guardian consent.

#### Disciplinary Action:

Any violation of the MWSC Code of Conduct may lead to disciplinary action by a MWSC Coach or a MWSC Director; including Executive Director or Program Director. A Coach or Director observing or having reason to believe the MWSC Code of Conduct has been violated to any degree may take such immediate actions as necessary to prevent a continuation of the infraction.

Any disciplinary action imposed by a Coach for a non-major infraction shall be submitted in a written report to a Director setting forth the details of the infraction. A MWSC Director has the discretion to impose further disciplinary action.

Three non-major infractions reported to a Director shall constitute a major infraction.



A MWSC Director shall be responsible for the imposition of a disciplinary action for a major infraction. Upon receipt and review of a written report, the Director shall follow the MWSC's action steps for reporting, investigating, interviewing, documentation, and confidentiality.

Disciplinary action may include:

- Removal from the team trip or training camp.
- Suspension from training and/or competition for a set period of time.
- Elimination of training, competition, travel, and other benefits.
- Forfeiture of program, travel, equipment, or membership fees paid.

In addition, the following are each considered a major infraction and is cause for immediate suspension and/or dismissal from MWSC.

- Persistent irresponsibility and disrespectful behavior.
- Unwelcome tampering with or destruction of MWSC property or others' personal belongings.
- Any violation of state, federal, or international laws.
- Any violation of law resulting in an arrest or conviction by civil authorities, even if not related to team activities.
- Failure to comply with any and/or all event, team, or specific activity rules, including disciplinary action plans.

MWSC is committed to principles of fairness, due process, and equal opportunity. Members are entitled to be treated fairly and in compliance with MWSC bylaws, policies, and procedures. Nothing in this Code shall be deemed to restrict the individual freedom of a MWSC Member in matters not involving activities in which one could not be perceived as representing MWSC. In choices of appearance, lifestyle, behavior, and speech while not representing MWSC, coaches, athletes, volunteers, and parents, shall have complete freedom provided their statements and actions do not adversely affect the name and reputation of the MWSC. However, in those events where one is representing or could be perceived as representing MWSC, MWSC demands that its Members understand and agree to behave in a manner consistent with the spirit of sportsmanship and MWSC's core values.

MWSC Code of Conduct does not create any legal rights or causes of action of any nature on the part of an athlete or an athlete's parents or representatives against MWSC and its Members and they expressly waive and voluntarily relinquish any legal rights or causes of action arising out of the enforcement of the Code of Conduct and disciplinary actions.

PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/GUARDIAN'S PRINTED NAME: \_\_\_\_\_

ATHLETE'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

ATHLETE'S PRINTED NAME: \_\_\_\_\_

*Return this page (17) with signatures to [mccallwintersportsclub@gmail.com](mailto:mccallwintersportsclub@gmail.com) or your MWSC Head Coach.*