Central Division - CR 2
Skills Quest Camp
Sunburst Winter Sports Park, WI

Date: Sunday, January 27, 2019

Camp Goals & Training: To bring together the U10-U14 Region 2 athletes for a group training environment focused on FUN, skiing, skills, and fundamentals.

Target Age Group: U10-U14

Cost: $FREE *Does not include a lift ticket

Sunday, January 27th:
8:30 coaches meeting – meet at coffee shop at bottom of chair for daily plan and set-up
9:30 Athletes meet coaches, break into groups
9:30-11:30 Free skiing, fundamentals, skill stations - (to be scored in afternoon)
12:30-3:30 Skills Quest contest, obstacle course, and (duals if time allows)
3:30 Wrap up meeting, and awards

Coaching staff:
Anje Worrell - U.S. Ski & Snowboard Rocky/Central Regional Youth Coach & Coordinator, and other club coaches TBA.

What to bring:
*Skiing and drills should be on GS skis, and don't forget your enthusiasm and great attitude!

Registration: Athletes, please register at http://www.myussa.org by January 25th. You can find the event listed as 'CR2 SkillsQuest Camp'. You must hold a competitor's license.

Coaches, please register under link found on R/C Projects Page for this camp

Other questions: angela.worrell@usskiandsnowboard.org

Release forms: Due by January 25, 2019 - email to Anje

- Medical Release
- Team Agreement
- Hold Harmless

*If you already have already attended a US Ski and Snowboard Project this season (2018-2019), you do not need to fill out again.

U.S. Ski & Snowboard Alpine Development Department
2018-2019 Medical Release

Athlete Name_____ Address_____

City, State, Zip _____ Birth date_____

Athlete Email_____Athlete Cell _____

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 _____

Medical History

Allergies _____

Medication_____

Other Medical Information _____

Foreign Coverage (for athletes traveling outside the U.S.)
We have verified with our insurance company that this policy is effective for care in foreign countries. Any additional information necessary is attached to this form. Our son/daughter will travel with a means of payment for medical services (e.g. credit card).

Athlete Medical Release
Athlete or Parent, if Athlete is under the age of 18 years, hereby authorizes USSA 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. USSA 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 USSA to exercise their best judgment as to the requirements of such care, treatment and/or procedures. Parent specifically holds harmless and indemnifies USSA 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 Alpine Development Department
2018-2019 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 USSA Regional Development 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 the U.S. Ski & Snowboard's official photographer(s), film crew(s), and video crew(s) and by any other entity authorized by USSA 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 USSA 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 2018-2019 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 or U.S. Ski & Snowboard Rocky/Central Region, 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 2018-2019 training and competition season.

_____	_____	_____
Athlete Signature	Athlete Name	Date
_____		_____
Parent or Guardian Signature		Date

U.S. Ski & Snowboard Regional Alpine Development Department
2018-2019 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 athletes participation in U.S. Ski & Snowboard Regional 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 /Regional Alpine Development projects, 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

USSA 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