

Jr. Race Parent Checklist

Things to know and understand

Races	There are 5 Races all USSA sanctioned
	Every athlete must have a USSA license - Register at USSA.org
	Registration for races must be done on USSA.org
	Every Race Requires a liability waiver for the mountain they will be racing at
	Liability waivers or links to on-line waivers can be found at: http: <u>http://emsc.lertprograms.com/front-page-info-buttons/athlete-sign-ups/</u> Click on Jr Race
Work Credits	Work Credit check made out to EMSC, dated May 1, 2018 for \$300 must be turned into the office by Dec. 1st
	Know how to sign up for volunteer opportunities
	If you do not understand the work credit system or how to sign up for volunteer opportunities go to: http://www.emsc.alpine-creative.com/volunteer-info/
	Understand how many work credits each job earns: http://www.emsc.alpine-creative.com/volunteer-info/
	In order to Shadow for work credits, you must stop by the sign in desk by 8:30 to sign up and get a receipt
	If you do not sign in and out at a race you do not get work credits
Calendar	Orientation - Nov. 16th 6:30, Millennium Harvest House Hotel
	Go to: http://www.emsc.alpine-creative.com/all-emsc-calendars/
	Click on Jr. Race
Lights on Chute	Additional Fee - Weds. Jan. 9 - March 15
	Tuesday and Thursday additional training for athletes from 3:30-7:00pm. Gate training focused.
	Must sign up for Van for LOC.
	Sign up at: http://www.emsc.alpine-creative.com/athlete-sign-ups/
Raffle Tickets	We rely heavily on Fund Raising in order to buy equipment, offer scholarships etc.
	Every athlete is encouraged to sell 16 raffle tickets at a minimum

Training	Arrive early, prepared for all weather conditions, and sign in your child daily at the desk the West Wing Annex building, Eldora
	Check Website and weekly email updates for training details. Athletes typically will train upper mountain directed drill/skill fundamentals in the morning, and shift to lane training over lunch and the afternoon on Chute(based up group's skill level)
	Training disciplines may include: Slalom (SL), Giant Slalom (GS), Kombi (SL/GS) - choose Slalom skis, or Upper Mountain Directed Drill Skiing / Powder Skiing
Skis	First year YSL Skiers may utilize one pair of "all-mountain" skis, or kombi skis that may be used for SL & GS
	Recommended: Slalom Skis, Giant Slalom Skis and when available an all mountain powder / free ski (not required)
	Performance Race Ski Lease Package available through Alpine Base & Edge, Boulder
	Ensure skis are tuned prior to weekend training (sharp edges/waxed), and all races.
	Place your NAME on all skis/ poles and equipment (helmet/boots/goggles) and clothing.
	Ski length recommendations available through Tins Shed Sports (Nederland) and Alpine Base & Edge (Boulder)