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| **Jr. Race Parent Checklist** | |
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| **Things to know and understand** | |
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| 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: <http://emsc.lertprograms.com/front-page-info-buttons/athlete-sign-ups/> Click on Jr Race |
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| Work Credits | Work Credit check made out to EMSC, dated May 1, 2019 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 |
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| Calendar | Orientation – Mid November see Calendar for date and time. |
|  | Go to: http://www.emsc.alpine-creative.com/all-emsc-calendars/ |
|  | Click on Jr. Race |
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| 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/ |
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| 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 |
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| 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 |
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| 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) |