



**MISSOULA SKI EDUCATION FOUNDATION
PO BOX 7046
MISSOULA, MT 59807**

Mission Statement

MSEF is a non-profit organization dedicated to the promotion of individual athletes through the sport of alpine skiing by providing positive role models, quality ski race training and competitive opportunities for young Western Montana Skiers.

Coaches Vision Statement

It is our mission to provide the Missoula community with an environment that allows young athletes to strive to reach their individual potential and pursue life's goals through the sport of skiing. Our primary goal is to help each athlete learn the tools necessary to be successful in any aspect of life: whether it involves athletics, arts, education, occupation, or any other personal interest. Teaching the techniques of ski racing is secondary to the coaching of athletics as a way of life. MSEF's philosophies are based on the process of setting individual goals and maintaining focus of long-term direction for accomplishing these ideals. We firmly believe that an athletic lifestyle includes characteristics such as; confidence, respect, honor, responsibility, trust, initiative, and dedication. MSEF maintains that an individualized, athlete-driven program offers a beneficial environment for developing these characteristics.

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2015-2016 Missoula Ski Education Foundation Program Descriptions and Fees

| Grizzly Ski Team | Program Description |
|--|--|
| <p>Fee - \$360</p> <p>9 consecutive Saturdays of instruction</p> <p>Jan 9 – March 4, 2016</p> <p>9:30 AM - 2:30 PM</p> <p>2 fun races -- Final race on March 4, 2016</p> <p>Award Ceremony</p> <p>Skier Evaluations</p> | <p>Grizzly Ski Team (GST) is a 9-week program for 6-11 yr. olds with some Previous Skiing Experience. Coaches focus on teaching the fundamentals of alpine skiing to build confidence to ski any terrain. Kids are divided by age and ability into small groups with qualified coaches for the season. Each Saturday, GST athletes practice drills, exercises, and free ski to improve their technique and confidence on the snow. This program does not use the Beginner slope.</p> <p>Lunch and lift tickets are not included in the program.</p> |
| GST Christmas Camp | Description |
| <p>Fee - \$175.00</p> <p>3-day camp</p> <p>Dec 28,29 & 30, 2015</p> <p>9:30 AM - 2:30 PM</p> | <p>GST Christmas Camp offers kids a jump-start on the season. This 3-day camp is for 6 - 11 year olds with some Previous Skiing Experience. Kids become familiar with the format of GST by practicing drills, skill exercises and free skiing. Kids "get their ski legs under them" and start the season off ready and prepared. This program does not use the Beginner slope.</p> |
| Missoula Ski Team-YSL U10 to U14 (Youth Ski League) | Program Description |
| <p>Fee - \$525 Saturdays Only \$875 Saturdays and Sundays</p> <p>Saturday YSL Jan 9 to March 19, 2016</p> <p>Saturday and Sunday YSL: Jan 9 to March 20</p> <p>Includes Christmas Camp -- Dec 27, 28, 29 and 30, 2015</p> <p>Dryland Training: October – November 2015</p> <p>Choice of YSL competitions in Montana (Additional Fees/ per race)</p> <p>Wed/Thurs night training options for U12 (10 years old) and older athletes – See Night Training for fees.</p> | <p>The YSL program is the next step for developing skiers' abilities after the Grizzly Ski Team. YSL skiers are part of the Missoula Ski Team.</p> <p>The YSL team is for U10 thru U14 athletes (ages 8-13) and focuses on developing and strengthening alpine ski techniques as outlined by USSA. This format is a combination of drills, free skiing and an introduction to ski racing. It should be noted that the YSL program has a MAJOR emphasis on having FUN and cultivating a life-long love for skiing.</p> <p>While there is not a requirement to attend races if enrolled in the YSL program, athletes are welcome to attend any of the YSL races and are strongly encouraged to attend at least one or two races during the season. (Please note: on race weekends, Snowbowl coaching for YSL athletes will be available on Saturdays but not on Sundays).</p> <p>We offer two options for the YSL program: Saturday only or Saturday and Sunday.</p> |

| | |
|--|---|
| | <p>Saturday Plan: A YSL athlete training on Saturdays can expect “focused free skiing” in groups of 6-12 athletes for most days with the occasional half day of gate training. This means that the Saturday training consists of roughly 80% free skiing and 20% gate training.</p> <p>Sunday Plan: A YSL athlete training on Sundays can expect to be in groups of 6-12 athletes and can expect “focused free skiing” for half the day and gate training for the other half of the day. This means that the Sunday program consists of roughly 50% free-skiing and 50% gate training.</p> <p>Because we want to make sure there is the proper number of coaches available for all the athletes, Saturday only athletes will not be allowed to train on Sundays (except for extenuating circumstances).</p> |
| Missoula Ski Team U16 to U21& UP | Program Description |
| <p>Fee - \$1015</p> <p>Saturday and Sunday and some weekday coaching/training: December 2015 – end of March 2016</p> <p>Dryland training: November 2015</p> <p>Training offered throughout the 2015 Christmas/New Year’s holidays</p> <p>Choice of U16+ races held in Montana (additional fees/ per race)</p> <p>Choice of FIS races held in Region for U18+ athletes only (additional fees/ per race)</p> <p>Wed/Thurs night training options – see Night Training</p> <p>End of year Championships</p> | <p>MISSOULA SKI TEAM focuses on alpine ski racing and competition for the U16 and older athlete (14 years and older), including races at the higher divisional level in Montana and around our region.</p> <p>The Missoula Ski Team includes dry land training, weekend training and choices for weekly competition. The program starts at the first snow in December and goes until the March end-of-the-year championships.</p> <p>Throughout the season, athletes participate in a combination of technique drills, exercises, free skiing and gate training. Athletes set individual and personal goals for the season and ski both as a team and in smaller groups with coaches. Coaches help prepare athletes for races, events, competitions or just becoming a stronger skier.</p> |
| Night Training U12 and Older | Description |

Fee - \$300.00 Wed or Thurs night

Fee - \$550.00 Both Nights

10 weeks of individualized gate training

Program for U12 and older

Gates will be set on the T-Bar (Sunrise Bowl) under the lights for 1.5 to 2 hours of individualized gate training and race specific coaching and drills

(If weather or a mechanical event prevents us from offering night training on a particular night, we will do our best to reschedule for another day, but this is not always possible to do. In addition, for athletes traveling to ski races during a training night, there are no refunds for nights missed.)

STEP 1
2015-2016 Missoula Ski Education Foundation
Family Information Form

Family / Guardian Information:

Parent / Guardian Names: _____

Address _____ City _____ Zip _____

Father Home Phone _____ Cell _____ Work _____

Mother Home Phone _____ Cell _____ Work _____

!!! Email (PRINT CLEARLY): Write all emails that you would like information to be sent to.

MAILING ADDRESS: MISSOULA SKI EDUCATION FOUNDATION: P.O. BOX 7046, MISSOULA, MT 59807

Parent Participation- MSEF is a non-profit organization run by a volunteer board that relies on the support of all its members. To keep costs down, we rely on parent participation to assist in activities such as local races and fundraising. Please note that participation fees do not cover the costs of running all of our ski programs so MSEF must fundraise each year and we need help from everybody to do so. Each family (except for Grizzly Ski Team members) is asked to volunteer at least 8 hours of work for MSEF. Volunteer opportunities include but are not limited to; assisting with home races, special projects, fundraising, donating auction items, assisting with administrative tasks, website design etc.. If for some reason you cannot volunteer, we ask that you please consider making a contribution to MSEF of at least \$150.

LATE FEE: PLEASE ADD LATE FEE OF \$50.00 PER FAMILY FOR LATE REGISTRATION RECEIVED OR POSTMARKED AFTER NOVEMBER 25, 2015. LATE FEES DO NOT APPLY TO GRIZ SKI TEAM APPLICANTS.

Proceed to Step 2

FOR MSEF USE ONLY

- Ⓒ Step 1 MSEF Family Information Bottom of Form
- Ⓒ Step 2 MSEF Combined Registration Form
- Ⓒ Step 3 MSEF Medical Release 1 for each participant
- Ⓒ Step 4 MSEF Training and Racing Waiver and Consent 1 for each participant
- Ⓒ Step 5 MSEF Dispute Policy 1 for each participant
- Ⓒ Step 6 MSEF Code of Conduct Contract 2 pages 1 for each participant
- Ⓒ Step 7 Family Participation Deposit maximum of \$150.00 per family
- Ⓒ Step 8 Payment Received Amount \$ _____ Check Number _____

| GST | Xmas Camp | DEVO | MST-YSL | MST-U16&UP | Wed Night | Thurs Night |
|-----|-----------|------|---------|------------|-----------|-------------|
| \$ | \$ | \$ | \$ | \$ | \$ | \$ |

STEP 2
Combined Registration Form
2015-2016

(Lift tickets and lunches are not included in any of the programs)

| | Participant 1 | Participant 2 | Participant 3 | Participant 4 | Total \$ |
|----------------------------------|---------------|---------------|---------------|---------------|----------|
| Last Name | | | | | |
| First Name | | | | | |
| Date of Birth / Age | | | | | |
| USSA # (if available) | | | | | |
| GST \$360.00 | | | | | \$ |
| GST Christmas Camp \$175 | | | | | \$ |
| YSL Saturday only \$525 | | | | | \$ |
| YSL Saturday and Sunday \$875 | | | | | \$ |
| MST-U16&UP \$1015 | | | | | \$ |
| Wed Night Only Gates \$300 | | | | | \$ |
| Thurs Night Only Gates \$300 | | | | | \$ |
| Both Nights Gates \$550 | | | | | \$ |

**Make checks payable to: MISSOULA SKI EDUCATION
FOUNDATION, P.O. BOX 7046, MISSOULA, MT 59807**

TOTAL \$ _____

STEP 3
MSEF Medical Release Form
Fill out 1 for EACH PARTICIPANT
2015 – 2016

Name of Participant _____

Address _____ City _____ Zip _____

Phone _____ Date of Birth _____ Contact Lenses Y N

Emergency Contact _____ Phone _____

Physicians Name _____ Phone _____

Address _____ City _____ Zip _____

Insurance Company _____ Phone _____

Insurance Policy Number _____ Group Number _____

Insurance Company Street Address _____

City _____ State _____ Zip _____

Does participant have any physical problems or allergies? Circle Yes No

If Yes, please explain in detail: _____

I hereby consent that, in case of emergency during MSEF training, including but not limited to dryland and on-snow season, (Participant) _____ may receive care without contacting or consulting me first.

Signature of Parent or Guardian

Date

STEP 4
MSEF Training and Racing Waiver and Consent
Fill out 1 for EACH PARTICIPANT
2015 – 2016

Participation in any sport requires an acceptance of risk and injury. I know that alpine skiing is an action sport carrying a risk of personal injury. Ski racing and training (including dryland training), with its higher speeds and occasional jumps, is even more dangerous. Injuries can occur, including but not limited to, death, spinal injuries which may result in paralysis, head injuries which may result in brain damage, serious injury to virtually all bones, joints, muscles, ligaments, tendons, and other aspects of the muscular skeletal system, internal injuries, and serious injury or impairment of other aspects of my body, general health or well being.

As an athlete, or as the parent or guardian of an athlete, I assume that those responsible for the conduct of any sport have taken reasonable precautions to minimize the risk of injury. I realize that legislating safety via coaching instructions and ski area equipment standards, while often necessary, seldom is insufficient as relying upon warning labels to produce behavioral compliance with safety guidelines. Nonetheless, I am assured that fundamentals related to safe skiing practices will be emphasized repeatedly both on and off the ski slopes by all MSEF personnel. I agree to responsibly follow all advocated safe skiing practices, and I agree responsibly follow the information below regarding the fitting and use of equipment. I realize that accepting my responsibility in both areas will result in my maximize safety while participating in skiing and ski racing.

Recommended Fitting and use of Equipment

Ski boots should be snug enough to give maximum control over the skis with one pair of socks, even if new boots must be purchased every season. Ski helmets, approved by the USSA, are mandatory for all on-hill skiing activities. They must fit snugly at the front, back and top of head. Chinstraps must be fastened and snug. Mouth guard, shin guards, slalom chin guard and padded gloves are strongly recommended whenever striking gates in courses. Protective padding over the back of hands, wrists and lower forearms, knees and shins along with face guards will minimize injury. Ski safety bindings are critical to racers safety and proper annual binding care, adjustments, settings, inspection, and upkeep by a qualified professional is necessary to avoid injuries; bindings must be checked thoroughly, serviced, and replaced as necessary by a professional ski binding technician. Ski brakes are mandatory.

I, the undersigned, Parent/Guardian (circle one) of *(insert name of participant)* _____ do hereby understand the risks set forth above and consent to and request that he/she be accepted as a member of the Missoula Ski Education Foundation (MSEF) to participate in the activities and competitions of MSEF. In consideration of allowing *(insert name of participant)* _____ to participate in the activities and competitions of MSEF, I hereby release and discharge MSEF, its directors, officers, members, employees and agent and any and all other persons in any way associated with MSEF, from any liability arising from said activities and any travel related thereto and agree to indemnify and hold harmless MSEF, its directors, officers, members, employees and agent and any and all other persons in any way associated with MSEF from any and all damages resulting from injury to *(insert name of participant)* _____.

Signature of Parent/Guardian

Date

Because of the dangers of participating in skiing, ski race training, and ski racing, I recognize the importance of following the coaches' instructions regarding skiing techniques and ski training, team and ski area rules, and reporting injuries as soon as they occur. I hereby agree to obey all said instructions.

I have read all pages of the MSEF Training and Racing Waiver and Consent and acknowledge that I have been advised, understand, and appreciate that the dangers and risks of skiing, ski race training, and ski racing techniques may result not only in serious injury to me but in serious impairment of my future abilities to earn a living, or engaged in business, social, and recreational activities, or generally enjoy life.

Signature Parent/Guardian

Signature of Participant

Date

Do you have any question(s)? Circle Yes No

If yes, state the question(s):

My question(s) has/have been satisfactorily answered.

Signature of Parent/Guardian

Date

STEP 5
MSEF Dispute Policy
Fill out 1 for ***EACH PARTICIPANT***
2015 – 2016

In the event that an athlete is involved in a dispute, either while training or during an USSA sponsored race the MSEF Board of Directors will follow the following developed procedural guidelines.

Dispute during Training:

In the event that an athlete/participant is involved in a conflict while participating in MSEF sponsored training, the athlete/participant and/or parent/guardian should proceed as follows:

- The incident should be reported to the coach of the athlete/participant's specific group.
- If the conflict is with the coach or the athlete/participant and/or parent/guardian is unsatisfied with the resolution, the MSEF President should be contacted.
- If the conflict lies with the MSEF President or the athlete/participant or parent/guardian feels there has been an unsatisfactory resolution, a MSEF board member should be contacted, who will then bring the matter to the MSEF Board. MSEF Board members are listed on the website www.missoulaskiteam.org.
- The MSEF Board will act to resolve the conflict at the next scheduled board meeting, or before, if necessary.

Dispute during a USSA or FIS Race:

USSA has specific guidelines for management of disputes (see your USSA manual), and MSEF will follow these guidelines:

- If a dispute arises during a race, the athlete/participant (parent) should report the dispute to the first available MSEF coach.
- It is the MSEF coach's duty to present the dispute to the race officials.
- When a coach is not available or the athlete/participant and/or parent/guardian are unsatisfied with the process, the incident should be reported to the MSEF President or a MSEF Board member.
- The MSEF coach, the MSEF President or the MSEF Board member then will approach the race officials.

Please keep in mind that all racers have 30 days to protest race results and ask for an official review. During that period coaches and/or board members can assist in the protest process.

I acknowledge that under USSA Northern Division rules any parent, athlete, coach, volunteer or official that physically or verbally assaults or threatens any volunteer, athlete or official shall be considered a minor offense and given a warning. If the abuse continues, it will be considered a second offense. The person doing the abusing shall be required to leave the race area immediately and not be permitted to return to the race area for the remainder of the day. The race will be stopped until this person leaves. If this person refuses to leave the race area, the ski patrol will be asked to remove this person from the hill. This shall be considered a third offense and this person (volunteer, official, athlete or coach) will not be allowed at any race area for one year.

Any infraction of this rule will be included on the Technical Delegate report and a copy will be sent to the USSA Northern Division Officials Committee. The only appeal will be through the USSA Northern Division Board, but the penalty will stand until the USSA Northern Division Board decides.

I have read and understand the MSEF Dispute Policy:

Signature of Parent/Guardian

Date

STEP 6
MSEF Code of Conduct Contract
Fill out 1 for Each Participant
2015 – 2016

As a member of the Missoula Ski Team:

1. I will act courteous and cooperative to all coaches, gatekeepers, parents, officials, employees, volunteers and customers and management of the ski area.
2. I will not use profane language at anytime.
3. I will respect and properly use the equipment and facilities of the ski area. I will not steal equipment that does not belong to me.
4. I will follow the rules of the ski area at all times. I will ski under control, at a safe speed so as not to scare or endanger other skiers.
5. I will obey all posted mountain signs and all verbal or written instructions received from the ski patrol, coaches, or area employees or management of the ski area.
6. I will not be involved with any damaging or illegal activity such as shoplifting, obscene or prank phone calls, destruction of property, etc.
7. I will not use illegal drugs, abuse prescription drugs, or use any banned performance-enhancing drugs or supplements. As a minor, I will not drink alcohol.
8. Off the slopes, I will remain aware of the safety of my friends and associates. I will not engage in dangerous horseplay, snowball fights, or hooky bobbing.
9. I will maintain a clean and neat appearance at all times so as to promote myself, the Missoula Ski Team and the community.
10. I will not loan or fraudulently use my season pass or lift ticket. I will follow the rules of the ski area in regards to day passes.
11. I will not cut the lift lines. I will be respectful to others in lift lines and show my pass courteously to the lift attendant as asked to do so.
12. I will load and unload the ski lifts only at staffed and open lift ramps. I will stay on the track of the T-bar.
13. I will respect and honor all MSEF policies developed by the board or coaching staff.
14. I will handle all borrowed equipment with respect and appreciation.
15. I will handle my financial obligations to the ski community in a responsible manner.
16. I will take responsibility for my actions. I understand that any damage I cause either directly or indirectly is my responsibility. If damage is done, I will reimburse property owners, hotel management, ski areas, or ski clubs for any loss incurred because of my actions.

17. I will set a positive role model for all my fellow teammates (older and younger) by acting in a polite, respectful, and positive manner.

I understand that as a member of MSEF and while wearing a MST jacket, I have a responsibility to set a positive example and be a good citizen. I fully understand that any infringement of the 17 Code of Conduct rules set forth above may result in disciplinary action in the form of suspension or dismissal from MSEF programs.

First Violation: Warning

Second Violation: Suspension from the next scheduled race or program date.

Third Violation: Dismissal from the Missoula Ski Team without refund of fees.

In addition, I understand that a violation of rule 3 (stealing equipment or property) or violation of rule 7 (using illegal drugs, abusing prescription drugs, or drinking alcohol as a minor), will result in immediate dismissal with no refund of monies paid to MSEF.

I have read, understand, and agree to comply with the MSEF Code of Conduct. I also understand and acknowledge that, if disciplined, I may appeal before the MSEF Board of Directors at the next scheduled monthly meeting.

Signature of Participant

Signature of Parent/Guardian

Date