



**Black Hills Ski Team  
Athlete Registration  
2023-2024**

**Athlete Registration**

Athlete Number 1: \_\_\_\_\_

DOB: \_\_\_\_\_

Age on 12/31/23: \_\_\_\_\_ Gender: \_\_\_\_\_ Years Skiing: \_\_\_\_\_

Which \*program are you registering Athlete 1 for? (Circle one) **Core** **Development**

USSA Membership Current for 2023-2024 season? (Circle one) **YES** **NO**

Member Number: \_\_\_\_\_

*\*Program descriptions, including pricing, can be found below.*

Athlete Number 2: \_\_\_\_\_

DOB: \_\_\_\_\_

Age on 12/31/23: \_\_\_\_\_ Gender: \_\_\_\_\_ Years Skiing: \_\_\_\_\_

Which program are you registering Athlete 2 for? (Circle one) **Core** **Development**

USSA Membership Current for 2023-2024 season? (Circle one) **YES** **NO**

Member Number: \_\_\_\_\_

Athlete Number 3: \_\_\_\_\_

DOB: \_\_\_\_\_

Age on 12/31/23: \_\_\_\_\_ Gender: \_\_\_\_\_ Years Skiing: \_\_\_\_\_

Which program are you registering Athlete 3 for? (Circle one) **Core** **Development**

USSA Membership Current for 2023-2024 season? (Circle one) **YES** **NO**

Member Number: \_\_\_\_\_

## Black Hills Ski Team Organization 2023-2024

Skiers are organized into two different groups based on age and interest.

The list below outlines the groups that we use to organize our skiers. Our objective is to provide the skiers with challenges, fun, and a sense of accomplishment in their skiing experience. There are opportunities to move between groups during the season. This process requires coach and board approval.

### Core Program. (approx. 5 to 18 years old)

This group is for kids looking to improve their all-mountain skills and to foster their love for skiing. This group will also be introduced to the fundamentals of racing including slalom and giant slalom.

The requirements for this group are:

- Must be able to ski intermediate terrain (blue runs)
- Can load and unload the chair lift independently.

Ratio: Our goal is to have a coach to skier ratio of 4 to 5 skiers per coach.

Practices: This group meets every Sunday from 8:45 a.m. to 3:00 p.m. with a 45-minute lunch break from 11:30 a.m. to 12:15 p.m. starting in December and ending with our end of the year celebration at the end of March. We do not have practices on holiday weekends.

Club Races: The Core team is encouraged to participate in all Club Races, which are held at Terry Peak. The BHST tries to host 2 to 3 club races. A schedule will be released at the beginning of the ski season.

Cost of Program: \$650 for the program

\*A noncompetitor alpine membership to USSSA is also required. For more information, please visit (website)

\*\*The cost of the program does not include admission to Terry Peak. The skier must have a day lift ticket or Terry Peak Season Pass.

\*\*\*For 23-24 season Terry Peak will be hosting a YSL Northern Division race on 1/19-21. Core Team members are encouraged to try out this event. A competitor alpine membership to USSSA is required to compete in this race. You do NOT need to participate in all three days. A race entry fee will be required per race.

### Development Program. (approx. 6-18 years old)

This program is designed for athletes interested in ski racing. This program will focus on enhancing technique and preparing athletes to compete in club races and Northern Division races.

The requirements for this group are:

- Must be able to ski intermediate terrain (blue runs)
- Can load and unload the chair lift independently.

Ratio: Our goal is to have a coach to skier ratio of 3 to 4 skiers per coach.

Practices: This group meets every Tuesday and Thursday from 5:30 p.m. to 7:30 p.m. and Sundays from 8:45 a.m. to 3:00 p.m. with a 45-minute lunch break from 11:30 a.m. to 12:15 p.m. starting in December and ending with our end of the year celebration at the end of March. We do not have practices on holiday weekends.

Club Races: The Development Team is will also participate in all Club Races, which are held at Terry Peak. The BHST tries to host 2 to 3 club races. A schedule will be released at the beginning of the ski season.

Northern Division Races: The Northern Division hosts races in Montana, Wyoming, and South Dakota. The competitive race schedule will be released before the ski season begins.

Cost of Program: \$850 for the program + the Northern Division race entry fees per race.

\*A competitor alpine membership to USSSA is also required. For more information, please visit (website)

\*\*The cost of the program does not include admission to Terry Peak. The skier must have a day lift ticket or Terry Peak Season Pass, including for evening practices.

### Try it Nights.

The BHST will schedule 3-4 "open" night practices during the training season. These will be scheduled in advance and are open to any BHST athletes interested in transitioning to the Development Program

### Early Bird!

We will once again offer a \$100 early bird registration discount for all registrations completed and paid by check prior to 11/18. No exceptions!

### Volunteer Hours.

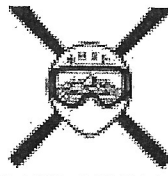
We rely heavily on parent volunteers! A \$200 volunteer deposit/family is also required. Upon completing 10 volunteer hours the fee will be reimbursed.

## Program Cost

Core Program	# of Athletes	Development Program	# of Athletes	Total
\$650	x _____	\$850	x _____	=
		<b>Volunteer hours deposit</b> (\$200 /family, will be reimbursed upon completion of 10 volunteer hours for the team.)		+\$200
		<b>Early Bird Discount</b> (\$100 early bird registration discount for all registrations completed and paid by check <i>prior</i> to 11/18.)		- \$100 x (Total # of Athletes) _____
		<b>TOTAL:</b>		\$ _____ .00

BHST Coat Deposit = \$200 x # of Athletes ( \_\_\_\_\_ ) = \$ \_\_\_\_\_ Check Number: \_\_\_\_\_

\*A separate check will be held until April 30th, 2024; if coat isn't returned or returned in poor condition, check will be cashed.



## BHST ASSUMPTION OF RISK AND RELEASE OF LIABILITY AND WAIVER

- READ CAREFULLY BEFORE SIGNING -

I understand that skiing and snowboarding in their various forms, as well as preparation for, participation in, coaching, volunteering, officiating and all related activities in alpine, Nordic, freestyle, adaptive, and snowboarding competitions and clinics (hereinafter collectively referred to as "Activities"), involve many RISKS, DANGERS and HAZARDS. These risks, dangers and hazards include, but are not limited to, changing weather and snow conditions, variations in steepness or terrain, natural and manmade obstacles and structures, equipment failure, collisions with objects or structures, being struck by skiers/riders or equipment, exceeding one's own abilities, and exposure to contagious disease. I further understand that ski and snowboard training and competition may be more hazardous than recreational skiing and snowboarding. I understand that INJURIES OF ALL TYPES ARE A COMMON AND ORDINARY OCCURRENCE of the Activities. I know my participation is inherently and obviously dangerous and that the risk of SEVERE INJURY and even DEATH exists in all training and competition locations and activities, including free skiing and riding. I also know that personal training, coaching, instruction, supervision and enforcement of rules by the United States Ski & Snowboard, Black Hills Ski Team, its subsidiaries, affiliates, officers, directors, volunteers, employees, coaches, contractors and representatives, local ski clubs, competition organizers and sponsors, and ski and snowboard facility operators (hereinafter the term "BHST" shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety.

In consideration of BHST's acceptance of my membership application, and in spite of the risk of severe or permanent injury, or even death, the undersigned (hereinafter "Member") agrees to comply with and be bound by the following terms at all times, whether training or practicing for competition, or in competition.

1. Member, with full knowledge and understanding of the RISK OF SEVERE INJURY AND DEATH involved in the Activities, FREELY AND VOLUNTARILY ACCEPTS AND FULLY ASSUMES THE RISK THAT MEMBER MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES, even if Member follows the instructions or advice of BHST.
2. Contagious Disease: Member acknowledges that COVID-19 is highly contagious and there is an inherent risk of exposure in any public place. By participating in Activities, Member acknowledges the risk of exposure which can lead to severe illness, injury, permanent disability, and death. Members agree not to participate in Activities based on the current CDC guidelines (see [www.cdc.gov](http://www.cdc.gov)) if experiencing any symptoms or having close contact. Members agree to follow any COVID-19 coordinator protocols for any Activities including undergoing any COVID-19 testing requirements prior to participation.
3. Member hereby unconditionally WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY BHST FROM ANY CLAIMS, present or future, to Member or his/her property, or to any person or property, for any loss, damage, expense, or injury (including DEATH), suffered by any person from or in any connection with Member's participation in any Activities in which BHST is involved in any way, due to any cause whatsoever, INCLUDING NEGLIGENCE and/or breach of express or implied warranty on the part of BHST.

4. Member hereby RELIEVES BHST OF ANY DUTY TO PROTECT MEMBER FROM HARM in connection with any Activities in which BHST is involved in any way.

5. Member authorizes BHST to obtain medical care for or transport him/her to a medical facility or hospital if, in the opinion of BHST, medical attention is required, and Member is unable to make such decisions for himself/herself. Member agrees to pay all costs associated with such medical care and related transportation and shall DEFEND, INDEMNIFY AND HOLD HARMLESS BHST of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care. Members also authorize disclosure of protected medical information necessary to provide, coordinate or manage member's healthcare consistent with the dictates of HIPAA and to the extent that such use or disclosure is required by law.

6. Member agrees never to utilize any run, course or facility for any training, practice or competition without first conducting his/her own thorough visual inspection of the run, course or facility.

7. This release is a legally binding agreement and will be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. Any provisions found to be void or unenforceable shall be severed from this Agreement and not affect the enforceability of any other provisions. This Agreement shall be construed in accordance with and governed by the substantive laws of the State of South Dakota, without reference to principles governing choice or conflicts of laws. In addition, Member agrees that all lawsuits for personal injury or related loss against BHST must be maintained in state courts sitting in Lawrence County, and Member consents and agrees that jurisdiction and venue for such proceedings shall lie exclusively with such courts. In the event any portion of this release is found to be unenforceable, the remaining terms shall be fully enforceable.

[ ] \* I HAVE CAREFULLY READ THE FOREGOING AND UNDERSTAND IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT AND AGREE TO ITS TERMS

ATHLETE NAME: \_\_\_\_\_

PARENT OR LEGAL GUARDIAN NAME: \_\_\_\_\_

SIGNATURE OF PARENT OR LEGAL GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

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## BHST CODE OF CONDUCT:

Membership in the BHST is a privilege, not a right. All BHST members when participating in any BHST activity must agree to conduct themselves according to U.S. Ski & Snowboard's core values of Excellence, Integrity, Passion, Fun, Team, and Grit, and abide by the spirit and dictates of this Code of Conduct. All members must agree to comport themselves in a sportsmanlike manner and are responsible for their actions while attending or participating in all BHST & U.S. Ski & Snowboard activities (including but not limited to camps, competitions, and projects).

Sportsmanlike conduct is defined as but is not limited to: respect for competition officials, resort employees, fellow members, and the skiing and snowboarding public, respect for facilities, privileges, and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs. While participating in any BHST or U.S. Ski & Snowboard activity:

1. BHST members shall be subject to the jurisdiction of the International Ski Federation (FIS) Statutes, the United States Olympic & Paralympic Committee (USOPC) Bylaws, the U.S. Ski & Snowboard Bylaws, and this Code of Conduct.
2. BHST members shall conduct themselves at all times and in all places as befit worthy representatives of the United States of America, the United States Olympic Committee, U.S. Ski & Snowboard, their region, division, state or club and in accordance with the best traditions of national and international competition.
3. BHST members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the U.S. Ski & Snowboard national teams, camps or other projects when participating in such.
4. BHST members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for the physical and emotional wellbeing of others, and courtesy and good manners.
5. BHST members shall abide by U.S. Ski & Snowboard rules and procedures while traveling to and from and participating in official U.S. Ski & Snowboard activities.
6. BHST members shall abstain from illegal and/or immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official U.S. Ski & Snowboard or event organizer function. Members under the age of 18 shall not use any form of nicotine including but not limited to cigarettes, vaping, chewing tobacco, gum, and patches.
7. No BHST member shall violate the customs, travel or currency regulations of a country while traveling with a U.S. Ski & Snowboard group or on a U.S. Ski & Snowboard ticket.
8. No BHST member shall commit a criminal act.
9. No BHST member shall engage in any conduct that could be perceived as harassment based upon gender, gender identity, age, race, ethnicity, national origin, religion, disability, or sexual orientation.
10. BHST members will avoid profane or abusive language and disruptive behavior. Members agree that they will not use or tolerate any racist, xenophobic, homophobic, or transphobic language or gestures.
11. BHST members understand and agree that they may be drug tested at any time, that they are subject to and will abide by the USADA Protocol for Olympic and Paralympic Movement Testing, its Annexes, and the USOPC National Anti-Doping Policies, and that any dispute related to the foregoing will be resolved exclusively in arbitration pursuant to the USADA Protocol. Before taking any medications, members must check the prohibited status at [GlobalDRO.com](http://GlobalDRO.com). Also, they must be sure to download the Supplement 411 app or visit [Supplement411.org](http://Supplement411.org) to learn how to recognize and reduce the risks related to supplement use. Any anti-doping questions can be directed to Athlete Express at [866.601.2632](tel:866.601.2632).
12. BHST members agree to abide by the policies and procedures established by the U.S. Center for SafeSport as well as U.S. Ski & Snowboard's Minor Athlete Abuse Prevention Policies (MAAPP). Failure to comply with any of the above provisions may lead to disciplinary action by the appropriate team or competition leader. Disciplinary action may include:

- Removal from the team trip or training camp

- Suspension from training and/or competition
- Elimination of coaching, travel, and other benefits
- Forfeiture of BHST membership

BHST & U.S. Ski & Snowboard is committed to principles of fairness, due process and equal opportunity. Members are entitled to be treated fairly and in compliance with U.S. Ski & Snowboard's Bylaws, policies, and procedures. Members are entitled to notice and an opportunity for a hearing before being prevented from participating in a protected competition as that term is defined by the USOPC Bylaws. Information on the processes for grievances, suspensions, and appeals is available at <https://usskiandsnowboard.org/>.

Nothing in this Code of Conduct shall be deemed to restrict the individual freedom of a BHST or U.S. Ski & Snowboard member in matters not involving activities in which one could not be perceived as representing BHST or U.S. Ski & Snowboard. In choices of appearance, lifestyle, behavior, and speech while not representing BHST or U.S. Ski & Snowboard, competitors shall have complete freedom, provided their statements and actions do not adversely affect the name and reputation of the BHST or U.S. Ski & Snowboard. However, in those events where one is representing or could be perceived as representing BHST or U.S. Ski & Snowboard, BHST and U.S. Ski & Snowboard demands that its members understand and agree to behave in a manner consistent with the best traditions of sportsmanship and U.S. Ski & Snowboard's core values. For U.S. Olympic and Paralympic Trials, please see the USOPC's Participant Rules for Racial and Social Demonstrations available at [teamusa.org](http://teamusa.org).

[ ]\* I HAVE CAREFULLY READ THE FOREGOING AND UNDERSTAND IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT AND AGREE TO ITS TERMS

ATHLETE NAME: \_\_\_\_\_

ATHLETE SIGNATURE: \_\_\_\_\_

PARENT OR LEGAL GUARDIAN NAME: \_\_\_\_\_

PARENT OR LEGAL GUARDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

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## BHST CONCUSSION POLICY AND ACTION PLAN FOR MEMBERS POLICY AND ACTION PLAN

If a BHST athlete under the age of 18 years is suspected of having sustained a concussion or minor traumatic brain injury, the following steps must be taken:

1. The athlete must be removed immediately from participation in the BHST sporting event (sanctioned training, practice, camps, competitions, or tryouts), by the Technical Delegate (TD) or BHST member coach overseeing such sporting event.
2. The athlete should be evaluated by a qualified health care provider trained in the evaluation and management of concussive head injuries.
3. The athlete's parents or guardians must be informed about the possible concussion.
4. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in BHST sporting events by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to BHST in the clearance letter that he/she has successfully completed a continuing education course in the evaluation and management of concussive head injuries within three years of the day on which the written statement is made.

Notice to the BHST board of directors upon removal of an athlete from participation for a suspected concussion or traumatic brain injury, the TD or BHST member coach making the removal must inform the BHST board of directors. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to the BHST board of directors in order to be permitted to participate in BHST sporting events.

### About Concussion

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a "mild" brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

### Risk of Continued Participation

A repeat concussion that occurs before the brain recovers from the first-usually within a short period of time (hours, days, or weeks)-can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

BHST recommends that Members review the Center for Disease Control's resources on concussion awareness at the following link: <https://www.cdc.gov/headsup/index.html>

\* I HAVE CAREFULLY READ THE FOREGOING AND UNDERSTAND IT TO BE A LEGALLY BINDING  
RELEASE AND INDEMNITY AGREEMENT

ATHLETE NAME: \_\_\_\_\_

PARENT OR LEGAL GUARDIAN NAME: \_\_\_\_\_

SIGNATURE OF PARENT OR LEGAL GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

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# Black Hills Ski Team

## Registration 2023-2024

### Parent Information Form

Parent (1) Name: \_\_\_\_\_  
Phone: (cell) \_\_\_\_\_ (home) \_\_\_\_\_ (work) \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Parent (2) Name: \_\_\_\_\_  
Phone: (cell) \_\_\_\_\_ (home) \_\_\_\_\_ (work) \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Alternate Emergency Contact Name: \_\_\_\_\_  
Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

### **Permission to Use Photograph and Video**

I grant Black Hills Ski Team (BHST), Terry Peak, and their representatives and employees, the right to take photographs of me, my children, and my property in connection with BHST activities. I authorize BHST and Terry Peak, its assignees, and transferees, to copyright, use and publish the same in print and/or electronically. I agree that BHST may use such photographs with or without my name and for any lawful purpose, including such purposes as publicity, illustration, advertising, and Web content.

Signature: \_\_\_\_\_  
Printed Name: \_\_\_\_\_  
Date: \_\_\_\_\_



# Black Hills Ski Team

## Parent Volunteer Form

### 2023-2024

#### **VOLUNTEERS**

Our organization depends entirely on parent volunteers. A \$200 volunteer deposit/family is also required. Upon completing 10 hours the fee will be reimbursed.

Please let us know where you think you might be best suited to help out.

Fundraising (please circle): Soliciting corporate donations

Race Course: set up and tear down of gates and safety netting on race days

Race Day: gate-keeping, bib distribution and collection, medals

Social Media

Photography

Financial Support for equipment purchases, such as racing gates, etc.

Coaching (special training required) or coaching assistant

Becoming a race official (getting special training to help run USSA races)

Heavy physical work (moving equipment, repairing/building race and equipment sheds repairing electrical timing equipment on course). These tasks are mostly done in the off season.

Other: \_\_\_\_\_

## Black Hills Ski Team 2024-2024 Equipment List

### Core Team Equipment

#### Required

1. Helmet
2. All Mountain Ski Poles
3. All Mountain Ski
4. BHST Jacket

#### Optional

1. Hard Ear Helmet
  - a. Chin Guard
2. Arm and Shin Guards
3. GS Skis
4. Slalom Skis
5. Race Ski Boots
6. GS/Slalom Ski Poles
  - a. Pole Guards
7. Speed Suit

### Development Team Equipment

#### Required

1. Hard Ear Helmet
  - a. Chin Guard (Y14 and above)
2. All Mountain Ski
3. GS Ski
  - a. GS Ski Poles
4. Slalom Ski
  - a. Slalom Ski Poles
  - b. Pole Guards (U14 and above)
5. Arm and Shin Guards (U14 and above)
6. BHST Jacket

#### Optional

1. Race Ski Boots
2. Chin Guard (for U12 and Below)
3. Arm and Shin Guards (U12 and Below)
4. Speed Suite
  - a. Should have it traveling to competitions.

Contact Cody Johnson at Peak Sports for all equipment needs



Store Location: 1401 West Omaha St. Rapid City, SD 57701.

Phone: 605-545-4058