

2019-2020 HANDBOOK

MSEF High School Ski Team

version 2019/9/29 jrd

This handbook is for use as a reference guide for Parents and Guardians of athletes in the MSEF High School Ski Team program.



“20 years from now you will be more disappointed by the things you didn’t do than by the ones you did do.” Mark Twain

version 2019/9/29 jrd

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“The mountains are calling and I must go.” John Muir

Welcome to the High School Ski Team!

This handbook is provided to help answer questions you may have about the MSEF High School Ski Team. Please feel free to ask any of our Board members if you have any other questions or concerns. Here's to another successful season on the slopes!

What is the MSEF Ski Team?

The MSEF High School Ski Team was formed to offer skiers at the high school level an opportunity to develop their skiing and racing techniques and to compete against other teams in southern Oregon and across the state. MSEF's goal is to encourage maximum potential in a supportive and fun environment. The standards, practices, and policies of the ski team are set forth and governed by the Board of Directors, the Head Coach, and the participating High School Athletic Departments.

GENERAL PROGRAM INFORMATION

Practice Schedule

Dry-land training will be organized by the coaches and begin on November 11th, with two practices per week from 4-6:30pm.

Mountain practices will begin as soon as snow permits and will be held Thursday evenings from 4:30 to 8pm, Saturdays from 8:30am to 3:00pm, and Sundays from 8:30am to 12:30pm. All practices, including dry-land, are mandatory. Please make arrangements with the Head Coach if you have any conflicts.

Transportation

MSEF does not provide transportation. Skiers will be responsible for finding a ride to training sessions and races. Parents are encouraged to form and participate in carpools when possible. The MSEF High School Ski Team requires its members to follow their School District's Club Sports Driving Guidelines.

Clothing/Food/Hydration

We go out in almost every weather condition and weather can change dramatically throughout the day. Athletes should be properly prepared and equipped for any weather conditions and changes in weather conditions each day. We recommend the athletes WEAR LAYERS and keep extra warm clothing in their ski bags. Ask the coaching staff for additional suggestions.

We also recommend every athlete bring snacks, lunch and water to each practice.

Recommended Ski Equipment

Quality used Ski equipment is often available. The Head Coach and MSEF Board Members can provide guidance. Race specific skis and boots are preferable for experienced racers but are not necessary for beginners. Alpine racing skill development is enhanced by a correct boot fit and the use of modern carving skis. For skier safety - please avoid selecting park style twin tip skis for use in alpine racing. MSEF sponsors a Ski Swap in mid November. This is an event not to be missed if you are looking for good used gear.

Required Equipment (Helmet Rule)

All racers are required to wear a helmet that covers the ears on the slopes while training and racing. There is NO EXCEPTION to this rule. Face guards are recommended for slalom races and training.

Per the Oregon Interscholastic Ski Racing Association (OISRA) website (www.oisra.org/alpine/forms-rules-resources.html) the following racing helmets are legal: 1) Hard-eared helmets are required for Giant Slalom, 2) Helmets labeled as "FIS RH 2013" compliant, 3) Racers wearing helmets without this sticker will not be allowed to race GS.



Uniforms

MSEF Ski Team Jackets are to be worn for all training and race events. Aerodynamic fitting Race Suits are recommended for advanced racers but are not required. Race participant “Bibs” are loaned to each athlete prior to each race and must be returned immediately after each race.

High School Ski Team Jacket

Membership in the MSEF program will include ONE Team Jacket – A softshell hoody jacket with the MSEF Ski Team Logo stitched on the back. The front left breast of the jacket will be embroidered with your High School Logo and your first name.

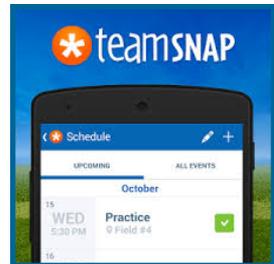
You will be asked to select a jacket size at your initial registration in the MSEF program. We recommend that you order a size “up” to allow for layering and to allow for your own physical growth from season to season. Keep in mind that MSEF will only provide one jacket during your 4 years of High School. If you lose your jacket or out-grow it, the cost of a replacement will be at your own expense.

Team, Coach, and League Communication

The MSEF and the Ashland High School (AHS) Ski Team make up the Southern Oregon League Alpine Racing (SOLAR). We work together and share coaching staff. This season we will be organizing communication efforts through a team application (Team Snap). The application instructions will be provided to our athletes and parents/guardians via email.

We do have a Team Website (www.msefskier.com), a Facebook Page (<https://www.facebook.com/msefalpineskiteam/>), and an Instagram Account (msefskiers). We will do our best to post important announcements including team meetings, league race schedules, event calendar and mountain conditions update.

Please contact MSEF with any questions or concerns. msefchair@gmail.com



What the MSEF tuition fee includes

The High School Ski Team tuition fee includes instruction from certified ski coaches, supervised pre-season dry-land activities, mountain race fees, and insurance coverage through the Boy Scouts of American (BSA). Tuition fees are non-refundable.

What the MSEF tuition fee does not include

THE TEAM TUITION DOES NOT INCLUDE: A SEASON SKI PASS, cost of transportation to Mt. Ashland for practice or races, cost of helmets, ski equipment or maintenance of ski equipment, lockers, or optional team purchases such as additional team logo t-shirts, sweatshirts, and team photo offers.

PROGRAM FEES & REQUIREMENTS

High School Ski Team Program Tuition Fee

The MSEF program tuition fee is \$625. A \$25 discount will be applied when the tuition is paid in full on registration night. A \$100 portion of the \$625 tuition represents your refundable family work deposit. Work deposits are fully refundable upon satisfaction of your family's work obligation (see below).

IN ADDITION to the MSEF tuition the OISRA registration fee, to be completed and paid online www.oisra.org/alpine/oisra-online-registration.html.

Athletes WILL NOT be able to practice until their OISRA registration is complete.

MSEF deposit and OISRA Team fees are due no later than November 1st. Any fees paid after December 15th will be subject to a \$25 late charge.

Mt. Ashland Ski Season Pass

Each athlete is required to purchase and carry their own Mt Ashland season ski pass or day pass. Cost of the pass IS NOT INCLUDED in the MSEF program tuition. Contact the Mt Ashland ticket office for details (www.mtashland.com/season-passes/)

Family Work Obligation and \$100 Deposit

Each athlete's family has an obligation to work a minimum of three race days AND at least 15 hours in other volunteer activities (Ski/Snowboard Swap, Fundraisers, etc.). We need your help to run successful race events. Keep in mind; there are many jobs that do not require you to be on skis; the race hut and bottom of the race course at Mt. Ashland are accessible by foot, we also have limited opportunities in the lodge. You must fulfill your obligation to receive your \$100 work deposit refund. Partial refunds are not offered.

Why so many registration forms to sign?

We do have a lot of forms! We have five different entities that require unique registration documents. The High Schools, the Oregon Interscholastic Ski Racing Association (OISRA), Mt. Ashland, The Boy Scouts and MSEF. It would be nice to be able to simplify the process for parents, but each entity requires their own forms and signatures.

Why do we have to be Boy Scouts?

The OISRA requires its teams to participate in the Boy Scouts Venture Scout program to access injury insurance coverage for each individual racer. The OISRA also provides insurance covering OISRA events. Further information can be found at <http://www.oisra.org/Alpine/Downloads.html> (insurance facts)

Athlete Physicals

Athletes are required to have a physical exam every 2 years. MSEF, your High School and OISRA use the OSAA School Sports Physical Form (<http://www.oisra.org/assets/forms/PhysicalExamination-2017.pdf>). Please provide a copy to your coach or school liaison.

Wreath Sale Fundraiser

The Board of Directors recognize that the cost to participate in High School ski racing is expensive. To help with the expense the athletes have the opportunity to sell holiday wreaths to offset expenses. For each wreath sold you will receive \$10 to apply toward your team tuition fee. You will need to sell a minimum of 65 wreaths to pay your entire team fee. Any money earned by you after covering the team fee is money you can use for equipment, a ski pass, transportation expenses, etc. The Wreath sale runs from October thru mid-November. Wreaths will be delivered around the last week of November. Wreath sale packets are available after the athlete's registration and tuition fee has been submitted to MSEF.

List of Required Registration Documents

- MSEF Registration Form, Medical Waiver, Signed Code of Conduct
- Mt. Ashland Waiver (athletes & parent volunteers)
- High School Club Sport Registration Form, Physical Exam Form
- BSA Registration Form (for new 9th-12th grade athletes)
- OISRA FERPA "Parental Consent to Release Educational Records"

ATHLETE & PARENT/GUARDIAN CODES

Athlete & Parent/Guardian Code of Conduct

The MSEF High School Ski Team requires its athletes and parent/guardian to read and sign a CODE OF CONDUCT agreement. The Code of Conduct is included in the registration form and signature of the registration form signifies your agreement to the Code of Conduct. *(Violations will result in suspension or dismissal)*

- I will be respectful by using appropriate language in appropriate tones when interacting with other athletes, coaches, officials, parents, and spectators. I will not taunt, use obscene gestures, or engage in boastful celebrations that demean fellow athletes.
- I will treat everyone fairly regardless of gender, ethnic origin, race, religion, or sexual orientation.
- I will treat all athletes, coaches, officials, parents, and spectators with dignity and respect.
- I will not provide, use, or condone the use of tobacco products or alcoholic beverages.
- I will not provide, use, or condone the use of performance-enhancing or mind-altering recreational drugs.
- I will arrive on time for all practices, meetings, and contests, with only emergencies and illnesses being acceptable reasons for tardiness or absence.
- I will seek to become the best athlete I can be by practicing appropriately and eating right.
- I will play by the rules of the sport, demonstrating and encouraging good sportsmanship both in victory and defeat.
- I will be honest. I will not lie, cheat, or steal.
- I will be respectful by not fighting or damaging the property of others.
- I will do my best to play safely so as not to injure myself or any other athlete.
- I will cooperate with medical personnel in their efforts to care for my well-being.
- I will respect the dignity of others by not sexually harassing or molesting them.
- I will reject and report any individuals who request sexual favors or who threaten reprisal for rejecting such advances
- I will encourage and assist my teammates in becoming better athletes and human beings.
- I will encourage and assist the MSEF athletes in becoming better athletes and human beings.

SOLAR League Races & Race Scoring Information

The start order for the first League race will be determined through team time trials or the practice race or both. Race results from combined runs will determine the start order for each subsequent giant slalom and slalom race. All skiers will race at all League races. League race schedules will be posted at www.msefskier.com

We will have a total of 4 Slalom (SL) and 4 Giant Slalom (GS) races consisting of two runs each; a total of eight runs per discipline. **For each race**, the individual winners are determined by the lowest combined times of the two runs. **For end of season Individual results**, we will use the “World Cup” point system to reward each racer points for their **eight individual runs**. The point system works as follows:

PLACE	POINTS	PLACE	POINTS
1 ST	100	16 TH	15
2 ND	80	17 TH	14
3 RD	60	18 TH	13
4 TH	50	19 TH	12
5 TH	45	20 TH	11
6 TH	40	21 ST	10
7 TH	36	22 ND	9
8 TH	32	23 RD	8
9 TH	29	24 TH	7
10 TH	26	25 TH	6
11 TH	24	26 TH	5
12 TH	22	27 TH	4
13 TH	20	28 TH	3
14 TH	18	29 TH	2
15 TH	16	30 TH	1

After compiling the spreadsheet showing the awarded points per run, **we will toss out the two lowest results, and then add up the top six results to determine the athletes rank at the end of season.**

Please note that your result for combined times at each individual race may not be the indication of your end of season results as this new system allows for the possibility of one run in two different races to be thrown out. These results will also be used to determine the individual's qualification for the State Championships.

We will be awarding the top ten individuals per discipline as well as the overall combined.

Another change we are implementing is the awarding of last place points for those starting a race but either failing to finish or resulting in a DSQ. For instance, if three out of 23 athletes resulted in a DNF or DSQ, they would split the 21st, 22nd, and 23rd (10+9+8) 27 points according to the chart above, each receiving 9 points.

Finally, for team points, we will be taking the top three athletes per team rank at the end of each run and add them up. if a team had a 1st, 7th, and 9th finish in the first run and a 3rd, 7th, 12th in the second run, their total would be 39 points. The lowest points result in the final rank of the teams.

The team points are given by doubling the number of full teams for first place and subtracting two for each place below. For example 4 teams have the following points to earn: 1st = 8 points, 2nd = 6 points, 3rd = 4 points, 4th = 2 points

The OISRA policies state the following for State Championship Qualifications. Please note that these numbers are susceptible to change.

State Team Selection

OISRA will determine how many teams and at large individuals will be invited to the State High School Championships. SOLAR League Races will determine athlete standings and athletes eligible to potentially participate on the State Team. The state races will be at Mt. Ashland, March 4-6, 2020.

LEAGUE SIZE* STATE QUALIFYING TEAMS

1-2	1	*League size is determined by the number of full teams (appropriate team size) entered in 50% of the League's races. A school team that has a racer who participates in less than 50% of the League Races will have their team scores re-figured to exclude that individual's scores. A school team may consist of any combination of a maximum of twelve (12) of the school's qualified racers, including substitutes, for the two (2) races - Slalom and Giant Slalom in both boys and girls.
3-4	2	
5-6	3	
7-8	4	
9+	5	

Each Slalom or GS team shall consist of at least three (3) and not more than five (5) members. Each team may bring a substitute to use in the case of sickness or injury in one of the five (5) racing positions. Substitutes must meet all entry criteria.

If a racer who raced in the first run is unable to race in the second run then a substitution may be made by an acting coach to the Race Secretary or Start Referee prior to the moment the Start Referee calls for the first racer of the second run. The substitute will compete in the bib issued them, or a bib supplied by the start referee. This is a team scoring run only not to affect individual score.

Unless substituting for a sick or injured racer, substitutes shall not run the course, excepting if at the discretion of the race jury there is sufficient time, and conditions allow, all substitutes will be allowed to ski the course and have their times recorded. These times shall not be used for deciding positions in either individual or team categories.

The host league will be allowed to enter an extra school team in each gender.

Individual participants in each gender shall also be determined by league size as follows: *(The steering committee has the discretion to adjust numbers appropriately.)*

LEAGUE SIZE STATE QUALIFYING INDIVIDUALS

1-4	2 individuals each discipline
5-6	3 individuals each discipline
7-8	4 individuals each discipline
9+	5 individuals each discipline

2019-2020 SOLAR SEASON RACE DATES & DISCIPLINE

Race Week 1

- GS Race Day, Friday, 1/3/20
- Slalom Race Day, Saturday, 1/4/20

Race Week 2

- GS Race Day, Friday, 1/17/20
- Slalom Race Day, Saturday, 1/18/20

Race Week 3

- GS Race Day, Friday, 1/31/20
- Slalom Race Day, Saturday, 2/1/20

Race Week 4

- GS Race Day, Friday, 2/14/20
- Slalom Race Day, Saturday, 2/15/20

Make Up Race Day

- Friday, 2/22/20

Annual League and Team Awards Ceremonies

We generally schedule our Annual League and Team Awards Ceremony in late March or April. This event needs organization and is an opportunity for volunteer time.

School Liaisons

Each participating school will have a volunteer parent/guardian liaison that will help coordinate between MSEF, the Coaches and the High School Athletic Departments.

SMHS: Erika Boutwell	NMHS: Janelle Dunlevy	Grants Pass: Cindy Chandler
Crater: Jill Hokanson	Klamath: Amanda Brown	St. Mary's: TBD
Rogue River: TBD	Eagle Point: TBD	Phoenix/Talent: TBD
Cascade Christian: Jill Hokanson		

RACE DAY INFO, VOLUNTEERS & EXAMPLE SCHEDULE

Race Day

Athletes plan to arrive at the Lodge by 7:00 am or as instructed by your coach and meet with your team on the 4th floor to check-in and prepare for the race. We generally have early lift loads to set the course and we need to be ready by 8:00 am.

Race Day Workers

Race volunteers report to the Race Workers table (4th Floor) in the Lodge by 7:15am. You will receive your assignment. Be prepared to work on the race course as a gatekeeper, course maintenance, or in the start or finish areas. Watch the forecast and dress accordingly. Races are not cancelled due to extreme cold or rain. Race workers are required to be in their positions for both the morning and afternoon runs, approximately 2 hours for each run. Workers are assigned jobs that require no previous experience. A training session will take place in the Lodge beginning around

Race Management

It takes about **30 volunteer workers to run a race**. Below is a list of the minimum number of volunteers needed to hold a successful race day:

- Chief of Race
- Technical Delegate
- Referee, Start Referee & Finish Referee
- Chief of Timing (filled by League Results Committee)
 - Electronic Timers (filled by League Results Committee)
 - Hand Timer at Start
 - Hand Timer Recorder at Start
 - Hand Timer at Finish
 - Hand Timer Recorder at Finish
- Chief of Course Maintenance
 - Course Maintenance Assists (4)
- Chief Gatekeeper & Gatekeepers (10)
- Crossing Guard (Fridays only)
- Athlete Sign In & Bib Distribution
- Volunteer Sign In
- Announcer
- Results Board & Bib Collection

Additional volunteer opportunities include: additional course maintenance, gear runners, and media liaison. These positions will not be filled until we meet our volunteer needs above.

The Volunteer organizer will begin posting information on Team Snap and sending email requests for assistance. Please be timely in your responses. Your assistance is absolutely needed and greatly appreciated.



A Typical Race Day

7:15am	Volunteers & Athletes Preparing for Race Day Athletes receive their start order & bib # Volunteers received their volunteer duties
8am	Load Lifts to Set Up Course & Timing (Athletes & Volunteers)
9:40am	Race Workers in Position for Start (Gate Keepers, Hand Timers, Scoreboard, Starters and Finish Personnel)
9:50am	Forerunners
10:00am	Start of Race (2 runs)
11:30am	End of 1st Run
11:30-12	Lunch (Gate Keepers & Hand Timers)
12:40pm	Race Workers in Position for 2nd Run (Gate Keepers, Hand Timers, Scoreboard, Starters and Finish Personnel)
12:50pm	Forerunners
1pm	Start of 2nd Run
2:30pm	End of Race Jury for all gate issues/DQ's (requires Gate Keepers) Tear down of race course, start and finish areas Athletes return Bibs Volunteers return equipment provided

****Weather Conditions may affect the Race Schedule****
Check-In & Check-Out REQUIRED on 4th Floor of Lodge

Racer Responsibility Code

- Bindings must be in good condition and properly adjusted for the conditions.
- FIS Certified helmets are mandatory
- Carefully inspect course before running it.
- While attending a race event, stand far enough from the course to allow a racer on course full visibility, room to recover and room to come to a stop without hitting you.
- Always remain still while there is a racer on course, and never free ski on or near a closed racecourse.
- If a gate pole is knocked out or broken and presents a danger, place it outside the course.
- Always stop below your coach or training group. Never attempt to stop above any skier or group.
- When your run is complete move immediately out of the finish area or away from the course.
- Never jump or ski fast into a "blind spot."
- When free-skiing, you must be aware of others and ski in full control at all times.
- Respect other skiers and boarders rights to a safe and pleasant skiing experience.
- Always conduct yourself professionally, no bad language or throwing of equipment.



		November 2019					
		Coach Gary King: 541-261-2672 or gking541@charter.net @msefalpineskiteam @ashlandhighalpineskiteam msefskier.com Notifications posted on Facebook Closed Group Page: SOLAR					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2 OISRA Alpine Steering Committee Mtg, PDX (GK)	
3 USSA Classes in PDX	4	5 MSEF SKI SWAP Load Trucks, Blackbird & Clubhouse (5P)	6 MSEF SKI SWAP Gear Intake & Construction, EXPO (7a-9pm)	7 MSEF SKI SWAP Gear Intake & Construction, EXPO (7a-9pm)	8 MSEF SKI SWAP Final Construction, Staff Training, SALE, EXPO (9a-11Pm)	9 MSEF SKI SWAP SALE & De-Construction, EXPO (7a-10pm)	
10 MSEF SKI SWAP Clean-Up & De-Construction, EXPO, Blackbird, Clubhouse, Rogue Ski Shop (8a-2pm)	11 Dryland-MSEF - TBD MSEF WREATH \$ & ORDERS DUE Veterans Day	12	13 Dryland-MSEF 4:15-6:15 Spiegelberg Stadium	14	15	16	
17	18 Dryland-MSEF 4:15-6:15 Spiegelberg Stadium	19	20 Dryland-MSEF 4:15-6:15 Spiegelberg Stadium	21	22 MSEF WREATH DELIVERY	23	
24	25 Dryland-MSEF 4:15-6:15 Spiegelberg Stadium	26	27 Dryland-MSEF 4:15-6:15 Spiegelberg Stadium	28 Thanksgiving Day	29 Potential Mt. Bachelor Weekend	30 Potential Mt. Bachelor Weekend	

		January 2020					
		Coach Gary King: 541-261-2672 or gking541@charter.net @msefalpineskiteam @ashlandhighalpineskiteam msefskier.com					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 OPT Training 8:30a New Year's Day	2 Slalom Training 8:30-3:00	3 Race Day GS	4 Race Day Slalom	
5	6	7	8	9 Gate Training Till 8:00	10	11 Gate Training 8:30-3:00	
12 Gate Training 8:30-12:30	13	14	15	16 Gate Training Till 8:00	17 Race Day GS	18 Race Day Slalom	
19	20 OPT Training 8:30a ML King's Day	21	22	23 Gate Training Till 8:00	24	25 Gate Training 8:30-3:00	
26 Gate Training 8:30-12:30	27	28	29	30 Gate Training Till 8:00	31 Race Day GS		

		February 2020					
		Coach Gary King: 541-261-2672 or gking541@charter.net @msefalpineskiteam @ashlandhighalpineskiteam msefskier.com					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 <i>Race Day</i> <i>Slalom</i>	
2	3	4	5	6 Gate Training Till 8:00	7	8 Gate Training 8:30-3:00	
9 Gate Training 8:30-12:30	10	11	12	13 Gate Training Till 8:00	14 <i>Race Day</i> <i>GS</i>	15 <i>Race Day</i> <i>Slalom</i>	
16	17 OPT Training 8:30a President's Day	18	19	20 Gate Training Till 8:00	21 <i>Make Up</i> <i>Race Day</i>	22 Gate Training 8:30-3:00	
23 Gate Training 8:30-12:30	24	25	26	27 Gate Training Till 8:00	28	29 Gate Training 8:30-3:00	

		March 2020					
		Coach Gary King: 541-261-2672 or gking541@charter.net @msefalpineskiteam @ashlandhighalpineskiteam msefskier.com					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						Gate Training Till 8:00	
1 Opt. Gate Training 8:30- 12:30	2	3	4	<div style="border: 1px solid black; padding: 5px; text-align: center;"> OISRA STATE RACES MT. ASHLAND </div>		7	
8	9	10	11	12	13	14	
15	16	17	18	19 MSEF Board Mtg (season close)	20	21	
22	23	24	25	26	27 Good Friday	28	
29	30	31					

2019-2020

Volunteer Board of Directors

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www.msefskier.com

msefchair@gmail.com

President: Jill Hokanson

Secretary: Janelle Dunlevy

Treasurer: Ron Johnson

Board Member: Jerry Fitzpatrick

Board Member: Jill Hill

Board Member: Cindy Chandler

Board Member: Scott Larson

Board Member: Erika Boutwell

Head Coach: Gary King, gking541@charter.net

2018-2019 MSEF Ski Team



"To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them."
Picabo Street

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