

For Flagstaff Ski & Snowboard Team UPDATED December 19, 2024

### Flagstaff Ski & Snowboard Team

**CONTACT INFORMATION ON-SNOW & ADMINISTRATION** 

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## Charlie Boyer, Alpine Director

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	MY COACH	
NAME:		
EMAIL:		
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**LIKE & FOLLOW:** 









t is my honor to be the current president of the Flagstaff Ski & Snowboard Team and to welcome you to the 2024-2025 season. This organization has shaped generations of resilient, determined, and accomplished individuals since 1967.

I have been a member of FSST since 2013, when my eldest child began as an athlete in the All Mountain program. Because of the generous and enthusiastic community my family encountered, my other two children also began skiing with the program as soon as they reached an eligible age. They have participated in both the

freeride and alpine race programs over the years and have had tremendous experiences.

The staff, Board members, and coaches we have assembled as our team in this high desert mountain town humbles me each year. And this year may very well be one of the best yet.

There is so much to learn with regard to youth participation in alpine sports, but each person in FSST has gone through similar learning curves. Please reach out to myself, Charlie, Krystan or any one of our knowledgeable Board members with questions or concerns you have.

Everyone affiliated with this organization is motivated by the athletes, their growth and challenge, the beauty of the winter mountains and the joy of sliding on snow.

Thank you for joining us.

**Andrew Frost Board President** 

Flagstaff Ski & Snowboard Team afrost@flagstaffskiclub.org

# THANK YOU SPONSORS!







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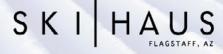


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#### TRAINING DAY PREP FOR PARENTS

Preparing your athlete for a successful day on the mountain is crucial for their performance and enjoyment. Here's how you can help:

- **Arrive Early:** Ensure your athlete arrives 15 minutes before the scheduled start time to allow for a smooth start. Be booted and ready at least 15 minutes before your scheduled start time.
- **Location:** The Ski Shack is located near Lots 5-8 in the upper parking area.



- Pack Essentials: Make sure your athlete has:
  - **Snacks:** High-energy snacks for quick refueling.
  - **Lunch**: A packed lunch to avoid long waits and distractions at the lodge; lunch breaks are typically between 11 a.m. and noon.
  - Water: Enough water to stay hydrated throughout the day.
  - Helmet: Helmets are mandatory for all athletes.
  - **Weather-Appropriate Gear:** Ensure they have proper clothing layers for changing conditions and any extra items they may need (gloves, hats, goggles).
  - **Equipment Check:** Make sure all ski/snowboard equipment is in working order, properly tuned, and labeled with their name. Place skis, snowboards, and poles neatly on the racks near the shack.
- **LABEL EVERYTHING!** Many athletes have the same (looking) gear and it is easy to mix up with your peers, ensure your gear is cared for with your name!
- **Personal Belongings:** Store your labeled backpack and lunchbox in the team shack.

By preparing well, we ensure athletes can focus on their training and make the most of their time on the slopes!

#### ATHLETE RESPONSIBILITIES

**Prepare for the Season:** Start with dryland training to build strength and endurance. Pre-season training helps reduce injury, promote fitness, and strengthen team spirit.

**Have Your Pass:** Bring your pass or lift ticket to every training session.

**Gear Check:** Ensure all equipment is waxed and labeled with your name. Be fully prepared with all necessary gear on training and race days.

**Know Your Team:** Confirm your assigned team and coach, which will be sent via email prior to opening day.

**Be on Time:** Arrive at the ski shack, booted up and ready to go, 15 minutes before your scheduled practice time.

**Stay with Your Group:** Remain with your team and follow your coach's instructions during all training sessions.

**Understand Safety Codes:** Familiarize yourself with and follow all safety responsibility codes.

**Engage in Community Service:** Participate in team service events, like trash pickups along Snowbowl Road, to give back to the community.

Follow Arizona Snowbowl's Policies and Guidelines: See page 18 & 19

#### Team Rules | General Conduct:

- Respect others' rights and property.
- Be safe, courteous, and in control at all times.
- Be truthful, considerate, and punctual.

#### **Safety Requirements**

- Helmets are mandatory.
- Inspect all training and race courses before running them.
- Goggles are required for running gates (no sunglasses).
- Wear appropriate clothing and safety gear.

#### **Team Responsibilities**

- Assist with course setup and teardown.
- Notify coaches if unable to attend scheduled activities.
- Follow all Arizona laws, Arizona Snowbowl policies, and the US Ski & Snowboard Code of Conduct.

### All team members must adhere to the following:

- No alcohol, illegal drugs, or tobacco products.
- No profane or abusive language.
- Arrive on time, notify coaches if unable to attend, and assist with training/course setup.

#### KNOW YOUR ABILITY LEVEL AND STAY WITHIN IT.

Observe Your Responsibility Code linked below and share with others on the slopes the responsibility for a great snowsports experience:



### **REGISTRATION & PARTICIPATION ACCESS**

- Complete Flagstaff Ski & Snowboard Team registration on our website at flagstaffskiclub.org
- 2. Be sure your athlete has a season pass or daily lift ticket for each training/race day.
- 3. All athletes must have at least a **Non-Competitor with U.S. Ski & Snowboard membership** to participate in Flagstaff Ski & Snowboard programming. For those planning to compete in sanctioned events, a U.S. Ski & Snowboard Competitor membership or a USASA Competitor membership is required, depending on the type of events they wish to enter (Details on page 12).
- 4. Athletes aiming to compete in U.S. Ski & Snowboard sanctioned events should join U.S. Ski & Snowboard (membership fee required) at usskiandsnowboard.org
- 5. Snowboard or Freeski athletes interested in competing in sanctioned events should join the USASA Grand Canyon Series at usasa.org.
- 6. Complete SWAY Medical Testing for concussion baseline for your athlete! CURRENT SWAY CODE: 9VJBJ

**REGISTER** 

**SWAY TEST** 

#### **GENERAL TIPS FOR PARENTS:**

**Label Everything:** Team events and shared storage spaces can lead to misplaced items, so label all clothing and gear.

Check Weather Forecasts: Conditions can vary, so check forecasts and pack accordingly.

**Communicate with Coaches:** If you're unsure about what your athlete should wear, coaches can provide guidance based on the day's conditions.

**Remember:** The right attire can make a big difference in performance, safety, and enjoyment. We look forward to a fantastic season with your athlete prepared to take on the mountain comfortably!



Hard ear helmet

### HELMETS are REQUIRED for all athletes.

Be sure to be aware of the appropriate helmet and equipment rules for all programs (US Ski& Snowboard, USASA, etc.)

#### WHAT TO WEAR ON THE SLOPES

Proper attire is essential for a safe, comfortable, and enjoyable experience on the slopes. Here's a guide to ensure your athlete is ready for team events and practices!

### 1. Base Layers (Worn Close to the Skin)

- Purpose: Base layers help regulate body temperature and wick moisture away from the skin.
- Top: Long-sleeve thermal shirt (synthetic or merino wool).
- Bottoms: Thermal leggings (synthetic or merino wool).
- Tip: Avoid cotton as it retains moisture, making it hard to stay warm.

#### 2. Mid Layers (Insulation)

- Purpose: Keeps body warmth in while allowing for breathability.
- Top: Fleece or lightweight insulated jacket (down or synthetic fill).
- **Bottoms**: Fleece pants or mid-layer ski pants (when extra warmth is needed).
- Tip: Mid layers are typically removed once active skiing begins, so make sure layers are easy to pack.

#### 3. Outer Layers (Protection)

- Purpose: Shields against wind, snow, and moisture.
- Jacket: Waterproof and windproof shell with an insulated lining.
- **Pants**: Waterproof ski or snowboard pants with insulation.
- Tip: Ensure jackets and pants have venting zippers to allow cooling as needed.

#### **Weather-Specific Adjustments**

- **Cold Days:** Add an extra mid-layer and consider mittens with liner gloves.
- Warm Days: Remove or swap out the mid-layer for a lighter option.
- **Snowy Days**: Ensure all outer layers are waterproof, and goggles have an anti-fog coating.

#### WEATHER REPORT



#### 4. Accessories

- Helmet: Required for all athletes and should fit snugly. Make sure it's in good condition.
- Goggles: Protects from UV rays, wind, and snow glare. Look for lenses suited to various light conditions.
- Gloves/Mittens:

Waterproof and insulated.
Mittens are typically warmer than gloves in colder conditions. Recommended for our younger athletes, a spare pair of mittens or gloves in their bag incase theirs are wet during the training day.

 Neck Gaiter or Buff: Provides added warmth and protection for the neck and lower face. Look for moisture-wicking materials.

#### 5. Socks

- Purpose: Keeps feet warm without causing bulk that may affect boot fit.
- Type: Ski-specific socks made of merino wool or synthetic blend.
   Avoid thick socks as they can cause discomfort in ski boots.
- **Tip**: Avoid layering socks; one quality pair is best for warmth and fit.

#### 6. Extras to Pack

- Hand Warmers: For gloves and boots.
- Extra Layers: Additional lightweight fleece or insulating jacket.
- **Dry Bag:** For storing layers removed on warmer days or during breaks.
- **Lip Balm & Sunscreen:** High altitudes require extra UV protection.

## IMPORTANCE OF PROPER BOOT FIT IN SKIING & SNOWBOARDING

Having boots that fit correctly is essential for performance and safety on the slopes. Ill-fitting boots can lead to discomfort, poor technique, and even injuries, especially in competitive or high-speed environments. Here's a quick guide on why boot fit matters and what to look for in a proper fit:

#### 1. Control & Precision

Properly fitted boots allow athletes to transfer energy efficiently from their legs to their skis or snowboard. This control helps with precision in turns, stability at high speeds, and responsive movement, all of which are key for safe and effective performance.

#### 2. Preventing Injury

Loose boots or boots that are too tight can lead to instability, causing slips, falls, or incorrect movements. An ill-fitting boot may restrict blood flow, numb the feet, or cause blisters, making it hard for athletes to feel the snow or respond to terrain. This lack of connection can increase the risk of accidents, from minor spills to serious knee or ankle injuries.

#### 3. Comfort for Endurance

Long training sessions and full race days require boots that feel comfortable for hours. A proper fit prevents unnecessary strain on the feet, ankles, and calves, allowing athletes to focus on performance instead of pain or fatigue.

#### 4. What to Look for in a Good Fit

**Snug Heel**: The heel should sit securely in the boot to prevent unwanted movement, which is crucial for control.

**Toe Room:** Toes should barely touch the front of the boot when standing, but should have a little wiggle room when in a skiing or snowboarding stance.

**Flex and Support:** For skiers, a proper flex index and support level suited to the skier's weight, skill level, and preferred terrain is essential.

After skiing, buckle up your boots to keep their shape— this prevents the plastic from warping and ensures a perfect fit every time!

**No Pressure Points**: Boots should feel firm and supportive but should not create pressure points that can cause pain over time.

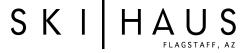
5. Professional Boot Fitting

For young and growing athletes, professional boot fitting is highly recommended each season. A professional can assess changes in foot shape, size, and fit preferences to help maximize comfort, performance, and injury prevention.

In summary, proper boot fit is more than just about comfort; it's about performance, safety, and getting the most out of each day on the slopes.

### NEED MORE GUIDANCE? VISIT THESE AWESOME LOCAL SHOPS WHO ALSO SUPPORT THE TEAM!







#### UNIFORMS/EQUIPMENT

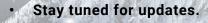
- Ski Haus is one of our gold level sponsors. They carry rental equipment, apparel, accessories and hard goods. Ski Haus has generously offered special pricing on waxing & tune shop services. See the images below for details.
- There are many on-line venues for race gear including, but not limited to, The Race Place, Speedy's, Reliable Racing.
- Tuning & Waxing is very important to keep your equipment in good condition!





#### **ANNUAL TUNING CLINICS**

 We book annual tuning clinics with Arizona Snowbowl to inform our athletes and parents on proper care of their equipment.





#### GENERAL INFORMATION | CONDUCT

Team Assignments are made based on the athlete's registration information, discipline and previous experience. All athletes are assigned a team based on age, ability and Developmental levels.

- Your child will remain with this team throughout the season, but there may be shifting as some progress faster and we like to provide the appropriate amount of challenge when possible.
- If you feel your child needs to move to a different level during the season, please discuss this with their coach or Alpine Director.
- Fundamentals are considered when determining group placements. Skills such as pressure control, rotational control, & edging control.





#### **CLUBHOUSE (SHACK) RULES:**

1) No food left in clubhouse overnight

Clean up after yourself; includes inside and outside of the shack.

2) Not to be used by non-athletes or adults

(exception: Safe Sport certified coaches and team leadership)

Will be restricted on race day due to use as the race administration headquarters

### The Flagstaff Ski & Snowboard Team adheres to the U.S. Center for SafeSport's Minor Athlete Abuse Prevention Policies (MAAPP)

To ensure the safety and well-being of all athletes. These guidelines are designed to prevent abuse and misconduct through clear boundaries and best practices, covering areas such as one-on-one interactions, electronic communication, travel, and team activities. By following MAAPP, we foster a safe, respectful, and supportive environment for our young athletes to thrive. For more details, visit the U.S. Center for SafeSport's official resources.

MAAPP POLICIES



#### **STAY INFORMED!**



#### Download the TEAM SNAP APP today! More to come!

Stay involved with the team! Ask questions of administration and/or coaches, attend clinics, and orientations. These activities will help you better understand our team, your child's progression, and the US Ski & Snowboard development pipeline.



#### **COMPETITION ORGANIZATIONS**



US Ski & Snowboard

USSS MEMBERSHIP

#### US SKI & SNOWBOARD:

Membership in US Ski & Snowboard provides access to the competition guide, which details competition rules and qualifying procedures.

- The national governing body for alpine ski and snowboard racing.
- Membership varies by age and competition level, granting access to the competition guide, which includes rules, procedures, and gualification details.
- Team FAST is part of the Rocky Mountain Division (RMD), Southern Series, under the Rocky/Central Region.
- United States of America Snowboard and Free Ski Association (USASA)

#### **VOLUNTEER OPPORTUNITIES**

#### RACE DAY CREW:

**Roles Include:** (US Ski & Snowboard Membership NOT required for the following roles): Registration table, timing officials, gatekeepers, scoreboard operators, course crew, starters, finish arena staff, and lunch prep. Approximately 40 volunteers per day are needed to make race days successful.

#### AI PINE OFFICIAL TRAINING:

Join **US Ski & Snowboard** by paying the alpine official dues and obtaining training through Rocky Mountain Division (RMD) clinics. Positions include race secretary, referee, timing, calculation, and chief of race. You can officiate at all US Ski & Snowboard races, not just local ones.

Alpine Official Training: Coaches or parents interested in officiating at races can join US Ski & Snowboard by paying the alpine official dues and attending RMD clinics. Roles include race secretary, referee, timing and calculation, and chief of race, and they can officiate at all US Ski & Snowboard races, not just local events.



#### USASA (United States of America Snowboard and Freeski Association):

The largest snowboard and freeski organization in the world. Our regional series, the USASA Grand Canyon Series, offers events like boarder cross, slopestyle, and half-pipe. Athletes can qualify for the USASA Nationals held annually.

- Supporting events for athletes ages 5 to 95.
- Regionally represented by the USASA Grand Canyon Series, hosting events such as GS/SL, boarder and skier cross, slopestyle, and more (See page 16 for details).
- Athletes can qualify for USASA Nationals, which hosts over 1,600 ski and snowboard athletes annually.

#### **VOLUNTEER OPPORTUNITIES**

#### **USASA REGIONAL EVENTS:**

If interested in volunteering for roles such as gate judges, or freestyle judges at USASA events, contact the **USASA Grand Canyon Series**. Volunteering at these events can count towards 2 of your 4 required volunteer credits.

#### Wendy Hunter,

FSST Vice President is happy to answer all of your USASA related questions! whunter@flagstaffskiclub.org

USASA Events and Volunteer Credits: Volunteering at USASA Regional Events or Nationals through the USASA Grand Canyon Series is encouraged for roles like Technical Supervisor, gate judges, freestyle judges, and chief of course. Participating in USASA events can count towards two of the required four volunteer credits.

Note: Volunteer roles with direct athlete contact require US Ski & Snowboard and/or USASA membership, which include a background check and Safe Sport Training for the safety of our athletes.

#### **VOLUNTEER DEPOSIT**

Volunteers are essential to the success of the Flagstaff Ski & Snowboard Team, helping to keep registration fees low and covering about half of operational costs. A \$400 Volunteer Deposit is required per family at registration.

Families can earn volunteer credits: In order to earn the volunteer deposit back!
Two of the four necessary credits must be earned on-mountain during race days and events.

If you opt not to volunteer, the deposit will be donated to the team and keeps the costs for all athletes down. Volunteering is a fun way to get involved in your athlete's experience and connect with other families!

VOLUNTEER CALENDAR



## VOLUNTEER REQUIREMENTS FOR ATHLETE INTERACTION:

Volunteer roles that involve direct contact with athletes require US Ski & Snowboard or USASA membership, which includes a background check and Safe Sport Training to ensure athlete safety.

These are typically specialty officiate roles - please verify with the volunteer calendar details. Most Volunteer roles do not have this requirement

#### ADDITIONAL WAYS TO GET INVOLVED (NON-CREDIT ROLES):

There are opportunities to support the team in roles that don't count toward volunteer credits, such as joining committees (PR/Stewardship, Maintenance, Communications, Race Committee, Fundraising, and Scholarship) or serving on the Board of Directors.

Committees: Contribute your skills by joining a committee (e.g., PR/Stewardship, Maintenance, Communications, Race Committee, Fundraising, Scholarship).

Board of Directors: Help shape the future of the Flagstaff Ski & Snowboard Team by serving on the board.

**Note**: Any volunteer role that involves direct contact with athletes requires a US Ski & Snowboard and/or USASA membership, which includes a background check and Safe Sport Training for athlete safety.

#### PARENT INVOLVEMENT ON EVENT DAYS

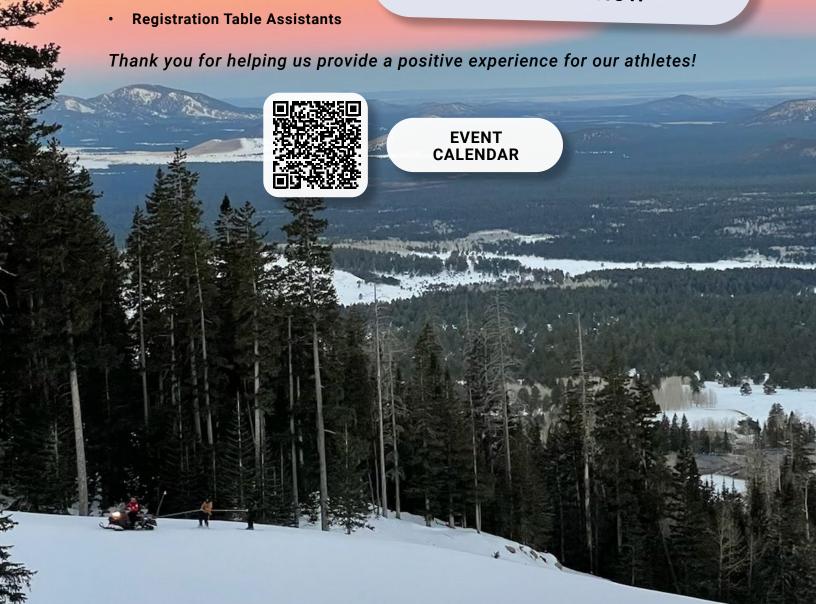
Parent volunteers are essential to the success of race events. Approximately 40 volunteers are needed per race day, with roles available both on and off the hill. Your support is invaluable in creating a safe and organized environment for our athletes.

#### Volunteer Roles Include:

- Gatekeepers
- Course Crew
- Timing Officials
- Scoreboard Operators
- Starters
- Finish Arena Staff

FINALIZED EVENT
DETAILS & FACT SHEETS CAN
BE EXPECTED TYPICALLY 2
WEEKS PRIOR TO A RACE.

DATES & LOCATIONS ARE AVAILABLE NOW





#### **USASA EVENT DAYS AT ARIZONA SNOWBOWL**

#### Registration & Requirements:

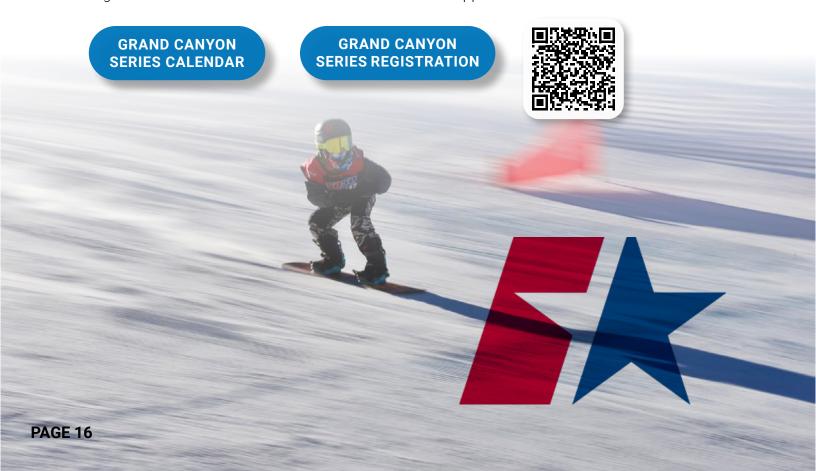
Freeski and Snowboard athletes who wish to compete can do so through the USASA Grand Canyon Series. Events include Giant Slalom and Slalom Alpine Snowboard Races, Railjams, Slopestyle, Boardercross and Skiercross races. Athletes can participate in individual events or purchase a season pass for the Grand Canyon Series - links below.

**Registration Process:** Complete all forms and payments online in advance via usasa.org. Parents are responsible for getting athletes to registration. Ensure each competitor knows their schedule, lunch plan, and meeting location after the events.

**USASA membership:** Athletes participating in sanctioned events must be active members of USASA. Sign up as a member of the Grand Canyon Series, this is a separate organization from The Flagstaff Ski & Snowboard Team.

**USASA Bib Collection:** Check in the morning of the event and obtain a USASA bib. If you already have a bib, remember to bring the bib to each event.

**USASA Communication:** Receive communication from the Grand Canyon Series organization about event details via the Stack Team App.







## US SKI & SNOWBOARD RACE DAYS AT ARIZONA SNOWBOWL

#### Registration & Requirements:

- Registration Process: Complete all forms and payments online
  in advance. Local races allow on-site registration; however, all US
  Ski & Snowboard races require pre-registration. Parents are responsible
  for getting athletes to registration. Ensure each racer knows their
  schedule, lunch plan, and meeting location after races.
- US Ski & Snowboard Membership: Athletes participating in sanctioned races must be active members of US Ski & Snowboard
- Race Bib Collection: Bibs are available at the registration table on race day.

### SAMPLE RACE FACT SHEET

#### Race Procedures:

- Schedule & Inspection: A race schedule with inspection and start times will be posted. Races typically run in age and gender order, with younger girls competing first, followed by boys.
- Morning & Afternoon Races: Races generally occur in both the morning and afternoon. Athletes can watch teammates or take lunch breaks between runs.

#### After the Race:

- **Gear Collection:** Athletes are responsible for collecting their gear from the top of the course after their final run.
- **Parental Responsibility:** After their last race, athletes are not automatically re-grouped with their coach. Parents should ensure they know their child's location until the awards ceremony.

#### Awards Breakdown:

- Local Races: Awards are given for 1st, 2nd, and 3rd place by age and gender category. Some races are awarded by combined times.
- Sanctioned Races: US Ski & Snowboard races award placements from 1st through 10th.

#### Awards Ceremony & Athlete Responsibilities:

• **Location:** The team award ceremony is held at Agassiz Lodge after the race and course teardown. Athletes are encouraged to assist with teardown and support their teammates during the ceremony.







## CALL TO ACTION FOR FSST FAMILIES AND COMMUNITY PARTNERS

Parents, families, and community supporters of FSST, we invite you to join us in an essential mission to support our generous partner, Arizona Snowbowl. As Snowbowl continues its work to enhance the skiing experience for our team and community, its lease renewal in 2034 relies heavily on public perception, especially around critical topics like snowmaking.

Together, we can help shift the focus from past criticisms to a positive, community-forward image of Snowbowl. By leveraging our relationships, advocating for Snowbowl, and collaborating on community-building events, we show our appreciation for Snowbowl's invaluable support of our team.

Let's unite as a team and as a community to ensure a bright, collaborative future with Snowbowl, fostering connections that make a difference. In doing so, we create lasting value for both FSST and Snowbowl, reinforcing the mountain's support for the youth and families in Flagstaff and beyond.

Thank you for helping us make a meaningful impact on and off the slopes!

#### ARIZONA SNOWBOWL GUIDELINES

When training at Arizona Snowbowl, athletes are expected to follow these rules:

- 1. Passes: Carry your season pass or lift ticket, and show it courteously when asked.
- 2. Respect Staff & Skiers: Be cordial and respectful to all Snowbowl staff and other skiers. The general skiing public takes priority. As ambassadors to the sport of skiing it is each athlete's responsibility to not only reflect well on the Flagstaff Ski & Snowboard Team but also on Arizona Snowbowl.
- 3. No Line-Cutting: Cutting in line is prohibited unless directed by a coach.
- **4. Controlled Speed:** Fast skiing outside of race areas is prohibited; high-speed training is provided at specific times with safety measures.
- 5. No Unauthorized Jumping: Only jump with permission and a designated spotter.
- 6. Avoid Pack Skiing: Skiing in packs is dangerous and can alarm the public.
- 7. Maintain Public Skiing Pace: Outside race areas, ski at a recreational pace.
- 8. No Lift Jumping: Never jump off lifts.
- **9. Approach Terrain Changes Cautiously:** Turn to observe terrain changes before entering.
- **10.Avoid Fixed Objects:** Keep a safe distance from trees and other obstacles.
- 11. No Racing in Public Areas: Do not compete in any areas open to the public.

#### **FUNDRAISING**

The Flagstaff Ski & Snowboard Team is funded through registration fees, memberships, equipment fees, and fundraising activities. Here's how you can support:

**Ski and Snowboard Swap:** Volunteering to help run the event helps the Team with a donation made by Ski Pro.

Gala Benefit Dinner: A fun, informal dinner with a live and silent auction.

**Sponsor Board:** Recognition for sponsors displayed at Agassiz Lodge at Arizona Snowbowl.

Local food give-backs at your Flagstaff favorites like Fratelli's, Bigfoot BBQ, Chick fil A & Chipotle!



## FSST FUNDRAISING: WHY IT MATTERS AND HOW YOU CAN MAKE A DIFFERENCE

Flagstaff Ski Club, Inc. (dba) Flagstaff Ski & Snowboard Team is a registered 501 (c) (3) non-profit organization.

Fundraising is vital to the Flagstaff Ski & Snowboard Team (FSST). Beyond covering operational costs, it allows us to provide enriching programs, maintain top-notch training facilities, and support our athletes with financial aid, reducing barriers to entry. This funding directly fuels our mission to develop resilient, skilled athletes and responsible, community-minded young people.

With only a portion of our budget covered by registration fees, fundraising bridges the gap, enabling us to deliver impactful programs, host local and regional events, and secure necessary equipment. By supporting our fundraising efforts, parents and families help us strengthen the FSST experience for everyone.

#### How You Can Participate and Make a Difference:

Volunteer for Fundraising Events: Our main fundraisers, including the Ski Swap, Oktoberfest, and the Fall Ball Benefit Dinner, depend on volunteer support. Offering your time at these events helps create engaging and successful experiences for attendees and directly supports the team.

Spread the Word: Share FSST's mission and events with your network! Community awareness boosts participation and strengthens our ties, increasing support for our athletes and our cause.

Contribute Skills: Do you have a talent or expertise in event planning, promotion, or logistics? Join one of our committees and contribute to ongoing fundraising efforts that drive FSST's success.

Every effort counts. Together, we can create a strong, supportive foundation that empowers FSST athletes and strengthens our community on and off the mountain. Thank you for helping us make an impact!



#### PARENT CONDUCT

As a parent or guardian of an athlete on the Flagstaff Ski & Snowboard Team, you play a key role in fostering a positive, respectful, and safe environment. Your conduct on and off the slopes is vital in supporting the well-being, growth, and success of our athletes, families, coaches, and staff. This policy outlines our expectations for parental behavior to maintain a supportive community and uphold the values of the FSST.

#### GENERAL EXPECTATIONS FOR CONDUCT

- **Be Respectful:** Demonstrate respect in all interactions with other families, athletes, coaches, and staff. Engage in respectful communication, avoid inappropriate language, and act with kindness.
- **Model Sportsmanship:** Exemplify good sportsmanship by focusing on the positive, celebrating accomplishments, and teaching resilience in the face of challenges.
- **Support the Team's Mission:** Engage positively and constructively, contributing to an environment that prioritizes teamwork, inclusivity, and the growth of each athlete.

#### INTERACTIONS WITH COACHES AND STAFF

- **Trust in Coaching:** FSST coaches are trained professionals committed to your athlete's success. Please respect their authority, expertise, and decisions regarding training, performance, and competition.
- **Constructive Communication:** Direct any questions or concerns to the appropriate coach or FSST staff member in a respectful and private manner. Public criticism or undermining of coaching methods or decisions is not acceptable.
- **Feedback Protocol:** Address any feedback or concerns constructively and outside of training or competition events. Schedule discussions when convenient for both parties, respecting their time and focus during events.

#### INTERACTIONS WITH ATHLETES

- **Support All Athletes:** Cheer for all athletes and celebrate their efforts, regardless of performance outcomes. Avoid comparing athletes and instead recognize each athlete's individual progress and achievements.
- **Encourage Growth:** Allow your athlete to take personal responsibility for their development, decision-making, and relationship with the coaching staff. Encourage them to communicate with their coaches directly when appropriate.
- **Avoid Disruptions:** Refrain from engaging with or distracting athletes during training sessions and races unless authorized by FSST staff.

## Thank you for being a valued member of the Flagstaff Ski & Snowboard Team community.

#### INTERACTIONS WITH OTHER FAMILIES

- **Foster Community:** Support and engage positively with other families, contributing to a culture of camaraderie and shared goals.
- **Respect Privacy:** Avoid discussing the performance or behavior of other athletes and families. Respect confidentiality and focus on your own child's experience.
- **Report Concerns Appropriately:** If you have concerns regarding another family's conduct, please inform FSST staff or the Parent Volunteer Coordinator rather than addressing it directly.

#### SOCIAL MEDIA AND ONLINE CONDUCT

- **Promote Positivity:** When sharing content related to FSST, promote a positive image of our athletes, coaches, and the team as a whole.
- **Privacy Respect:** Do not post images or information about other athletes without permission. Avoid online discussions of sensitive team matters.
- **Constructive Feedback:** If you have feedback or concerns, address them through private communication with FSST staff rather than on social media platforms.

#### CONSEQUENCES FOR POLICY VIOLATIONS

Violations of the Parental Conduct Policy may result in a range of consequences, including:

- A verbal or written warning from FSST staff
- Suspension from attendance at practices, races, or other team events
- Possible removal of your child from the FSST program for severe or repeated violations

#### COMMITMENT TO FSST VALUES

Your adherence to this policy is essential for maintaining a positive and supportive environment where all athletes and families can thrive. By signing this document, you acknowledge your commitment to upholding these standards and agree to abide by this policy throughout the season.

