



PARENT & ATHLETE GUIDE

For Flagstaff Ski & Snowboard Team

UPDATED December 29, 2025



Thank you to our Partner:

Flagstaff Ski & Snowboard Team

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LIKE & FOLLOW:



WELCOME



It is my honor to be the current president of the Flagstaff Ski & Snowboard Team and to welcome you to the 2025-2026 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

a frost@flagstaffskiclub.org



Sotheby's
INTERNATIONAL REALTY

SNOWBOWL

Pioneer Title Agency
COMMITMENT TO SERVICE

Mercedes-Benz
of Northern Arizona
a LAPIS dealership

FLAGSTAFF SKI & SNOWBOARD TEAM
SUPPORT OUR FRIENDS WHO SUPPORT US!

SOUTHWEST HIP & KNEE
ADVANCED TECHNOLOGY
AMBER RANDALL, MD

Findlay

NACKARD
PEPSI
EST. 1943

Olive the Best
Sals & Sagnas of Flagstaff & Grand Canyon

GRAND CANYON
Railway & Hotel
EST. 1901

trū by Hilton **HOME2**
SUITES BY HILTON
FLAGSTAFF



MOUNTAIN
SPORTS
FLAGSTAFF

HOPS ON BIRCH

PROPER MEATS + PROVISIONS

Forest Highlands



1899
Bar & Grill
SOUTHERN ARIZONA UNIVERSITY

RSVP WITH



sportsYou

SIGNUP FOR THE TEAM:

A data-secure, school-safe, US owned & operated messaging platform built for Coaches to enrich communities and help young Athletes find their stride – in sports and life..

PLEASE DOWNLOAD SPORTSYOU AND ADD THE TEAM AND YOUR GROUP FOR COMMUNICATION & RSVP'S

sportsYou



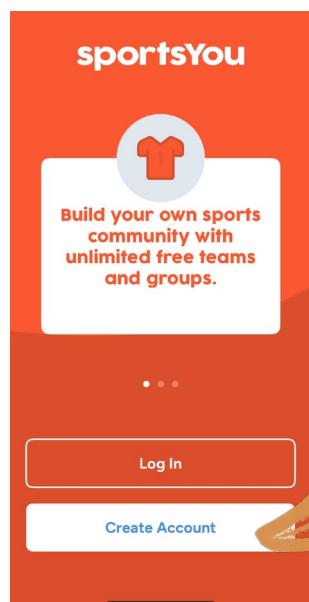
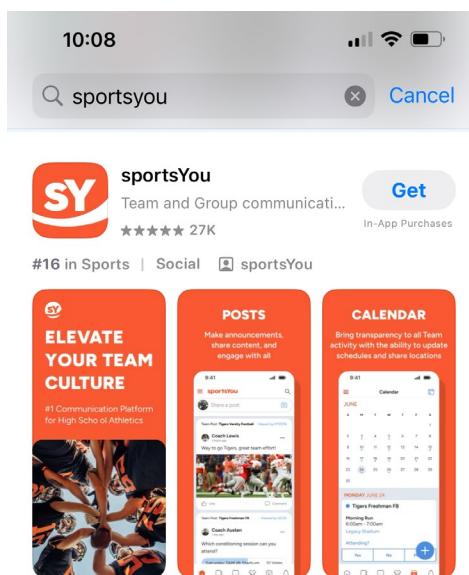
You've been invited to join

Flagstaff Ski & Snowboard Team

Use your **unique access code** below and follow the instructions.

Access Code

B5FU-87US



SIGNUP FOR YOUR GROUP:

The individual groups keep items relevant to you - Signup for yours today!

USE THE GROUPS FOR RSVP'S THROUGH EACH CALENDAR



Access Code
7MA6-WYGU

< ALL-MOUNTAIN SKI 

FEED MEMBERS MEDIA **CALENDAR** FILES

FRIDAY JANUARY 9

● ALL-MOUNTAIN SKI

All-Mountain Ski Training Day
01:30 PM - 04:00 PM

Attending? 

Yes	No	Maybe
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Access Code
EMNJ-AJP3

< ALL MOUNTAIN SNO... 

FEED MEMBERS MEDIA **CALENDAR** FILES

SUNDAY JANUARY 11

● ALL MOUNTAIN SNOWBOARD

All-Mountain Snowboard Training
09:00 AM - 02:30 PM

Attending? 

Yes	No	Maybe
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Access Code
RUTQ-KZ8R

< RACE / FREERIDE / INT... 

FEED MEMBERS MEDIA **CALENDAR** FILES

SATURDAY DECEMBER 6

● RACE / FREERIDE / INTRO TO RA...

FAST RACE / FREERIDE Training
07:30 AM - 01:30 PM

Attending? 

Yes	No	Maybe
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Access Code
BLZ9-PHCG

< RACE / FREERIDE / INT... 

FEED MEMBERS MEDIA **CALENDAR** FILES

SATURDAY DECEMBER 6

● RACE / FREERIDE / INTRO TO RA...

FAST RACE / FREERIDE Training
07:30 AM - 01:30 PM

Attending? 

Yes	No	Maybe
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**SKI &
SNOWBOARD**

**US SKI &
SNOWBOARD**

US SKI & SNOWBOARD MEMBERSHIP REQUIREMENT

All Flagstaff Ski & Snowboard Team athletes must have a current U.S. Ski & Snowboard membership. This ensures compliance with national safety and coaching standards.

At minimum, a General (Non-Competitor-\$41) Alpine or Snowboard Membership is required. Athletes in competitive programs may need an upgraded membership.

Public Tools

 Register for Membership

 Club Directory

 Non-Compliant Clubs

 Pending Members

 Member Lookup

 Rankings

 Event Lookup

 Official Lookup

 Background Screening

Resources

-  [Have A Question?](#)
Search our knowledge database.
-  [Membership Descriptions](#)
Member Categories & Costs
-  [Membership Requirements](#)
Member requirements for each membership by sport
-  [FIS Applications](#)
This section provides FIS registrations for competitors participating at the FIS level
-  [FIS Website](#)
The official FIS website
-  [Age Classifications](#)
Athlete age classifications by sport

**MEMBERSHIP
DESCRIPTIONS**

US SKI & SNOWBOARD MEMBERSHIP REQUIREMENT

As the national governing body for competitive skiing and snowboarding in the United States, U.S. Ski & Snowboard sets the standards for athlete safety, competition rules, and coach certification. All Flagstaff Ski & Snowboard Team athletes are required to maintain a current U.S. Ski & Snowboard membership appropriate to their program level.

This membership is essential for participation in sanctioned training and competition, ensures proper insurance coverage, and connects athletes to the larger ski and snowboard community nationwide.



Lift access is **not included** with FSST registration; all athletes must have a **valid SNOWBOWL season pass** or daily lift ticket for each training and competition day.

FLAGSTAFF SKI & SNOWBOARD TEAM PROGRAMS & REQUIREMENTS

2025-2026 SEASON OVERVIEW

The Flagstaff Ski & Snowboard Team offers youth-focused programs designed to build strong fundamentals, mountain safety, and a lifelong love of skiing and snowboarding. Training takes place at Arizona Snowbowl and includes weekend sessions from January through April.

We offer a range of options—from All-Mountain skill development to Intro to Race and competitive Race Team pathways. Programs are grouped by age and ability, led by experienced coaches committed to creating a positive, challenging, and fun environment for athletes ages 6–18. Whether an athlete is new to the mountain or aiming for competition, FSST provides the tools, structure, and support to help them grow.

Registration OPENS September 1.



VOLUNTEER DEPOSIT REQUIREMENT

Each FSST family is charged a **\$400 refundable volunteer deposit**. This supports team operations and helps keep program costs affordable for all families.

To receive a refund, families must complete 4 volunteer credits—with at least 2 on-snow. Credits can be earned by helping at races, events, or other approved activities

MORE DETAILS FOUND HERE” <https://flagstaffskiclub.org/volunteers>

VOLUNTEER DETAILS

READY TO JOIN THE TEAM?

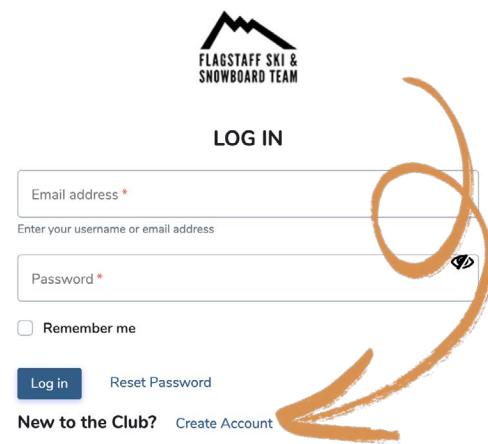
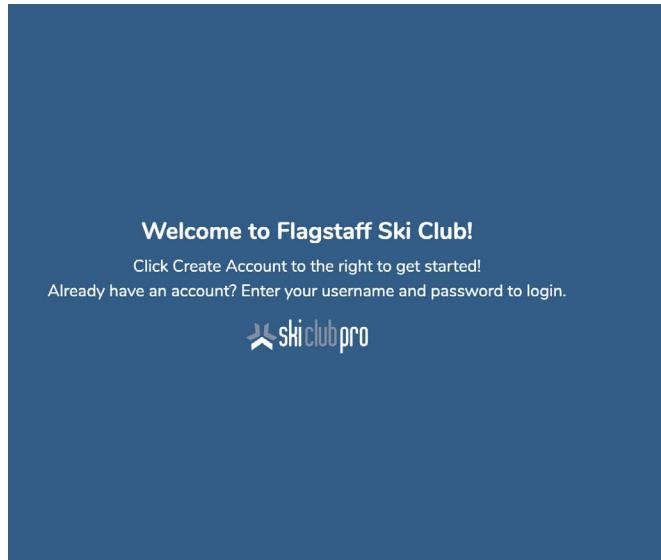
[PROGRAM PAGE](#)

Registration is available through the Flagstaffskiclub.org website:

<https://flagstaffskiclub.org/program>

FOLLOW THE SIMPLE STEPS TO REGISTRATION:

1. VISIT FLAGSTAFFSKICLUB.ORG/PROGRAM
2. CLICK REGISTER!
3. SETUP YOUR FAMILY ACCOUNT ON SKI CLUB PRO
FIRST TIME REGISTERING WITH THIS SOFTWARE? **CLICK CREATE ACCOUNT.**



IT WILL ASK FOR YOUR US SKI & SNOWBOARD MEMBERSHIP NUMBER SO YOU MAY WANT TO DO THAT FIRST:

VISIT: [HTTPS://WWW.USSKIANDSNOWBOARD.ORG/PUBLIC-TOOLS](https://www.usskiandsnowboard.org/public-tools)



[US SKI & SNOWBOARD](#)



Flagstaff Ski Club

CREATE NEW ACCOUNT

IMPORTANT:

Ensure the Head of Household creates this account.
Additional household members can be added afterward.

Email address *

The email address is not made public. It will only be used if you need to be contacted about your account or for opted-in notifications.

Password *

>Password strength:

Confirm password *

Provide a password for the new account in both fields. If left blank, a password will be generated for you.

Head of Household Profile:

First Name *

Last Name *

Preferred Contact Email *

Enter the email you prefer to receive communication as well as share with team and administrators.

I agree to receive club communication emails

Private

Email visible to other members; check to hide (Managers always have access).

Phone

I agree to receive club communication SMS messages

Private

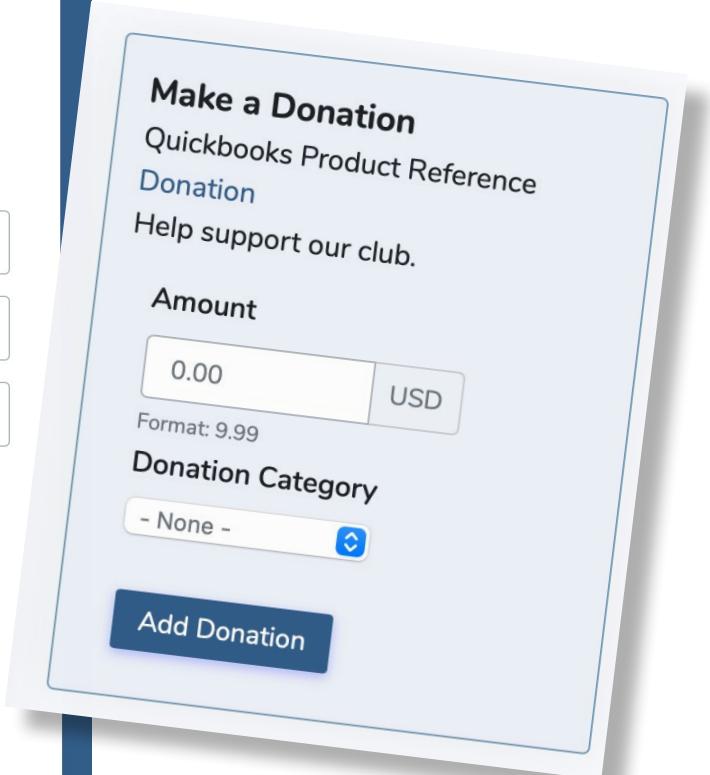
Phone visible to other members; check to hide (Managers always have access).

Already have an account? [Login](#)

Not a member? [Create New Account](#)

FILL OUT THE REQUIRED INFORMATION & CLICK CREATE ACCOUNT

THIS PROCESS CREATES A “HOUSEHOLD” ACCOUNT UNDER WHICH EACH OF YOUR ATHLETES, PARENTS, AND GUARDIANS CAN HAVE ACCESS TO THE CALENDAR, AND CLUB NOTIFICATIONS.



FILL OUT YOUR HOUSEHOLD & SIGN WAIVERS!

Add each adult and child as an individual within your household. Anyone that you would like to have access to the registration pages should have their own membership within your household.

Please note! Payment information is only available for use within the individual logins.

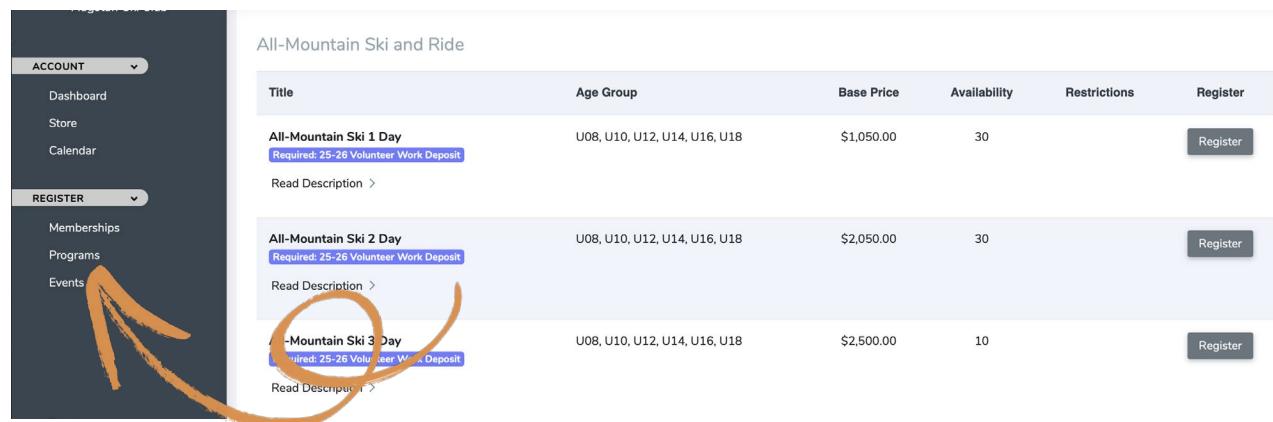
Add New Household Member

Test Account Household

Created on Aug 23, 2025 - 4:54pm
Changed on Aug 23, 2025 - 5:15pm

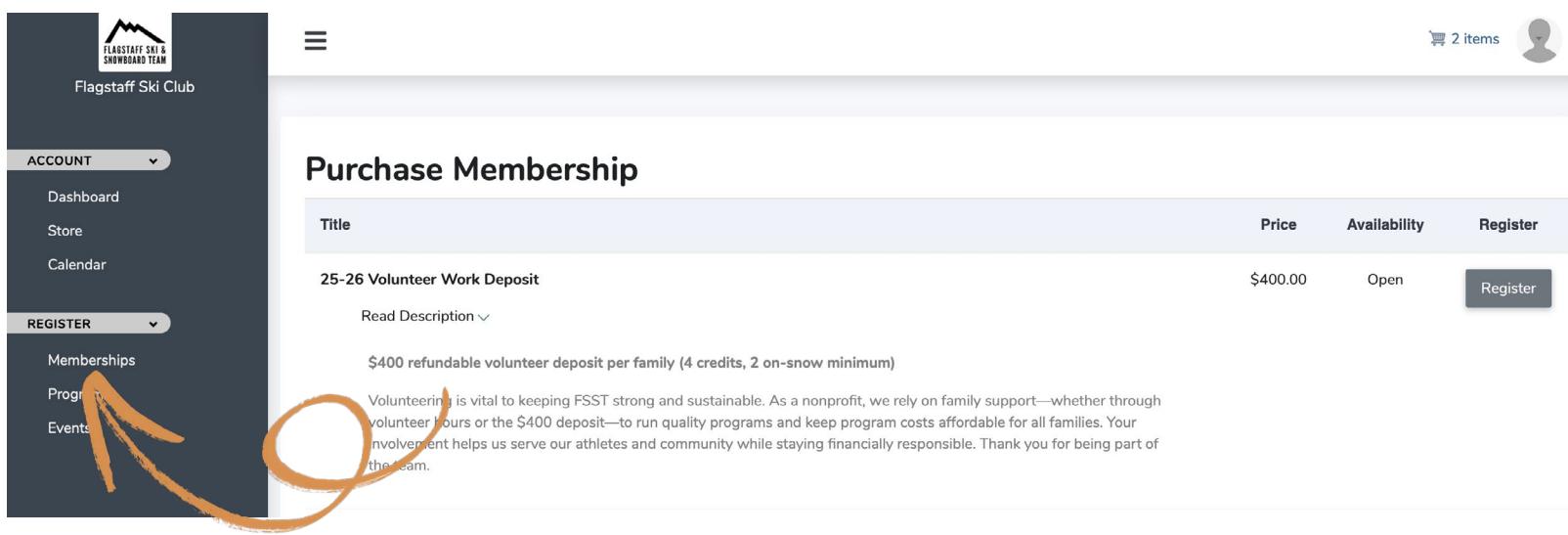
Household Members					
 Organizer K-test account Test Account Admin, Adult Edit	 Mary Test Account Child Edit	 Beth Test Account Child Edit			
 James Test Account Child Edit	 Brad Test Account Child Edit	 A-Test Test Account Adult Edit			

CHOOSE YOUR REGISTRATIONS UNDER PROGRAMS



Title	Age Group	Base Price	Availability	Restrictions	Register
All-Mountain Ski 1 Day <small>Required: 25-26 Volunteer Work Deposit</small>	U08, U10, U12, U14, U16, U18	\$1,050.00	30		Register
All-Mountain Ski 2 Day <small>Required: 25-26 Volunteer Work Deposit</small>	U08, U10, U12, U14, U16, U18	\$2,050.00	30		Register
All-Mountain Ski 3 Day <small>Required: 25-26 Volunteer Work Deposit</small>	U08, U10, U12, U14, U16, U18	\$2,500.00	10		Register

ADD YOUR VOLUNTEER DEPOSIT MEMBERSHIP!



Flagstaff Ski Club

ACCOUNT

Dashboard

Store

Calendar

REGISTER

Memberships

Programs

Events

Purchase Membership

Title

25-26 Volunteer Work Deposit

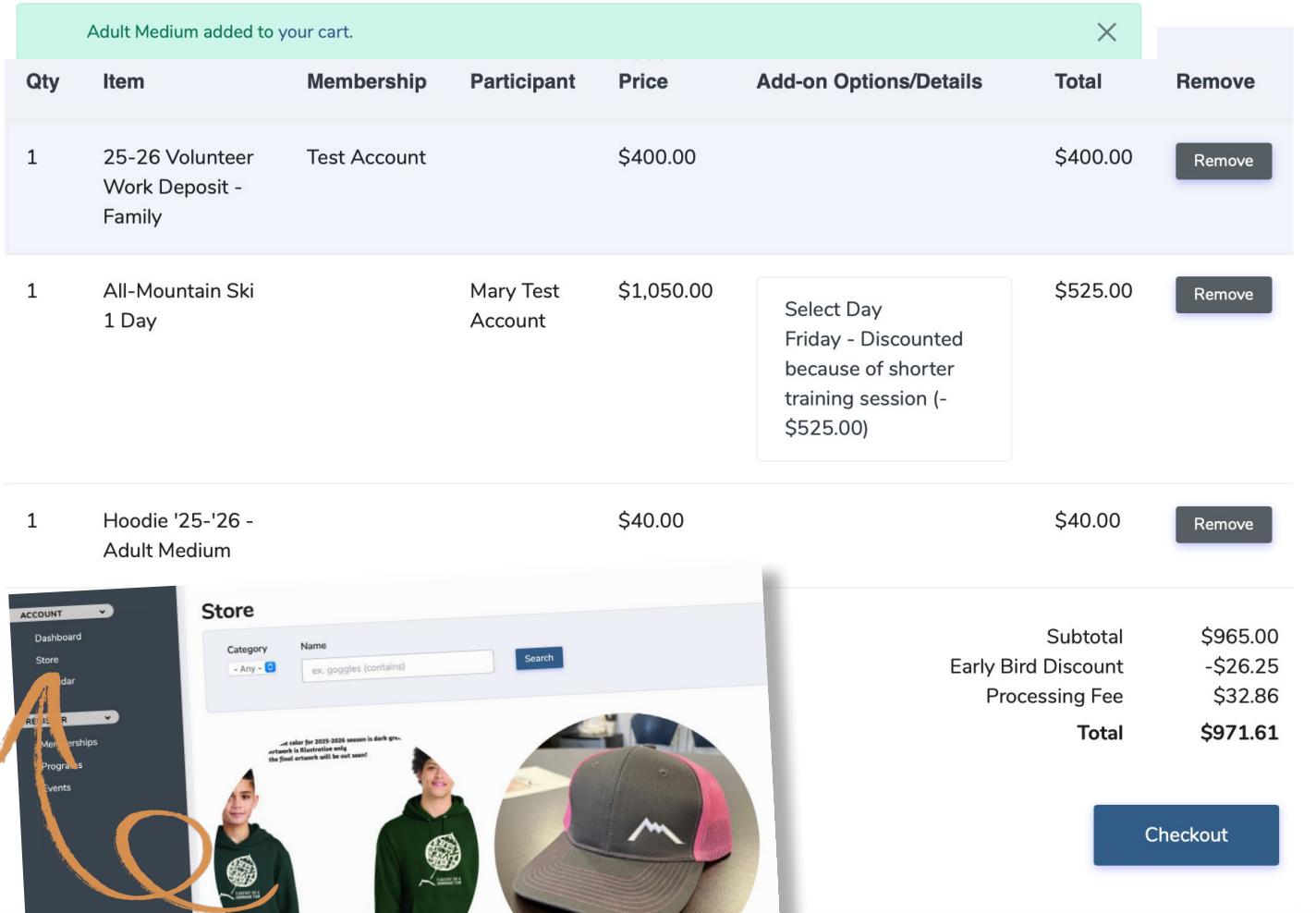
Price \$400.00 Availability Open Register

Read Description

\$400 refundable volunteer deposit per family (4 credits, 2 on-snow minimum)

Volunteering is vital to keeping FSST strong and sustainable. As a nonprofit, we rely on family support—whether through volunteer hours or the \$400 deposit—to run quality programs and keep program costs affordable for all families. Your involvement helps us serve our athletes and community while staying financially responsible. Thank you for being part of the team.

Shopping cart



Adult Medium added to your cart. X

Qty	Item	Membership	Participant	Price	Add-on Options/Details	Total	Remove
1	25-26 Volunteer Work Deposit - Family	Test Account		\$400.00		\$400.00	Remove
1	All-Mountain Ski 1 Day		Mary Test Account	\$1,050.00	Select Day Friday - Discounted because of shorter training session (- \$525.00)	\$525.00	Remove
1	Hoodie '25-'26 - Adult Medium			\$40.00		\$40.00	Remove

Store

Category: Any

Name: ex. goggles (contains)

Search

...nd color for 2025-2026 season is dark grey. artwork is illustrative only the final artwork will be cut soon!

Hoodie '25-'26 Price \$35.00

Pink Trucker Hat Adult Price \$35.00

Subtotal \$965.00

Early Bird Discount -\$26.25

Processing Fee \$32.86

Total \$971.61

Checkout

**DON'T FORGET
EXTRA MERCH!**

PAGE 11



WHERE ARE WE? WHAT TO KNOW FOR TRAINING DAYS:

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. Just across the way from the Agassiz Lodge

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 for 30 minutes.
- **Water:** Enough water to stay hydrated throughout the day (Snowbowl hauls water).
- **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!

GENERAL INFORMATION

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 the **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

PARENT, GUARDIAN, AND SPECTATOR CODE OF CONDUCT

Your behavior matters.

At the Flagstaff Ski & Snowboard Team (FSST), the example set by parents, guardians, and spectators directly shapes our culture. Success is measured not only by performance but by the respect, accountability, and community values we demonstrate.

Parents, guardians, and spectators play a critical role in creating a positive and supportive environment. FSST's mission—building teamwork, growth, and sportsmanship—can only be achieved when every family commits to putting the team first.

Expectations for Conduct

We expect every parent, guardian, and spectator to:

- Prioritize the **team** over individual outcomes and support **collective goals**.
- Model **respect** and **composure** at all practices, races, events, and meetings.
- **Trust** our coaches and avoid sideline coaching or second-guessing decisions.
- **Encourage**, don't criticize—foster a positive atmosphere for all athletes.
- **Honor** volunteer commitments with reliability and integrity.
- Refrain from alcohol or substance use at youth practices, competitions, and events.
- Communicate respectfully and privately with leadership (Alpine Director or Development Director) regarding concerns, **rather than approaching coaches directly** or attempting to alter training plans.
- **Support all athletes**, not just your own, by celebrating effort, progress, and resilience.
- Engage positively with other families and respect **confidentiality**.
- **Use social media responsibly**—share only positive content, respect privacy, and never post sensitive team matters online.

ZERO TOLERANCE POLICY

FSST enforces a strict zero-tolerance policy for inappropriate conduct. This includes, but is not limited to:

- Verbal or physical aggression
- Disrespectful, argumentative, or undermining behavior toward coaches, staff, officials, families, AZ Snowbowl staff or any other team associated individuals
- Harassment, bullying, hazing, or creating a toxic environment
- Public criticism of athletes, coaches, or team decisions
- Disregard for FSST rules, policies, or safety protocols

Consequences:

- Violations may result in immediate removal from events and disciplinary action, including:
- Suspension from practices, races, or events
- Removal of the athlete's participation privileges
- Dismissal from FSST for severe or repeated violations
- Athlete participation is a **privilege, not a right**. That privilege can be lost due to a parent, guardian, or spectator's behavior.

Our Commitment

We are all here for the same reason—to help our athletes grow through sport. Families who join FSST commit to leading by example, showing integrity, and fostering a safe, respectful, and united community.

By signing the acknowledgement policy during registration, you acknowledge these expectations and understand that violations will carry consequences, up to and including removal from the program.

ATHLETE CODE OF CONDUCT

As a member of the Flagstaff Ski & Snowboard Team (FSST), you represent yourself, your teammates, your family, your coaches, and the skiing and snowboarding community both on and off the mountain, year-round. Being an FSST athlete is a privilege, not a right, and requires the highest standard of conduct.

Our principles: Respect, Integrity, Responsibility, Fairness, Trustworthiness, Caring, and Personal Growth.

All athletes must also follow the U.S. Ski & Snowboard Code of Conduct. Follow Arizona Snowbowl's Policies and Guidelines:

RESPONSIBILITY CODE SNOWBOWL

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:

GENERAL EXPECTATIONS

FSST athletes are expected to:

- **Respect** teammates, coaches, officials, competitors, families, facilities, property, and the environment.
- **Follow directions of coaches and staff** without argument. Concerns should be raised privately and respectfully at an appropriate time.
- **Demonstrate sportsmanship** in victory and defeat. Criticism, blaming, or arguing will not be tolerated.
- **Stay with your group** and follow your coach's instructions during all training and competition activities.
- **Avoid bullying**, hazing, harassment, or discrimination in any form—FSST enforces zero tolerance for such behavior.
- **Maintain a healthy lifestyle** through fitness, nutrition, rest, and avoiding drugs, alcohol, tobacco, or performance-enhancing substances.
- **Protect the team's integrity** by being honest, reliable, and accountable in all actions.

ATHLETE RESPONSIBILITIES

- **Be Prepared:** Start the season with dryland training; arrive at training 15 minutes early, booted up and ready.
- **Bring Your Pass:** Have your season pass or lift ticket every day.
- **Gear Check:** Equipment must be safe, tuned, and labeled. Goggles are required in gates.
- **Safety First:** Helmets are mandatory; inspect all courses before use; follow Snowbowl policies and the Skier's Responsibility Code.
- **Teamwork:** Help with course setup/teardown, support teammates, and notify coaches if you cannot attend.
- **Community:** Participate in FSST service activities (e.g., Snowbowl Road clean-up) and represent FSST positively at all times.

ZERO TOLERANCE

The following are strictly prohibited:

- Bullying, harassment, hazing, or discrimination of any kind
- Verbal or physical aggression
- Substance use (alcohol, drugs, tobacco, performance enhancers)
- Unsafe, reckless, or unsportsmanlike behavior

Violations may result in immediate removal from training or competition and further disciplinary action, up to suspension or dismissal from FSST, as determined by Club leadership and the Board.

ATHLETE'S PLEDGE

As an FSST athlete, I commit to:

- **Be on time**, prepared, and respectful at all practices and events.
- **Support** and encourage my teammates.
- **Represent** FSST with integrity, sportsmanship, and pride.
- Follow all FSST, Snowbowl, and U.S. Ski & Snowboard rules.
- Remain drug, alcohol, and tobacco-free.

Always remember that being part of FSST is a privilege, not a right. Our principles: Respect, Integrity, Responsibility, Fairness, Trustworthiness, Caring, and Personal Growth.

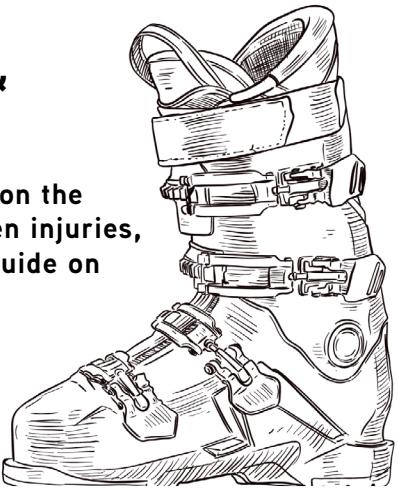
All athletes must also follow the U.S. Ski & Snowboard Code of Conduct. Follow Arizona Snowbowl's Policies and Guidelines:

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.

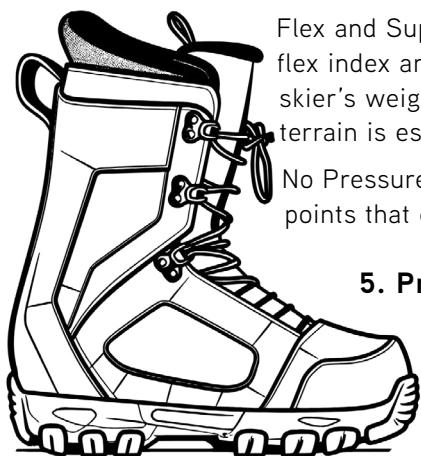
4. What to Look for in a Good Fit

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.

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



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



S K I | H A U S
FLAGSTAFF, AZ

FLAGSTAFF SKI & SNOWBOARD TEAM CONCUSSION POLICY

At the Flagstaff Ski & Snowboard Team (FSST), the health and safety of our athletes is our top priority. We follow concussion management best practices to reduce risks and ensure the well-being of all participants.

Immediate Action in Case of Suspected Concussion:

Any athlete suspected of sustaining a concussion or traumatic brain injury (TBI)—whether during training, competition, or other team-related activities—will be immediately removed from participation by the supervising FSST coach or administrator.

That athlete may not return to play until evaluated and cleared in writing by a licensed healthcare provider trained in concussion management.

Baseline Concussion Testing – SWAY Medical

FSST uses Sway Medical for baseline testing and sideline evaluation in the event of a suspected head injury.

SWAY TEST

REQUIREMENTS:

- All athletes must complete a baseline Sway test before participating in on-snow training.
- FSST administrators will provide families with a unique test code.
- Families must download the Sway Medical app (Apple App Store or Google Play) and complete the test in a quiet environment.
- Testing takes approximately 15–20 minutes and must be completed prior to the start of the season.

Understanding Concussions:

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head—or by a hit to the body that causes the head to move rapidly back and forth. Although sometimes described as “mild,” concussions can have serious and lasting effects.

RISKS OF RETURNING TOO SOON:

- Slower recovery
- Increased risk of long-term neurological problems
- Rare but serious complications such as severe brain swelling, permanent damage, or death
- **For education and resources, FSST recommends reviewing the CDC's HEADS UP program: <https://www.cdc.gov/headsup/index.html>**

HEADS UP

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.

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.

WEATHER
REPORT



The Arizona Snowbowl is our biggest supporter, providing race hill grooming, training space, and early lift privileges.

TEAM AS AMBASSADORS

As athletes travel to various competitions, they serve as ambassadors of Arizona Snowbowl, showcasing our team's commitment to sportsmanship and excellence.

Flagstaff Ski & Snowboard Team members proudly represent Arizona Snowbowl at various resorts across the country and internationally, embodying the spirit and standards of our home mountain.

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: September 18 - 21.

Moguls & Malts Trivia Bash: A fun, informal dinner with Trivia, Silent Auction & Live Music! November 15, 2025

Sponsorboard: Recognition for sponsors displayed at Agassiz Lodge at Arizona Snowbowl.

Local food give-backs at your Flagstaff favorites like Fratelli's !



FUNDRAISING KEEPS
COSTS DOWN FOR
ALL OF OUR FAMILIES
AND SUPPORTS OUR
COACHES CONTINUING
EDUCATION



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!

SPONSORSHIP INFORMATION



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
- Registration Table Assistants

**FINALIZED EVENT
DETAILS & FACT SHEETS CAN
BE EXPECTED TYPICALLY 2
WEEKS PRIOR TO A RACE.**
**DATES & LOCATIONS ARE
AVAILABLE NOW**

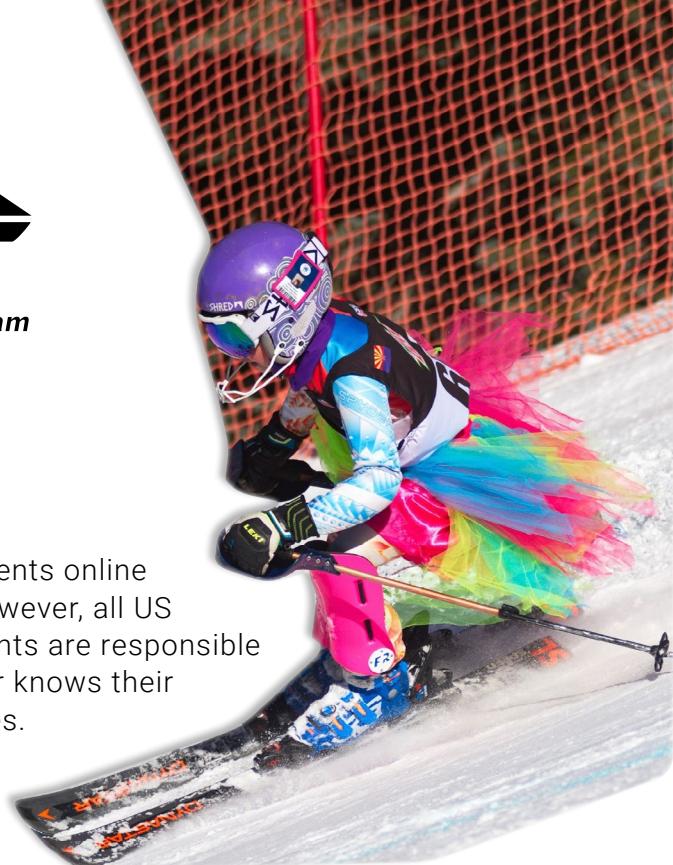
Thank you for helping us provide a positive experience for our athletes!

**EVENT
CALENDAR**

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.



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