



Welcome!

It's time to get excited for another year of training and competition with the BSF Freestyle Ski Team. This handbook will provide information on the program, its policies and the events of the current season. It is critical that both parents and athletes read and understand this handbook in order to take full advantage of everything the programs have to offer. If you have any further questions, please contact Head Coach, Mike Papke at 581-8598.

What is the Bridger Ski Foundation?

The Bridger Ski Foundation (BSF) is a nonprofit community based volunteer organization providing educational, competitive, and social activities fostering personal and athletic excellence, with an emphasis on youth while encouraging participants of all ages.

BSF provides affordable organized recreational and race programs for the three skiing disciplines, Alpine, Nordic and Freestyle.

BSF Freestyle

BSF Freestyle includes both the traditional freestyle events of moguls and aerials along with "new school" freeskiing events such as big air, slopestyle and Skiercross. We emphasize individual goal setting and hard work as the building blocks of success.

Note: Competition is not mandatory but is encouraged as the season is structured around the USSA Northern Division Freestyle Tour.

How Things Started

The BSF freestyle team had its informal beginnings in 1984 as a loose-knit group of teenagers who banded together to share their love for mogul skiing. By 1988 their enthusiasm had spread to 15 followers. During the 1989-90 ski season BSF officially took the young athletes and their sport under its wing and organized an official program. Today the BSF Freestyle Team includes a steady 30-plus membership of male and female athletes from age 7 to 22.

Training Programs

BSF Freestyle trains from November through March at Bridger Bowl ski area.

Freestyle Team Entry-Level Program

The Freestyle team entry level program trains on Saturdays only and is designed to teach the basic skills needed to ski moguls and perform Freeride aerial maneuvers.

- Mogul instruction will focus on line selection, proper body positioning, speed control, take-offs, trick execution, and landings.
- At the terrain park, Athletes will acquire the fundamentals of correct aerial technique in a safe, supervised environment. Athletes are encouraged to learn tricks at their own individual rate of progression.
- Twice a month coaches will use video as a tool to provide athletes with visual analysis of their strengths and weaknesses.

Typical Freestyle Team Day

8:30-9:00am	Meet coaches at Grizzly Ridge (Below Round House)
9:30 SHARP	Depart from Grizzly Ridge
9:30-NOON	Morning Training Session
12:00-1:00pm	Lunch at The Grizzly Ridge.
1:00-3:00pm	Afternoon Training Session

Weekday Training

Once a month athletes will be invited to participate in weekday training. This include pre season trampoline, Foam Pit, on snow jump sessions. Dates and times to be announced.

There is no 'I' in TEAM!

Out of respect for the team and learning environment of others, Freestyle athletes are required to be on time and remain with the group from the beginning of the morning session through the end of afternoon training. An athlete arriving late or leaving early for personal/family reasons will be required to prearrange early dismissal through a phone call to a coach or a note from home.

T-ogether E-veryone A-chieves M-ore

To benefit the TEAM as a whole, athletes are required to actively pitch-in and assist with course preparation. This could mean carrying gear, side-slipping a mogul run, shoveling snow for jumps or stepping out the landing hill. Athletes not willing to exert a little sweat should reconsider their desire to be a member of the Freestyle Program.

Competition Program

This is the springboard for dedicated athletes to achieve their highest potential in the sport. This program trains on both days throughout the season.

9:00am	Meet at the Grizzly Ridge
9:30am	Depart for morning session
12:00pm	Lunch (Deer Park Chalet)
1-3:00pm	Afternoon Session

The morning session will consist of drills, skier evaluation, and discussion of technique, video and other coaching. The morning session is the most structured part of the training day. The aerial site will also be used in training on one of the weekend days.

The afternoon session is loosely structured and consists of guided free skiing in the moguls and on the runs with jumps. Athletes will receive pointers on technique and can expect only occasional drill compared to the morning session.

Athletes are not required to participate on every training day. In fact, they're encouraged to take some days throughout the season to explore on their own. However, it is hoped that most athletes spend the majority of their weekend days training with the team.

Weekday Training (off the hill)

Athletes will be invited to participate in weekday training. This includes pre season trampoline, Foam Pit, on snow jump sessions. Dates and times to be announced.

Weekday Training (on Hill)

One day a week will be available for college athletes to attend mid-week training. The morning session often involves splitting into groups to structure productive practice. Due to this, athletes are not allowed to arrive late. In addition, athletes skiing with the team during the morning session must train with the

team until lunchtime. Athletes may not leave early or go in and out of the group during morning sessions.

The afternoon session gives athletes the freedom to join and leave the group as they choose. The afternoon session consists of the entire ski team skiing together, building team unity. This "skiing in a group" is critical to developing a great freestyle athlete. It benefits all the athletes and keeps the fun in the program.

Coaching at Away Contests

BSF Freestyle provides coaching for BSF athletes during all USSA Northern Division Freestyle competitions.

By training with coaches the day before an event, athletes will familiarize themselves with the competition run, lines on the course, airs, and snow conditions. Runs will be video taped and watched in the coaches' hotel room before dinner in the evening. All athletes should attend video sessions to watch themselves and to learn of any new information regarding the event.

On competition day, a coach will be provided both at the top and bottom of the course. Training will be available for a brief period in the morning. Coaches will assist athletes with determining their run order. It is the responsibility of each individual skier to be in the staging area above the start well before they are scheduled to run. Video will be taken for reference at the contest and for review during video night. After the event all BSF athletes are required to help with course teardown before the awards ceremony.

Your Volunteer Help is Needed!

Volunteer labor is the fuel that keeps the BSF fire burning. BSF's membership dues are roughly a third of similar programs across the country. This is due entirely to the massive amount of fundraising and volunteering by members. We are requiring our athletes to work the ski swap. Each athlete is required to volunteer 10 hours at the ski swap. If you wish to not volunteer you are able to pay \$200.00/athlete to not participate. Contact a coach of the BSF office to learn more.

Travel Policy

Coaches are not responsible for the supervision, chaperoning, or travel arrangements for any BSF athlete when traveling to away contests. At times, a coach may provide a ride for an athlete; it is assumed that athletes will be responsible for themselves. Parents are responsible to

provide supervision for their children. The sole responsibility of a BSF Freestyle coach is to provide on-snow coaching. This policy is specific to BSF Freestyle and may differ from other BSF programs.

Code of Conduct

Each BSF Freestyle member will conduct himself/herself in a manner that exemplifies the standards of good behavior and sportsmanship. As BSF members will obey the regulations of Bridger Bowl Ski Area. All BSF members will obey the USSA Sportsmanship Guidelines as outlined in the most current Freestyle Competition Guide. Consumption of alcoholic beverages or controlled substances is strictly forbidden and will be grounds for immediate dismissal from the team. Any violation of law resulting in an arrest or conviction by authorities, even if not related to team activities, may result in disciplinary procedures by the Freestyle Committee.

Discipline- Ultimate disciplinary authority rests with Freestyle Committee. The Committee charges the Head Coach with the authority to actively enforce the BSF code of conduct.

Information Highlights

- **The first day of training** will be the Second weekend after Bridger Bowl is open. This is also **BRING A FRIEND DAY**. You may invite a friend who is interested in Freestyle to ski with the team.
- Weather permitting, a **Christmas Camp** will be held sometime over Christmas Vacation. Details to be announced.
- **Team pictures** will be taken this year at the Bridger Bowl Freestyle Event on the course.
- **The BSF Newsletter** will be sent to members each month. The newsletter contains general BSF information and a column specific to the Freestyle program. Parents and athletes are responsible for reading the information. If you are not receiving the newsletter, contact the BSF office at 587-2445.
- **BSF Hotline 587-2445 Ext. 3 Call** the hotline at the beginning of each week to keep informed on the training schedule for current events of that week.

United States Ski Association (USSA)

The United States Ski Association is the sanctioning body that promotes and organizes amateur ski competition in the US. Membership is required to participate with the Bridger Freestyle team. Applications can be downloaded at <http://www.ussa.org/magnoliaPublic/ussa/en/formembers/membership/forms.html>

Competition Membership: The main benefit of being a full member is to participate in the national point standings. Scores from every event around the country are tabulated to provide national rankings. These rankings are used to fate the skiers in the Northern Division and to select teams for National and International competition.

Rookie Membership: This is available to first time Freestyle Members Only. Access to divisional level competition only. Not a valid membership to go to Junior Olympics or the National Championships

Youth Membership: This "trial membership" allows athletes to compete in divisional events without participating in the national point system. It is recommended that BSF athletes become full USSA members. It is important to discuss USSA membership options with Head Coach, Mike Papke prior to competing in your first Northern Division event.

Coaching Staff

Head Coach, Mike Papke- Mike was a four-year member of the US Junior Freestyle Team. He has been on the US Freestyle Development Team and skied in four National Championships. He is a five-year winner of the USSA Northern Division Grand Prix and has numerous first place finishes throughout the last eight years including NorAm victories. Mike has been the Head Coach of BSF Freestyle for 15 seasons. Mike is a level 2 aerial coach

Tony Gilpin- Is one of the founding fathers of freestyle for the state of Montana. Tony has several years on the United States Freestyle Ski Team and has been a part of our program from day one. Tony is a father of 2 and an inspiration to many. Tony is a level 2 aerial coach

Matt Barefield- Matt is a previous member of the Freestyle team and has been coaching for the past 3 seasons. Matt had left the freestyle team to follow his dream to play baseball. Matt currently is an 8th grade science teacher in Bozeman.

Kami Morgan- Kami is a previous member of the Freestyle team. Kamie is a self employed coach that aspires to watch athletes excel. Kami is an excellent all mountain skier and brings a lot to our program.

Don Bockhahn- Don has been working with our group for the past seven years. Don Has assisted in on snow summer camps as well as bringing a group of athletes to the UOP for water ramp camps. Don is a previous Freestyle rep for the freestyle team and is a level 2 aerial coach. Don helps in all aspects of freestyle.

Important Phone Numbers

BSF Office 587-2445
BSF Hotline 587-2445 Ext. 3

Coaches

Mike Papke	581-8598
Tony Gilpin	388-2887
Matt Barefield	223-7620
Don Bockhahn	581-1500

Lodging Information

Big Mountain

Quality Inn, Whitefish, MT 800-228-5151

Snowbowl

Come On Inn Motel, Missoula, MT 888-989-5569

Super 8 Motel, Missoula, MT 549-1199

Lost Trail

Sula Cabins at the Conoco Station 821-3574

Discovery Basin

Fairmont Hot Springs Resort 1500 Fairmont Road Fairmont, MT 59711

(Between Anaconda and Butte, MT) I-90, Exit 211 Phone: 406-797-3241 800-332-

3272 Fax: 406-797-3337 Email: info@fairmontmontana.com