

**Welcome to the  
Bridger Ski Foundation  
Alpine Program  
YSL, J-Fast and Development Teams  
2008 – 2009**



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**1 BRIDGER SKI FOUNDATION ALPINE PROGRAM..... 3**

1.1 THE HISTORY OF BRIDGER SKI FOUNDATION ..... 3

1.2 OUR MISSION STATEMENT..... 3

1.3 BSF BOARD OF DIRECTORS ..... 3

1.4 THE ALPINE COMMITTEE ..... 3

1.5 ENTERING ITEMS OF BUSINESS FOR THE ALPINE COMMITTEE’S AGENDA..... 3

1.6 COMMUNICATION ..... 4

**2 BRIDGER SKI FOUNDATION ALPINE SKI PROGRAMS..... 4**

2.1 YOUTH SKI LEAGUE ..... 4

2.2 JFAST PROGRAM ..... 7

2.3 ALPINE RACE TEAM..... 8

**3 ALPINE PROGRAM REGISTRATION ..... 10**

3.1 ALPINE PROGRAM REGISTRATION PROCESS ..... 10

3.2 BSF ALPINE RACE TEAM FEES ..... 11

3.3 REFUND POLICY..... 11

**4 RACE REGISTRATION AND LODGING POLICIES ..... 11**

**5 WORK DEPOSIT POLICY ..... 12**

5.1 WORK DEPOSIT STRUCTURE ..... 12

5.2 WORK HOURS AND CREDITS..... 12

5.3 PAYMENT AND REFUND OF WORK DEPOSIT ..... 13

5.4 WORK DEPOSIT CREDITS ..... 13

**6 ALPINE SUB-COMMITTEES AND POLICIES..... 14**

6.1 RACE ORGANIZING SUB-COMMITTEE AND RACE OPERATIONS ..... 14

6.2 FUND RAISING SUB – COMMITTEES ..... 16

6.3 GRIEVANCE – CONDUCT – COMMUNICATION SUB-COMMITTEE ..... 16

6.4 COACHES CONDUCT AND REVIEW SUB-COMMITTEE ..... 16

6.5 SCHOLARSHIP SUB-COMMITTEE ..... 17

**7 CODE OF CONDUCT ..... 17**

7.1 DISCIPLINE..... 17

**8 BSF ALPINE TRANSPORTATION POLICY ..... 18**

**9 WORK DEPOSIT REIMBURSEMENT FORM..... 19**

**10 BSF ALPINE COMMITTEE MEMBERS, HEAD COACHES AND KEY CONTACTS ..... 20**

# **1 Bridger Ski Foundation Alpine Program**

The purpose of this handbook is to provide answers and information to ski program participants and their parents. If you have questions, which are not answered by this booklet, please call a committee member or the program director (see information at the end of this document).

## **1.1 The History of Bridger Ski Foundation**

Bridger Ski Foundation, formerly Bridger Ski Education Foundation, was established primarily to promote ski education and ski competition. In the past, each of the ski teams was supported by a different BSF organization. The Bridger Ski Club was a separate entity that organized the annual Ski Swap and the social events. In 1991, in order to streamline both fund raising and administrative efforts, the Alpine, Nordic and Freestyle disciplines and the Ski Club were merged into one organization, Bridger Ski Foundation.

## **1.2 Our Mission Statement**

The Bridger Ski Foundation is a non-profit community-based volunteer organization providing educational, competitive and social activities in skiing plus fostering personal and athletic excellence, with an emphasis on youth while encouraging participants of all ages.

## **1.3 BSF Board of Directors**

The Board of Directors establishes policy and oversees the administrative activities of BSF. Made up of parents and interested individuals, the board meets monthly throughout the year and serves as a governing body for the current programs. In addition, each discipline (alpine, freestyle, Nordic) has its own committee. A representative of each committee sits on the Board.

## **1.4 The Alpine Committee**

The Bridger Ski Foundation Alpine Committee is a group of volunteers who work to organize and manage the Alpine program. The Alpine Committee consists of: an elected Chairperson (serving a 2-year term), Vice-Chair, Secretary, Treasurer, and Fund raising chairpersons, and interested parents. The Alpine Committee sets policy for the program, organizes working sub-committees for fund raising and related activities, and assists the coaching staff in meeting the goals of the program. The Alpine Committee hires the head coach each year, and also hires, under the advice of the head coach, an Alpine Administrator. An Alpine Committee Charter is available for further details.

The BSF Alpine program is a self-supporting, volunteer-based organization. Parent involvement in the work of the Alpine Committee is essential to the continuation of the program. When athletes register for the program, parents are expected to help with fund raising and race events as outlined on the work sign-up sheet. This work time can be credited towards refund of the work deposit, as explained below.

## **1.5 Entering Items of Business for the Alpine Committee's Agenda**

Any parent, racer or coach may request to enter an item of business on the monthly agenda of the BSF Alpine Committee's business meeting by contacting the Chairperson no later than the week before the regular scheduled meeting. If an individual is requesting a time to come personally before the Committee to discuss an item of business, the same procedure should be used and the Committee will allot 30 minutes maximum for the presentation. The Committee will normally be able to include only one personal presentation per meeting due to the amount of regular business that must be covered in a meeting.

## **1.6 Communication**

This non-profit organization, due to the nature of the sport and having a limited paid staff, requires significant parent involvement and responsibilities. The history of the organization is that the more parents are involved, the more the organization flourishes. Communication within the organization and to the parents is limited at times due to travel and training commitments. **It is ultimately the responsibility of the parents and athletes to keep informed concerning schedules and deadlines.** The organization uses three main methods to inform parents and athletes of current events: Alpine Committee meetings, E-mails (from committee members, the BSF office and the coaches), and the BSF Alpine Hotline. Each component often addresses different aspects of communication to the families of BSF. Attending the Alpine committee meetings is the best way to learn how the club functions, and to keep up-to-date on events, policy changes and fund raisers. E- Mails are the fastest, most universal, and least expensive method of communicating with the athletes and their families.

While we all have different needs or interests with respect to checking E-mails it may be necessary for all of us to check them at least every morning during the on-snow training season. It is crucial that each family provides their email address on their athletes registration form, and informs the head coach, committee and race secretaries of any changes. The BSF Hotline is used for daily updates to the dryland, on-snow training, and race schedules. This is the best source for any last-minute changes to the normal schedule, and should always be used before calling a coach. Please do not call the coaches between the hours of 9 PM and 8 AM

Please recognize that the newsletter is typically for relating past events. The newsletter may relate upcoming events; however, race dates can change due to changing snow conditions. Always check for updates on the Hot line.

## **2 Bridger Ski Foundation Alpine Ski Programs**

### **2.1 Youth Ski League**

The Bridger Ski Foundation's Youth Ski League (YSL) is a program designed for children ages 6-13 who have learned basic skiing skills and would like to gain the skills and confidence needed to ski intermediate and advanced terrain at Bridger Bowl and elsewhere. In addition, the YSL program provides an introduction to ski competition. YSL emphasizes skill development while racing and a competitive environment remain secondary. Our aim is to ensure that the young skiers develop a lifetime passion for the sport by having fun while learning skiing and competition skills in a safe, nurturing, and challenging atmosphere.

Children entering the program must already have learned basic skiing skills. Usually our athletes have completed at least one season with the Bridger Bowl Ski School's Mighty Mite Program. If your child feels uncomfortable riding the chairlifts unassisted, he or she is not ready for YSL. The first day of YSL will include a tryout period. The coaches will let you know immediately after this tryout if your child is prepared for the YSL program.

#### **2.1.1 YSL Training**

The YSL Program meets for eight weekends, but nine weekends are scheduled due to potential weather cancellations. A typical weekend day is as follows:

- 9:00 AM Groups leave the bottom of Powder Park Lift.
- 11:30 AM Half-hour lunch at Deer Park Chalet. Children must bring their own money or sack lunch. Lunchtime is flexible depending on the group's wants/needs/place on the mountain where skiing.
- 2:00 PM Meet your child at bottom of Virginia City Lift. You may arrange to meet your child elsewhere, but the coach needs to be informed. A coach is not responsible for athletes after 2:00 PM.

Please try to arrive early and have your child ready to go on time; late arrivals must find the team on the hill. Athletes must come prepared with a lift ticket or pass, and proper equipment and clothing. If you know ahead of time a day your child cannot attend, please inform one of the coaches as we do keep attendance records.

Although the structure of training can vary from week to week, generally our days consist of free skiing (75%) and gate games (25%). During the early season, we will be primarily free skiing and working on a variety of drills to develop technical skills. Gate training and competition is introduced gradually, and as races near, we will run gates more often.

### 2.1.2 Important Notes for YSL Parents

- **If your child gets separated from a group, he/she must WAIT for the coach between Pierre's Knob and Deer Park Lifts. This way the coach will know where to meet him/her.**
- **Cancellations due to weather will follow similar guidelines as the Bridger Bowl Ski School. Call the BSF Hot line at 587-2445, to confirm the status of the YSL or JFAST programs, and wait for the Alpine prompt. This message will be updated no later than 7:30 am. Be patient and listen to the entire message, there will also be information posted for the JFAST and Development teams.**
- **Cancellation decisions will not be made until the morning, so please do not call your coach the night before to inquire about cancellations.**

### 2.1.3 YSL Competitions

We have two local YSL fun races that are open to kids from YSL/JFAST and to those outside the Bridger program. One race is called the PhD Jamboree, sponsored by PhD Skis, and the other is the Safari Cup, sponsored by Safari Yellowstone. There are separate award categories for kids that compete in USSA races. In other words, there is an award for every participant.

Look for announcements sent home with your skier concerning award ceremonies following these races. This is definitely a time to come to meet your child early in the base area for pictures and lots of cheering! Our sponsors are very generous with ribbons, trophies and gifts for our kids. All YSL racers are encouraged to participate in both races at Bridger Bowl, but participation in races is optional.

Your children will be thrilled if you can attend the race and cheer them on. Bring bells to ring, and cheer for all the kids. We will put on a much better event if we have parents volunteer to watch the course as a gatekeeper. This task can be traded off with another parent, and then no one has to stand during the entire race. A parent coordinator will be calling to ask for help, so please be willing.

Races are a busy time for everyone and our regular weekend schedule is different and sometimes more hectic than usual. Regardless, our goal is to make young athletes feel as comfortable and excited about racing as possible! Normally, there are two runs per race and most races last a good portion of the day. Lunch breaks will vary for each racer depending on his/her start time, age, etc. Athletes will inspect the racecourse in groups with coaches. During a race however, coaches are on the course and cannot be with all racers at all times. Therefore, the athlete must consistently check in with coaches. Parents should not be alarmed if they see their child skiing next to the racecourse or inspecting a course alone, a coach will always be in the vicinity of the course.

#### **2.1.4 The Parents' Role**

It is our belief that the parents' role should be supportive in nature. Our coaches are highly qualified and experienced competitors, and we are confident in their ability to coach your children. In order to give quality time and instruction to your children, we ask that you do not accompany them in training unless invited by a coach. Naturally you will be curious about your child's progress and we encourage you to talk to your child's coach. Many times however, direct interventions (i.e. a parent tagging along for runs, or inspecting a race course with their child) create difficult situations, especially at races. Please feel free to talk to the coach before and after skiing should you have any concerns in this regard.

There is a Christmas camp that is also available to previous YSL skiers that are unsure of their readiness for the JFAST program. Coaching will be matched to the skier's confidence and ability level. Your coach will be able to advise you if your child is ready for the JFAST program, or needs another season in the YSL program. Details of this program are discussed at the preseason informational meetings.

#### **2.1.5 Quick Guide to Choosing Junior Equipment**

Athletes involved in YSL are at an age when their bodies are constantly changing: growing taller and getting stronger. While it is important in skiing to have quality equipment, young athletes DO NOT need top of the line ski equipment. Stable gear is necessary, but the latest, hottest graphics are not. PhD Skis work closely with the BSF Alpine program. These stores offer BSF discount lease programs, and can provide advice about equipment. Good gear for YSL skiers also is available at the BSF Ski Swap. Here is some general advice before you make any buying decisions:

**SKI BOOTS:** Some people say that the three most important things when it comes to ski equipment are boots, boots and boots. This is very true for juniors. Many parents try to buy boots large so that a child's growing shoe size can be accommodated for more than one season. This is a mistake. A proper fit is key because boots are your connection to the snow: they give you feedback, let you know what your skis are doing, and tell your skis what to do. A sloppy fitting boot makes a messy skier and can encourage bad skiing technique. Steer away from rear-entry boots as they can cause children to lean back too far. Adult boots are different than junior boots. Adult boots are generally stiffer, but the real difference is that they are taller. Junior boots are great and athletes should stay in them for as long as they can. They have many of the features of adult boots, but they are softer and shorter. Two and three buckle boots are great for small feet.

**SKIS:** Ski technology has come a long way in the last 10 years. The introduction of skis with more side cut has been a major breakthrough and can take a year off an athlete's learning curve, so we strongly recommend that you buy or lease a newer side-cut ski. If your child is 13 or younger look for a ski that is sized between the chin and eyes. If you have to choose between a ski that is on the long side or the short side, go short.

**HELMETS:** Alpine racing is a HELMET sport, and helmets are required at all races. Helmets should fit snug and provide good visibility. Be sure your goggles fit in them. Make sure the back of the helmet is not rubbing on your neck or the front of the helmet is not pushing your goggles over your nose.

**POLES:** Inexpensive poles are available from shops or at the BSF ski swap and are the best choice for young skiers. To size poles, turn the pole upside down and grab it under the basket. Your elbow should be bent upward past 90 degrees. Take into consideration binding and boot height. Grips should have straps. In sizing poles, longer is better (they can be cut if too long). They are great for getting out of a start and will remind you to keep your hand up.

**CLOTHING:** Select clothing that will meet your child's need for health, safety, comfort, and function. Layering is a good way to ensure proper warmth. Layers can be added or removed as outside and body temperatures fluctuate. Gloves, hats, and goggles deserve special consideration, as the extremities get cold very fast. An extra pair of goggles on powder days is a smart idea. Racers are not allowed to run gates without helmets and goggles! Please bring a hat every day, even if it's sunny (kids can put it in their packs just in case the weather turns). One more thing...don't forget the sunscreen and lip balm!

**Please note, it is NOT the responsibility of the YSL coach to check your child's equipment, nor should a coach adjust bindings due to liability concerns. Please have your child come to YSL ready to ski!**

## 2.2 JFAST Program

JFAST provides all-mountain directed free skiing and an introduction to competitive skiing to skier's ages 8 – 14 prepared to ski at this level. JFAST skiers also have the opportunity to compete in selected USSA Northern Division races. This program is the next step in the BSF alpine skiing progression after YSL. Founded by BSF member and former coach Bruce Maxwell, the program was designed for skiers who have participated in the BSF Youth Ski League or a comparable program for at least one year. JFAST places its emphasis on developing advanced skiing techniques by working within all types of terrain and conditions, and working on drills in and out of gates, thus allowing the young athlete experience to decide if they want to shift their focus to racing at the Development Team level. The JFAST program begins in mid-December. If Bridger opens on schedule, (around the 12th) JFAST will start one weekend later. Call the BSF office to confirm a start date. There will be a message left for the Alpine programs, wait for option #1. The program continues until mid-March. There is an additional camp program available during Christmas for an additional fee.

The Christmas camp is also available to previous YSL skiers that are unsure of their readiness for the JFAST program. Coaching will be matched to the skier's confidence and ability level. Your coach will be able to advise you if your child is ready for the JFAST program, or needs another season in the YSL

program. JFAST team members are invited to join the Development Team in pre-season conditioning at dryland training. This begins in mid-September. See section below under **Alpine Race Team**.

### **2.2.1 YSL Competitions Beyond Bridger Bowl**

The Safari Cup and the PhD Jamboree are NOT Northern Division races. Assume that all other BSF Alpine races at Bridger Bowl and the other ski areas ARE Northern Division races. There are additional costs and fees associated with ALL of these races. Each racer participating in Northern Division races must have a USSA card to participate. The USSA application must be completed and sent with the fee directly to USSA by each racer. USSA online registration can be found at:

<https://webapps.ussa.org/accounts/login.html>

Three Junior level races are run as part of the Northern Division YSL Qualifier series. The Northern Division consists of the Montana ski clubs and Casper, WY. There are Qualifier races for the final season-end regional competition called the Junior Olympics, or 'JO's'. This March race rotates once per year to areas all around the Western Region, and includes the states of AK, OR, WA, CA, ID, MT, WY, UT. There is one 'JO' race for the J3-J4's, and a separate event for the J1-J2's. These three JO qualifiers are at various locations around Montana.

Athletes may participate in as many qualifiers as they wish, but if they want to try and qualify for Junior Olympics, they must finish in at least one event (SL, SG or GS) at all three qualifiers. Junior Olympics is extremely competitive, and there are only a limited number of skiers from any division that will qualify to attend. If this is a goal of your athlete, discuss this with the head coach before the start of training. It takes dedication and planning.

This is the Junior Olympic team makeup from the Northern Division: J4: 3 each gender. J3: 12 boys, 10 girls. We encourage participation in these races by children with some race experience (such as the Safari Cup or PhD Jamboree). If your child is interested in participating in these races, please consult with your child's coach.

All USSA races are open to anyone with a USSA license. Take note of the age classification in the race announcement: some are J4 (11-12yrs old) and younger only, some are J3(13-14yrs old) and older only. Some of the J4 and younger races are open to J3's also, but the J3's could not use their finishes at these races to improve their standings for the year-end Junior Olympics race. There are additional costs associated with these races.

## **2.3 Alpine Race Team**

The Alpine Race Team is composed of Development (DEVO) Team members (ages 12-19) and JFAST skiers (ages 9-12). USSA age class J4 (see below) is typically the youngest age to join the Development Team. Team placement is ultimately decided by the head coach.

### **2.3.1 USSA Age Classes for the 2008-09 Season**

J5 ages 10 and under (born 1996 and later)  
 J4 ages 11 and 12 (born 1994 and 1995)  
 J3 ages 13 and 14 (born 1992 and 1993)  
 J2 ages 15 and 16 (born 1990 and 1991)  
 J1 ages 17-19 (born 1987, 1988, 1989)

The Alpine Race Team (for athletes 9-19 years old) is dedicated to building outstanding citizen-athletes through Alpine ski competition. This is promoted through a positive, quality sport experience.

The program starts in September with dryland training, which continues until on-snow training begins. Dryland training meets MWF from 4-6pm, transportation is provided, when available, from the lot west of the Subway sandwich shop, across from the Swim Center. All BSF liability forms must be completed prior to participating. Early-season on-snow training begins on weekends at Big Sky when it opens. Weekend training typically begins at Bridger Bowl in December and continues through mid-April. Any training at Big Sky involves an extra lift ticket expense, but we usually get a small discount for the BSF athletes.

Beginning in January, both night and weekend training are offered. Starting in the 2008-2009 season, instead of our normal “night training” under the lights, we are working on an early release from school. This will be for 7th and 8th graders and will be on Wednesdays. Athletes must maintain a “B” average on grades to be eligible. Watch for email updates with further details about this. Check the BSF phone (587-2445, option 1) for daily updates during the season.

Families that are new to Alpine racing need to realize that there is a large body of new information and terminology that needs to be absorbed in the few weeks before the on-snow training season starts. The only way to learn about ski racing, and not feel 'left out' is to:

- attend the monthly Alpine committee meetings
- work with a mentor parent in the club by phone, many are ready to help
- meet with the coach early in the season to establish goals
- read this handbook
- start to become familiar with the USSA handbook
- ask other parents questions
- check your emails frequently
- put the BSF hotline, 587-2445, on speed-dial
- go to the Bridger training course, ski with other parents, go to races, and volunteer to help at races, no experience is necessary.

### **2.3.2 USSA Membership**

2.3.2.1 Each racer must have a USSA card to participate in Northern Division calendar races. The appropriate fee, along with the USSA application must be completed and sent in directly to USSA by each family. USSA online registration can be found at:

<https://webapps.ussa.org/accounts/login.html>

2.3.2.2 Hardcopy application forms can also be found on the USSA web-site and may be mailed in as early as July, and a late fee is applied to J3's and older after October 15th.

2.3.2.3 Schedules and race results are available at the USSA Northern Division website:

<http://www.northernussa.com/>

### **2.3.3 Medical Liability and Bridger Bowl Liability Release Forms**

Athletes will not be entered into the team roster and allowed to train or compete until these releases are signed and returned to the BSF office.

The medical release form is necessary for BSF to obtain insurance and to provide medical care in case of an injury. A copy of this form will be kept on file at training and events, and parents will be notified as soon as possible in the event of an injury. Parents and athletes (they check) also must sign the Bridger Bowl liability release form in the registration packet.

### **2.3.4 Team Specifics**

The Alpine team's goals and rules are outlined in this handbook. The monthly newsletter will also keep both parents and team members informed. Weekly or daily updates are recorded on the BSF phone line, 587-2445, option 1. You may also leave messages for your coach at this number. If you have urgent questions contact a coach or committee member directly (see information at the end of this Handbook).

## **3 Alpine Program Registration**

Each participant must be officially registered in order to train with any BSF program. This registration normally takes place each September/October, and must be completed before an athlete can train or compete with the team. All fees from previous years must be paid in full before registering for a new season.

### **3.1 Alpine Program Registration Process**

**3.1.1** Completed registration form and payment.

**3.1.2** BSF medical and liability release forms, with insurance information. A parent or guardian must sign these forms if the participant is under the age of 18.

**3.1.3** Bridger Bowl liability release form (which the parent signs) and Bridger Bowl Safety Enforcement Criteria (which the athlete must read and sign).

**3.1.4** Payment of a Bridger Ski Foundation family or individual membership fee.

**3.1.5** Payment of 100% of the work deposit fee. (JFAST and Development Team)

**3.1.6** If you are racing, payment of the USSA registration fee (check with your head coach if you do not understand the process).

**3.1.7** Northern Division License Fee. (This is usually included in the USSA registration form).

**3.1.8** *Lift fees are paid by families to Bridger Bowl and/or Big Sky ski resort separately.* Early season Development Team training usually involves traveling to Big Sky. Most athletes in YSL, JFAST and the Development Team programs buy a season pass to Bridger Bowl.

## 3.2 BSF Alpine Race Team Fees

3.2.1 Please see the Registration Form for details. Registration forms are available at:

[www.bridgerskifoundation.com](http://www.bridgerskifoundation.com)

3.2.2 If the initial payment is made after November 1 for the JFAST and Development Team programs, a \$25 late charge will be added to each athlete's fee total. This fee is waived for families that are new to the program.

3.2.3 If a participant's payment of fees and other expenses are not received by payment deadlines, that participant shall have his/her training privileges revoked until the account is made current.

## 3.3 Refund Policy

Refunding of JFAST and Development Team Coaching Fees: BSF Alpine will retain 30% of the racer's fee for administrative fees plus \$10/month that the racer was involved in the Program. No refund will be made after January 1st. No refund of work deposits will be made after January 1.

Example: Racer's fee is \$500.  
 Racer drops from the Program on December 30  
 BSF Alpine will retain:  
 $\$500 \times 30\% = \$150$   
 $3 \text{ months} \times \$10 = \$30$  (Oct. is considered the first month of the program.)  
 Total kept by BSF Alpine = \$180  
 Refund = \$220

This refund policy will be effective for all racers, whether withdrawal is for personal reasons or due to injury. Work deposit refund will only be returned after fulfilling 40 hours of volunteer work. There are no refunds given due to late openings of Bridger Bowl.

Refunds of YSL fees will be pro-rated based on the number of weeks the child participated in the program, up through the 5th week of the program. No refunds beyond the 5th week herself.

## 4 Race Registration and Lodging Policies

4.1.1 At the direction of the Alpine Administrator, all race fees are to be mailed to the Alpine Administrator at the BSF office. The BSF office address is found on the cover page of this handbook.

4.1.2 Racers and their families are responsible for their own lodging. Athletes usually stay with family members in a hotel where the team and coaches are all staying. The Alpine Administrator will publish a race schedule with recommended accommodations. However, it is the responsibility for each family to make their own hotel reservations.

4.1.3 With the approval of BSF-Alpine and head coach athletes not staying with family members will stay in a room with same-gender teammates.

- 4.1.4** All athletes will pre-pay in advance of the race a flat fee for each race, which is based on the cost of race entries, lift tickets and coaches expenses, which are approximated expenses; fees will vary from race to race. Refunds for overpayment on a race will be sent to each racer after all expenses are finalized (which may occur throughout the season or at the end of the season, depending on accounting methods). Additional fees for a race will be applied to the athlete's account and invoiced.
- 4.1.5** Refunds for cancellations are typically not allowed, but any refund situation must be coordinated with the Alpine Administrator.

## **5 Work Deposit Policy**

The purpose of the work deposit program is to ensure that volunteer workers are available and motivated to help with fund-raising and program events for the Bridger Ski Foundation, thereby making it possible to keep program costs down. The hours worked under the work deposit system are considered the minimum amount of volunteer effort needed for our non-profit organization. Much of the success of the Bridger Ski Foundation is a result of many volunteer hours by dedicated supporters, which greatly exceed the minimum work deposit hours. The work deposit may be donated to the Bridger Ski Foundation as a tax-deductible contribution.

Fill out the volunteer card at the end of this handbook and send it to the BSF office before or during April to have your deposit refunded.

### **5.1 Work Deposit Structure**

- 5.1.1** The amount of work deposit is \$500 for Devo, \$200 for JFAST athletes, and \$50 for YSL.
- 5.1.2** When more than one family member participates in the Bridger Ski Foundation programs, only one work deposit fee (the largest) will be charged.

### **5.2 Work Hours and Credits**

- 5.2.1** Work deposit credit is received at the rate of \$10 per hour. For parents of Devo and Jfast athletes who are competing in USSA races, a minimum of two (2) days of on hill work at a race at Bridger Bowl is required for a full refund. Full work deposit credit is given to all fund raising event chairpersons and Alpine Committee members.
- 5.2.2** Alpine Committee members are eligible for work deposit credit as long as they are active committee members, participating in meetings. It is expected that Committee members will also be working Alpine fund raiser events and assisting with race production at all home races. If a committee member should resign before the end of a race season, they will immediately pay a work deposit and their work deposit is then managed as it would for any non-committee member.
- 5.2.3** Work hours and credits are non-transferable. Only immediate family members may contribute hours toward their own athletes work deposit. Alpine team athlete hours contribute to their service to the Bridger Ski Foundation, NOT as credit towards a work deposit.
- 5.2.4** Work deposits may be donated to BSF and can be used as a tax-deductible contribution.

### **5.3 Payment and Refund of Work Deposit**

**5.3.1** 100% of a work deposit shall be paid by December 15.

**5.3.2** To receive work credit, a card must be completed and signed by the Alpine Committee Chair or the event chairperson.

**5.3.3** Once the appropriate number of hours have been worked (as specified on the registration form – different for DEVO, JFAST, and YSL programs), and a signed card has been turned into the Bridger Ski Foundation, a refund will be made available within two weeks. Mail your completed work card to BSF – Alpine, Attention Alpine Administrator, P.O. Box 1243, Bozeman, Montana 59771.

**5.3.4** It is the responsibility of each family to keep a record of all hours worked on the card provided by the Bridger Ski Foundation. All dates and hours must be recorded.

**5.3.5** NO REFUNDS SHALL BE MADE AFTER APRIL 30. WORK HOURS MAY NOT BE CARRIED FORWARD TO THE NEXT SEASON. However, work at the summertime fund raisers do count towards the next season's work deposit.

### **5.4 Work Deposit Credits**

Credit will be given at the rate of \$10 per hour for work BSF fund raiser events, which include, but are not limited to:

#### **5.4.1 Fund Raising Events**

5.4.1.1 Winter Fundraiser

5.4.1.2 Fireworks Stands

5.4.1.3 Ski Swap

#### **5.4.2 Bridger Bowl Ski Race Volunteer Positions**

5.4.2.1 Gate Keeping

5.4.2.2 Hand/Computer timing

5.4.2.3 Starter

5.4.2.4 Race Secretary

5.4.2.5 Course Crew

5.4.2.6 there are numerous other race-related jobs

#### **5.4.3 Special Projects**

5.4.3.1 Bridger Ski fair

5.4.3.2 Raffle ticket sale

#### **5.4.4 Work Deposit Exemptions**

The following people are exempt from paying work deposits:

5.4.4.1 Winter Fundraiser Chair

5.4.4.2 Ski Swap Chair

5.4.4.3 Fireworks Chair

5.4.4.4 Alpine Committee Members

## **5.4.5 Work Deposit Credit Not Issued For**

5.4.5.1 Work at out of town competitions

## **6 Alpine Sub-Committees and Policies**

### **6.1 Race Organizing Sub-Committee and Race Operations**

The Race Organizing Sub-Committee is responsible for conducting USSA sanctioned and other BSF Alpine sponsored races at Bridger Bowl. The Race Organizing Sub-Committee Chart shows that 30-35 people are needed to put on each race. For the Bridger Ski Foundation – Alpine to continue its successful race schedule it is imperative that each parent helps several times during the year. For this reason, a work deposit has been instituted to encourage parents to help with our various fund raisers and races.

The responsibility of the Race Organizing Sub-Committee is to plan, schedule, coordinate, and execute all Bridger Ski Foundation Alpine hosted racing events (see schedule). The following outline shows the race committee organization:

#### **6.1.1 Race Officials and Workers**

6.1.1.1 Race Administrator

6.1.1.1.1 Race Secretary

6.1.1.1.2 Bib Chairperson

6.1.1.1.3 Assistant

6.1.1.1.4 Lunch Chairperson

6.1.1.1.5 Data management

6.1.1.2 Chief of Course

6.1.1.2.1 Course Crew

6.1.1.2.2 Course Slippers

6.1.1.3 Chief of Race

6.1.1.3.1 Coordination with BB management

6.1.1.3.2 Technical Delegate

6.1.1.4 Chief of Timing

6.1.1.4.1 Start and Finish Hand Timers

6.1.1.4.2 Assistant Timer

#### 6.1.1.4.3 Midway radio

#### 6.1.1.4.4 Finish lights

#### 6.1.1.5 Chief Gatekeeper

##### 6.1.1.5.1 Contact, train and assign gatekeepers

### **6.1.2 Becoming a Race Official**

The Coaches and Parents share the responsibilities for officiating a race. Parents may learn about and become an official by attending USSA Sanctioned Officials' Clinics which are scheduled throughout the year. Ask any committee member or coach about becoming an Alpine Race Official.

### **6.1.3 Race Organization and Process**

The Race Chairperson is responsible for scheduling and organizing each home race. The chairperson selects the members of the committee.

For each home race, the Race Secretary is to attend the seed meetings and prepare the start order. The secretary does the calculations and prepares race results. Each of the race results are copied and mailed to USSA, a designated person from each club in the Northern Division, and head coaches in the Northern Division. The Race Secretary must have a USSA official's license.

For each home race, the Bib Chairperson assigns a bib to each racer, based on the start order. On the first day of each race, the Bib Chairman distributes to the coach of each club the respective bibs; at the conclusion of each race, the Bib Chairperson then collects them.

The Lunch Chairperson is responsible for making or finding someone to assist or make all lunches for all workers at each home race and delivering them to Bridger Bowl each day of the race.

The Chief of Course is an official of USSA. . He/she is responsible for the supervision of on-the-hill arrangements, makes certain that the courses are properly set and adequately maintained, and supervises the post race clean up. The Chief of Course must have a USSA official's license.

The Course Setters are selected by the coaches and the Technical Delegate at a meeting the morning of the race. Forerunners are selected by the coach of the home area or Chief of Course and must have a competition license. The Chief of Course selects the Course Maintenance Crew of Course.

The Technical Delegate is selected by the Northern Division Alpine Chairperson. The TD has to have an official's card and be knowledgeable about the rules of racing.

The Timer must know how to run the timing equipment and software, and have knowledge of the timing rules. The Timer must have a USSA official's license.

Two Hand Timers are needed for each home race. They are responsible for hand timing, by time of day clocks, the start and finish of each racer. These times are recorded and given to the Calculator. If the hand timer is not recording the times then he/she shall have an assistant help record at both the start and finish.

The Starter and Assistant Starter are responsible for starting the racers. The Starter must be an official of USSA and must be informed about the rules of racing.

The Chief Gatekeeper is responsible for getting gatekeepers for each home race. After each run, he/she collects the gatekeeper sheets from each gatekeeper and delivers them to the Referee for posting of all disqualifications.

The Gatekeepers are responsible for watching gates during the race. They watch each racer go through the gates and observe for any infringement of the rules (disqualifications). This position requires 10-12 parent volunteers.

The Midway Radio is responsible for keeping the head timer and starter of where a racer is on the course.

The Posting Person is responsible for posting unofficial times on the scoreboard.

## **6.2 Fund Raising Sub – Committees**

After team registration, the Alpine Committee will designate volunteer chairs for each fund raising event. The fund raising activities include, among others, the fireworks stands, the Winter Fund raiser, and the Ski Swap and various raffles.

## **6.3 Grievance – Conduct – Communication Sub-Committee**

The purpose of the sub-committee is to provide a proper forum whereby anyone can bring comments by phone, by email, or in person to the Alpine committee so that all parents, coaches, and members may benefit from the interchange of ideas discussed and further, to make recommendations to the Alpine Committee regarding enforcement and interpretation of the Code of Conduct.

The sub-committee is appointed on an as-needed basis by the Alpine Committee and consists of a member of the Alpine Committee, a member of the coaching staff and a parent volunteer. The names of the Alpine Committee members and their phone numbers are published at the end of this handbook and parents/racers are encouraged to contact any of them. The sub-committee may resolve certain matters as directed by the Alpine Committee, but is not empowered to change policy previously established by the Alpine Committee. Matters not resolved will be referred to the Board of Directors of Bridger Ski Foundation.

## **6.4 Coaches Conduct and Review Sub-Committee**

The purpose of this Committee is twofold:

- 6.4.1** To provide a means through which a coach's performance can be evaluated on a timely basis as to whether they are meeting the responsibilities of their job as set forth in the job description of the coaching contract.
- 6.4.2** To provide a means through which the coaches can express any concerns, suggestions, or ideas that they might have regarding the program or specific racer/s.

Maintaining open lines of communication between parent, coach, racer, the Alpine Committee and the BSF Board are of prime importance for this subcommittee's goals.

## **6.5 Scholarship Sub-Committee**

The committee is charged with selecting BSF Alpine racers needing and deserving scholarships. Updates regarding BSF Alpine Scholarships will be added to this handbook at a later date.

## **7 Code of Conduct**

Each member of BSF Alpine, including coaches, racers and parents, will conduct himself/herself in a manner that exemplifies the standards of good personal behaviour and sportsmanship.

All BSF Alpine members will obey the regulations of the Bridger Bowl Ski Area, and those competing in USSA sanctioned events will obey the USSA Sportsmanship Guidelines as outlined in the most current Alpine Skiing Competition Guide, as well as the USSA Northern Division Code of Conduct.

Consumption or possession of alcoholic beverages or controlled substances including tobacco is strictly forbidden and will be grounds for immediate dismissal from the team.

The Grievance/Conduct sub-committee shall review any violation of this Code of Conduct and a recommendation of action presented to the Alpine Committee.

Any violation of law resulting in an arrest or conviction by civil authorities, even if not related to team activities, may result in disciplinary procedures by the Alpine Committee.

### **7.1 Discipline**

**7.1.1** Ultimate disciplinary authority rests with the Alpine Committee. However, the committee charges the Program director/head coach and coaching staff with the duty and responsibility to actively enforce to Code of Conduct of the BSF Alpine Program.

**7.1.2** Coaches are directed by the committee to enforce affirmative control of a “disciplinary event” to the extent necessary.

**7.1.3** The Alpine committee must review any disciplinary actions.

**7.1.4** The Alpine committee may initiate disciplinary proceedings based upon information obtained from sources other than the coaches providing that there is supportive substantial information to warrant this action.

**7.1.5** On trips that include parent chaperones, the chaperones and the coaches share the responsibility of enforcing the Code of Conduct.

## **8 BSF Alpine Transportation Policy**

Transportation for Development Team and JFAST team athletes to events that BSF Alpine will participate in will be provided in the following manner: Most travel to “home” events (training and races at Bridger Bowl and Big Sky) and “away” events (training and races at venues other than Bridger Bowl and Big Sky) will be the responsibility of the participant and his/her family.

BSF will, whenever possible, provide limited transportation to the home events in the club bus on a “space available” basis. There will be a \$1 fee/ride for the bus, and no one may bump a morning passenger from their return trip home in the afternoon. The coaching staff will announce departure, time, and place.

The Bridger Ski Foundation Alpine program expects team members not travelling in the bus to utilize other safe means of transportation to the hill. Any verified reports of unsafe operation of vehicles carrying club members to BSF Alpine activities will lead to disciplinary action against those involved.

For other questions regarding BSF Alpine transportation, please contact the Alpine Administrator.

## 9 Work Deposit Reimbursement Form

**Thank you for fulfilling your obligation as a ski team volunteer!**

To be eligible for a work deposit refund you need to:

1. Work at a competitive event AND
2. Work during or in preparation for a fund raising event. It is your responsibility to account for your own time worked on this card. If your work requirements are fulfilled early in the season submit this voucher to the BSF Alpine Administrator for your reimbursement. In order to receive your refund, this form must be submitted to the BSF office on or before April 30.
3. Be a parent or guardian of the ski team member, ski team athlete work does not count towards the work deposit.

See your handbook for more details on work deposits and volunteer activities, and fund raising events. The amount of the work deposit is given on the registration form.

CUT HERE AND MAIL TO THE BSF OFFICE

**Alpine Ski Team**

**Parent/Guardian Name** \_\_\_\_\_

**Work Deposit Voucher**

**Athlete(s) Name** \_\_\_\_\_

Date	Event	Hours	Rate	Total	Chairpersons Signature

**OFFICE:**

**Date received** \_\_\_/\_\_\_/\_\_\_

**Reimbursed by** \_\_\_\_\_ **on** \_\_\_/\_\_\_/\_\_\_

## 10 BSF Alpine Committee Members, Head Coaches and Key Contacts

*Please extend this courtesy to our coaches: No phone calls between 9:00pm and 8:00am*

Bridger Ski Foundation Office.....	587-2445*
email..... <a href="mailto:bsf@mcn.net">bsf@mcn.net</a> .....	*Alpine Hotline...select option 1
Web site .....	<a href="http://www.bridgerskifoundation.com">www.bridgerskifoundation.com</a>
Roger Bay (Development Team Head Coach).....	581-6480
email.....	<a href="mailto:wajabay@yahoo.com">wajabay@yahoo.com</a>
Tyler Smedsrud (JFAST Head Coach).....	570-0059
email.....	<a href="mailto:tyler@smedsrudesign.com">tyler@smedsrudesign.com</a>
Carole Brennan (Youth Ski League Director).....	600-9929
email.....	<a href="mailto:brennan1412@yahoo.com">brennan1412@yahoo.com</a>
Swithin McGrath (Alpine Administrator).....	587-6161
email.....	<a href="mailto:bsfalpineassistant@hotmail.com">bsfalpineassistant@hotmail.com</a>
Mark Sullivan (Alpine Committee Chair).....	579-5207
email .....	<a href="mailto:mtsulvan@yahoo.com">mtsulvan@yahoo.com</a>
Susan Krueger (Alpine Committee Vice-Chair, Parent Liaison).....	586-2510
email.....	<a href="mailto:sbkrueger@hotmail.com">sbkrueger@hotmail.com</a>
Jason Dokken (Alpine Representative to BSF Board).....	579-5023
email.....	<a href="mailto:jason.dokken@eds.com">jason.dokken@eds.com</a>
Bob Pettitt (Alpine committee Secretary).....	579-1248
email.....	<a href="mailto:mudi911s@gmail.com">mudi911s@gmail.com</a>
Dana Christian (Alpine Committee).....	600-4271
Email.....	<a href="mailto:dchristian@dishmail.net">dchristian@dishmail.net</a>
Carl Swoboda (Alpine Committee).....	222-8557
Email.....	<a href="mailto:dchristian@dishmail.net">dchristian@dishmail.net</a>
Ron Matelich (Alpine Committee).....	599-4399
Email.....	<a href="mailto:rmatelich@dadco.com">rmatelich@dadco.com</a>
Rob Hamilton (BSF Board Chair).....	586-2055
email.....	<a href="mailto:authoritybuilders@hotmail.com">authoritybuilders@hotmail.com</a>