

FREESTYLE 2009 – 10

Parents:

1. Please make sure your athlete is dressed appropriately. The following are required each day:

Neck Gator or Face Mask

Poles

Snack money - \$5 is more than enough – break time, if there IS a break, is not to eat a meal – only quick snacks will be permitted.

Goggles

Hand Warmers

Turtle Neck

Fleece

Mittens (NOT GLOVES)

Ski Jacket (NOT WINDBREAKERS)

2. If your athlete is not dressed for the conditions of the day, they will not be permitted to ski. If unable to return athletes to parents, athletes will sit out class in first aid.
3. Walkie Talkies are NOT permitted during program hours, nor cell phones. They are to be used for emergencies only.
4. Please make sure your athlete is signed up for the FREESTYLE PROGRAM, the AM (Morning) program, the FD (Full Day) program or the C (Competition) program. Passes will indicate FSAM, FSFD or FSC.

5. If athletes are not signed up properly, we will not be able to ski them in class for safety reasons.
6. Please have athletes eat breakfast before program meets! Cars can't run on empty gas tanks, neither can athletes perform properly without breakfast!
7. Please be on time! Program starts at 9 am, classes will leave meeting area at 9:15 am. However, PLEASE do not send your athlete to the meeting area more than 5 mins. before classes meet, this is especially necessary on very cold days!
8. If you know you will be late, please stay with your athlete at the meeting area until your coach comes down. They will be looking at the meeting area for "stragglers" after the first run. If you are later than 9:30 am, athletes will have to remain with parents for that program session. PLEASE DO NOT DROP OFF ATHLETE ALONE IF THERE IS NO COACH/SUPERVISOR AT THE MEETING AREA!
9. Athletes are placed in classes based primarily upon their skill level. Should any changes be needed, coaches will make this known to the supervisor and athlete will be placed in new class, according to their skill level. This program is designed to fine tune skills already learned, as well as to learn new skills, but the primary focus is to HAVE FUN SAFELY. FEAR ERASES FUN FAST!
10. It is your responsibility to check the FREESTYLE BOARD and the Windham Mountain website daily for current information, meeting schedules, etc. The board is on the valley side of the cafeteria.

11. Helmets are mandatory. BERN helmets are NOT an approved helmet. Please check labels to ensure helmets are up to proper codes for competition.

12. It is recommended that if an athlete plans on competing, especially in aerial /big air events, a mouth guard should be worn, but it is not mandatory.

13. If you wish your athlete to be dismissed from class without a parent or guardian, please give the supervisor a note stating same. Your athlete will NOT be allowed to leave the meeting area at end of class session without an adult parent/guardian.

14. If your athlete desires to compete in any USSA sanctioned events, the athlete will need a USSA License. USSA.org is the website for obtaining information for licenses. www.easternfreestyle.org is the website for obtaining information for all scheduled competitions.

15. If your athlete has had any fall that resulted in their striking their head, PLEASE, a new helmet is highly recommended. A helmet can become compromised after a hit. Better safe than sorry!

16. If your athlete begins program after the season start date or has been unable to ski for some time, it is the parent's responsibility to let the athlete's coach know, so that appropriate warm up can be done. In addition, if an athlete has purchased new equipment, the parent should also alert the athlete's coach.

ATHLETES:

1. Poles are not toys or weapons. Please use them properly or they will be taken away.

2. No fooling around on chair lifts, zero tolerance for this dangerous behavior. If this becomes a chronic problem, you will be asked to leave the program.
3. You must ski with your class, participate in skills and tasks assigned by the coaches. If you feel you are unable to ski the terrain the class is on, please advise the coach and supervisor with parent and you can be moved to a more comfortable class.
4. NO FOUL OR SLANG LANGUAGE IS PERMITTED AT ANY TIME. You will treat one another with respect and kindness. If you have a problem with a teammate, coach, or any other individual, please speak with the supervisor immediately. DO NOT TAKE MATTERS INTO OWN HANDS. We are a TEAM and TEAMS work together even under the worst of conditions. You must be cooperative and supportive of one another.
5. No disappearing acts! If you should become separated from your class, go to the meeting area IMMEDIATELY AND WAIT! Your coach/class will go directly to the meeting area for you. BE PATIENT! WAIT FOR YOUR COACH!
6. Check the FREESTYLE BOARD daily – know what is going on with you and your teammates.
7. Helmets are not a fashion statement – they are to be worn for the purpose of protecting your brain from devastating injury – no hats are to be worn under your helmet at any time and only approved helmets are permitted. BERN HELMETS ARE NOT APPROVED!

CONCLUSION:

The goal of this program is to allow our athletes to experience another discipline of skiing – an area that can be filled with fun, fantasy and pushing the limits as far as an individual athlete would like to go – but safely and responsibly.