

Bogus Basin Ski Education Foundation Parent-Athlete Handbook

Mission Statement

BBSEF will:

- “ Provide competitive Alpine, Freeride educational programs for the youth of the Treasure Valley.
- “ Emphasize quality coaching, state of the art training techniques, sportsmanship, self-esteem and enthusiasm.
- “ Enable athletes to achieve their highest level in athletics and education consistent with their personal goals, abilities, time and financial resources.
- “ Continue to build trusting relationships with parents, athletes and school districts.
- “ Be Treasure Valley's preferred winter sports program.

Program Philosophy and Goals

The BBSEF offers Alpine and Freeride/Freestyle participants the opportunity to achieve their highest potential as athletes and competitors while keeping the training sessions fun and full of energy. Our main concern is the development of the athlete as a whole. Winning events is secondary to instilling a good work ethic, self-esteem and enthusiasm. Sustained interest in the program is best served by cultivating a supportive team environment based on mutual respect as well as self-motivation.

The BBSEF is a program for ages 6-18 who want to compete in alpine ski racing and freeride skiing.

The BBSEF is an organization dedicated to providing top level coaching to athletes. Participants primarily range from high school age and younger. In addition, we also have adult groups. These participants compete as members of the Bogus Basin Ski Team.

The primary function of the BBSEF is to promote good citizenship, with the emphasis on training in athletics and physical fitness. The program includes training sessions both on and off the hill, which promote activities to improve the individual's capabilities for skiing, racing and competing. These activities encompass general fitness training, on snow drills, gate training, freeride training, demonstrations, race rules, athlete responsibility and sportsmanship.

The BBSEF will promote amateur athletics and competition throughout the community to better represent the sport of alpine skiing.

Code of Conduct Competitor Responsibilities

Every participating member of BBSEF agrees to:

- Represent themselves, the sport of Alpine and Freeride skiing, and BBSEF with the highest level of integrity. This reflects the professional attitude that our program and all enrolled athletes will work to achieve.
- Represent him or her self in a respectful manner at all times. This includes but is not limited to: all team activities, training on and off the hill, at home and away races, camps and any other related activities.
- Maintain a high level of personal responsibility for him or herself.
- Be courteous to and respect the decisions of the coaching staff, race officials, and all ski area employees and personnel.
- Follow and uphold the rules and code of conduct set forth by BBSEF, the ski area, and USSA
- Understand that participation with BBSEF is a privilege and can be revoked. Each athlete will know and respect all rules, and will understand that violations of rules and policies will result in disciplinary action imposed by the BBSEF Program Director and the Coach.
- Treat all BBSEF athletes as teammates and colleagues.
- Understand that unsportsmanlike behavior will not be tolerated.
- Understand that all Varsity JI-JIII athletes will be subjected to drug testing.

Sportsmanship and General Training Rules

Each athlete is expected to conduct him or herself in a sportsmanlike manner. Each participant is responsible for his or her own actions while training, competing at home or away, traveling, and while involved in any team activities.

Athletes will:

- Not use alcohol or illegal drugs while participating with the team.
- Abstain from the use of any tobacco products.
- Not use profane or abusive language
- Conduct themselves with honesty. No stealing or misrepresentation whatsoever.
- Show self control and have consideration for others. No one will be allowed to injure or bully others.
- Respect other people's belongings. Tampering with other athletes' equipment and personal belongings will not be tolerated.
- Have the inherent right to learn. No one will be allowed to interfere with or prevent others from learning.

Ski Area Rules and Policies

Without the generous support of the Bogus Basin Mountain Recreation Area we would not have a place to ski or train. Please become familiar with and abide by these guidelines. Bogus Basin Ski Education Foundation fully supports these policies and is committed upholding them.

- Carry your season pass with you at all times when skiing and training. No pass, no skiing.
- Have your pass ready to show to the lift attendant. EVERY TIME! It is their job to check passes. Show your pass in a courteous manner and REMOVE YOUR POLE STRAPS.
- Say, "Thank you" when you get on the lift.
- Be cordial and respectful of all area employees and other skiers. The general skiing public always comes first.
- BBSEF members are highly visible. Bring attention to yourselves by the way you ski, not by acting obnoxious, loud or disrespectful. Be on your best behavior on and off the ski hill, in the lift lines, etc. BE A RESPONSIBLE ATHLETE!!!!
- Cutting lift lines is not allowed. You do not have any special privileges at the ski area.
- Observe all ski area signs.
- No tucking on any slopes, unless designated by the coach. Do not ski like a pack of wild dogs! Racing each other in a group is dangerous, and it scares the general public.
- Use a "spotter" when jumping. Do not jump blindly.
- No foul language.
- In case of an emergency or accident, contact a ski patrol, or go to the lift attendant at the bottom or top of any lift.
- Do as much positive promotion of Bogus Basin Mountain Recreation Area as you can.
- YOU ARE A REPRESENTATIVE OF THE BOGUS BASIN SKI EDUCATION FOUNDATION. Through your positive actions, the ski area and all skiers will be proud to support ski racing.

Skier's Responsibility Code

There are elements of risk in skiing, that common sense and personal awareness can help reduce.

- Ski under control and in such a manner you can stop or avoid other skiers or objects.
- When skiing downhill or overtaking another skier, you must avoid the skier below you.
- You must not stop where you obstruct a trail or are not visible from above.
- When entering a trail or starting downhill, yield to other skiers.
- All skiers shall use devices to help prevent runaway skis.
- You shall keep off closed trails and posted areas and observe all posted signs.
- This is a partial list. Be safety conscious!

BE AWARE! SKI WITH CARE!

Officially endorsed by: National Ski Area Association

Specific Programs

Alpine

Mitey Mite Program (J7/J6)

Designed for the young ripper (age 6-8), this program is an all mountain program with a mixture of alpine race training and freeride training in a fun and safe learning environment. This program is primarily 1 day a week program (either Sat. or Sun.) that is 12 weeks in duration. The program starts Mid. Dec. and goes through the first week of March. Athletes in this program are automatically entered into our club events, which are a Slalom race, a Giant Slalom race, our Big Mountain event and our end of season finale that that features competition in multiple disciplines. Mitey Mite athletes are also highly encouraged to enter the Cranston Cup, which is an Intermountain Division North Series race hosted at Bogus Basin in January. **A USSA youth license is required** in order to participate in an Intermountain Division North Series race. Mighty Mite athletes interested in racing in the Cranston Cup are highly encouraged to participate in our Christmas Camp. The Christmas camp is an optional program featuring four days on snow, transportation is available for an additional fee. **J6 athletes can compete as part of the alpine Intermountain Division North Series circuit or on the Devo Team Freeride program; MM or DEVO Team coach recommendation required (see DEVO team program description below).**

ALPINE

Development Home Team – Alpine (J5 and up)

Designed for athletes (age 9 and older), this program increases its focus on advanced alpine race training while blending in elements of freeride training in a fun and safe learning environment. Under the Devo Team umbrella athletes have a variety of training options. They can choose to train either 1 day on the weekend or both Sat. & Sun. In addition, athletes in this program have the option of adding ski-up training options during the week to supplement their weekend training. Athletes choosing mid-week ski-up options will be training with Devo or Varsity athletes and coaches. Athletes interested in competing in sanctioned skier cross events are encouraged to join the Devo Team Combo program. All Devo Team programs are 12 weeks in duration (Mid. Dec. . through the first week of March). Athletes in this program are automatically entered into our club events, which are a Slalom race, a Giant Slalom race, our Big Mountain event and our end of season finale that that features competition in multiple disciplines. Devo Team athletes are also highly encouraged to enter the Cranston Cup, which is an Intermountain Division North Series race hosted at Bogus Basin in January. **A USSA youth license is required** in order to participate in an Intermountain Division North Series race. Devo Team athletes interested in racing in the Cranston Cup are highly encouraged to participate in our Christmas Camp. The Christmas camp is an optional program featuring four days on snow, transportation is available for an additional fee. Devo Team athletes can compete as part of the alpine

Intermountain Division North Series circuit; MM or DEVO Team coach recommendation required (see DEVO team program description below).

Alpine North Series Team – Alpine (J5-J3)

Designed for athletes (age 9 to 13), this program is focused on advanced all mountain and alpine race skiing development in a fun and safe learning environment. Athletes in this program train three days per week (SAT., SUN, & WED night) with the option to add additional training days. Program duration is Mid. Dec. . through March. Athletes in this program compete in the Intermountain Division North Series of the USSA. Athletes in this program travel to races with parents and/or guardians. Races are typically held at Bogus Basin, Kelly Canyon (Idaho Falls), Sun Valley, Snowbasin (Ogden, UT), Jackson, WY, and McCall. BBSEF supplies team coaches at all races. **USSA Youth or Competitor license is required** for athletes competing as part of this team (additional fees for license apply). ANS team athletes are automatically enrolled in Christmas Camp. ANS team athletes are assigned locker room access. Slalom and Giant Slalom skis are recommended.

Varsity Team Program – Alpine (J3 and up)

Designed for athletes (age 13 and older), this program is focused on advanced alpine race skiing development in a fun and safe learning environment. In addition athletes are taught proper ski tuning techniques and are expected to keep their equipment in race ready condition. Athletes in this program train five days per week. Program duration is Dec. . through April. Athletes are encouraged to participate in year-round dryland training programs offered through BBSEF. Athletes in this program compete as part of the Intermountain Division of the USSA. Extensive travel is required for athletes in this program; school tutoring is available during the ski season. Athletes travel to races with coaches and team members. **USSA and FIS licenses are required** for athletes competing as part of this team (additional fees for license apply). Varsity team athletes are automatically enrolled in Christmas Camp. Varsity team athletes are assigned locker room access. Slalom and Giant Slalom skis required.

BBSEF Team Shred

Team Shred Development Home – Freeride (J5 and up)

Designed for athletes (age 9 and older), this program is focused on advanced big mountain skiing development and other freestyle disciplines such as moguls and park in a fun and safe learning environment. Athletes in this program have the option of training multiple days or remaining with the 1 day a week program. This program is 12 weeks in duration (Mid. Dec. . through the first week of March). Athletes in this program are automatically entered into our club events, which are a Slalom race, a Giant Slalom race, our Big Mountain event and our end of season event that features a slalom race, a giant slalom race, mogul competition and a jumping competition.

Team Shred Elite (TSE) Team Travel Freeride –

Designed for athletes (age 9 and older), this program is focused on advanced freeride and freestyle disciplines. Early season and specialized event training (i.e.: superpipe) training may require travel to other resorts (additional fees will apply). Athletes in this

program train three days per week (Sat., Sun, & Wed night) with the option to add additional training days. Program duration is Mid. Dec. . through March. Athletes in this program are encouraged to participate in IFSA and USASA events. The IFSA (International Free Skiers Association) conducts a junior Free Skiing tour for athletes 12 and older. These are Big Mountain events held throughout the west and Canada. IFSA events are only open to athletes 12 years and older. USASA (United States of America Snowboard Association) is the primary body sanctioning skier cross events and also conducts slopestyle events. Athletes in this program are encouraged to compete in the Payette River Mountain Freeride series, a USASA series. **IFSA and or USASA licenses are required** to participate in IFSA or USASA sanctioned events. Licenses are not required for those athletes not competing in sanctioned events. Athletes in this program travel to EVENTS with parents and/or guardians. TSE travel team athletes are automatically enrolled in Christmas Camp. TSE team athletes are assigned locker room access. Freeride and Mogul skis are recommended. **Special note: (10) or more athletes must be enrolled in this program in order for program to be offered.**

Academic Policy

BBSEF has a policy to monitor and support the academic progress of each varsity student athlete by offering the services of a team tutor and requiring a minimum 2.5 GPA (no F's allowed for participation in either team training or racing). Grades will be solicited through out the season. Athletes will be expected to rectify the situation as quickly as possible and demonstrate through school review that grade requirements are being met. Athletes who need time to make up work missed due to travel will be allowed ten days to complete unfinished schoolwork. Athletes who are unable to bring their grades up to meet minimum standards will be issued refunds according to the published refund policy.

Drug Test Policy

BBSEF is a youth oriented athletic organization that believes wholeheartedly in providing a drug-free environment for all of its participants. BBSEF will strive to be a positive force in each and every athlete's life and will help athletes reach their goals by providing a positive and healthy learning environment. In order to achieve our goal of creating a drug-free environment, the BBSEF has mandatory drug testing for all Varsity Alpine athletes who are 13 and older as a condition for participation with the team. These athletes must return proof of a clean drug test with their completed registration forms. If an athlete has a positive test, they may not participate with BBSEF until they provide us with a negative test at their own expense. BBSEF will also provide the name of a drug counselor in order to help an athlete who has tested positive to become drug-free. Random tests will be given two additional times during the season and the athletes will be selected by Drug Test West. Athletes who have previously tested positive will be automatically included in the random tests. BBSEF will test 10% of the total Varsity Alpine and Freestyle athletes during the random tests. The BBSEF will take steps to keep the results of all drug testing confidential. If an athlete has a second infraction during the season, this will result in a suspension from the team and all team activities for the remainder of the season.

Daily Training Rules

Every participating athlete of the BBSEF Ski Team will:

- Be on time for designated training sessions and team activities.
- Notify your coach or call the Training Center if unable to attend practice or any scheduled team activity.
- Dress in a responsible manner for the day's weather.
- Always carry their area's season pass.
- Maintain personal ski equipment on a regular basis to ensure personal safety and optimum performance.
- Observe Training Center rules.
- Observe ski area rules.
- Inspect all training and racing courses unless otherwise instructed.
- Wear goggles while training. Sunglasses are not allowed.
- Assist with set-up and tear down of training and racing courses unless otherwise instructed.
- Put equipment back in the same order it was found. If something is broken please notify your coach, so that it may be fixed.
- Do your part to keep the pole bin in an orderly fashion.
- NEVER, never yell or scream at a public skier who might cut in front of you, or happen to ski a team training course.
- Be Devoared for contingencies and changes of schedule.
- Bring your best attitude and behavior.

Competitor Responsibilities

- Every participating member of BBSEF agrees to:
- Represent themselves, the sport of Alpine and Freeride skiing, and BBSEF with the highest level of integrity. This reflects the professional attitude that our program and all enrolled athletes will work to achieve.
- Represent him or herself in a respectful manner at all times. This includes but is not limited to: all team activities, training on and off the hill, at home and away races, camps and any other related activities.
- Maintain a high level of personal responsibility for him or herself.
- Be courteous to and respect the decisions of the coaching staff, race officials, and all ski area employees and personnel.
- Follow and uphold the rules and code of conduct set forth by BBSEF, the ski area, and USSA and the USSA Intermountain Division

- Understand that participation with BBSEF is a privilege and can be revoked. Each athlete will know and respect all rules, and will understand that violations of rules and policies will result in disciplinary action imposed by the BBSEF Program Director and the Coach.
- Treat all BBSEF athletes as teammates and colleagues.
- Understand that unsportsmanlike behavior will not be tolerated.
- Understand that all Varsity JI-JIII athletes will be subjected to drug testing.

Jason Harper Training Center Rules

The Jason Harper Training Center is located at Bogus Basin and is for Development and Varsity Alpine and Freestyle athletes and Staff only. Athletes will be removed from the training center if they do not abide by these rules.

Every BBSEF Varsity & Development Team athlete agrees that:

- Coaches' offices and rooms are off-limits unless invited by a coach.
- All personal equipment must be kept in individual lockers. No exceptions.
- They will stay out of other's belongings.
- No writing, stickers, or defacing the Jason Harper Training Center.
- All trash must be placed in the garbage containers.
- Waxing irons must be turned off after use.
- Tuning benches and floors must be swept after personal use. Clean up your mess!
- The phone can be used on a limited basis.
- The Jason Harper Training Center is not a playground. There will be no fighting, swearing, or throwing.
- Only the coaching staff may operate video equipment, radios, and drills.

Remember, use of the Jason Harper Training Center is a privilege. Please conduct yourself in a responsible manner at all times. Infractions of these rules could result in a loss of your Team Room privileges for one week. More than one offense may result in indefinite loss of use of the Team Room.

Equipment Insurance Policy

BBSEF is not responsible for lost, stolen or damaged items left in the training center, vans or packed on top of the vans. We will make every effort to ensure your child's belongings are safe.

Guidelines for Rule Violations

Consider the following a MAJOR OFFENSE:

1. Breaking the law while participating with BBSEF
2. Use of illegal drugs
3. Use of alcohol
4. Use of tobacco
5. Persistent lack of respect for fellow team members and competitors, especially younger members of the team. Backstabbing, critical comments, bullying and abusive language toward others that can interfere with another athlete's right to learn and/or lead to diminished participation in the program.

Punishment for a Major Offense:

1st Offense- Two week suspension from all team activities

2nd Offense- Indefinite suspension from team and team privileges, return of loaner equipment.

Any rule infractions endangering yourself or others may result in a 1 year suspension.

Consider the following a Minor Offense:

1. Misbehavior
2. Breaking Curfew at an away race
3. Lying
4. Violation of ski area rules
5. Violation of Training Center rules or daily training rules

Punishment for a Minor Offense:

1st Offense- One week suspension from all team activities

2nd Offense- Three week suspension

3rd Offense- Indefinite suspension

Appeals

All punishments imposed by the rules and policies of the Bogus Basin Ski Education Foundation are subject to appeal by the athlete. A BBSEF Board of Directors approved Appeals Committee will review, evaluate and recommend action to be taken by the Board based on a case presentation by the athlete through a formal hearing.

Equipment Insurance Policy

BBSEF is not responsible for lost, stolen or damaged items left in the training center, vans or packed on top of the vans. We will make every effort to ensure your child's belongings are safe.

General Membership Meetings

BBSEF is a non-profit (tax-exempt) corporation whose purpose is to provide competitive Alpine and Freestyle educational programs for the Treasure Valley. Membership in BBSEF is made up of the athletes in our programs and their families. Each year at the Annual Spring Meeting, each member of BBSEF has the right to vote for new board members. The BBSEF Board consists of nine persons who will be elected and three of who may be appointed for year long terms by the elected Directors. Each elected Board member shall serve a three-year term. The function of the Board is to give program direction, participate in fund-raising events and provide for BBSEF's future through long range planning. BBSEF has Board meetings on the second Monday of the month throughout the season. If you are interested in attending a meeting please contact the BBSEF office for time and date. The BBSEF Board of Directors will hold an annual meeting in April each year. All BBSEF families are encouraged attend.

Refund Policy

Refunds of coaching fees are given for the following reasons at the following rates.

Refunds will be granted for:

- Illness or injury that will prevent a competitor from training for the remainder of the season, or a significant portion thereof. A doctor's statement is required for a refund to be granted.
- Moving from the region thus preventing participation in the program.

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| 1. | Prior to December 15 th | Mitey Mite/Devo | 75% refund |
| | | Varsity | 50% refund |
| 2. | Dec. 16 th - Jan.15 th | Mitey Mite/Devo | 50% refund |
| | | Varsity | 40% refund |

No Refunds after January 16th

NOTE: New racers will receive a full refund of coaching fees if their skiing ability limits their participation in the program. Coaches will decide if a child is not eligible on the first day of practice. Licensing fees are not refundable.

Intermountain Division Program Ladder

Athletes licensed in the Intermountain Division who have paid their dues to the USSA are defined within the following age groups.

CLASS (Alpine and Freestyle)

Age (as of December 31st of the current year)

JVII: 6
JVI: 7-8
JV: 9-10
JIV: 11-12
JIII: 13-14
JII: 15-16
JI: 17-19
A: 20 and older

Each of these age classes is eligible to race in the following series:

YSL Series	JII-JVII
North Series	JII - JV
Junior III Qualifiers	JIII

Intermountain Cup JI/JII Qualifiers A, JI, JII
Freeride JV- and older

BBSEF Home Mitey Mite Races:
All Mitey Mites athletes are encouraged to participate in our home club races. These races are not for points.

North Series:
North races are held in the northern half of the division (Idaho and Wyoming). All licensed JII-JV skiers may be eligible for these races.

Junior III Qualifying Series:
JI-JIII Open Series:
All JI-JIII athletes are eligible for this series. This is a non-qualifying series.

Intermountain Cup/ JI-JII Qualifiers:
Alpine Varsity JI's and JII's are eligible for this series. JIII's may race in selected races.

Intermountain Tour:
This series is open to all licensed Freestyle competitors that are JV's and older.

The "Alpine Competition Guide" and the "Freestyle Competition Guide" is furnished by USSA to all members of USSA. It is an invaluable source of information. Please familiarize yourself with the information provided to you in the "Comp Guide". If you have any questions please feel free to ask your coach or call the office 336-5295.

Parental Assistance/Volunteer Insurance

You, as parents and volunteers of the Bogus Basin Ski Education Foundation are one of our most important resources. Your participation in fundraising and competitive programs is essential to the overall success of the BBSEF. A value has been assigned to the Ski Swap, Winter Welcome, Rose Sale and various events. The subsidy for each program varies and so does the work deposit.

Varsity Alpine Team

16 Ski Swap Shifts
10 doz. Roses
2 Race/ Competition Days
1 Winter Welcome Auction Item

North Series Team Alpine & TSE Freeride

8 Ski Swap Shifts
10 doz. Roses
2 Race/ Competition Days
1 Winter Welcome Auction Item

Mitey Mites/Devo and Team Shred

4 Ski Swap Shifts
10 doz. Roses
2 Race Day
1 Winter Welcome Auction item

*Note- Swap Shifts are 3-4 hours each

Volunteer insurance deposit: The coaching fees you pay cover only a portion of the actual cost of running our programs, BBSEF subsidizes the remaining costs through fundraising we try to keep our volunteer requirements to a minimal. It is with the participation of every BBSEF family that we are able to keep our fees lower than other ski programs. We ask each of our families to volunteer for the requirements stated above. To help insure we have adequate volunteers we require a Volunteer insurance deposit of \$200 for Freestyle and Alpine Mitey Mites, \$300 for Development and \$400.00 for Varsity. Please include a check dated 6/1/10 for one of these amounts. This check will be cashed only in the event that you choose not to fulfill your volunteer requirements. BBSEF will track volunteer requirements so that you may contact the office anytime during the season with questions on what you have completed. Thank your for volunteering your valuable time to make our program a successful and affordable youth sports program.

Fundraisers

Winter Welcome

This fall fundraiser is a dinner with a silent and live auction. This event requires help from our membership in soliciting auction items and staffing the event. The Winter Welcome will be held December 2, at the Stueckle Ski Center.

Ski Swap

November 3rd . 6th. This is a most important fund raiser and it cannot happen without you. We need your help so mark Nov. 3rd . 6th, on your calendar.

Annual Rose Sale

This is our spring fundraiser. It is important to get everyone out there to sell roses to benefit our program. The Rose Sale is March 14th & 15th.

Roster of Club Officials

BBSEF Officers:

- President . Mike Sabin
- Vice-President . Kathleen Brady
- Treasurer - Mark Heil/SamLangston
- Secretary . Sydney Spencer

Board Members:

- Ron Abramovich
- Dane Black
- Brenden Fitzgerald
- Scott Gary
- Elaine Hill
- Sam Langston
- Mark Menlove
- Kris Robinson
- Fred Stackpole
- Connie Winsauer
- Steve Wyman

BBSEF Staff:

- Administrative Director . Shannon Carrell
- Athletic Director/Head Coach . Kenny Corrock
- Alpine North Series Team Supervisor . Brian Walp
- Mitey Mite Team Supervisor . Chuck Combs
- Team Shred Freeride Supervisor . Josh Loubek