

Mammoth High School
MHS Alpine Ski and Snowboard Racing Teams Program
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Tuesday, November 3, 2009

Another season is upon us, and we are racing again! It will be another fun season on the slopes. The only new change this season is along with regular MHS Alpine members, we'll have MHS J1/2/3 athletes competing for the high school when there is no Far West schedule conflict. Unbound Team members are welcome to race for MHS. Lots of firepower for MHS this season!

Our expense this season after receiving assistance is *estimated* at around \$400 per athlete (not to exceed \$500 total). This amount *does not* include a team jacket. If you would like a team jacket, they are available for \$100 additional. Season lockers may also be optionally purchased for \$150. Champs are at glorious Mount Shasta this season. Cost of Champs will likely be around \$250 – 300 per qualifying athlete. In order to be considered to qualify for Champs at Shasta, a racer must compete (start, and finish *successfully*) in *at least* two races per event. Divisional competition does not guarantee placement at finals. Starting in only one race per event (GS/SL) will not qualify an athlete for Champs. A racer may qualify for GS, SL, or GS and SL.

The MHS Alpine Ski and Snowboard teams offer quality training via certified MMSA staff to student-athletes, along with a season pass (no need to pay \$5 a day), mid-week coaching from December 2, 2009, to March 12, 2010 (Champs), and entry fees for divisional races. Also included are Spring Slalom Training Camp Weekends: The last Saturday and Sunday of April 2010, and the first Saturday and Sunday of May 2010. If the athlete already owns a season pass, team fees are still the same. We are billed from the mountain and we must accommodate the operational costs of coaching and races accordingly.

CNISSF State Championships (www.cniSSF.org) will be at Mount Shasta this season. I would estimate the cost of this event at around \$250 - \$300 per athlete. Shasta is a fun experience. Parents who are interested in coming along should inform Mr. Leonard.

Alpine Ski and Snowboard team members will receive training four days a week: Monday, Wednesday, Thursday, and Friday, beginning on Wednesday, Dec. 2, 2009, and continuing through Championships on **March 6 - 12, 2010. Divisional races at Mammoth Mountain are: January 8 (GS and SL), January 22 (GS and SL), January 29 (GS and SL), and February 5 as a possible make-up day.** In order to be considered to qualify for finals at Shasta, a racer must compete (start) in at least two races per event. Tuesdays and days when foul weather cancels practice, the students are to attend their regular period 6 class. The mountain *highly* discourages students from going up to snowboard/ ski on foul weather days that cancel practices. If it's very ugly up there, it is also more risky to be out. No MHS team commitments on weekends or holidays.

Athletes are responsible for their own transportation to the mountain. Students must complete an "Authorization for Student Participation" form for transportation purposes. Students are expected to be at the bottom of chair #6 at 2:00PM every day for practice, or they may go to the run where they are training, if known in advance. I will obtain the weekly training schedule in advance and share it with the students. This is one reason that I ask for e-mail addresses. Excessive tardies

will result in suspension of privileges. After the Winter Recess, a mountain bus should be running daily from in front of the high school, so there is no excuse for being tardy.

This season all athletes are expected to adhere to a very strict, zero-tolerance drugs and alcohol policy. Any student found under the influence of drugs or alcohol by the school, mountain staff, or a law enforcement officer will have team membership status revoked immediately. Athletes are subject to drug and alcohol tests if reasonable suspicion exists. It is good practice for athletes to avoid drugs and alcohol completely, for numerous legal, health, and safety reasons.

MHS Alpine & Snowboard team members who successfully complete the season will receive 5 units of Physical Education credit. Students in a period 6 Ski P.E. class receive another 5 units. **** For safety reasons, you must be able to ski/ snowboard the entire mountain without difficulty in order to participate on the MHS Alpine team** All students must wear a helmet at all practices and competitions. We require a helmet with plastic-protected ears.**

I would like to encourage you to consider joining MSSEF (Mammoth Ski and Snowboard Educational Foundation). www.mssef.org MSSEF helps support our team with CNISSF race entry fees and travel assistance. MSSEF also partially reimburses student-athletes who show academic strength at the end of each season. To receive benefits, membership must be received before the first "Outstanding Athlete" dinner in January 2010.

Students must maintain a 2.0 to remain in good academic standings with both the school and the mountain to participate. If there's time to ski/ snowboard, there is time to study. We will be collecting the "Section 4: Statement of Compliance" forms from each student. The high school reserves the right to remove students from the team for consistent academic ineligibility. Truancy/ tardies from practice may also result in removal from the team. Athletes are expected to exemplify good behavior on the mountain (no cussing, no fighting, no disrespect of mountain/ staff, etc.). Failure to conduct oneself in a positive manner could result in removal from the squad. Zero tolerance exists for drugs and alcohol. Athletes must abide by the behavior standards set by the school and the mountain. No refund will be issued if a student is removed from the team. Removal from the team results in deactivation of the pass and termination of locker privileges. No credits will be earned for P.E. Just be good and do the right thing!

Students need to be physically cleared to participate on the team. If you have not get been cleared (via another sport) you must arrange a trip to Sierra Park Pediatrics. You may not participate with the team until physically cleared.

To participate on the team, students must submit a \$400 non-refundable payment to "MHS" by Tuesday, November 17, 2009. Please return the check with *all* requested paperwork. Athletes will be informed of the remaining amount (if any) on Thursday, November 19. Final payment (not to exceed \$500 total) and papers are due Friday, November 20, 2009. Passes should be issued the week of Thanksgiving. If you would like a locker, please submit an additional \$150. You may share a locker with another athlete of which the cost is only \$75 (\$150 divided by 2 athletes). I have about 15 lockers available. Athletes may be asked to share a locker even if only one is requested (due to space). If this is the case, a reimbursement of \$75 will be issued. If you would like a team jacket, please include another \$100.

We are all anticipating what will be another fantastic season on the slopes!

Please return this form with all others to Mr. Leonard or return to his mailbox in the office with a deposit check made payable to "MHS" in the amount of \$400 to secure a spot on the team. Deposit is non-refundable. If you choose to purchase an optional mountain locker for use during the high school season, the deposit amount is \$550 for single locker or \$475 for shared locker. Add \$100 for team jacket and specify size. Deposit and forms are due on Tuesday, November 17, 2009. Final payment is due Thursday, November 19, 2009.

I, _____, plan on participating on Mammoth High School's Alpine Ski and/or Snowboard team during the 2009 – 2010 winter season. By signing this form, I also consent to abide by the zero-tolerance drug and alcohol policy. I consent to a drug or alcohol test if the alpine director, coach, mountain staff, school administrator, or a law enforcement officer believes that there is reason to administer one.

Athlete signature

Parent/guardian signature

Contact Information:

Mailing Address: _____

Home phone: _____

Work phone: _____

Parent(s)/guardians(s) names: _____

Cell phone numbers: _____

Athlete e-mail address: _____

Parent e-mail address: _____

Emergency contact information: Name: _____

Locker request (please circle): yes no If shared locker, with who? _____

Emergency phone contact number: _____

Parents: I can help supervise at various fundraising events (please circle):

yes no maybe

Checklist to return to Chris Leonard

- _____ This contract (other side of this paper) completed and signed

- _____ Deposit Payment (\$400, \$475, or \$550 – depending upon locker request)

- _____ Additional \$100 for team jacket. *Specify size* (Mens): _____

- _____ “Authorization for Student Participation” form

- _____ CIF Health Statement *or handed in for sport*: _____

- _____ Section Four Compliance form *or handed in for sport*: _____

- _____ “2009 – 10 Registration Form” MMSA registration form

- _____ “Release of liability and indemnity agreement” MMSA registration form

- _____ “Athlete Code of Conduct” MMSA registration form

- _____ “Athlete Locker Information” MMSA registration form

- _____ Student and Parent e-mail addresses furnished for effective communication

Please put all the following in an envelope and hand to Mr. Leonard or leave in his school mailbox in the office.

- _____ Helmet with hard plastic ear protection

- _____ Binding check by professional

Remove this page and mark in your calendars!

2009 - 2010 MHS Alpine & Racing Snowboard Calendar - South Division II

Friday, January 8, 2010 - GS and SL

Friday, January 22, 2010 - GS and SL

Friday, January 29, 2010 - GS and SL

Friday, February 5, 2010 - make-up day if necessary

- This schedule has been approved by MMSA.
- Foul weather may cancel/postpone races.
- All of the above races are at MMSA.
- March 6 - 12, 2010: CNISSF Champs at Mount Shasta, California:

March 6 - Skiers depart Mammoth for Shasta @ 8am

March 7 - Training day ski

March 8 - Ski GS; Snowboarders depart Mammoth for Shasta @ 12pm

March 9 - Ski Slalom; Training day snowboard; 6:00pm Ski awards

March 10 - Snowboard GS; Skiers depart Shasta @ 8am

March 11 - Snowboard Dual SL, 6:00pm Snowboard awards

March 12 - CNISSF make-up day/Snowboarders depart Shasta 8am.

** Skiers/Snowboarders might be asked to gatekeep for other sport event.*

Saturday, April 24, 2010 - Spring Slalom Training

Sunday, April 25, 2010 - Spring Slalom Training

Saturday, May 1, 2010 - Spring Slalom Training

Sunday, May 2, 2010 - Spring Slalom Training