

Fairbanks Alpine Ski Club

Membership & Registration Packet

The Fairbanks Alpine Ski Club (FASC) is a youth and young adult alpine ski racing program based at Ski Land. The objective of the program is to teach the elements of alpine ski racing and to provide opportunities for the skier to participate in organized racing events and camps. FASC's philosophy is by developing the skills and discipline necessary for racing, the result will be a highly confident and competent skier who loves to ski.



FASC offers three levels of ski racing and training programs for Fairbanks area youth: the Mighty Mites Program; the Development Program (DEVOs), and the Junior Program. These programs range from one to two days per week, November through early April. Along with the training, we hold competitions at the local and state level. FASC is based at Ski Land and skis there on Saturday and Sundays. We may also ski at Moose Mountain and Birch Hill in the early season, snow permitting.

FASC programs are based on age and ability and skiers may be moved between groups based on ability and coach's assessment. All FASC participants must join the United States Ski and Snowboard Association (USSA). The programs offered are structured according to age and it is expected that a skier have a fundamental skiing ability. The Mighty Mites Program emphasizes the development of primary racing skills and having fun. The DEVO and Junior Programs offer more training time as well as the opportunity to travel to races and camps.

The coaching staff is comprised of volunteers who commit a tremendous amount of time and effort, and who work throughout the year staying current with the latest developments in ski racing. Most of the coaches are former ski racers and certified by the US Ski and Snowboard Association (USSA) and regularly participate in USSA-sanctioned coaching clinics. **Required volunteers and coaches must submit a background check to FASC before participating in events with children via [USSA](#).**

Club races will be held at Ski Land in February, March, and April. This allows the athlete the chance to use the skills acquired during training to compete against other racers of the same age and to get comfortable with all that goes on during a race. These are fun races! Please note that parents are needed to help with these races as course officials, race set up, and administration. Non-skiing parents can help in the race shack with timing, bibs, and sign-ups.

Expectations

Membership in the US Ski and Snowboard Association (USSA) is required and can be done online at www.ussa.org – please note our club is listed as **Moose Mountain Alpine Sports Club** with USSA. Your child will not ski with the club until we have confirmation of their USSA number.

Temperature cut off for training and races is -5 F or colder or head coach's discretion on mountain two hours before these activities are scheduled to begin. Training is optional for Mighty Mites when the temperature is zero. The club's Facebook page will be updated at least one hour prior.

Plan to be at the ski area at least 30-45 minutes early to allow for parking, lift tickets and getting gear and skis on. Athletes are expected to meet at the race building or designated spot (outside on the snow with equipment on) promptly at the start time. Please note it is the parent's responsibility to make sure that their child meets up with their coach and group.

Fairbanks Alpine Ski Club Programs

MIGHTY MITES

Age level: 6–10 years old

Costs: \$200 Saturday only from 12–3pm

This program emphasizes the development of strong, fundamental skiing skills and the introduction of basic racing techniques. Athletes in this program train on Saturdays 12 to 3 pm at Ski Land from January through mid-April.

It is expected that children enrolling in the Mighty Mites program can already:

- put on their own skis;
- get on/off lift by themselves;
- stop and turn under control; and
- ability to ski for the duration training session (3 hours).

Parents are encouraged to ski with the Mighty Mites. Volunteers are always needed on race days, and parents are strongly encouraged to get involved by volunteering to help with registration, distribution and collection, gate keeping, timing, and course preparation. Parents are encouraged to allow for as much free-skiing opportunity as possible. The more time spent skiing, whether training or just out having fun, the better the skier!

There will be opportunities in March for athletes in the Mighty Mites to travel to the Anchorage areas to participate in Youth Ski League races. These races are open to athlete's age 6–14 years old and give young racers the opportunity to compete against skiers from other clubs. *Skiers must attend 10 days of training with the team prior to traveling and entering in a divisional race.* Travel to divisional races is at the coach's discretion. Parents are responsible for all race fees and travel, including coaches' fees for travel.

Proper equipment is essential for racing as well as for the comfort and safety of the athlete while on the hill. The following lists equipment that is necessary for participation in the program:

- Shaped skis, preferably a junior multi-event racing ski that can be used for both slalom and giant slalom. The type and size of ski is based on a combination of skier weight, height and ability. Bindings are important to the safety of the skier and should be appropriate to the type of ski and adjusted by a ski technician according to the size and ability of the skier.
- Boots that buckle in front. Rear-entry or mid-entry boots do not offer enough support. Boots should have four buckles or three buckles for very young skiers. Avoid boots that are too stiff; junior race boots are designed specifically for younger racers and so have a soft race flex. Sizing is very important – too big and the skier won't have proper support, too small and the boots will be uncomfortable and cold.
- Ski poles.
- Helmet. Skiers will not be permitted on the hill without a properly fitting ski helmet.
- Ski goggles.
- Jacket that is warm without being too bulky.
- Insulated pants.
- Warm mittens or gloves and a face mask.

Membership in the US Ski and Snowboard Association (USSA) is required. Membership registration may be done online at www.ussa.org – There are different levels of membership.

DEVELOPMENT Program (DEVOS)

Age level: 11 –18 years old

Costs: \$300 Saturday only from 10am–3pm

\$200 coat deposit (FASC will supply an athlete coat for season.)

You have the option to buy the coat or return it (clean) at the end of season.

The FASC DEVO program is for skiers between the ages of 11 to 18. This program develops all-mountain skills through directed free-skiing, race drills, and gate training. It is designed to accommodate those skiers who are graduating from FASC Mighty Mites and aren't ready to commit to the full Junior Program. The emphasis of the DEVO program is directed at building confidence and technique; athletes will split their time between directed free-skiing and drills with their coaches to learn the basics of race techniques.

Racing opportunities include the Alaska U14/U12 State Championships and other local USSA races in Alaska. Skiers must attend 10 days of training with the team prior to traveling and entering in a divisional race. Travel to divisional races is at the coach's discretion. Parents are responsible for all race fees, travel, including coach's fees for travel. Membership in the US Ski and Snowboard Association (USSA) as an Alpine Youth or Competitor is required. Membership registration may be done online at www.ussa.org.

Proper equipment is essential for racing as well as for the comfort and safety of the athlete while on the hill. The following lists equipment that is necessary for participation in the program:

- Skis for both slalom and giant slalom
- Other slalom gear
 - Pole guards
 - Shin and arm guards
 - Helmet chin guard
- Boots
- Ski poles
- Helmet. All U14's and older must have a FIS RH 2013 helmet to participate at USSA scored and non-scored (club) races. No sticker no start. Athletes participating at USSA events must be using equipment that complies with USSA Rules.
- Ski goggles
- Jacket that is warm without being too bulky
- Insulated pants
- Warm mittens or gloves and a face mask

Fairbanks Alpine Ski Club Mail-in Registration Procedure

- Print forms in this document
- **SEND** completed FASC registration forms and membership fee to:

Fairbanks Alpine Ski Club
c/o Brendan LaBelle-Hamer
PO Box 83964
Fairbanks, AK 99708

(Note: DO NOT send USSA membership forms to this address.)

- Complete and sign **FASC Membership Registration Form**
- Complete and sign **FASC Consent to Participate and Medical Release Form**
- Complete and Sign **FASC Concussion Policy Form**
- Complete and Sign **FASC Code of Conduct with your athlete.**
- Complete and Sign **FASC Photo Release Form.**
- For Club membership fees make checks payable to: **FASC**

USSA MEMBERSHIP registration and payment of AK Division dues can be done online at:
<https://webapps.ussa.org/accounts/login.html>

Make sure you sign and submit the USSA concussion policy as well or USSA will not consider your membership complete. All FASC members must have some level of USSA membership. Fees for membership categories and AK Division dues are at [USSA.org](https://www.ussa.org) – note that there are new categories for membership this season. Save yourself some money and select the right category for your level of athlete. Competitor rates are only needed if you are attending State Division races.

USSA membership categories:

- *Youth Membership*
 - ages 12 and older (as of Dec. 31, 2018)
- *Youth Competitor (entry level)*
 - ages 13 and younger (as of Dec. 31, 2018)
- *Alpine Official*
 - For any parent/volunteer who wants to work as a race official (gate judge, at the start and finish, timing etc).
- FASC fees (checks should be made out to FASC):
 - Mighty Mites Membership (ages 6–10 years, as of Dec. 31) \$200
 - DEVOs (11–15) \$300 + \$200 coat deposit

Background screening is required for all volunteers

Volunteers must submit a background check to FASC before participating in events with children. This must be done through <https://my.ussa.org>.

Fairbanks Alpine Ski Club 2018–2019 Season Membership Registration Form

Note: Renewing members – fill in changes from last year only

- New membership
 Renewing membership

Athlete name _____ Birth date _____ Age on Dec. 31, 2018 _____ Gender (circle) M F

Mailing address _____ City _____ Zip _____

Home phone _____ USSA no. _____ Athlete e-mail _____

School/Grade _____ I Give FASC Permission to use my child's photograph on FASC and Alaska Division webpages and/or social media _____

Mother/Guardian name _____ Home phone _____ Work phone _____

E-mail _____ Cell phone _____ Other contact _____

Father/Guardian name _____ Home phone _____ Work phone _____

E-mail _____ Cell phone _____ Other contact _____

Program **MIGHTY MITES** (6–10 years as of Dec 31, 2018) \$200 **DEVOS** (11–15 years and older as of Dec 31, 2018) \$300

Acknowledgment and Assumption of Risk Release

I, _____ as Parent/Guardian of the above named minor athlete, know that alpine skiing is an outdoor action sport carrying significant risk of serious personal injury or death. I also know that there are natural and environmental conditions and risks that independently or in combination with my child's activities or those of others may cause severe or even fatal injuries to my child or others.

I agree that my child alone is responsible for his/her safety while participating in any aspect of the Fairbanks Alpine Ski Club (FASC) including, but not limited to, participation in and training for competitive skiing events and travel thereto, and specifically acknowledge that the following persons or entities including, but not limited to, Ski Land, Moose Mountain, Birch Hill Ski areas, Moose Mountain Alpine Sports Club, Inc (dba Fairbanks Alpine Ski Club) and its members, coaches, instructors, promoters, sponsors, organizers, volunteers, board members, officials and any agent, representative, officer, director, employee, member or affiliate of any person or entity named above are not responsible for my child's safety. I, on behalf of my minor child, specifically RELEASE and DISCHARGE, in advance, all those parties indicated above from any and all liability whether known or unknown, even if that liability may arise out of negligence or carelessness on the part of persons or entities described above. I, as parent and/or guardian agree to all responsibility for the risk, conditions and hazards which may occur to my child, whether they now be known or unknown.

Being fully aware of the risks, conditions and hazards of participating in alpine skiing, ski racing and training, I HEREBY AGREE TO WAIVE, RELEASE AND DISCHARGE any and all claims for damages for death, personal injury or property damage which I or my minor child may have or which may accrue to me or my minor child as a result of his/her participation of the FASC and any associated skiing, ski racing or ski training, against any person or entity identified above whether or not such injury or damage was foreseeable.

I certify that my child or ward currently has, and that he/she shall maintain throughout the time that he/she participates in the FASC program, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities identified above from providing this coverage for my child or ward.

By signing this Acknowledgment and Assumption of Risk Release as Parent/Guardian, I acknowledge that I have read and understand the provisions of this Release. I understand that signing this Release important rights are being waived and nonetheless consent to my child's or ward's participation in the FASC and its skiing activities. I further acknowledge that I understand any and all risks involved therein, whether known or unknown, are expressly assumed by me and all claims, whether known or unknown, are expressly waived in advance.

Date _____ Signature of Parent/Guardian _____

Office use	Check no	Amount	Note
	Check no	Amount	Note

Fairbanks Alpine Ski Club

2018 Consent to Participate and Medical Release Form

Name of Minor Child

Age

Date of Birth

I, the undersigned parent or legal guardian of the above named minor, know that I may not be available to authorize medical, dental, surgical care and hospitalization of said minor child and I wish to appoint someone to act in my place in my absence and to give such authorization. This authorization is intended to give **Accompanying Coaches** the right to give consent to not only authorization for emergency diagnostic procedures, medical, dental, surgical care and hospitalization, but for any diagnostic, medical, dental, surgical care and hospitalization that the person so designated deems advisable, and which the physician, dentist, or hospital personnel in said person's judgment may deem advisable.

I have put the important medical facts, if any, on this form. The medical facts are intended to help the doctor, medical staff, or **Accompanying Coaches** in deciding what treatment is to be given, but is in no way intended to restrict the giving of authorization or consent by **Accompanying Coaches**. I understand that this form is in effect from the date signed and that it is my responsibility to inform **Accompanying Coaches** of any changes to this form. It is my understanding that this form also serves to establish my consent and permission for the above named minor to travel to and participate in competitions with the Fairbanks Alpine Ski Club.

It is intended that this document be presented to the physician, dentist, or appropriate hospital or medical representative at such time as the medical, dental, surgical care, or hospitalization shall be authorized. It is intended that the authorization relieve the physician, dentist, person rendering such care at the hospital or institution in which such care is given, from any liability resulting from the failure of me, the parent or guardian of the above named minor, from signing a consent or authorization to render such care. It is the intent that **Accompanying Coaches** shall act in my stead in making such decisions.

I have reviewed the FASC Concussion Policy and signed the Concussion Policy. I have provided USSA with a signed copy of the USSA Concussion Policy with my USSA membership.

Signature of Parent/Guardian

Name of Parent/Guardian

Address

Home phone

Work phone

Cell phone

Emergency contact and phone number if parent is not available

Medical Information

Personal Medical Insurance Company

Address

Telephone

Policy no

Allergies

Other medical historye



FASC ATHLETE CODE OF CONDUCT

Participation with the Fairbanks Alpine Sports Club is a privilege. Each member represents the Club, Ski Land, the Alaska Division, and USSA at all times. Your coaches are volunteers, providing you and your teammates with an opportunity to become better and faster skiers. It is important to understand that your actions affect others; therefore the following rules apply on and off the slopes:

- **I will act in a sportsmanlike* manner consistent with the spirit of fair play and responsible conduct.**

**Sportsmanlike conduct is defined by USSA as respect for competition officials, coaches, resort employees, and the skiing and snowboarding public, respect for facilities, privileges and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, alcohol, and illegal or banned drugs.*

- **I will not interfere with my teammate's training.**
- **I will keep my gear in good condition and learn how it works; I will use ski racks, coats hooks, and shelves to keep my gear out of pathways and seating areas.**
- **I will cleanup after myself in the race shack or lodge.**
- **I will speak only words of encouragement to my teammates and passers-by and have a good skier's etiquette on the hill and while traveling.**
- **I will act as a role model for younger skiers and assist them in learning about ski racing.**

I, _____, have read the FASC and USSA Code of Conduct and understand and agree to abide by their content. Any questions I have regarding these rules have been answered. I realize that failure to comply with any of these rules will lead to disciplinary action including:

- Suspension from training and/or competition.
- Removal from the team trip or training camp at the athlete's expense.
- Elimination of coaching, travel, and other benefits.
- Forfeiture of USSA membership

Athlete Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

FASC Concussion Policy

FASC follows the USSA Concussion Policy:

Any FASC and USSA athlete under the age of 18 years suspected of having sustained a concussion/traumatic brain injury must be removed immediately from participation in FASC and USSA sporting event (e.g. sanctioned training, practice, camps, competitions or tryouts), by the Technical Delegate or USSA or FASC member coach overseeing such sporting event. The minor athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in FASC or USSA sporting events by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to FASC and USSA in the clearance letter that he/she has successfully completed a continuing education course in the evaluation and management of concussive head injuries within three years of the day on which the written statement is made.

Upon removal of a minor athlete from participation for a suspected concussion/traumatic brain injury, the USSA TD or member coach making the removal must inform FASC and USSA Competition Services. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to FASC and USSA Competition Services in order to be permitted to participate in FASC or USSA sporting events.

About Concussion

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

Risk of Continued Participation

A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

FASC recommends that Members review the Center for Disease Control's resources on concussion awareness at the following link: http://www.cdc.gov/concussion/HeadsUp/online_training.html

By his/her signature below, **MEMBER CERTIFIES THAT HE/SHE HAS READ AND UNDERSTOOD THIS AGREEMENT**, and agrees in full with its terms, intend that it be binding on Member, his/her heirs, executors, administrators and assigns, and that it remain in full force and effect for as long as Member participates in FASC training, competition and related programs and activities.

MEMBER

Signature _____ Date of Birth _____

Printed name _____ USSA Member No. _____

Date Signed _____

SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW FOR MINOR*** MEMBERS

As the parent or guardian of the minor FASC Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns.

Parent or guardian's signature _____

Printed name _____ Date _____

Fairbanks Alpine Ski Club

Fairbanks Alpine Ski Club
Fairbanks, Alaska
www.fairbanksalpine.org



PHOTO RELEASE

I, _____, hereby authorize and consent to the use of my visual image Moose Mountain Alpine Ski Club (dba Fairbanks Alpine Ski Club) for appropriate purposes, including but not limited to: still photography, videotape, electronic and print publications, social media, and websites. I give this consent with no claim for payment.

Signature _____ Date _____

Phone _____ (in case we need to contact you).

For a child under 18 years of age, complete the form below. PHOTO RELEASE

I, _____, Parent/Guardian of _____ hereby authorize and consent to the use of his/her visual image by Moose Mountain Alpine Ski Club (dba Fairbanks Alpine Ski Club) for appropriate purposes, including but not limited to: still photography, videotape, electronic and print publications, social media, and websites. I give this consent with no claim for payment.

Signature _____ Date _____

Phone _____ (in case we need to contact you).

FASC 2018–2019 Family Jobs

[Link to sign up for your family job now!](#)

Cleaning Coordinator: (1) – Head up the cleaning committee and organize cleaning of race building. Emptying garbage, vacuuming, wiping counters/tables, stocking kitchen supplies.

Cleaning Committee: (4) – Clean and organize the race building under direction of coordinator. Cleaners work together throughout the season.

Fundraising Coordinator: (1) oversee the fundraising committee. Organize the TGR movie, work with Ski Patrol for Ski Swap, Ski-a-thon, and other fundraising opportunities. (e.g. Beaver Sports rewards, Amazon Smiles, Fred Meyer Awards for team, etc.)

Fundraising Committee: (2-4) Help organize various fundraising efforts throughout the year. Publicize events, coordinate/gather door prizes.

Party Helpers: (2-4) – Assist board with Pre-season and End-of-Season Party

**Race building parent (1): Oversee athletes inside race building on race day. Handout bibs. Hand out snacks and drinks.

Race photographer: (1-2) take photos on race days of athletes. Must ski.

Thank yous: (1-2) Mail out hand written thank you cards and receipts (if applicable) to companies or person that donated money, services, or merchandise to FASC. Put an ad in the applause section (free) of Fairbanks Daily News-Miner.

Timing and race administration: (4-6) Will be trained. **Officials training will be offered at Regional Officials Training Clinics. Will need timers, start and finish crew, score keepers, and wranglers.

** Responsible volunteer: must complete background check through USSA Safesport.



www.fairbanksalpine.org