



Labrador Mountain Ski Club - Racing 101 Handbook -

Table of Contents

[Introduction](#) – Philosophy and Racing Overview

[Chapter 1](#) - Participating in ski races

[Chapter 2](#) - Ski Racing Disciplines

[Chapter 3](#) - Hosting a Ski Race

[Chapter 4](#) - Race Day: Running the Race

[Chapter 5](#) - Race Day: Routine for the Athlete

[Chapter 6](#) - Becoming a Ski Race Official

[Chapter 7](#) - US Ski and Snowboard Association References

[Chapter 8](#) - Pre-Race Athlete Training and Preparation

[Chapter 9](#) - Parent Expectations

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Labrador Mountain Ski Club- Racing 101

Introduction

Labrador Mountain Ski Club (LMSC) Philosophy

LMSC is a ski racing team and racing is important to our members. However, our focus is on the development of the fundamental skills of skiing. We believe that one has to be a great skier to become a great racer.

At the younger development levels, our program spends a lot more time exploring the mountain trails, having fun, and working on technique than on skiing in gates. Once an athlete's ability has progressed on the slopes, competition can then become the focus.

At Labrador Mountain Ski Club, we believe that this process will produce better skiers, better racers, and skiers with a life-long love for the sport of skiing.

Racing Overview

LMSC is a sanctioned race club within the Central Council of the New York State Ski Racing Association (NYSSRA). NYSSRA is a member of the United States Ski and Snowboard Association (USSA). USSA is the governing body of Professional ski racing in the United States. LMSC must follow all rules and regulations of NYSSRA and USSA to remain a sanctioned race team.

LMSC participates in sanctioned races, as well as non-sanctioned fun races throughout Central New York. USSA has a scoring system to track an athlete's competitive standing within the council, state, region, and country. Scoring only takes place at sanctioned races at the U16 level and higher. Sanctioned races at the U14 level and below must follow all USSA rules and protocols, but are not scored by USSA; therefore the athlete's progress is not tracked nationally by USSA.



Racing Overview cont.

Club levels:

☐	Forerunners	ages 5 & 6	Free skiing, with emphasis on fundamental, beginner skills.
☐	Gatebusters	age 7	Free skiing, with emphasis on fundamental, advanced skills.
☐	U10	ages 8-9	Free skiing and drills during training time, as well as introducing racing technique through gate training during the scheduled practices times. We encourage participation in scheduled fun races, as available.
☐	U12	ages 10-11	Free skiing with increased emphasis on gates. Intro to competitive racing with timed races
☐	U14	ages 12-13	Emphasis on race training in all disciplines, with timed, competitive races, however, races are not USSA scored.
☐	U16-U18	ages 14+	Emphasis on competitive race training. U16 is the first competitive level where races are scored and competitors can earn points by which they are ranked at the national (USSA) level. Athletes U19 and older can earn such seeding points at both the national (USSA) and international (FIS) levels.

Volunteering:

It is most important to note that while LMSC is a sanctioned ski race club, adhering to all member rules of NYSSRA and USSA, we are a parent run organization. We are a volunteer organization, needing every parent to give of his or her time and expertise in running our club. The club thrives on involvement from all, as more experienced parents and coaches pass on their knowledge to newcomers. Countless families, over many decades, have enjoyed the cycle of fun, camaraderie and pride while watching their children become great skiers and ski racers.



Chapter 1- Participating in ski races

How to Participate in ski racing

Athletes participating in organized, inter-club races will likely need to be registered with the race hosting club in order to participate. The season calendar of races can be found at the NYSSRA website. This calendar will have a registration link for each race on the schedule. Your child must be pre-registered to race by the entry deadline.

While all races on the calendar need pre-registration, not all races on the calendar are USSA sanctioned races. Some are training races and others are fun races. For the races that are USSA sanctioned, your child will need to be a registered member of NYSSRA and USSA. This registration takes place annually, and should be done in the early season. Please note there are annual fees to be registered with NYSSRA ([link](#)) and USSA ([link](#)), and there are fees for each race you register your child for.

At LMSC, we do not dictate that your child must race in order to be an LMSC member. Racing at the less competitive levels (U12 and below) is typically held within the Central New York Council. The Central council consists of Labrador, Song, and Greek Peak mountains. Each of the mountains will typically host at least one race per race season. As mentioned earlier, when LMSC hosts a race, it is critical that we have full volunteer turnout from all parents, regardless of your level of race experience. Hosting a race requires the hands of about 30 people, so you can be sure you can play a role, regardless of your experience level.

How Parents Can Help

Reinforce the importance of effort and trying one's best. Not everyone can win the race and all the racers are successful for training hard and giving it their best effort throughout the season.

Volunteer at races by helping at the various positions available (e.g., Gatekeeper, hospitality, etc.), communicate information about the race to others within the group as necessary and be there to cheer for and support our racers – all of our racers.

Ask your kids to show you what they learned in practice and have them demonstrate their skills while skiing with you.

Provide feedback and/or communicate concerns to the Staff (i.e., Coaches, Level Coordinator, or Program Director). If you have on-hill or coaching-related issues or concerns, talk with the child's coach or, if necessary, the head coach. All other concerns, issues, problems, etc., that are not on-hill related, can be discussed with the Head Coach or Program Director.



Chapter 2- Ski Racing Disciplines

Disciplines of Ski Racing

Ski Racing at the Junior level involves 4 main race disciplines.

- Slalom (SL)
- Giant Slalom (GS)
- Super Giant Slalom (SG)
- Kombi (KB)

At the developmental levels, U12 and below, it is not likely that we will distinguish all racing disciplines in this manner. The only racing likely to be done at this level is KB, SL, and GS. Your child need only have one set of good quality skis and ski boots. Consult with your coach as to what type of skis and boots are suggested.

At U14 levels and above, SL, GS, and SG disciplines will be performed. Appropriate skis and equipment per USSA regulations are required. Consult with your athlete's coach on proper sizing and type of equipment.

U.S. Ski & Snowboard require that competitors and forerunners wear appropriate helmets for all ski racing events. U14 and older participants must wear helmets that conform to FIS (Federation International Skiing) Specifications or they will not be allowed to start.

Slalom (SL):

Slalom is a technical event that requires the execution of many short, quick turns. The course is made up of technical, short radius turns around a single pole, (tall flex pole for U14/U16/U18 and short soft flexible pole for U10/U12 and below). SL is staged in two runs that must be held on the same day with times added together to determine final finish order.

For U14/16/18: Due to the short radius turn requirements, your child will need Slalom specific skis. These skis are built to specific lengths, with specific side-cut dimensions that enable the racer to navigate the very tight turning course. Also, because the racer makes contact with the flex poles, safety gear is a must. Safety gear consists of ski race helmet (as opposed to a soft ear recreational ski helmet – soft ear FIS race helmets are only allowed for SL, GS and SG require full sided FIS rated helmet), pole guards that affix to the ski pole to protect hands, slalom shin guards and a face guard that affixes to the race helmet. Consult with your child's coach regarding any plans for SL racing and equipment needs specific to the athlete.



Giant Slalom (GS):

The course is made up of less technical, longer radius turns and run at higher speeds around panel gates. Pole guards, shin guards and a face guard are not allowed in GS racing as the athlete does not typically come into contact with the turn gate.

For U14/16/18: This racing requires your child be on GS specific skis. GS skis are designed to be longer, with not as much side-cut as the SL skis. GS skis will be more stable at higher speeds, yet will enable the athlete to navigate the course. Consult with your child's coach regarding any plans for GS racing and equipment needs specific to the athlete.

Super Giant Slalom/Super G (SG):

U14/16/18 levels only. Much longer radius turns with very high speeds. Your child will not participate in a SG race until the U14 level. Consult with your coach regarding plans to participate in a SG race and equipment needs specific to the athlete.

Kombi (KB):

U10/12 levels only. This discipline will feature a combination of all disciplines within the same course. It may also contain varying terrain features, such as humps, bumps and jumps. It is run only at the younger age groups and is considered more of a developmental event, challenging the racer in terms of balance, cadence and ski control.

Equipment:

Note that USSA has technical regulations regarding ski dimensions for each discipline. Typically, these requirements are not strictly enforced until you get to the U16 scored racing levels. However, equipment should conform to all US Ski and Snowboard regulations. Consult with your child's coach regarding any questions on equipment specific to athlete. If equipment does not meet the requirements, then racing will be prohibited. For example, twin tip skis are not considered acceptable for racing. ([Link](#) to US Ski and Snowboard equipment regulations).



Labrador Mountain Ski Club- Racing 101

General guide to equipment: Refer to your athlete's coach for proper sizing

	U8	U10	U12	U14	U16	U18+
Equipment						
Number of skis	1	1	1	2	3	3
Helmet	Yes	Yes	Yes	FIS	FIS	FIS
SL Skis	Yes	Yes	Yes	Min Length - 130 cm	Min Length - 130 cm	Min Length - 130 cm
SL Chin Guard	No	No	No	Yes	Yes	Yes
SL Pole Guards	No	No	No	Yes	Yes	Yes
SL Shin Guards	No	No	No	Yes	Yes	Yes
GS Skis	No	No	Optional	Min Radius - 17 m	Min Radius - 17 m	Min Radius - 17 m
SG Skis	No	No	No	Min Radius - 17 m	Min Length - 183 cm Min Radius - 30 m	Min Length - 183 cm Min Radius - 30 m
Back Protector	No	No	No	Optional Recommended for SG	Optional Recommended for SG	Optional Recommended for SG
Race Day						
Event Type	Unscored	Unscored	Unscored	Unscored	Scored	Scored
Max skis at arena	1	1	1	n/a	n/a	n/a
Waxing allowed at arena	No	No	No	No	Yes	Yes
Fluorocarbon wax	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited



Chapter 3- Hosting a Ski Race

Each year, LMSC will host sanctioned ski races. Our club has a rich history of hosting USSA races, and we pride ourselves on the care each volunteer takes in ensuring each race is held to high USSA standards. Each of the following positions are explained below and are historically held by volunteer parents. The only positions that are not held by a LMSC parent member is the USSA Technical Delegate (TD) and the referees (RF). Between in-club on-hill shadowing, training, and NYSSRA training there are a variety of roles one can learn about ski racing and volunteer roles necessary to host a race.

Race Day Positions (per USSA):

Technical Delegate (TD):

USSA representative supervising race on behalf of USSA. The TD is assigned to an event by the region or division in accordance with U.S. Ski & Snowboard directives. The role of the TD is to make sure that the rules and directions of the governing body (U.S. Ski & Snowboard and/or FIS) are observed, to see that the event runs smoothly, to verify that the requirements of the Homologation report (course inspection/approval) - specifically, but not limited to, on-hill competitor security measures - are met, to advise the organizers within the scope of their duties and to be the official representative of the governing body. This official is highly qualified in the technical aspects and the rules associated with ski racing. The TD finishes the day with an official "report card" filed with USSA, and a copy to us, regarding the critique of our performance.

Chief of Race (CR):

LMSC Parent. Must be registered with USSA and NYSSRA, and must have completed all CR continuing education certifications. The Chief of Race is the responsible authority for the management of the entire event. The Chief of Race serves as liaison between the Jury and the other members of the Organizing Committee and the ski area.

Race Referee(s) (RF):

Position filled by a Coach from LMSC or visiting teams.

Note that the TD, CR and Race referee embody the recognized race officials and have the authority to make all final judgements and decisions, usually by majority vote among the officials in the event there is no immediate consensus. Referred to as the race Jury.



Chief of Course (CC):

LMSC Parent. Must be registered with USSA and NYSSRA, and must have completed all USSA CC continuing education certifications. The Chief of Course is responsible for the preparation of the courses in accordance with the directions and decisions of the Jury. The Chief of Course supervises the work of the Course Maintenance Workers/Crew. These workers set protective fencing and B netting. They carry equipment required for gate repair and snow removal during the race and also assist with chemical preparation of the racecourses, if required, and in accordance with the instructions of the Jury. Course maintenance crew will assist the course setters by carrying the gates, alongside the setter, as they are positioned along the course. LMSC has over the shoulder gate bags used for this purpose. Equipment to be used during a race (drills, radios, batteries, rakes, shovels, red and blue chalk, gate bags) are the responsibility of the course crew and should be safely well positioned on the course to be quickly deployed when needed.

Chief of Timing and Calculations (TC):

LMSC Parent or LAB mountain employee. Must be registered with USSA and NYSSRA, and must have completed all USSA TC continuing education certifications.

Race Administrator (RA):

LMSC parent. Must be registered with USSA and NYSSRA, and must have completed all USSA RA continuing education certifications. The RA handles all race registrations with USSA. Also handles race registration procedures from the racers, including payment and racer qualifications to race. RA will compile the race start list, once registrations are finalized. Race results are compiled, communicated to race officials, and filed with USSA by the RA.

Start Referee / Jury Advisor (JA):

LMSC parent. Must be registered with USSA and NYSSRA, and must have completed all USSA JA continuing education certifications. Responsible for ensuring the starter (usually a Lab Mountain employee managing the start wand) is conducting a fair and orderly start. The area around the starting gate is the responsibility of the Start Referee. The actual start gate area is restricted to everyone except the starting officials, the starting competitor and one trainer. The Start Referee must remain at the start from the beginning of the official inspection time until the end of the training/event. The Start Referee must have the ability to communicate by radio with the Jury at all times. The Start Referee must make sure that the Manual Timekeepers are able to perform their duties without distraction and must make sure that the regulations for the start and the organization of the start are observed. In other words, the Start Referee is responsible for ensuring that each competitor receives a fair start.

The Start Referee must advise the Jury regarding replacement bib numbers, insertions in the running order, requests for provisional starts, requests for provisional reruns, etc. The Start Referee may call a "START STOP" when it is necessary to halt the competition and to notify the Jury when the start officials are ready to restart the competition. When another member of the Jury calls a "START STOP", the Start Referee is responsible

Start Referee / Jury Advisor (JA) cont.:



Labrador Mountain Ski Club- Racing 101

for acknowledging the “START STOP” and ensuring no additional competitors are allowed to pass through the start until cleared to do so by the Jury member who took that action. Start ref is in constant communication with all race officials, and can stop the race at any time. Start ref also commences the race.

The Start Referee verifies that the Assistant Starter has control of competitors called to the start and that the Starter maintains the appropriate start intervals. The Start Referee is responsible for making sure that reserve bibs (spare bibs with unassigned numbers) are available at the start. Reserve bibs are furnished to competitors who do not have their assigned bibs. The Start Referee must notify, immediately by radio, timing personnel and Jury if a competitor is starting wearing a number different than the one assigned on the Start List. The Start Referee must know what conditions constitute grounds for a rerun and must notify the Jury when a coach or a competitor makes such a request. The Start Referee must also notify the Jury when a competitor requests a delayed start. Unless immediately ratified by the Jury, these types of runs – rerun and/or delayed start – are “provisional”. A provisional rerun or provisional start is valid only if the Jury confirms its validity. In the interest of event security, the Jury must ensure that provisional starts or reruns take place before the start of the last actually starting competitor as noted on the published Start List

The minimum interval between consecutive competitor starts in GS is 30 seconds. Slalom has an irregular or non-fixed interval. Starter and the Start Commands: Slalom has a simple direct start command “Ready” followed a few seconds later by “Go”. Once the command is given, the competitor has about 10 seconds to advance through the wand and proceed on course. Failure to start within about the 10 seconds will result in disqualification. In Giant Slalom, the Starter begins the start sequence with a warning, “Ten seconds!” After a 5-second pause, the Starter counts down: “Five, Four, Three, Two, One, GO”. If the competitor does not leave the start, the Starter continues the count: “One, Two, Three, Four, Five”. The competitor must start within the ten-second window created by five seconds before and 5 seconds after “GO”. Failure to start within the 10-second start-command window must be documented on the Start Referee’s Recording Form. When confirmed by timekeeping records, it will result in disqualification. A competitor who is late appearing at the start or is not ready to start when called will be sanctioned. As an advisor to the Jury, the Start Referee may excuse such a delay if, in his or her opinion, the delay was due to force majeure; however, illness or equipment malfunction does not constitute force majeure. In cases of doubt, or when the Jury cannot meet with the competitor and arrive at a final decision, the Jury may allow the start provisionally. The Start Referee informs the Jury when (after what start number) the delayed competitor will be starting. The last possible place for an insertion is before the last actually starting competitor as noted on the published Start List.

Start ref is considered a jury advisor, and is expected to provide feedback to the Jury, but is not considered to be part of the Jury.



Finish Ref / Jury Advisor (JA):

LMSC parent. Must be registered with USSA and NYSSRA, and must have completed all USSA JA continuing education certifications. The finish area is the responsibility of the Finish Referee. The Finish Referee must remain at the finish from the beginning of the official inspection time until the end of the training/event. Finish Referee must have the ability to communicate by radio with the Jury at all times for notification of competitor information (request for provisional rerun, etc.); to call a "START STOP" when it is necessary to halt the competition; and to notify the Jury when the finish officials are ready to restart the competition. The finish arena must be wide with a gently sloped and smooth run out, and it should be fenced to prohibit unauthorized entry. Finish installations and closures should be secured with suitable protective measures so that the competitors are adequately protected. There are specifications for the finish line, but the most important is that the finish line must be clearly marked horizontally with a coloring substance that is easily visible to the approaching competitor. The Finish Referee receives course reports from Forerunners and delivers the reports to the Jury.

Finish ref is considered a Jury advisor, and is expected to provide feedback to the Jury, but is not considered to be part of the Jury.

Chief Gate Judge:

LMSC Parent. USSA and NYSSRA certification is not required for this role. Any person that can navigate skiing down the race hill can perform with training provided by the club. This person will be the head gate judge, responsible for ensuring each of the gate judges are properly trained on the rules they are imposing. Also ensures there are plenty of gate judge cards on hand for the race. Chief Gate judge will ensure all gate judges are positioned well enough along the course to adequately see and judge the race. After each race, this person will gather all gate judge cards and immediately attend the meeting with the race officials to review all gate cards to compile and record any disqualifications (DSQ) or non-finishes (DNF).

Gate Judges:

LMSC parent. This is non-certified position that any person can perform with training provided by the club. Good skiing ability is a plus, but is not required as many placements can be walked to without skiing. A Gate Judge is responsible for the supervision of one or more gates. This supervision includes determining and recording whether or not a competitor's passage through the gates – both skis and both tips – was correct or incorrect according to current rules, verifying that the competitors do not accept outside help, documenting interference for review by the Jury. Gate judge cards must be marked with the specific gate numbers that are being judged. In the event of a fault, the card must be marked with the gate number that was faulted, the racer bib #, as well as a drawn picture describing the nature of the fault.



Labrador Mountain Ski Club- Racing 101

Additional Race roles filled by LMSC parents:

- **B-Net Set-up** (Pre-race day - as many hands as available):
 - Set-up per USSA rules and certified Homologation requirements under guidance of Chief of Course.
 - Carry rolls down to course, un-rolling net, drilling pole holes, weaving nets together, and placing upright. All LMSC athletes, men, and women can support this job.
- **Course Maintenance** (6-8 people):
 - Race day early morning: Assist coaching with course set, setting up crowd control netting, finish area, course maintenance (replacing broken gate, dislodged panels, slipping excess snow off course) throughout the race.
- **Race Announcer**
 - Announces each racer's time over loud speaker system.
- **Hand Timers** (2 people)
 - At start and finish. Run electronic back-up timing –box that records time as athlete starts and when they cross the finish line - one button push.
- **Timer Recorder** (1 person)
 - Documents all race times – stationed in finish house with timing and calculations.
- **Scoreboard** (2 people)
 - Records racers' times 1st and 2nd run (role currently not performing due to COVID restrictions)
- **Bib collector** (1 person)
 - At the end of the second race run collects bibs from each racer.

I ♥
B-NET



Chapter 4- Race Day Running the Race

Responsibilities of a Chief of Race

Days/weeks before the race:

- Order medals for top athletes. NYSSRA/Council defines how many places are awarded.
- Week before race, the Chief of Race (CR) contacts the Technical Delegate (TD) to introduce yourself as the CR and ask them if they have any special considerations regarding netting placement, etc. Sometimes they ask for the homologation report.
 - CR to prepare coaches meeting agenda and share with coaches at Lab a day or 2 before the race
- CR to make sure there are plenty of Gate Judge cards, Start forms, manual timer forms, pencils, clip boards, etc. Confirm with Chief of Course (CC) that all race course equipment is on hand and in good order.
- Confirm with RA to inform the mountain approximate # of racers and ensure they will have lift tickets on hand with someone early in the am. Traditionally, we provide the TD and the course setters and coaches with lift tickets. These folks will be on the lift very early to set course so tickets need to be available at that time.
- Confirm with CC the Installation of B netting. B netting is set days in advance, however, on occasion, a referee or TD may request additional netting on race day. Discuss with mountain as to placement of netting.
 - Equipment Check- Rakes/Shovel, drills, radios, blue and red chalk, batteries, gate wrench, gate stickers, corral netting,
- Confirm with CC the gates are organized by panel color and correct size are loaded into bags the previous day and ready to go on race day morning.
- CR conducts Team Captains' Meeting (night prior to race). TD and each representative team coach must attend. Purpose of meeting is to ensure all officials and coaches understand all race protocols, safety protocols, timing and location of the race start. Also, at this meeting, the race referees are selected from the coaching ranks at the meeting, by asking one of the coaches present to volunteer. It is typically a coach from a visiting club. In addition, CR announces who will be setting the course for the first run, typically a coach from LMSC. Solicit a volunteer coach from a visiting club to set the second run course.



Responsibilities of a Chief of Race cont.:

Day of Race:

- Have a sign in sheet for coaches and officials at the registration table
- Ensure lift tickets from mountain are available.
- Ensure ski patrol has patroller stationed and ready at the race start.
- Provide radio for the referees and TD. Refs keep their own radio to communicate with their team, and the one you give them is for race official communications.
- TD, CR and Ref get to race course early to inspect the course and approve the course. At this time, the race start time is confirmed with all officials and coaches via race radio.
- Open the course to racers for inspection, once course is approved. Announce what time you will close the course to racers.
- Give OK to Chief of Course to have someone number the gates and chalk them, only after the course is approved. Do not do this before the course is approved as things may change (# of gates and location of gates) before the course is approved. Gates are colored Red and Blue. A race course is set with gates of alternating colors (red, followed by blue, followed by red, etc.). When chalking the course, there is chalk red or blue in color one color is used for 1st run and the other for the 2nd run. The chalk is simply applied to the snow directly at the hole location of the gate, in the snow. This is done so that an accidently dislodged gate, of either color, can be replaced at the exact correct location.
- Clear course for race start. NEVER start a race early. It is a violation of rules.
- Have extra bibs at race start for racers that have bib issues.
- Have extra gates on hill to replace gates as they break.
- After each run, meet with TD, Ref and Chief Gate Judge to review and finalize Gate cards and to document DSQ, DNF, etc. If there is a dispute between the Jury, or if one is brought by a racer or coach, then the jury must do a vote. The vote is final.
- When race concludes, TD, CR and Ref convene to finalize results, DSQ's, DNF's. TD will document the race and CR and REF will sign the TD's forms.
- Announce race results and awards.
 - Head to the Puffin Bird and celebrate with a well-deserved beverage with the race crew!



Chapter 5 – Race Day Routine for the Athletes

Race date routine for the Athlete:

- Arrive no less than 2 hours ahead of scheduled race start (Typically around 7:30am).
- Have racer's USSA card printout or digital available for registration check-in – typically not needed, but good to have in case of any issues.
- Go to registration area assigned for Team.
- Be sure to use the bathroom facilities before you leave the lodge!
- Put your bib on over the clothes you intend to race in.
- Have your boots on and be ready to go out for course inspection with your coach no later than 8:00 AM. The team will gather in the lodge or designated meeting location before going out. The course will be inspected as a group.
- Look for your coach, do not go free skiing, time is important in the morning.
- If you miss the coaches at the lodge or designated location, you are to go to the top of the course and look for your teammates on the course. DO NOT ski through the course, ski down the side of the course slowly and in control.
- Course inspection is done by side slipping the course with your coach (your coach will give you other information at the top of course if racers are not allowed to side slip “through” the gates during inspection).
- After inspection, return to the top of the course to meet with your coaches. The coaches will advise you what to do before your run. Skiers with early bib numbers will need to stay at the start, skiers with later bib numbers may be allowed to take a free run. Check back with your coach after your free runs. Always check with your coach before skiing off.
- Jackets/pants will be brought to the bottom of the course part way through the race unless someone specifically brings clothes down beforehand.
- There will be 2 runs at each race unless otherwise advised. A course is set in the morning for the 1st run. The 2nd run is 1 hour after the last racer finishes his or her 1st run.
- Racers should eat lunch in-between their runs.
- 2nd run course inspection will be at least 30 minutes prior to the 2nd run, or just after the course is re-set. Racers should look for their coach after lunch and be ready to inspect the 2nd run.
- Running order is reversed for the 2nd run. Last number from first run goes first on second run! Plan lunch accordingly for late bib numbers! For older athletes, there may be a “Flip 30” order – consult with your coach and assistant starter for run order.
- Awards are presented approximately 60 minutes after the last racer finishes.
- Awards are presented to the top Female and Male racers: top 3-5 places for U14+, top 10 places U10/12 Female and Male racers.



What to Bring

- USSA card printout or digital
- Helmet (chin guard U14+ SL only)
- Boots
- Poles (pole guards U14+ SL only)
- Skis
- Gloves (two pair)
- Socks (two pair)
- Jacket
- Warm-Up's
- Sunscreen/chap stick
- Neck warmer
- Goggles
- Healthy lunch with drinks
- Bib deposit (cash) If required by hosting mountain
- Positive Attitude

In previous years, racers have been mailed membership cards, which were to be presented at registration on race day. NYSSRA membership will be verified by the race organizer, and the racer will be responsible for presenting a printout of their USSA membership card. This can be downloaded at usa.org. Log into to Membership Tools ([link](#)), got to Member LookUp, Enter athlete's name, Click on the USSA ID.

There will often be refreshments after the race and an awards ceremony after the results are calculated. At some races, there are participation awards for all racers.

Even though the racers compete as individuals, they are members of a team. Racers need to be respectful, supportive and cheer their teammates on. The LMSC athletes have a reputation of great sportsmanship, and this makes us incredibly proud. We expect this season to be no different!



Chapter 6 – Becoming a Ski Race Official

Steps to becoming an official:

Passion for volunteering and interest in learning more about ski racing.

- Read Competition Official Study Guide (good general overview to ski racing):
 - <https://usskiandsnowboard.org/sites/default/files/files-resources/files/2021/ONLINE%20COMPETITION%20OFFICIAL%20%28CO%29%2021-22.pdf>
- Join an Alpine Official at:
 - NYSSRA
 - US Ski and Snowboard
 - Complete:
 - Background check
 - Safe sport training
 - Avalanche awareness training
- Sign up for clinic offered every fall before ski season hosted by NYSSRA.
- Download copy of rule book, completion guide, and review for certification position of interest:
 - Options for certification include the following positions:
<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2021/15.%20Certification%20Guidelines%20Sept%202021.pdf>
 - Competition official (CO) – part of clinic for below positions
 - Jury advisor (JA) for Start or Finish Referee
 - Chief of Course (CC)
 - Chief of Race (CR) this also certifies you as JA
 - Timing and Calculations (TC)
 - Race Administrator (RA)
 - Technical Delicate (TD)
- Attend NYSSRA clinic and take exam (open book with instructor assistance).



Chapter 7 – US Ski and Snowboard Association References

Links to additional reference material published by US Ski and Snowboard Association

US Ski and Snowboard Association Rule Book:

- 🔗 https://usskiandsnowboard.org/sites/default/files/files-resources/files/2021/2022_Alpine_Guide.pdf
 - o Updates from last season:
https://docs.google.com/document/d/1J_EOY1B7R2BExXEUvplGthn8clmhpIX0t8w4g6xcR1c/edit
 - o Equipment Rules:
<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2021/2022-Alpine-Equipment-Regulations.pdf>

Chief of Course Study Guide:

- 🔗 <https://usskiandsnowboard.org/sites/default/files/files-resources/files/2021/CC%20STUDY%20GUIDE%2021-22.pdf>

Chief of Race Study Guide

- 🔗 <https://usskiandsnowboard.org/sites/default/files/files-resources/files/2021/CR%20STUDY%20GUIDE%2021-22.pdf>

Race Administrator Study Guides:

- 🔗 <https://usskiandsnowboard.org/sites/default/files/files-resources/files/2021/RA%20STUDY%20GUIDE%20Section%201.%20Race%20Result%20Software%2021-22.pdf>
- 🔗 <https://usskiandsnowboard.org/sites/default/files/files-resources/files/2021/RA%20STUDY%20GUIDE%20Section%202.%20Event%20Administration%2021-22.pdf>

Timing and Calculations Study Guides

- 🔗 Level 1:
<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2021/TC%201%20STUDY%20GUIDE%2021-22.pdf>
- 🔗 Advanced Level:
<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2021/TC%203%20STUDY%20GUIDE%2021-22.pdf>

Links to all positions study guides:

- 🔗 <https://usskiandsnowboard.org/sport-development/officials-development/alpine-officials/alpine-competition-officials-education>



Chapter 8 – Pre-Race Athlete Training and Preparation

Training Day Routine and Proper Equipment

The team meets in the Labrador race building before morning and afternoon training. Skiers should be ready to go by time communicated by coaching staff, with boots on and all clothing 'accessible'. Team Snap will be used for communication to athletes and parents. Coaches will advise athletes and parents about the upcoming race as well as discuss changes (if any) to the training day schedule.

Helmets are required for all practices, at all Council Races, and during free skiing. Please be sure that the helmet fits properly and is in good condition and free from cracks, gouges and loose attachments. Helmets should not be painted or colored on as it is felt that this can degrade the helmet performance.

Parents, please have your athlete's ski equipment in good condition for training as well as for race day. Skis tuned with sharp edges and bottoms repaired/waxed can aid in learning the proper ski techniques the coaches are emphasizing. It is important to train and race on equipment that is properly maintained and in good working order. See a coach if you have questions regarding tuning and proper ski length.

Boots should fit properly for your child to have good control of his/her skis. See a coach if you have questions on proper boot fit. It is advisable that you adequately dry boots overnight prior to race day, as wet boot liners are a major cause of cold feet. Liners can be removed from the boot 'shell' for air drying or there are reasonably priced boot drying devices available at most ski shops and on-line, that do not require pulling liners out of boot shells.

Poles should be the correct length to make proper pole plants. Poles should also have straps of sufficient length and adjustment type to allow for easy slip-on and slip-off with gloves on. We ask that skiers use pole straps at all times unless requested otherwise. See a Coach if you have a question on proper pole length and strap fit.

Athletes should get used to wearing goggles at all times. Goggles should be clean, fit well and have lenses that are free of cracks and significant scratches. All helmets have goggle strap holders in the back of the helmet and it is advised that children learn how to use them.

Athletes should always be appropriately dressed for the weather. It is difficult for our athletes to learn and have fun while on the hill if all they can think about is how cold they are! A warm body will help keep hands and feet warm too. Consider having disposable hand and foot warmers available. You can find hand and foot warmers in most of the local ski shops. Athletes should have an extra pair of gloves and socks on hand each day of training and racing.

Lifts open at 9:00 AM. Meet per designated location by coach. Typically, this is at the top of the triple chair lift. Once there, we will assemble near the big tree at the top of the Jacopie trail before skiing. We then ski a couple free runs to loosen up and to get a feel for the snow. We will then re-assemble near the big tree to stretch and discuss our goals/objectives for the day.



Training Day Routine and Proper Equipment cont.

After training ends it is encouraged for athletes to free ski to use some of the skills taught during the day. Free skiing is very important in becoming a good skier as well as a good racer. So, don't just scoop them off the hill at the end of each day. Go ski with them. Ask them to show you what they've learned.

Most importantly, praise your skier for their efforts and accomplishments. Positive re-enforcement is as important from you as it is from their coaches...maybe even more so!

Racer Expectations

Our Racers are expected to conduct themselves in a manner that represents our whole team in a positive, caring, team-oriented manner. Thus, the following apply:

- Obey skier's code of conduct (often appears on ski area Trail Maps).
- No Cutting in lift lines and no skiing fast into lift lines.
- Do not throw snow or other objects at teammates or others from lifts.
- No speaking mean or negative comments toward recreational skiers, teammates or racers from other programs.
- Cheer on your teammates and friends from other programs!
- Pick up after yourself at lunch, snack time, or any other time while at Lab or at other Ski Areas we travel to.
- Store your skis properly in racks. Do not place skis in areas where risk of damage, injury, or other danger is present.
- Always ski with an awareness of your surroundings - look both ways when crossing trails, look uphill when merging and obey all 'Trail Closed' signs.
- Always, always try your best!
- And have FUN!

Athlete Code of Conduct

Refer to USSA ([link](#)) and NYSSRA Manual ([link](#)).



Chapter 9 - Parent Expectations

Important Parent Jobs

- Drive your children in a responsible manner to and from the ski area.
- Make sure they have proper nutrition and hydration prior to, and during training and races.
- Make sure your child gets enough rest prior to training and races (in bed early the night before).
- Assist your child in managing equipment, gear and clothing - this activity is a great opportunity for your child to further develop independence by having them be responsible for their “stuff” when coming home from the hill (things need to be brought in the house and set out to dry; things need to be assembled and packed in the car for the day’s events) - remember however, it’s a long day on the hill when something is forgotten or is wet and cold because it didn’t get taken out of the bag and dried, so don’t be shy on double checking and don’t forget to offer praise for a job well done.
- Make sure skis are sufficiently and properly prepared for race days as well as for training days (i.e., sharp edges and waxed bases).
- Have a clear understanding of your child’s goals for training and racing, and support them, no matter what.
- Help your child feel confident and positive by setting the example yourself (remember that children are visual learners and pickup quickly on expressed emotions, both good and bad).
- Volunteer to help at race and be positive and supportive at ski area facilities.
- Make sure the atmosphere on the ride home is as positive as the atmosphere on ride to the race.
- Sportsmanship should be encouraged at all times for both athletes and parents - help your child learn to respect and support their teammates and fellow competitors.
- Always remember, ski racing is an incredibly challenging sport, one that takes courage, determination, discipline, and tenacity. Keep this in mind when a racer has a disappointing day.
- Hugs and hot cocoa almost always make you and your racer feel better!



Think Snow Dream Snow

**“Go Fast,
Be Good,
Have Fun”**



**“There is a lot more than
just ski racing going on
out there!”**



