



**Athlete and Parent Handbook
2025-2026**

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Introduction

The Pats Peak Ski Team (PPST) is a 501(c)3 non-profit alpine race program formed as the Pats Peak Educational Foundation and bronze-level certified by the U.S. Ski and Snowboard Association (USSA). We're based at Pats Peak Ski Area in Henniker, NH and offer athletes weekend and night training on some of the best race terrain in the state. Our coaching staff focuses on helping athletes build the fundamental skills necessary to develop a life-long love of skiing - be that as an elite level ski racer, or just a really confident skier.

Our home base is at the Alpine Training Center "ATC" located between the Vortex lift and main lodge. The ATC is our central meeting place, where athletes put on boots, coaches and volunteers offer clinics, and everyone enjoys grilling for lunch!

Mission Statement

Pats Peak Educational Foundation

Mission statement—To create a coaching program that is safe, fun and inspires athletes to become better racers who support their teammates while pursuing a lifelong love of skiing.



Club History

Pats Peak Ski Area first opened for the 1962-63 ski season. The first organized slalom event was held in 1964, run by Doug Nelson of the Pats Peak Ski School. Doug began his efforts to start a ski club shortly thereafter with the help of Alan and Phoebe Chardon, Jim and Corilee Sanderson and Jack and Betty Krantz. The first ski club meeting was held at the mountain in 1965 with Jim Sanderson as president.

Through the efforts of Jack and Betty Krantz, a Federation Team began during the 1967-68 season. The first volunteer coaches included Victor Roy, Fast "Eddie", Lisa Hustis, Doug McLeod and Steve Ludwig.

In 1970 the club hired their first paid ski coach, Jim Wolf. Family memberships were \$10 per year. That year Joe Patenaude made the current ATC room available for the club's use. Members put in a lot of work to make it usable. Pats Peak built a start and finish shack. The club approved the purchase of glass windows, and Jack Krantz, Dick Hanson and John Sanderson installed the glass, the shelves, and helped run the timing wire between the shacks. Pats Peak bought the club electronic timing equipment and the club reimbursed Pats Peak at the rate of \$250 per year for 4 years.

Jack Krantz Jr. was the first racer from the Peak to enter an Eastern race in January of 1969. The club ran its first sanctioned race the following season. The club hired Cannon Mountain's head coach, Dave Boyle, to set the first sanctioned race course.

The Club ultimately hired Dave Boyle for the 1971-72 season, along with Alan Watson as head coach. Watson was instrumental in developing a strong coaching staff with Jeff Doctor, Debbie Flanders, Jim Aldrich, Jim Isabel, and Annie Corrock. Jack Krantz built a new start shack at the top of the hill that year.

In the fall of 1973, Dick Hanson, who had become a Director of USEASA (United States Eastern Amateur Ski Association), won the club the honor of running the 1974 US National Slalom Championships. Jack Krantz found everyone he could get to help get the race hill homologated to be FIS legal, running new multi-wires to the top and rigging up telephone boxes every 5 or 6 gates, and installing Bogan outdoor speakers all the way up the course. The race was a great success, with the club receiving coverage in the NY Times, Boston Globe, Ski Racing News and all the local papers.

Over the years, many members contributed to the fun and accomplishments of the club. Pats Peak Management continued to support the Club. Bev Patenaude was often the race secretary as well as timer. Joe Patenaude gave the club free reign to do what they needed and Wayne Patenaude volunteered as the club's official photographer. The club ran on a very meager budget.

During those early years, Jack Krantz was once again instrumental in his support of the club when he decided the racers needed helmets, but they cost \$20 each. Jack organized fundraising efforts and the club found the money to purchase ten helmets.

The Program has changed over the years. In 1972 Deb Flanders, as the Club's Head Coach, worked with Wayne Patenaude to establish a full time Ski Academy using some buildings the Peak owned. The Pats Peak Academy became a reality under the Direction of Bruce Crane in the mid 70's. The signs still hang on the buildings by the south end of the Parking Lot. Later, Bud Burgess forged an alliance with Mt. Sunapee called the "Pats Peak/ Sunapee Coop." Dave Boyle directed the Pats Peak Program for several years until Paul Cremeno took over as Program Director in the early 90's through 2003. From 2003 through 2015 Deb Flanders served as Program Director when Andy Locke took over. Robbie Holland, previously a U14 Head Coach and Assistant Program Director, took over as Program Director in 2021. He has been with the club and Pats Peak Ski Area for many years and has a wealth of experience in alpine racing and coaching, and ski program development.

Throughout the Club's fifty year tenure it has continued the tradition of providing affordable quality programs with excellent coaching and training. Pats Peak Ski Area makes it all possible through their continuing support of ski racing at all levels.

Alpine Race Program Overview

Our program aims to provide fun, safe, team-based age-appropriate training with a focus on mastery of fundamental skiing skills progressing to the development of racing skills over time. As an athlete, you will learn to ski competitively with some of the best racers in the state.

The Pats Peak Ski Team is committed to:

- Developing a love of skiing and ski racing as members of an energetic and supportive team
- Creating a positive and encouraging learning environment that emphasizes individual improvement and teamwork
- Fostering camaraderie and respect for fellow athletes and competitors
- Promoting and encouraging mental and physical strength to achieve goals
- Supporting athletes and their families with dedicated and experienced coaching staff and race opportunities to further develop members into elite ski racers or very confident skiers!

Team Levels

The team levels and curriculum align with the U.S. Ski and Snowboard Association age-appropriate progressions, which build on a race platform. Each team of athletes is led by a dedicated team of highly qualified coaches.

There are training and racing opportunities for all children ages 6* through high school. Skiers are broken into groups by age.

	Race1/U8	U10	U12	U14	U16	U18+
Age	6*-7 yrs (or 9 and under and new to racing)	8-9 yrs	10-11 yrs	12-13 yrs	14-15 yrs	16-17+ yrs
Entry Skill Level	Able and eager to ski a variety of terrain at Pats Peak. Athletes must be able to load a lift without assistance.	Able and eager to ski a variety of terrain at Pats Peak	Able and eager to ski all terrain at Pats Peak	Able and eager to proficiently ski all terrain at Pats Peak	Advanced skier with racing experience	Advanced skier with racing experience
Focus	Instill a love of skiing so kids will continue skiing in whatever capacity that excites them	Instill a love of skiing and provide a taste of racing skill development and competition	Instill a love of skiing, provide opportunities for racing development and competition, and foster a supportive team	Instill a love of skiing, provide opportunities for racing development and competition, and foster a supportive team	Instill a love of skiing, provide opportunities for competitive racing, and foster a supportive team	Instill a love of skiing, provide opportunities for competitive racing, and foster a supportive team
Commitment	Sat&Sun**	Sat&Sun** +night training^	Sat&Sun** +night training^	Sat&Sun*** +night training^	Sat&Sun** +night training^	Sat&Sun** +night training^
Racing Experience	None required	None required	None required	None required	U14 or equivalent	U16 or equivalent
Races/Season	N/A, however a "Race 1 Olympics" event is offered near season end to showcase learned skills.	~4-5	~8-10	~8-10	~8-10	10+

*Please talk with us about your 6 year-old so we can make sure that he or she is ready for the program. Children under the age of 6 at season start are **not** eligible.

****Our season runs from late November/early December (start dependent on conditions) through March. PPST trains Saturdays and Sundays from 8:30am - 2:30pm with a 45 minute break for lunch.**

^Night training (optional) is available Tuesday, Wednesday and Thursday nights in January and February from 5:30pm - 7pm for U10+ athletes. Training is also offered daily during December holiday break.

Additionally, PPST offers a high school training program (open to all high schoolers), a non-PPST athlete night training program (athletes from other mountains or recreational/high school racers) and a Friday afternoon training program (12:30pm - 3:30pm; separate training session event registration required).

For more detailed information about these teams and training opportunities, including FAQs, please visit www.patspeakracing.org.

Pats Peak Ski Team Expectations

Academics

PPST believes that education always comes before ski racing. Is it important that all racers communicate with their schools well in advance regarding any days they will miss during the season. Parental support and cooperation is vital to the process of establishing and maintaining a positive relationship with your school. Parents are encouraged to communicate with the schools and the PPST coaching staff in this regard.

Athlete Code of Conduct

Honesty. Integrity. Compassion.

- I will represent myself and Pats Peak Ski Team (PPST) with honesty, integrity, and character in all team activities both on and off the hill at home and away races, activities and camps.
- I will be a positive and supportive team player as a current member of PPST.
- I agree to represent PPST in a responsible and respectful manner.
- I will show consideration and compassion for all team members, coaches, race officials, ski area employees and personnel.
- I agree to train and race responsibly according to NHARA and USSA rules and regulations.

Racer Responsibility Code

PPST racers are expected to represent the club and our mountain in a responsible and positive manner. Racers must obey all rules regarding skier safety and courtesy while at Pats Peak and while attending races at other areas. Courteous, responsible behavior is also required while traveling to competitions, in mountain restaurants, or whenever

racers are representing Pats Peak in any way. The following rules need to be adhered to during training and racing:

- Bindings must be in good condition and properly adjusted for the conditions. Unbreakable sunglasses and goggles are essential.
- Warm up for training and racing sessions. Stretch for at least 5 minutes before skiing. Warm up gradually on snow, skiing various radius turns, before skiing at speed.
- Always carefully inspect a course before running it. Follow the inspection rules for the training session or race. Do not cross or go on to closed courses at competitions, and always be certain that practice courses are clear before proceeding. Never start running a practice course unless the coach has given permission to start.
- If you fall and are unhurt, immediately signal that you are OK and quickly move a safe distance away from the course. Collect your gear and reorganize away from the active course.
- While attending a race event, stand far enough from the course to allow a racer on course full visibility, room to recover and room to come to a stop without hitting you.
- Always remain still while there is a racer on the course, and never free ski on or near a closed race course except as allowed by the established inspection procedures.
- If a gate pole is knocked out or broken and presents a danger, place it outside the course, preferably totally to the side of the slope or as directed by the coaches or course officials.
- Be sure to communicate with your coach when tired, ill, uncertain or afraid, if the course is too difficult or rough, or if visibility is poor.
- Always stop below your coach or training group. Never attempt to stop above any skier or group. Always leave room to take evasive action should your coach or other in your training group move unexpectedly.
- When your run is complete, move immediately out of the finish area or away from the course. Make sure that you have an adequate finish area and safe room outside all courses.
- Never jump or ski fast into an uncontrolled blind spot.
- When free skiing outside race and training areas you must be aware of others and ski in full control at all times. Respect other skiers' rights to a safe and pleasant skiing experience.
- Be on time for all training sessions and team activities.
- Always bring a water bottle with you to races and training.
- If you need to leave early let your coach know.
- Know all US Ski and Snowboard racing rules.

- Wear suitable protective clothing and gear when training.
- Be prepared for all weather conditions.
- Assist with all set up and tear down of training and racing courses.
- Adhere to the US Ski & Snowboard code of conduct, published in the US Ski & Snowboard Competition Guide.
- Have tuned and waxed equipment for each training session.
- Always carry your ski pass.
- Assist fellow teammates.
- No cutting lift lines or lines in general.
- Tell the truth at all times.
- Respect the rights of others.
- Say thank you to the lift operators when they hold the chair back for you.
- Get to know the area personnel by name and say hi often.
- Adhere to the Skier Responsibility Code.
- The general skiing public always comes first. If you have a conflict with another skier, let them be right.

Parent Responsibility Code

Support! Ski competitions can be stressful. At all levels competitors are subject to anxiety, frustration, and emotional swings. Parent support in a friendly and understanding manner is essential for young athletes. Parents who pressure their athletes or second-guess the coaches in front of the athlete will only add to the stress.

Remember that there can be discrepancies of two to four years between physical maturity and actual age and that selection systems often include many youngsters who are early developers. Therefore, it is important for younger athletes' parents to define success by acquisition of skills only.

When young athletes in a study were asked why they participate in sport the answers were in this order: To have fun, to improve skills, to stay in shape, to do something one is good at, for the excitement of competition, to get exercise, to play as part of a team, for the challenge of competition, and to win. Notice that "to win" was tenth on the list. We coaches are challenged with developing "having fun" as well as developing "talent".

As a parent it is important to have realistic expectations of your athlete. Understand what he or she wants from the sport and be supportive. If your child likes the participatory aspect of the sport then don't expect them to be the big competitor. Not all kids have that mentality. Coaches need to find the balance. We try to emphasize skill development over winning. We want to build their sense of self esteem. We want them to have fun so they will want to continue with the sport. We want them to reach their goals.

The success of PPST depends upon positive involvement and support from parents. Constructive feedback on programs and staff is welcome and will help the organization further improve its program. Parents, coaches, employees, and athletes are representatives of PPST. Because parents are such an important part of our community, please take time to understand the following items in the **Parent Responsibility Code**:

- I understand I am not permitted on a race course or in the competition site arena unless designated or invited by a coach or race official to run or maintain the course, or act as an official or gatekeeper.
- I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
- I will teach my athlete to play by the rules and to resolve conflicts without resorting to hostility, violence, bullying or hazing.
- I will help ensure my athlete shows up on time and prepared for all practices and competitions.
- I will teach my athlete to take care of his/her equipment, respect the equipment of others and abide by all rules and regulations at every venue where they train or compete.
- I will promote the emotional and physical well-being of all athletes ahead of any personal desire I may have for my athlete to win.
- I will inform the coach of any physical disability or ailment that may affect the safety of my athlete or the safety of others.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, athlete, or parent.
- I will respect the officials, and their authority, during competition.
- I understand that bullying is unacceptable within this organization. I will not participate in or encourage bullying in any capacity, and I will report any bullying behavior I observe.
- Dogs, if on site at Pats Peak Ski Area, must be leashed at all times.

Here are a few ways we would appreciate your support and involvement:

- As a PPST coach, assistant coach, or daily volunteer
- Educate yourself about ski competitions
- Become an alpine official
- Look for televised skiing events and US Ski & Snowboard videos and share them with your child
- Volunteer for races as an official, timer, gatekeeper, course crew, announcer or support for the race secretary
- Help by signing up to help with the fundraising, social or other club committees
- Help with club publicity

- Help carry coats at races for all the kids
- Offer to carpool to races
- Let the coaches do their job without second guessing
- Remember that too much information can be confusing so let the coaches do the coaching
- Cheer for all the PPST athletes
- Be courteous to all other parents, officials, competitors, coaches from other teams
- Bring a lot of love with you, and a great nutritious lunch for your kid
- Remember that kids just want to please you as parents so try not to be overly involved with the score at the board
- Take athletes for freeski runs all over the mountain in between race runs
- Thank the coaches, officials and other volunteers who conducted the competition
- Let the kids be kids

Alpine Training Center Rules

PPST athletes are fortunate to have the use of the Alpine Training Center (ATC), at the bottom of the Vortex chairlift. It is important that we all respect the building and adhere to the following rules:

- Remember the #1 Rule at PPST, the golden rule: Do unto others as you would have others do unto you.
- Be on time for meetings
- Keep the ATC neat and clean
- Rack skis on ski racks outside
- Be considerate of others. Bullying is intolerable behavior
- Respect other people's belongings
- Tampering with other athletes' equipment will not be tolerated
- No borrowing others equipment without their permission
- Refrain from profane or abusive language, or discussion of topics not appropriate for all age groups
- Athletes may eat lunch in the ATC
- Be quiet when groups are doing video
- No use of alcohol, tobacco, or illegal drugs
- Pick up your trash
- No wrestling or rough housing
- Coaches room is for coaches only
- If you use the tuning bench, return all tools to proper places, sweep, turn off iron always
- Offer to take trash down to the dumpster when full

- Take your things down to the base lodge if you are training after skiing
- No vandalism
- Only ski video on the TV, not movies
- Any malicious behavior will be dealt with swiftly. Athletes are expected to treat their teammates, club property, and personal property belonging to others with respect.

Pats Peak Ski Team Management

The Pats Peak Ski Team program is made possible through the work of many volunteers and dedicated staff. Led by Program Director, Robbie Holland, the coaching staff and Board of Directors work together to ensure members have all of the information and resources they need to enjoy a successful program this season and in years to come.

Further information about our Program Director, coaching staff and the Board of Directors can be found at www.patspeakracing.org.

Membership

Registration for past or prospective new athletes is made available via our website at www.patspeakracing.org. Each year, season registration is first made available to the previous season athletes/families prior to becoming available for prospective athletes/families. Should team slots be filled, athletes may be added to a wait-list and notified if/when a position becomes available.

2025-2026 Season PPST Registration Fees:

- Race 1/U8: \$1,095.00
- U10: \$1,165.00
- U12: \$1,290.00
- U14: \$1,290.00
- U16: \$1,390.00
- U18+: \$1,390.00
- Non-PPST athlete night training: \$600.00
- High School training: \$700.00
- Pre-holiday weeknight training*: \$35.00
- Friday afternoon training*: \$35.00

*Starting the first week of December, night training will be offered one night a week (5:00pm -7:30pm) leading up to the holiday break, weather dependent. Friday afternoon training (12:30pm-3:30pm) will be offered ~January 2026 for U10+. Prices are per session. Registration for individual sessions will be made available on www.skireg.com.

In addition to season registration fees, athletes must purchase a season pass at Pats Peak** and join the U.S. Ski and Snowboard Association (USSA) and the NH Alpine Racing Association (NHARA)***. Individual race entries are separate and typically range from \$45-70.

**PPST has a "Peak Rewards" program with Pats Peak Ski Area. In addition to you saving \$\$ on your season passes, depending on volume, PPST receives benefits that help reduce the cost of running races - a win-win. Feel free to share the PPST Peak Rewards info with friends and family. This program is only available until December 1, 2025.

http://www.patspeak.com/seasonpasses_peakreward.html

Access Code = PPSTC

***NHARA membership is not required for Race1/U8.

Scholarship Opportunities

Ski racing is an expensive sport and PPST believes in making skiing accessible to families. To afford eligible athletes equal opportunities to participate, several scholarship opportunities associated with our Pats Peak family are available:

Josh Russell Foundation: **<http://joshrussellfoundation.org/>**

New England Masters Ski Racing Foundation: **<https://neskiracing.org>**

The Lindsey Vonn Foundation: **<https://lindseyvonnfoundation.org>**

Structure of NH Junior Alpine Racing

The U.S. Ski and Snowboard Association (USSA) is the national governing body for amateur ski racing in the United States. The USSA sanctions, insures and regulates all the competitions in which we compete. It also manages the computer classification system which ranks U16 and older competitors on the national point list. The New Hampshire Alpine Racing Association (NHARA) is a voluntary corporation formed to organize all NH ski racing programs. NH is part of the Eastern Division of USSA.

See the NHARA Handbook for details on programs for each age group. The NHARA Handbook is now online only.

RACE1 - U8 COMPETITION

U8 non-scored competition (6 and 7 year-olds) is organized at your home area or close to home area for the season. Club and divisional events will be focused on measurable skills in a fun and positive environment emphasizing the development of the fundamental skiing skills of balance, agility, basic carving and coordination. U8s in NH are not eligible to participate in Open races or qualifying events. A membership in USSA is required. *A NHARA membership is not required.*

U10 COMPETITION

U10 non-scored competition (8 and 9 year-olds) is organized at close to home areas for most of the season. The U10 program consists of non-scored Open GS & SL races (recommended not to exceed participation in 5 races) and divisional Skills events throughout the season. Competitors must hold a valid USSA youth membership and NHARA membership for all sanctioned NHARA programs.

U12 COMPETITION

U12 non-scored competition (10 and 11 year-olds) is organized at close to home areas for most of the season. The U12 program consists of non-scored Open GS & SL races throughout the season and with division qualifiers in February for selection to the NHARA U12 Finals and NHARA U12 Championships in early March. Competitors must hold a valid USSA youth membership and current NHARA membership for all programs.

U14 COMPETITION

U14 non-scored competition (12 and 13 year-olds) is organized at close to home areas for most of the season. The U14 program consists of non-scored Open races (GS, SL & SG) throughout the season and division qualifiers in February for selection to the NHARA U14 Finals and NHARA U14 Championships in early March. Athletes may qualify from the NH U14 Champs to the Eastern Region U14 Championships in mid-March. In late March, the USSA Eastern Region and Alpine Quebec and Alpine Ontario will compete at the non-scored U14 Can Am Races. Selection is from the race portion of the Eastern U14 Championships. Information on access and format will be available from your club and the NHARA website. Competitors must hold a valid USSA youth membership and a valid NHARA membership for all programs.

U16 COMPETITION

U16 competitors (14 and 15 year-olds) compete at the state level in a qualifying series for selection to regional events. The qualifying series (SL/GS/SG) will consist of 'scored' events, with each individual's results scored to the USSA points list.

U16s are also allowed to compete in other USSA scored competitions to test the competition waters with older athletes (recommend not to exceed 25 starts). USSA points earned at these events will be valid as soon as they appear on the USSA points list but may not be used for seeding in or selection from the qualifying events. A scored NHARA U16 State Finals will be held in late February for athletes not attending the regional championship events. The top 3M/3W from the State Finals will qualify for the Eastern U16 Finals. The Eastern U16 Finals and the Eastern U16 Championships are major season long goals. These will lead to further high level racing at the U16 Am Can event where selected racers will compete against athletes from Alpine Quebec and Alpine Ontario.

Competitors must hold a valid USSA competitor membership and a valid NHARA membership for all programs.

U18+ COMPETITION

Various series of races form a pipeline from local to state to regional to national and to international events. The age groupings of seeded competitions allow for a designed progression of athlete development from state and regional teams to becoming nominated for the U.S. Ski Team. Advancement to these top levels of competition is based on ability.

Competitors must hold a valid USSA competitor membership and a valid NHARA membership for all programs.

Equipment

Choosing the right equipment is essential to the enjoyment and success that youngsters find in skiing. Here are some hints to properly outfit young skiers:

BOOTS

The single most important piece of equipment in skiing is boots. They should fit snugly and be soft enough to flex, even when cold. There's a great video sponsored by NYSSRA (New York Ski Racing) about fit and flex here: <http://vimeo.com/73415950>. Boots should be 'shell sized' (take the liner out, insert foot, push to front, there should be no more than 2 fingers (placed on top of each other) space behind the heel).

In the early season we intend to check equipment. Don't be surprised if your coach suggests making some cuts in the boot shell to get a better flex.

We also recommend having a good stock footbed (like SuperFeet), or better yet, a custom foot bed made to prevent foot fatigue, stress, and to keep the skeletal alignment of the foot correct. The boots are the critical part of the equation and it is not the place to skimp!

Finally, if your child is prone to cold feet, consider boot heaters. Being able to stay out longer for training, and to be able to feel your feet can make a big difference.

SKIS

USSA & FIS publish regulations for alpine equipment each year. The 2025 standards can be found on www.us Ski and snowboard.org and https://assets.fis-ski.com/f/252177/x/e997ac168d/specifications_for_alpine_competition_equipment_14-07-2025.pdf

All racers will need a good pair of race/training skis and ideally a pair of rock skis for early season or woods. If athletes will have only one pair of race skis (strongly recommended for Race1, U10 racers, and athletes new to racing), it is best to get a SL model. For experienced U12 and older racers, we recommend separate skis for slalom and giant slalom.

Correct length is a factor of size, skill and type of ski, but the general guideline is:

Slalom – to the chin (if using one pair of skis for all disciplines, size to the nose).

G.S. – over the head (10-20 cm longer than SL)

S.G. – 10 cm longer than G.S.

US Ski & Snowboard requires that U12 athletes use only 1 pair of skis on race day. As this can potentially be confusing, we will address what this means at the beginning of the season.

POLES

The most common "old time" method is to invert the pole with the grip on the floor and grab the shaft under the basket. The pole is a good fit if your forearm is at 90 degrees (or parallel to the floor). This is a good starting point for SL.

GS poles are typically longer for a stronger push out of the start and pole planting is not an issue.

Athletes that are clearing gates in SL will require pole guards to protect the athlete's hands (U10 and older). While the guards protect the athlete in SL, they are a hazard when training GS. Therefore we **STRONGLY** recommend a set of poles for SL (w/ guards, and one for GS (without guards). As a TIP: buy the GS poles as 5cm longer than the SL - when your athlete grows, this year's GS poles can become next year's SL poles! (and - no need for bent poles except for SG and DH).

Finally, when in doubt, select a longer pole, as most shafts can be cut down to size, but it is quite impossible to add length.

HELMETS

Helmets are mandatory in training and racing. For Race1/U8 skiers, any good ski helmet will be sufficient.

All U14 and above racers will need to have helmets that have been certified by FIS for GS, SG, and DH. For U12s and younger, there is no need to buy a FIS helmet today. However, if you need to replace your current helmet, get the FIS certified helmet. This is true for both U12s and older, as it's likely that the helmet will still fit as the U12 gets older, and the new requirement may provide some greater level of protection. Also, please make sure that if you're buying a FIS helmet, it has the correct sticker (at left):



All U14 and older racers will be held to the following rule: "No Sticker, No Start". The sticker must be **fully visible**. If your athlete chooses to place their own stickers on their helmet or have a painted helmet, the FIS sticker must be kept fully visible.

All helmets for GS must have hard ears, regardless of age group. Soft ear helmets may be worn for SL.

EYE PROTECTION

PPST participants are required to wear proper eye protection at all times. Goggles are required when training gates. Athletes need to have different lenses for varying light conditions.

GATE PROTECTION

First, fast skiing involves keeping your skis in the fall-line (down the hill), loading them with energy and releasing it across the hill as cleanly as possible - limiting the amount of skidding at the bottom part of the turn. This goes for every event, from SL to DH. In slalom, once the racer is able to make strong turns (and only when this is happening), we start bringing them closer to the gates to shorten the travel path, and go yet faster. Edie Thys (former US Ski Teamer, now coach and mom at Ford Sayre) has a great article on this here:

<http://www.racerex.com/clearing-up-the-issue-an-anti-cross-blocking-manifesto/>

As coaches, we're watching to see when the time is that the racers are being held back by steering around the gates, when their skill set would enable them to ski through them. We will tell you when your racer needs gate protection. That said, we're not naive enough to discount that many kids love the gear, and will be asking for it. It's OK to get the gear, but please don't feel you need to until you're told by the coaching staff it is necessary.

What to get:

Chin Guard - this can be attached to the helmet when training SL - it protects that dental work and nose. They typically are specifically designed for a given helmet model, so check to make sure you get the right one. **IMPORTANT NOTE:** the chin guard should be removed when not training SL gates to lessen the likelihood of it catching on the snow during a crash.

Pole Guards - this is plastic that covers the pole grips to protect the racer's hands. These can be generic, but check to make sure that they fit your pole/grip combo. Also, I like the guards that create a closed arc, attaching to the pole below the grip and on top of the grip. This limits the chance of a pole catching in the snow when your hand drags or during a crash.

Shin Guards - just a piece of plastic that covers the knee down to/over the top of the boot.

Forearm Guards - this is essentially shin guards for the forearms used in GS. For the limited times that racers are going to be hitting GS gates, these are almost certainly unnecessary. If coaches see a racer ducking around gates, you may be advised they are necessary for your child. Be forewarned, that the coaches have a penchant for taking the guards away when racers are focused on hitting GS gates with them, rather than 'going deep' in the turn (skis away from the body, high edge angle) as they should be.

Other Protective Clothing/Equipment - speed suits are optional, but popular at most levels. Younger and first time racers usually forego this expense and race in their normal ski attire. As racers progress, kids feel faster and more confident in a speed suit. Remember, if an athlete uses a speed suit, they should also have pants and/or shorts that zip-off completely without requiring them to remove their boots. This is especially important on race days.

Back protectors are encouraged. You may also consider cut-resistant clothing layers.

Good gloves/mittens make a difference. You may consider gloves/mittens with glove padding once your athlete is clearing gates.

PPST skis in all types of weather, so please ensure your athlete is prepared and dresses accordingly. This includes hand warmers, toe warmers, back warmers, neckies and layers for warmth. It's best to have additional clothing/layers packed and ready to use if needed.

Please remember to label all equipment and clothing.

Further information on equipment, including a helpful video for parents, can be found on our website at www.patspeakracing.org.

If you have specific questions on equipment, please discuss directly with your athlete's coach.

Tuning

Well tuned skis are CRITICAL for any skiing. Skis should be race ready every day. Effective training can only happen when an athlete's skis are sharp and bases are well protected with wax - inexpensive wax for training.

Skis need to be tuned every day - that may mean simply checking the edges for burrs/sharpness, and the bases for wax, OR, an actual tune.

The reality is that there's no way to get skis to the shop for tuning every day - and you would probably go broke doing it. SO... you, and eventually your racer, need to learn how to tune your skis.

We recommend families who are interested in racing to invest in tuning equipment.

Should you have questions on tuning or equipment, please visit Bob Skinner's Ski & Sports in Newbury, NH.

Volunteer Requirements

Race Credits

PPST relies on club members to help run our events and races. Most of these tasks count as 1 race credit. Each family with a U10+ athlete(s) is required to earn 5 race credits through the season. Families with only Race 1/U8 athlete(s) are required to earn 3 race credits.

In addition to the 5 or 3 race credits due, **ALL families are required to have at least 1 adult work the annual Pats Peak Ski Team Ski and Snowboard Sale at Pats Peak Ski Area.** Details for the Ski and Snowboard Sale, including volunteer opportunities sign-up information (for either Saturday or Sunday), will be provided via email. Club members will be invoiced \$250.00 per family if unable to work the sale. You must fulfill your shift in full to receive credit.

On race days, race credit opportunities are only available when the race is hosted at Pats Peak Ski Area. No parent or family member will work a race at an alternative race venue. Please keep this in mind when planning your availability to fulfill your race credit requirements throughout the season.

If you are unable to work all of your race credits, you will be charged a fee of \$200.00 per missed race credit at the end of the season.

How to Earn Race Credits

1. Sign-up via our online program tool (Sign-Up Genius), "Dibs," which will be made available and announced well in advance of the event. Details will be provided to membership via email and made available on our club website. Please note "Dibs" is an online tool that helps keep members organized by providing a platform to assign and claim responsibility. Site members can browse Dib Sessions once "live" on our club website and claim responsibility for Dib Items. Members then complete Dib Items to fulfill their Dib Session requirements.
2. You must report for your shift on time and complete the entire shift. Shifts may be shared by adult members of the same family - please notify the appropriate Area Supervisor (i.e. Head Gatekeeper, Chief of Course, etc.).
3. A Race Area Supervisor will be assigned to each job type. You are required to report to that Race Area Supervisor at the beginning and end of your shift so the appropriate paperwork can be completed.
4. Race workers must sign-in on the Worker Sign-in Sheet and complete a USSA Waiver & Liability Release form for each race. These will be available at the ATC on race day. AO's do not need to sign the USSA Waiver & Liability Release form but everyone should sign the Race Worker Credit sheet. The completed forms will be submitted to NHARA at the completion of each race.
5. If you sign up for a job and are unable to work it is your responsibility to find a replacement.

If you have any questions regarding the sign-up process or the status of your race credits, please contact our Volunteer Coordinator, Erin Doyon at:

signup@patspeakracing.org

Race Jobs

Jobs for each race include:

- **Chief of Race (AO)** - The Chief of Race directs all preparation for the race competition and supervises the activities of all the volunteers.
- **Chief of Course (AO)** - The Chief of Course is familiar with all local snow conditions on the race terrain and is responsible for the preparation of the course. The COC generally supervises course maintenance during the races and supervises all clean up operations.
- **Starter** - The starter gives the actual countdown or signal for each racer to start his/her race.
- **Chief Timekeeper (AO)**- is responsible for coordinating all timing officials as well as other officials at the start and finish, for deciding the interval between starts, assuring the synchronization and accuracy of the timing and the accuracy of the official results.
- **Assistant Timer** - Assists the Chief Timekeeper to handle the electronic timing equipment in the finish shack.
- **Announcer** - The Announcer is located in the finish shack and announces "racers on course" including the bib number, name and club affiliation as well as finish times. Also makes general announcements as requested.
- **Finish Referee (AO)** - Responsible for recording each racer as they cross the finish line in exact order of finish. The Finish Referee remains in the finish throughout the training and race to make sure that the regulations for the organization of the finish and the finish run in and run out are properly observed. He/she advises the finish controller, the timing and the crowd control in the finish area and must be able to communicate immediately with the starter at all times.
- **Start Referee (AO)** - Responsible for recording each racer leaving the start in the exact order of start. The Start Referee remains at the start throughout training and the race to make sure that the regulations for the start and the start organization are properly observed. In addition, the Start Referee determines late and false starts and reports the names of the competitors who did not start, have made false starts or other infringements and reports violations against the rules for equipment.
- **Hand Timer Start or Finish** - Responsible for accurately running the hand timer and recording the time for each racer. This timing is critical as it is the back up in the event that the electronic timing system fails. The Hand Timer is required to bring all completed timing sheets to the finish shack at the end of EACH run. This task requires some experience.

- **Scoreboard/ Registration-** After working at the race registration table, you will move to position at the finish area. The Scoreboard Operator completes sheets with each competitor's name and start order prior to the race. As each competitor finishes a run the Scoreboard Operator enters each racer's time on the board, after it is announced by radio or through the PA system.
- **Start Round Up** - Copies off the starting order, calls out racer's name based on start order. Responsible for making sure that racers are lined up in order outside the start position.
- **Lodge Clean Up/Bib collection/Race Registration/Race Close out** - Race Registration volunteers are responsible for handing out bibs to racers after verifying that they have paid all necessary fees. For scored races (U16 and above), if the racer does not finish the first run they are not permitted a second run so the registration staff needs to be available throughout the entire race. This position is also responsible for ensuring that the ATC is cleaned up and orderly after registration, lunch, and end of race. The position collects bibs at the end of the second run of the race and ensures all bibs and volunteer equipment is returned.
- **Maintenance Crew Member** - The Course Maintenance Crew assists with snow and race course surface preparation (helping with fencing, course setting for all runs) and maintenance using snow rakes and shovels. The job includes extensive side slipping and the maintenance of gates. Once the race starts, the Maintenance Crew is assigned to monitor and repair a specific part of the course or work as a team as instructed by the Chief of Course. Responsible for all tear down of fences and courses.
- **Head Gatekeeper** - The Head Gatekeeper organizes and supervises the work of the gatekeepers. The HG must make sure that all numbering and the marking of gates is done within the required time. The HG distributes required materials such as Gate Judge cards, pencils, etc. The HG also instructs the Gatekeepers in their duties, designates the gates each Gatekeeper will supervise and places each Gatekeeper in position. The HG collects and delivers Gate Judge Cards to the Finish Referee at the end of the run and must be prepared to offer assistance either to keep spectators off the course or to help maintain the course.
- **Gatekeeper** - Responsible for monitoring correct passage through a series of assigned gates (typically 3-5). The Gatekeepers job is critical for fairness of the race, but is not difficult. Each Gatekeeper maintains race cards to note any fault by the racers. Attention to detail is important.

AO = requires Alpine Officials license*

*Members that obtain their AO license may be reimbursed for licensing fees through the Club. Submit your reimbursement claim for AO licensing to Program Director, Robbie

Holland, and Head AO Official, Michael Harrison. Following approval, your reimbursement claim will be submitted to PPST Treasurer for processing and payment.

Race credits may be earned by volunteering for one of the race worker positions or by fulfilling one of the non-race roles.

Additional Race Credit Opportunities

In addition to working races, club members can satisfy a portion of their race credit requirements by taking on additional responsibilities with running the club.

Club President: Five credits

Club Vice President: Five credits

Club Treasurer: Five credits

Club Secretary: Five credits

Ski and Snowboard Sale Manager: Five credits

Clothing Manager: Three credits

Volunteer Coordinator: Five credits

Social/Marketing Director: Five credits

Events Coordinator: Five credits

Sponsorship Director: Five credits

Team Parent Coordinator: Two credits

New Parent Coordinator: Two credits

AO license with clinic attendance: One credit

Helpful Links

U.S. Ski and Snowboard: <https://usskiandsnowboard.org/>

N.H. Alpine Racing Association: <https://www.nhalpine.org/>

USSA Live Timing: <https://vola.ussalivetime.com>

FIS: <https://www.fis-ski.com/>

SkiReg: <https://www.skireg.com/>

AdminSkiRacing: <https://adminskiracing.com/>