

# SRRC Parents Handbook

WELCOME TO THE 2009 – 2010 SEASON!

*SRRC is about racing. But more than that,  
it's about fun, excitement and friendship.*



## 2009 - 2010 Season Sponsors



## 2010 PARA-GMVS J4-5 Derby Sponsor

*(Hosted by SRRC on February 27 & 28, 2010)*



[www.gmvs.org](http://www.gmvs.org)

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Green Mountain Valley School

Est. 1973

## **The Ski Roundtop Racing Club (SRRC) was established in the spring of 1965**

Ski Roundtop opened to the public in the fall of 1964 and shortly after that a group of skiers got together and formed the Ski Roundtop Ski Club. By the spring of 1965 it was apparent that the focus of the club was on junior ski racing so the name was officially changed to the Ski Roundtop Racing Club.

The Saturday Morning Race has been a club tradition since the very beginning and has been hotly contested over the years. Our race and training hill, Exhibition, is Homologated by USSA for Slalom and registered for Giant Slalom. The race venue corresponds to the requirements of USSA and PARA and is approved for USSA sanctioned alpine events.

SRRC is a certified Member Club of USSA and a participant in the USSA Gold Member Club Liability Insurance Program.

SRRC is recognized as a federal tax-exempt organization under section 501 (c) (3) of the Internal Revenue Code and is registered as a charitable organization with the Commonwealth of Pennsylvania.

### **SRRC Membership and Program Fees**

Family Membership (required for participation in all programs):

Postmark on or before October 31, 2009	\$25.00
After October 31, 2009	\$50.00

Alpine Ski and Snowboard Race Training Programs:

(Training Program Registration Deadline, January 4, 2010)

Competition Team

2 Day, weekend training only	\$260.00
3 Day, weekend plus 1 weeknight	\$310.00
4 Day, weekend plus 2 weeknights	\$360.00

Travel Team \$460.00

Alumni Racer \$100.00

Alpine Snowboard Team \$350.00

Masters Program \$225.00

Ski and Snowboard Team, additional cost \$50.00

*The above fees do not include lift tickets, race entry fees, travel expenses, etc.*

**Family Membership:** Each family with an athlete enrolled in one of the programs above is required to pay the family membership fee. This membership is also applicable to families and individuals, without athlete participation, who wants to maintain friendships, support and contact with the club through participation in SRRC fund raising projects and social events.

**Competition Team:** Our competitive race team is designed for the beginning racer through the experienced competitor. Participants are grouped with other athletes of similar abilities. The training is centered on the needs of each specific group and the focus is on improving each athlete's skiing and racing ability. With the choice of a 2 day (weekend only) or a 3 or 4 day a week training schedule, the competitive program will help all athletes to ski and race better. With on-snow drills, exercises, games and lots of skiing and racing; participants will build the confidence needed to excel and have fun. Comp Team members may compete in a maximum of two (2) predetermined PARA races per season. Please alert the coaching staff ahead of time of your intent to compete.

**Travel Team:** Our most intensive training program is designed for the experienced athlete who loves the challenge and excitement of high level competition. The travel team focuses on refining an athlete's skiing and racing skills and provided an opportunity to compete against racers in USSA sanctioned events at other ski areas located throughout the state. Coaching Representation is provided at all PARA Central Region qualifying races and at other pre-determined preseason and post season USSA races. Only Travel Team members may qualify for the J3 and J4-5 State Championship Derby or participate in J1-2 PA Cup Race Series.

**Masters Program:** This program is designed for the experienced adult racer, age 20 and over, who wants continue racing and training. Adult racers receive training alongside older junior racers in Slalom, Giant Slalom and agility drills.

**Alumni Racer:** This program is intended for former SRRC junior racers who have graduated from high school and are away during most of the ski season but want to prepare for upcoming USSA races and/or collegiate events by periodically training with the travel team.

**Alpine Snowboard Team:** This program is designed for the beginner racer through the experienced competitor. The training is centered on the needs of the group and focused on developing the skills needed to be a successful alpine snowboard racer and preparing for upcoming regional competitions.

**Participation Requirements:**

- Must be at least 8 years of age
- Ability to ride the chairlift without assistance
- Ability to ski or snowboard the mountain independently
- Minimum Intermediate skiing or snowboarding skills
- Use of an approved ski helmet

## **SRRC Volunteer Worker Policy**

*The success of our program is a direct result of the volunteer help of the parents in support of our team members. Through volunteerism, races are fun, fundraising projects are successful, and friendships flourish. Consequently, SRRC requests that all parents work a number of times throughout the season to acquire a minimum of four (4) volunteer credits. A list of opportunities to earn these credits will be made available at the beginning of the season. Please choose the activities that best suit your time and talent. The dedication of our volunteers is a key ingredient to the quality of our programs and events. Thank you for your participation.*

## **Affiliate Membership Requirements**

### **United States Ski and Snowboard Association (USSA)**

The United States Ski and Snowboard Association is an Olympic sports organization and parent body for the U.S. Ski Team and U.S. Snowboarding. It is driven by a vision to be best in the world in Olympic Skiing and Snowboarding with an emphasis on building character through personal values. The mission of USSA is to provide strong leadership that establishes and supports athletic excellence in accordance with the USSA core values. Services provided by USSA are based around the three “R’s”; rules, races and rankings. Rules are established to ensure a consistent and fair playing field for all athletes. Races, or competitions, are the backbone of the USSA programs, providing competitive programs for athletes. Rankings are a means of evaluating performance in competitions to determine advancement within the USSA athlete development pipeline, or to assist in determining start positions in specific competitions.

All SRRC members are required to be registered with USSA as stipulated by our participation in the USSA Gold Member Club Liability Insurance Program. SRRC members must register with USSA and provide their USSA membership number to the SRRC Membership Chairperson. Members will not be allowed to participate in any SRRC activities, either on-snow or dryland, without a valid USSA membership. Both on-line and mail-in membership applications are available at [www.ussa.org](http://www.ussa.org).

USSA offers several membership categories for athletes to choose from.

<u>Alpine Ski Competitor:</u> (recommended for J-2 and older travel team members)	\$140
<u>Alpine Ski Non-Scored Student:</u> (recommended for comp team and 2 <sup>nd</sup> year J3 travel team members)	\$90
<u>Alpine Ski Youth Competitor:</u> (recommended for all team members, J3 and younger)	\$70
<u>Alpine Ski Master:</u>	\$110
<u>Alpine Snowboard Regional Competitor:</u>	\$70
<u>Alpine Snowboard National Competitor:</u>	\$140

## **Pennsylvania Alpine Racing Association (PARA)**

PARA is a volunteer-run state association which implements USSA programs including scheduling of state competitions used for the selection of teams to participate in Regional USSA competitions and development training opportunities. PARA also coordinates education and training opportunities for USSA competition officials and coaches. Additional information about PARA can be found at [www.PaRacing.org](http://www.PaRacing.org).

All SRRC Alpine Ski Comp and Travel Team members are required to be registered with PARA. This is done through the USSA registration process. Be sure to indicate your PARA affiliation on the USSA application and include the \$35 PARA dues with your payment.

## **International Ski Federation (FIS)**

FIS registration is required for some Alpine Ski Travel Team and Snowboard Team members who may qualify to participate in regional or national USSA/FIS events. Consult the USSA competition schedule and your SRRC Coach to determine if FIS registration is applicable or recommended.

## **SRRC Program Highlights and Benefits**

Christmas Training Camp

Pre-season Dry-land Training

Saturday Morning Club Race Series

Early Morning Training Sessions on Ramrod

Coaching at Select Pre and Post Season USSA Races

Ski Equipment Discounts at Local Ski Shops

Team and Individual Photo Shoot

Team “Spirit Wear” Apparel

### **Schedule of Early Morning Ski Training on Ramrod**

*(J4 and older, Travel and Competition Team Members only)*

*6:00 to 8:00 AM*

*Saturday,, January 9<sup>th</sup> GS Training*

*Saturday, January 30<sup>th</sup> GS Training*

*Saturday, February 13<sup>th</sup> SL Training*

#### **The following special policies will be strictly enforced:**

- be on time, course inspection is required
- meet at ski check area adjacent to the Minuteman Slope
- if you show and the group has already departed – you are too late (please do not follow or attempt to come looking for the group!)
- do not load ski lift without attendant on duty
- there will be no breaks for restroom or clothing/equipment changes
- skiing is prohibited on other slopes, remain with group at all times
- avoid snowmaking and grooming equipment
- no movement on course after training begins, except for course maintenance between runs
- parent observers are welcome but must abide by all athlete rules
- after the practice session is over, participation in the Saturday Morning race is optional - nutrition, hydration, rest, and fun are recommended

## **SRRC Calendar of Events and Important Dates**

November 7 <sup>th</sup> & 8 <sup>th</sup>	Ski Roundtop Fall Extravaganza and Used Equipment Consignment Sale
November 15 <sup>th</sup>	SRRC Parents Orientation Meeting
November 17 <sup>th</sup> and Dec 8 <sup>th</sup>	Athlete Management Program Dry-land Training in Tubing Lodge
December 6 <sup>th</sup>	SRRC Fit Day (noon to 4:00 pm) Individual Evaluation of Equipment and Set-up
December 27 <sup>th</sup> to 30 <sup>th</sup>	Christmas Training Camp
January 3 <sup>rd</sup>	Frank Sheibley Race for Excellence USSA Slalom Race on Exhibition J1-J5 Open Race (non qualifier)
January 4 <sup>th</sup>	1 <sup>st</sup> Alpine Snowboard Weeknight Practice Session
January 5 <sup>th</sup>	1 <sup>st</sup> Ski Team Weeknight Practice Session
January 9 <sup>th</sup>	Patrick Shire Memorial Club GS Race Team and Individual Photo Shoot
January 31 <sup>st</sup>	Richard Whitney Memorial SL USSA SL Race on Exhibition J3-J5 PARA State Qualifier J1-J2 Open Race
February 27 <sup>th</sup> & 28 <sup>th</sup>	PARA-GMVS J4-5 State Championship Derby Saturday – SL on Exhibition Sunday – GS on Exhibition
March 6 <sup>th</sup>	Last Saturday Morning Club Race
April 17 <sup>th</sup>	SRRC Spring Awards Banquet at Ski Roundtop
June 6 <sup>th</sup>	Frank Sheibley Memorial Golf Tournament Valley Green Golf Club

# **Ski and Snowboard Team** **Christmas Camp Schedule**

*SKIING (GS & SL), VIDEOTAPING, BIB ASSIGNMENTS, TEAM RACE, PIZZA PARTY*

## **Sunday, Dec 27, GS**

- 8:15 - Indoor: Registration & Check-in
- 8:30 - Indoor: Greetings, Coach Introduction
- 9:00 - On Snow: All SRRC Ski and Snowboard Team Members
- 9:15 - Gatekeeper Training for Parents
- 12:00 - End of day for 2 day Comp Team & Snowboard Team Members
- 12:45 - On Snow: 3 & 4 day Comp Team & Travel Team Only
- 3:45 - End of Day

## **Monday, Dec 28, GS & Tuesday, Dec 29, SL**

- 8:30 - On Snow: All SRRC Ski and Snowboard Team Members
- 12:00 - End of day for 2 day Comp Team & Snowboard Team Members
- 12:45 - On Snow: 3 & 4 day Comp Team & Travel Team Only
- 3:45 - End of Day

## **Wednesday, Dec 30, GS am & SL pm**

- 8:30 - On Snow, all team members, Team Formations
- 9:00 - Race Course Inspection (required)
- 10:00 - Race Begins
- 11:30 - Pizza Party & Awards
- 12:15 - End of day for 2 day Comp Team & Snowboard Team Members
- 12:15 - On Snow: 3 & 4 day Comp Team & Travel Team Only
- 3:15 - End of day

# Practice Schedule

**Monday, Jan. 4th thru Saturday, Mar. 13th**

*All other practices as announced via snow phone, email, & bulletin board*

## Ski Team Weekly Schedule

**Saturday** - All Team Members (Masters morning only)

- 8:00 am Gate training
- 9:30 am Course Inspection (required)
- 10:00 am Race Start (Jan 9, Jan 16, Jan 23, Jan 30, Feb 6, Feb 13, Feb 20, March 6)
- Immediately following race – Fun runs, time and conditions permitting
- 11:30 am - Midday lunch break
- 12:15 pm – Skills and drills
- 2:00 pm - Awards

**Sunday** - All Travel and Comp Team Members

- 9:00 am Gate Training (based on slope availability)
- 11:30 am - Midday break
- 1:00 pm - Skills and drills
- 3:00 pm - End of day

**Tuesday and Thursday** - Travel Team, 3 or 4 day Comp Team & Masters Team Members

- 6:30 pm to 9:00 pm Drill and Gate Training

## Snowboard Team Weekly Schedule

**Saturday** - All Snowboard Team Members

- 8:00 am Gate training
- 9:30 am Course Inspection (required)
- 10:00 am Race Start (Jan 9, Jan 16, Jan 23, Jan 30, Feb 6, Feb 13, Feb 20, Mar 6)
- Immediately following race – Fun runs, time and conditions permitting
- 11:30 am – End of Day

**Monday and Wednesday** – All Snowboard Team Members

- 6:00 pm to 9:00 pm Drills and Gate Training

## 2008 Travel Team Results

PA Derby Team	25 racers
PA State Team	12 racers
Eastern J3 Finals	5 racers
Eastern HS Championship	1 racer
Piche' Invitational	5 racers
Future Stars	4 racers
US National Snowboard Finals	8 racers

PARA J4 State Champion	Kyle Penny
USASA GS Champion	Ezio Argento
USASA SL Champion	Neil Sunday

**PARA Race Info** – Race information and registration available via [www.PaRacing.org](http://www.PaRacing.org) . Race entry fees are applicable and start at approximately \$30 per race. Lift ticket costs are usually applicable, also. No additional equipment is necessary, although specialty race skis, ie SL and GS, are recommended for J3 and above.

## 2009-2010 SRRC Travel Team Race Schedule

**“X = Q”:** qualifier for J3 & J4-5 State Championship Derby

<b>Race Date</b> (due date = TBA)	<b>Location</b>	<b>Disc.</b>	<b>J1/2</b>	<b>J3</b>	<b>J4/5</b>	<b>Masters</b>
12/27, Sun	Vector Security GS Seven Springs	GS (2 races)	X	X (2 <sup>nd</sup> year J3 eligible for points)		
1/3, Sun	Frank Sheibly Race for Excellence Ski Roundtop	SL	X	X	X	
1/10, Sun	Patrick Shire Memorial Liberty Mountain Resort (recommended race #1 for Comp Team members)	GS	X	X=Q (3 Runs)	X=Q (3 Runs)	X
1/16, Sat	Tussey Mtn Slalom Tussey Mountain	SL	X	X=Q	X=Q	
1/17, Sun	Bald Knob Slalom Tussey Mountain	SL	X	X=Q	X=Q	
1/23, Sat 1/24, Sun	PA Cup #1 & 2 Seven Springs	SL	X			
1/30, Sat	Whitetail	GS		X=Q (3 Runs)	X=Q (3 Runs)	
1/31, Sun	Richard Whitney Memorial Ski Roundtop (recommended race #1 for Comp Team members)	SL	X	X=Q	X=Q	
2,5 Fri 2/6, Sat	PA Cup #3 & 4 Blue Mountain	GS	X			
2/7, Sun	PA Cup #5 Sno Mountain	SL	X			
2/12, Fri 2/13, Sat 2/14, Sun	J3 Derby Seven Springs	SG SL GS		By Invite Only		
2/19, Fri 2/20, Sat 2/21, Sun	PA Cup #6, 7 & 8 Bill Newman Memorial Randy Turner Memorial Elk Mountain	GS SL GS	X			
2/27, Sat 2/28, Sun	PARA-GMVS J4-5 Derby Ski Roundtop	SL GS			By Invite Only	

## **SRRC Coaching Staff**

Head Coach: Bruce Bedell (410) 399-2302

Program Coordinator: Tracey Wakeen (717) 730-0143

J4, J5, J6            Jeff Beinhaur, lead coach  
                          Todd Klinger  
                          Kyle Black  
                          Chris Graf  
                          Allan Miles  
                          Graham Wilhelm

J3                     Bruce Bedell  
                          Heather Bedell  
                          Scott Stewart  
                          Ted Fridirici

J2, J1, Alum's, Masters  
                          Bruce Bedell, lead coach  
                          Lee Gonder  
                          Dave Gonder  
                          JR Ostman  
                          Dan Porter

Snowboard           Neil Sunday  
                          Sam Bashore

# **SRRC Board of Directors**

## **Officers:**

President	Fred Craft SRRC Webmaster Roundtop Swap Coordinator	(717) 266-2072
Vice President	Dave Gibb 2010 J4-5 Derby Chairperson Golf Committee	(717) 919-6982
Treasurer	Joe Bender SRRC Race Secretary	(240)463-9069
Secretary	Mimi Legro	(717)838-6991

## **Board Members:**

Chris Braun	(717) 763-5659	Coaching Representative Mountainside Swap
Ray George	(717) 779-0720	Fundraising Committee
Jack Kennedy	(717) 840-4138	By-laws Committee Fall Picnic Parent Orientation Meeting
Dave Long	(717) 258-0463	Awards Banquet
Denny Penny	(717)560-0249	Ski Patrol Coordinator
Paul Palanzo	(717) 545-3162	Volunteer Coordinator Fund Raising Committee Derby Committee
Jay Stefanic	(717) 790-9347	Membership Chairperson Nominating Committee
Dana Tulis	(301) 913-9391	Derby Committee Race Timing
Jeff Wakeen	(717) 730-0143	Fundraising Chairman Communication & Publicity Coordinator
Dave Whitney	(717) 691-0724	Club Race Coordinator
Fred Yost	(717) 755-4568	Golf Committee By-Laws Committee

## **Other Key Volunteers:**

Sandy Stefanic	Membership, Race Timing, Derby Committee
Bill Filling	Race Timing Coordinator
Terry McCarthy	Saturday Morning Race Timing
Diane Miles	Spiritwear Coordinator

# Staying in touch

## Websites

SRRClub.org  
PaRacing.org  
USSA.org  
USSkiteam.com  
Skiroundtop.com

## Phone Lines

717- 796-6606  
updated regularly  
updated during changing weather

*your source for the most up-to-date information relating to:*  
*practice schedule*  
*volunteer needs*  
*meetings, events, locations*  
*contact information, deadlines*

## Places

SRRC meeting place  
*bottom of Minuteman slope near Ski Patrol Building*

SRRC Bulletin Board  
*located in lower level of the Main Lodge, near Guest Services*  
*race results, photos, form pickup, notices, fun stuff*

Saturday Morning Race Awards  
*Fair weather, outdoors: Picnic area in behind Main Lodge*  
*Inclement weather, indoors: Lower Level of Main Lodge*  
*announcement made during 2<sup>nd</sup> run of race*