

ROWMARK JUNIOR PROGRAM HANDBOOK

Season 2009 -2010

Please read this handbook carefully with your child as it contains important information about the Rowmark Junior Program.

1. Rowmark Junior Program Mission.

- a. Rowmark Junior Program has been developed for skiers who are enthusiastic about skiing and want to learn a basic introduction to alpine skiing and racing.
- b. Rowmark Junior Program is an after school/weekend ski program designed to foster ski racing development and a lifelong appreciation of alpine skiing.
- c. Rowmark Junior Program is designed to offer a progression whereby skiing days and race involvement increases as the skier's age and commitment level grows.

While Rowmark Junior Program has been developed with an eye toward developing racers that ultimately may qualify for the Rowmark Ski Academy (high school), Rowmark Junior Program is not a racer-only program. The emphasis of the Rowmark Junior Program is not on medals but rather on skier development. We encourage Rowmarkers to first learn to love skiing, then learn to love racing and place emphasis on the love of learning before racing accomplishments, such as winning or getting medals.

2. Skier Groups/Teams.

- a. The Rowmark Junior Program Team progression is as follows:

Kinder Team	Kindergarten
Love to Ski Team	Grade 1-3
Lower School Team	Grade 4-5
Middle School Team	Grade 6-7-8

Within each of the foregoing classifications, there will be further groupings. Group/Team qualification decisions will be made by the Rowmark Junior Program coaches. The determinations will be primarily dictated by age, skiing ability, attitude, appropriate racing series (YSL, South Series, J3 qualifier) and desired number of days skiing. The coaches reserve the right to make some exceptions to the foregoing criteria and to make adjustments to the groups/teams throughout the season. The focus of the coaches is to create groups that will most benefit the skiers within each group and facilitate the best learning experience for the group as a whole. The Rowmark Junior Program is not designed as purely recreational. Relationships such as siblings or friends will not be taken into consideration when grouping the skiers. Efforts will be made to provide some recreational times where the groups will be mixed together giving the skiers and opportunity to choose to ski with a friend or sibling.

3. Rowmark Junior Program Fee.

a. Payment of the annual fee for Rowmark Junior Program covers the cost of coaching (conditioning, ski training & racing), administration, transportation to the Mountain and back on all training days, transportation to race (except for Love to Ski Team), participation award, season pass pick up in fall, equipment night (coaches available for recommendation), ski tuning clinic (Middle School Team), nutritional talk (Lower School and Middle School Team) and an end of season BBQ at the ski resort. The following items are not included in the annual fee: USSA membership, season passes, ski jumping entry fee, Rowmark ski Jacket, race entry fee, transportation/lodging on race days, race entry fees and race day lift ticket, ski equipment, lunches and social events such as pizza party.

b. The Fee for each level of the Rowmark Junior Program is as follows:

Program	Grades	On Snow	Conditioning	Racing	Cost
Kinder Team	Kindergarten	8 days	3 days	no racing	\$545
Love to Ski Team	1 st – 3 rd	28 days	5 days	5 races	\$1,811
Lower School Team	4 th – 5 th	40 days	10 days	7 races	\$2,654
Lower School Team	4 th – 5 th	49 days	10 days	12 races	\$3,183
Middle School Team	6 th – 8 th	49 days	18 days	15 races	\$3,565
Middle School Team	6 th – 8 th	60 days	18 days	20 races	\$4,150
Middle School Team	7 th - 8 th	72 days	18 days	25 races	\$4,924

**Students need to apply and be accepted for the Middle School Team 72 day program.*

c. The Rowmark Junior Program coaches reserve the right to disqualify a skier during the first 3 days of skiing if, in the opinion of the coaches, the skier does not meet the minimum qualifications for the Rowmark Junior Program as set forth in Section 10 below. In the event the coaches make a determination to disqualify a skier during this time period, a face-to-face meeting will be held with the parents to discuss alternatives and, in the event the child does not continue with Rowmark Junior Program following such meeting, a full refund of the Fee will be provided.

d. Subject to the provisions of Subparagraph 2c above, the Fee is non-refundable in the event your child chooses to discontinue his/her participation in Rowmark Junior Program for any reason, including injury.

4. Rowmark Junior Program Accounts. The annual fee, season pass costs, Rowmark jacket costs, Rowmark booster club gear, race dues and other expenses related to Rowmark Junior Program activities will be billed through your Rowmark Junior Program account. *All accounts with Rowmark Junior Program must be kept current in order for a skier to remain eligible to participate in the Rowmark Junior Program.*

5. Rowmark Junior Program Jackets. Rowmark Junior Program Jackets are not required, but strongly recommended. The jackets will be ordered as a group before the season begins (place order before September 23). The jackets will be on display at the parent meeting on September 16 and you can stop by the office to view and size the jackets. Orders must be placed through Sarah Getzelman in the Rowmark Office.

6. Season Passes. The price of the program does not include season passes. Park City season passes are free for skiers under 6 years of age (before Nov 19th.) All our Junior Program athletes will require a season pass at Park City Mountain Resort. Lower School and Middle School skiers are the only ones that will require an additional pass at Snowbird. The price of the Snowbird pass includes access to the tram. Rowmark Junior Program purchases season passes as a group and charges your account. However, if you already have purchased a season pass for your child, you need to communicate with the Rowmark office in order to avoid paying for a season pass twice. It is possible to reactivate your Park City season pass from last year if you still have it.

7. USSA Membership. For insurance reasons, Rowmark skiers must have a current USSA license in order to participate in our program. In order to compete in any of the USSA races (YSL, South Series, J3 qualifiers) a skier must be a current member of USSA. Even if your child does not participate in a race, they must have a current USSA membership license in order to be eligible for Rowmark Junior Program. The cost of the membership is not included in the program fee. Download a form at www.ussa.org. and send it directly to USSA to become a member.

8. Nastar registration: Register online at Nastar.com, It is free to register. From Kindergarten to Middle School, our athletes enjoy racing Nastar and use it for training purposes. If you sign up ahead of time, the team can save time on the hill.

9. Rowmark Sweatsuits: Rowmark is offering a range of sports clothing with Rowmark logo. If you are interested in purchasing a Rowmark sweatsuit, T-Shirt, sweatshirt, etc. view a mock-up on the Rowmark website (click the ‘forms’ button) or stop by the Rowmark office to size and view the gear available. Contact Sarah Getzelman for order.

10. Skier Behavior/Expectations. The Rowmark Honor Code and Team Guidelines document is attached. Each skier is expected to act appropriately and respectfully at all times during Rowmark Junior Program related activities. All skiers are students at Rowland Hall School and will be held to the standards required by the school. Rowmark Junior Program reserves the right to disqualify a skier from Rowmark Junior Program, without refund of the Fee, for violations of the Rowmark Honor Code and Team Guidelines.

In addition to the Rowmark Honor Code and Team Guidelines, each skier is expected to meet the following minimum qualifications to participate in Rowmark Junior Program. The qualifications include, but are not limited to:

- a. The skier must demonstrate a maturity level commensurate with his/her peers and an ability to work in a group setting.
- b. The skier must be willing to ski various slopes on the mountain as are determined appropriate for the group by the coach.
- c. The skier must be “toilet trained.”
- d. The skier must demonstrate skiing ability commensurate with his/her peers. While there will be groups of varying abilities within Rowmark Junior Program, a skier must maintain pace with his/her peers or is willing to be grouped with younger skiers of similar abilities.

11. Coaches. Rowmark Junior Program employs a staff of highly qualified coaches who all have the program's mission in mind first and foremost. All coaches have some level of racing experience or teaching / coaching experience in their background. In addition to the coaches, there will be designated parent volunteers to assist the coaches. The parent volunteers do not "coach" the skiers; however, they are depended on to create an efficient, safe and fun environment for the skiers.

12. Parental Responsibility/Expectations. Parents are expected to support and encourage their child in all aspects of Rowmark Junior Program. It is the parent's responsibility to ensure their child is dropped off and picked up to and from Rowmark Junior Program activities at the appointed times. Coaches should not have to call parents to determine why a skier has not been picked up on time. Parents do not make determinations of the placement of their child in a certain group or team. When the skiers are training on the mountain, parents are not permitted to ski with their child's group as this only distracts from the child's ability to learn and develop as well as interfering with the coach's ability to work with his/her group. Parents are welcome to join their child for lunch at the lodge along with the rest of the Rowmark Junior Program group. Rowmark Junior Program is not a daycare program and to the extent a child is sick or acts inappropriately, parents must be available to pick their child up from the mountain upon receipt of a phone call from a coach or parent volunteer.

13. Skier drop off and pick-up: Parents are expected to be waiting for the bus, van or coach vehicle when it arrives. Coaches and skiers will attempt to return from skiing at the expected time. However, delays can occur due to driving conditionings, on-hill incidents or other scenarios out of our control. Coaches carry cell phones and encourage children to call their parents ahead of time if a delay in returning is anticipated.

14. Equipment Night. The equipment night will be held in September at the Sportsden. The Sportsden is located in foothill plaza and the phone number is 801-582-5611. For maximum efficiency, please respect the following times: Kinder Team: 4: 30 – 5 PM, Love to Ski Team: 5-6 PM, Lower School Team: 6-7 PM, Middle School Team 7-8 PM.

On the Rowmark Junior Program website, (under information) you will find a Rowmark Junior Program equipment list and recommendations. Review this document closely and determine your child's equipment needs for the coming season. Coaches and Sportsden staff will be present for guidance. On this evening all equipment is reduced for Rowmark athletes. On other occasions, Rowmark athletes are awarded 20% off the marked price. Let the Sportsden know you are a Rowmark athlete in order to benefit from the price reduction.

15. Rowmark Junior Program Honor Code & Team Guidelines

- Have fun.
- Treat people and teammates with respect.
- Be honest and act honestly.
- Take responsibility for own actions.
- Encourage and support teammates, friends and competitors. Show good sportsmanship.
- Maintain positive thoughts and a positive attitude.
- Listen to the coaches & teammates and not interrupt them.
- Be on time and be prepared to ski and train in all conditions.
- Push personal limits and comfort zone, put forth maximum effort.
- Respect everyone's personal space on the bus, on the hill, on the lift and in the ski room.
- Follow bus rules
- Follow the ski area rules and regulations.
- Take responsibility for own equipment, every day.
- Take advantage of every training and racing opportunity.

16. Rowmark Transportation:

All Rowland Hall School rules and procedures apply on the Rowmark bus:

- Speak quietly and use appropriate language
- You must wear your seatbelt at all times
- Stay seated -you may not stand in the bus
- Be polite and respectful towards driver, coaches and skiers
- Do not throw objects (food or equipment)
- Recurrent infraction will result in suspension of bus privileges.

Food on Bus:

- Lunches and snacks are encouraged. Bring food and fluids to refuel.
- Eat with respect
- Clean after yourself and put trash in the trash bin.
- Pack snacks that are easy to eat in moving vehicle

Keep bus clean and help coaches with following tasks:

- Pick trash up from seats and under seats
- Sweep floor
- Empty the trash bin into dumpster

17. Dryland meeting times and places:

Eat and drink before Dryland. Wear athletic clothing such as shorts, sweatpants and running shoes.

- Kinder: coaches to meet skiers in their classroom when school ends. Dryland will begin at 3: 15 PM and will be held on the field at the McCarthey campus.
- Love to Ski: 3: 30 PM meet in front of the playground. Dryland will be held on the field at the McCarthey campus.
- Lower School Team: 3: 30 meet in front of the South Foyer of the McCarthey campus field house. Dryland will take place on the field at the McCarthey campus or in nearby parking lot for Rollerblading or Bonneville shoreline for hiking.
- Middle School Team: 3: 45 PM meet in the Middle School outdoor patio. Dryland will take place on the Middle School field, or Liberty park and Sugarhouse park for rollerhockey, or Bonneville shoreline for hiking and biking.

Skiers who are not ready to depart with the bus at the appointed time, will not participate in the days activities – the bus cannot be delayed to accommodate one skier. A parent can meet the group at the mountain if child missed the bus.

Any gear or equipment left on the bus at the end of the day will be placed in the lost and found located in the bin in the McCarthey field house or the Middle School ski room.

Coaches are not responsible to return gear or equipment to skiers.

18. Rowmark Season Calendar: A season calendar will be provided for the entire ski season and will be accessible on the Rowmark website (find ‘Team Calendars.’) The season calendar is subject to change any time. Coaches will send weekly reminders with dates, times and place to meet. Please check your email on a regular basis and confirm with coaches if you are not receiving emails with calendar reminders. The emails are more recent and more accurate and also include specific information about types of skis to bring. If in doubt please call your appropriate coach.

19. Lunch on Ski Days. Due to the large number of kids participating in Rowmark Junior Program, skiers are not permitted to purchase lunch at the mountain as it becomes too difficult for the coaches to track the skiers when they leave the lunch tables. A skier must bring a lunch from home or a parent must be present at lunch to purchase a lunch from the mountain cafeteria.

20. Ski Day Equipment and Bus Loading Logistics by Team:

Show up at the bus ready for skiing. Wear all your equipment, including your ski boots, except for your jacket, helmet and gloves (these can be put on when nearing the ski resort.)

Kinder Team:

- Meeting place: In front of the McCarthy Field House.
- Find your ski coach and load appointed Charter Bus. Skis and poles are placed in the cargo area under the bus and daypack is brought onto the bus to be placed under seat.

Love to Ski Team:

- Meeting place: In front of the McCarthy Field House.
- School day logistics (Wednesdays and Fridays):
 - ⇒ 8 AM (before the beginning of the school day) place skis and poles on the ski rack provided in the South Foyer of the McCarthy field house. Drop duffle bag inside one of the locker rooms in the field house where your name appears.
 - ⇒ When school is over, a parent volunteer or coach will meet skiers in their classroom to accompany them from their classroom to the field house in order to change into ski gear and load bus.
- Weekend ski day:
 - ⇒ Find your ski coach and load appointed Charter Bus. Skis and poles are placed in the cargo area under the bus and daypack is brought onto the bus to be placed under seat.

Lower School Team:

- Meeting place: In front of the McCarthy Field House.
- School day logistics (Wednesdays and Fridays):
 - ⇒ 8 AM (before the beginning of the school day) place skis and poles on the ski rack provided in the South Foyer of the McCarthy field house. Drop duffle bag on the landing in front of Jody Daniel's classroom.
 - ⇒ When school is over, grab your duffle bag with ski equipment and head over to designated classroom to change into ski gear. Head over to the Lower School bus, meet coach and load bus.
- Weekend ski day:
 - ⇒ Find your ski coach and load Lower School Rowmark bus. Skis and poles are placed in the ski rack. Daypack is brought onto the bus to be placed under the seat.

Middle School Team:

- Meeting place: Rowmark ski room located on north side of the Middle School (entrance on 800 South)
- School day logistics (Wednesdays and Fridays):
 - ⇒ 8 AM (before the beginning of the school day) place skis and poles and duffle bag in the Rowmark ski room. When class is over, walk to the ski room, change into ski gear, load the Rowmark Middle School bus.
- Weekend ski day:
 - ⇒ Find your ski coach and load Middle School Rowmark bus. Skis and poles are placed in the ski rack. Daypack is brought onto the bus to be placed under the seat.

21. General Ski Racing Information

For more information about ski racing at the junior level in the Intermountain division, go to: www.ussa-imd.org. This is a good web resource for race schedules, race announcements, ski racing news, race results, etc.

Rowmark Junior Program racers race in the Intermountain Division (IMD) which involves teams from Utah, Southern Idaho and South western Wyoming. IMD is structured into the northern section, teams from Idaho and Wyoming and the Southern Section, teams from Utah. Rowmark Junior Skiers will participate in 3 different race levels depending on age, ability and commitment to racing. From one series to the next, the level of competition, challenge, difficulty and commitment will increase.

Youth Ski League: YSL provides an introduction to ski racing. This is the first level of racing for young racers and serves as an entry level racing for most of our Love to Ski and Lower School skiers.

It is open to J6-J5-J4-J3 age groups (see below for breakdown of Junior levels.) There are 5 races in total and all take place locally: Park City Mountain Resort, Snowbasin, Brighton, Canyons, Snowbird and Wolf Mountain.

South Series races: This is the next level up from YSL races. It is primarily geared towards more competitive J5 and J4 athletes who have raced at the YSL level and are ready for a more competitive and challenging race situation. There are 7 or 8 South series weekend races in total. During the season, there is one qualifying opportunity to participate in the IMD champs where a percentage of the North field will race with the South Field making the level of skiing more competitive for those who qualify. South Series races mainly take place locally with the exception of one out of state race per season.

J3 qualifiers: This is the next level of racing for our more competitive J3 athletes. There are 5 weekend races in total, and these qualifiers offer the opportunity to qualify for a regional championship where J3's from the Intermountain division compete in an event called J3 Junior Olympics. During the season, these athletes are traveling to different Utah ski areas. For championships, racers may travel as far as Idaho, Wyoming, California and Oregon for their races. For Middle School Team J3's, this is the highest level of racing with very competitive skiers from the intermountain region.

IMD race schedules are posted on the USSA website (www.ussa-imd.org). Your child will also receive an individual race plan that will be emailed to you directly.

Season 2010		
Year of Birth	Age	Age class
2001/2002/2003	6-7-8	J6
1999 -2000	9-10	J5
1997 -1998	11-12	J4
1995 - 1996	13-14	J3