



Rowmark

SKI ACADEMY

Handbook

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Rowmark Ski Academy Handbook

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Preface

Rowmark Ski Academy, as part of Rowland Hall, has developed over time an exceptional and highly unique alpine ski-racing program. Here you find an unparalleled combination of academics and athletics. Although we strive for achievement and success on and off the race course, our principle goal is to promote personal growth, social responsibility and independence; attributes that our athletes take into adulthood and to any and every career path. That is why the adults who surround and support our students form an energetic team of role models, teachers and guides. This handbook is for everyone involved in the Rowmark effort—student athletes, their parents, teachers, coaches, host families, school officials—and it is meant to help all of us advance our goals and aspirations in the best way possible.

As mentioned above, our main goal is for each Rowmarker to learn and develop responsible independence. We realize that student-athletes may need more support and guidance in their first year in our program but as they mature we expect them to slowly but surely begin to make sound, independent decisions. This is above all a process, a time of trial and error, a time to learn from mistakes, a time to learn how to win, and learn how to lose. As a team, as a community, we work together to support and advance this essential goal. Open and clear communication is a critical factor for success. That's why our door is always open. In addition to a willingness to communicate, you'll find in our program a sense of patient awareness around the entire process of student athletes learning and gaining true independence. It is an exciting journey with no shortage of challenge and joy. Believe me, the experience is worth every bit of blood, sweat and tears along the way.

In the pages that follow I know you'll find valuable information. I urge you to read this handbook carefully and to keep it handy as you move through the program. And by all means, don't hesitate to call me with any questions or concerns.

Sincerely,
Todd Brickson
Program Director of Rowmark Ski Academy

Mission

The mission of Rowmark Ski Academy is to provide the best possible program for our athletes to develop their potential as elite ski racers, engaged students, positive role models, and contributing members of society.

HONOR CODE

This code was established and written by Rowmark athletes in September 2006.

1. BE RESPECTFUL. TREAT OTHERS AS I WOULD LIKE TO BE TREATED.
2. BE UNITED, SUPPORTIVE, GENEROUS.
3. BE HONORABLE, HONEST, HAVE INTEGRITY. "DO WHAT IS RIGHT WHEN NO ONE IS WATCHING".
4. BE A ROLE MODEL.
5. HAVE PERSEVERANCE-TRY AS HARD AS POSSIBLE AND DO NOT GIVE UP. "GET BACK ON THE HORSE WHEN I FALL OFF".
6. BE COURAGEOUS. "PUSH MYSELF OUT OF MY COMFORT ZONE".
7. BE DEDICATED AND WILLING TO MAKE SACRIFICES.
8. HAVE A POSITIVE ATTITUDE. DO NOT COMPLAIN.
9. BE RECEPTIVE AND OPEN MINDED.
10. BE HUMBLE.
11. TAKE CARE OF MY BODY THROUGH GOOD NUTRITION, SLEEP, AND BY NOT ABUSING IT WITH DRUGS OR ALCOHOL.
12. FOLLOW PROGRAM RULES BECAUSE I KNOW THEY ARE IN PLACE FOR GOOD REASON.
13. PRIORITIZE ACADEMICS.
14. TAKE GREAT CARE OF MY SKI EQUIPMENT.
15. HAVE FUN!

Drug and Alcohol Policy

As a team, as a school, we are committed to honesty, integrity, and dedication to healthy lifestyles. We believe in clear-headed participation in both academic work and athletics. And since alcohol and drugs create mutual distrust and undermine performance in all aspects of life, we require that Rowmark skiers and their parents read the following policy carefully and indicate agreement by signing addendum one.

Possession or use of illegal drugs or alcohol in any quantity or the abuse of legal drugs by Rowmark skiers while representing Rowmark Ski Academy (including Rowmark summer ski camps and USSA Ski Camps such as NDS or Western Region Camps) will result in disciplinary consequences, including the possibility of suspension or expulsion from Rowmark Ski Academy and/or Rowland Hall School. Professional counseling and drug testing may also be required, depending on the circumstances.

Sale of drugs on or off campus will result in immediate expulsion from Rowmark Ski Academy and Rowland Hall.

Decisions on disciplinary action are made by Rowmark Ski Academy personnel, the Rowland Hall Disciplinary Committee and/or School Administration.

Guidelines: Expectations, Attendance, Tardiness

Probably the greatest challenge facing our student athletes is successful time management. Learning and adopting time management skills is not easy, but the program demands quality effort and timely performance. So student athletes must establish priorities, organize their initiatives, and make good choices each and every day. To get everything done, and done well, means less time is spent texting or talking on the phone, playing video games, or indulging in other social distractions. We realize all these things are part of a teenager's life, but we also know that modern technology is for young people literally a "time sponge" that soaks up important hours. So we stress a higher level of awareness around time spent on Facebook, or in front of any screen. In other words, don't get lost in some video game while real life goes on around you.

Besides, it's critical that each Rowmarker enjoy a certain amount of quiet time, and a lot of sleep each day (a minimum of eight hours/night and in many case more is needed). We know there is usually not enough time in the day for most of these "non-essential" activities. If you are on our team you are making a choice to pursue academics and ski racing at a very high level on a daily basis. Look at it this way if you seek extraordinary experience, you have to have an extraordinary schedule. To be a Rowmark athlete some choices have to be made that are different from those made by other students. Student-athletes who struggle in this area often need additional support and skill development from parents, coaches, the Rowland Hall academic support counselor, possibly tutors. (Tutoring is offered but at additional expense so for some this may not be the best first option). But with that said, the ultimate responsibility lies with the student-athlete.

Be There.

Rowmark activities are mandatory. Our philosophy is simple. Students will not be excused from a Rowmark activity just as they would not be excused from English class because, for example, they had math homework. We value all of our activities equally and Rowmark student-athletes, by joining the Rowmark program, are agreeing to participate fully. This means that activities such as conditioning, team meetings, video review, educational lectures, etc.... are just as important as a day of ski training. And a day of free skiing at Snowbird is just as important as a day of gate training at Park City. It is all of these activities that contribute to the growth and development of a Rowmarker, and all need to be viewed with the same commitment.

Be Prompt.

It is very important, for the respect of other's time and for the smooth running of our activities, that athletes be on time. Athletes should wear watches. Coaches will not wait for late athletes and when transportation is involved, athletes need to show up at least ten minutes in advance of departure for loading. Coaches cannot be expected to accommodate an athlete who shows up moments before or at the departure time.

Excusals from participation need to be cleared by the athlete's coach, Team Manager or Program Director and may need confirmation from the athlete's parents or Host Family. Valid excuses include illness and injury. It is not acceptable to miss a Rowmark activity because of homework unless cleared by the Team Manager or Program Director often in conjunction with the teacher or school administration.

Be Prepared.

It is the athlete's responsibility to always show up to the activity with the proper equipment in proper working order. This means you need to come to conditioning with the proper shoes and clothing, and you must come to the hill with skis tuned and waxed properly for the conditions. You must always have screws and screw driver for your SL face guard, dry ski boots, helmet, back-protector, the correct ski poles..... For some this takes a lot of pre-planning and increased effort in organization. Equipment issues need to be dealt with a head of time; the day before if possible. Coaches cannot be expected to fix problems that should have been dealt with at an earlier time. Of course there will be always true last minute problems which the coaches will do the best they can to help. But remember that "a lack of preparation is not someone else's emergency".

Be Positive and Give Your Best.

We ask that you do the best you can each day. This is all that you can ask from yourself and your team-mates. Some days will be better than others. Those that stay positive, work hard and are supportive of others will have the most success, the most fun and are the best team-mates.

Academic Program and Potential Class Tracks

Rowmark athletes enjoy the unique opportunity to attend a premier ski academy and to pursue a rigorous college preparatory curriculum at Rowland Hall, one of the top schools in the Intermountain West.

In partnership with the student and the student's parents, the Rowmark Director and the Upper School Assistant Principal at Rowland Hall work together to develop a course of study that positions the student for both academic and athletic success.

Full-time students at Rowland Hall typically take five academic core courses per year – English, Math, Science, Social Studies, and World Language. The Rowmark schedule dictates that student/athletes attend school full time in the fall and spring trimesters while scaling back to four classes in the winter. Thus, Rowmark athletes can enroll in a maximum of four year-long core courses. Rowmarkers typically take art, health and other trimester requirements during the 1st and 3rd trimesters.

Enrollment in Rowmark may result in limiting certain options for the academic program. The school cannot guarantee that skiers will have access to every core class offered, but we promise to make available all credits needed to graduate.

Students who wish to take more than four core classes may enroll in summer college courses for high school students or online/independent study courses. Online/independent study courses are typically social science or world language offerings. These courses are best taken outside of the ski season, as balancing the demands of four courses and the ski schedule is usually enough during the winter. In order to earn credit, all non-Rowland Hall courses must be approved in advance by the Assistant Principal. Students are expected to maintain enrollment in a minimum of four core courses for all trimesters.

Admission to a handful of colleges with the most prominent ski programs, like Dartmouth, Middlebury, and Williams, continues to be most highly selective. Student-athletes who hope to be competitive applicants at such colleges must be top performers in the classroom, on college entrance tests like SAT and/or ACT, and on the ski race course.

The most selective skiing colleges typically admit fewer than one-quarter of the students who apply, and they frequently deny admission to students with strong, and even outstanding, grades, test scores, and skiing point profiles. Rowmarkers considering these colleges should plan to surpass the minimum Rowland Hall graduation requirements in as many academic disciplines as they can, particularly in their areas of academic strength and/or interest, and should strive to perform at the very highest level in the classroom, on college entrance tests, and in skiing.

NCAA GUIDELINES

As some of you may be aware, the NCAA adopted legislation (proposal no. 2009-64) in spring of 2010 requiring nontraditional courses considered as core to include regular access and interaction between an instructor and student for purposes of teaching, evaluating and providing assistance to the student throughout the duration of the course.

In order to view NCAA-approved courses, go to www.eligibilitycenter.org, click "High Schools Enter Here" and then click "List of NCAA Courses" and search by high school. If you have additional questions, please contact the customer service staff at 877/622-2321.

NCAA Eligibility Center
317/223-0700
Toll Free: 877/262-1492

Below are both graduation requirements and suggestions for potential credit distributions to accommodate skiing and academic commitments. Rowland Hall’s graduation requirements are followed by a more competitive credit distribution for college admissions. Again, these are suggestions, not recommendations.

Graduation Requirements for Rowland Hall

4 English Plus Ethics,
2 Science¹ World Religions,
3 Math² Health & Fine Arts
3 History³ to meet graduation
2 Language requirements

Suggested Credit Distribution

4 English Plus Ethics,
3 Science¹ World Religions,
4 Math² Health & Fine Arts
3 History³ to meet graduation
2 Language requirements

¹ 3 science recommendations are Biology, Chemistry, and Physics

² Math recommendation is up through Pre-Calc (Algebra II for graduation)

³ It is graduation requirement that one history be US History

Equal Distribution Track: 4 English, 4 Math, 3 Science, 3 History, 2 Language

Grade	English	Math	Science	History	Language
9th	x	x	x		x
10th	x	x		x	x
11th	x	x	x	x	
12th	x	x	x	x	

Math & Science Track with 2 years Language 10th/11th: 4 English, 4 Science, 4 Math, 2 History, 2 Language. The student must take at least one history course during summer/online under this model, but additional history courses are encouraged.

Grade	English	Math	Science	History	Language
9th	x	x	x	x	
10th	x	x	x		x
11th	x	x	x		x
12th	x	x	x	x	

Math & Science Track with 2 years Language 9th/10th: 4 English, 4 Science, 4 Math, 2 History, 2 Language. The student must take at least one history course during summer/online under this model, but additional history courses are encouraged.

Grade	English	Math	Science	History	Language
9th	x	x	x		x
10th	x	x	x		x
11th	x	x	x	x	
12th	x	x	x	x	

History Track: This track allows a student to take two history courses in their senior year.

Grade	English	Math	Science	History	Language
9th	x	x	x	x	
10th	x	x		x	x
11th	x	x		x	x
12th	x		x	x x	

Language Track (3 years): 4 English, 4 Math, 3 Science, 2 History, 3 Language. The student must take at least one history course during summer/online under this model, but additional history courses are encouraged.

Grade	English	Math	Science	History	Language
9th	x	x	x		x
10th	x	x		x	x
11th	x	x	x		x
12th	x	x	x	x	

Language Track (4 years): The student must take at least one history course during summer/online under this model, but additional history courses are encouraged.

Grade	English	Math	Science	History	Language
9th	x	x	x		x
10th	x	x		x	x
11th	x	x		x	x
12th	x		x	x	x

Rowmark/ Rowland Hall Academic Policy and Contract

Objective: Set clear guidelines to define Rowland Hall / Rowmark Academic Expectations.

Goals:

- Define academic expectations for Rowmark students.
- Help Rowmark parents understand the academic expectations for their children.
- Define the role of Rowland Hall / Rowmark administration in enforcing the academic contract.
- Define Rowland Hall teachers' role in working with Rowmark/ Rowland Hall students.

Rowmark Academic Standards:

- In order to be eligible to miss school for a Rowmark activity, a Rowmark / Rowland Hall student must maintain an overall grade of C- or above in all classes. Occasionally exceptions are allowed early in the trimester when minimal scores have been entered into powerschool that can skew an overall grade.
- Rowland Hall administration will monitor grades throughout the trimester and if grades do not meet these criteria, a skier cannot miss school to participate in ski training / ski racing until grades are improved.
- Rowland Hall administration reserves the right to pull a Rowmark skier out of training or racing for any reason (i.e. teacher raises academic concern, student is missing assignments, student did not follow through on expectations, etc.) even if grade criteria are met.
- Rowland Hall administration will determine when a student needs support/ structure to improve academic success even if grades meet criteria. When a student is flagged as needing extra support, the administration will:
 - 1-propose mandatory/ supervised study-hall (at school and on the road) and / or
 - 2- establish close monitoring by Rowland Hall administration and / or
 - 3- strongly encourage / recommend hiring a tutor.

These measures are set in place in order to help Rowmark athletes succeed academically and athletically.

Rowmark / Rowland Hall student:

A Rowmark / Rowland Hall student is responsible for his / her own academic achievement:

- Student will communicate with teachers about an up-coming absence ahead of time (one week in advance is recommended).
- Student is encouraged to identify a note-taking buddy and communicate with this person in order to get information about missed class.
- Student is responsible to hand-in homework & assignments in a timely manner upon return from a Rowmark related activity (time frame should be agreed upon with teacher before departure absence and student will be responsible to turn in work at this designated time).
- Student will monitor own progress by looking at Powergrade regularly.
- Student will check email and teacher website to know what was done in class during absence.

- Student who does not meet academic standard will take responsibility for his/ her own achievement and set a plan / schedule in place with teachers in order to bring grades up to Rowmark academic standard.

Rowmark Parents:

- Rowmark parents understand the responsibility of the Rowmark / Rowland Hall students and will support them in their academic achievement and support Rowmark / Rowland Hall in its policies.
- Parents will not call Rowland Hall teachers to lobby for a change of grades if academic standard has not been met.

Rowland Hall Administration:

- Rowland Hall administration is responsible for making a final decision about a student's eligibility to participate in Rowmark activity.
- Rowmark administration will send an email to Rowland Hall teachers one week prior to a ski race / training camp to inform teachers of Rowmark skiers' absence. (*teachers will follow up and notify administration of any students in poor academic standing.*)
- Administration will monitor students' grades throughout the season (we encourage students and parents to do so as well) and touch base with teachers to get feedback about student performance in the classroom.
- Administration will check grades 2 school days prior to departure for a ski race / ski camp. Any grades below a C- will automatically make a student non-eligible to participate in the ski race. At this point, a student may not approach a teacher and ask to correct work, or give extra credit assignment in order to raise grade to Rowmark standard.

Rowland Hall Teacher:

- Upon notification of an upcoming absence, teacher should notify Rowmark / Rowland Hall administration about any academic concerns regarding Rowmark students.
- Teacher is responsible for communicating with the administration about student academic standing, but not responsible to change grade or do extra work for a student when this student does not meet academic standing.
- It is helpful if the teacher is up to date in grading. In the case that a student has done all his/ her work on time, but the teacher is not up to date with grading, Rowmark / Rowland Hall administration and the teacher will make a final decision on student eligibility to attend Rowmark activity regardless of what is indicated in Powergrade.

College Admissions

By Bruce Hunter, Rowland Hall College Admissions Director, with significant contribution from Tommy Eckfeldt, Men's Development Team Coach for the U.S. Ski Team, and former Rowmark and University of New Hampshire Coach.

Rowland Hall and Rowmark students who hope to continue their skiing career at the college or university level have a wide range of opportunities from which to choose. The two main organizations that govern college skiing are the NCAA and the USCSA (US Collegiate Ski and Snowboard Association).

Most NCAA sports except for skiing, fencing, rifle, and water polo are contested at three distinct and different levels, known as Divisions I, II, and III. Most NCAA member colleges and universities compete at one of those levels for all of their varsity sports, but in skiing, even colleges that are members of NCAA Division III for all of their other athletic programs compete at the Division I level. Most of the smaller schools choose not to award athletic scholarships, consistent with their NCAA Division III philosophy and practice.

The NCAA Skiing Championship results, in most years, showcase the most storied and prominent Division I skiing colleges, including Colorado, Dartmouth, Denver, New Mexico, Utah, and Vermont. Many of the skiers competing for those programs are on full athletic scholarships, except at Dartmouth, where no athletic scholarships are offered, consistent with Ivy League philosophy and practice. Many of the athletes at the "big time" skiing schools are national skiing champions for their home country, often Austria, Italy, Norway, Switzerland, and others. Most NCAA ski programs have full-time coaches and generous budgets for travel and equipment.

The USCSA membership includes nearly 150 colleges and universities, of all types, in most regions of the country. USCSA skiing programs range from "club" level teams that have little or no budget and are self-coached and self-administered by the student participants, to varsity level teams that are fully supported by the college or university, with full-time coaches, athletic scholarships, and generous budgets for travel and equipment. Some colleges like the University of Colorado, Boulder and Montana State University maintain programs in both the NCAA and the USCSA, but most college ski programs compete in one association or the other.

This information should help guide you toward colleges with NCAA skiing programs that might be a good match or "fit" for you as a student, and as a competitive skier. First, remember that it's not about choosing a school for its athletic reputation, but for its overall "fit" both academically and athletically. The athletic "fit" for you should be how you see yourself "fitting" the ski program at a specific college and what you think you would add to that team.

Research the colleges that interest you, and where there might be a good "fit" for you. Try to envision yourself on that campus, with its academic majors and programs, its location and setting, and its own college or university culture. Look closely

at the ski team and athletic program at the colleges you're considering, and remember that, should you matriculate there, you'll be spending many hours with those coaches and athletes over your four years in college.

Remember that you have only four years to compete in college skiing, so there isn't much time for development. When looking for your "fit" ask yourself "What sets me apart?" and "What do I bring to the team and program?" You want to find a college program where your talents will be appreciated, and where you won't be hidden behind a string of ex-foreign national team athletes. It may be great to be admitted to CU or DU or UVM, but not making their carnival team and having no opportunity to compete at the NCAA Championships may be a big letdown.

You're probably not going to college to be on a team where you spend four years sitting on the bench. You ultimately want to find a college that will provide the most competitive skiing opportunities and a chance to compete on the regional or national stage, be that at the NCAA or the USCSA Championships. Colleges that already have several "big fish" on their ski team may well "eat you up." Instead, find a college that will allow you to be or become one the "big fish" at that school in that program.

Conduct further research, beyond the basic information presented in these tables, to find complete team rosters, program history, coaches, biographies, ...by going to the websites for these colleges and universities with NCAA skiing programs. The words to the right of each college or university name above refers to the rigor of the admission process at that school ascending from Less Competitive to Competitive to Very Competitive to Highly Competitive to Most Competitive.

NCAA Alpine Skiing Programs, EISA (Eastern)

Bates College, Lewiston, ME	Highly Competitive			Team 9 M, 10 W
2009 FIS avg. pts.	SL-Men 47	GS-Men 49	SL-Women 49	GS- Women 50
Colby College, Waterville, ME	Highly Competitive			Team 8 M, 10 W
2009 FIS avg. pts.	SL-Men 43	GS-Men 46	SL-Women 69	GS-Women 72
Dartmouth College, Hanover, NH	Most Competitive			Team 10 M, 7 W
2009 FIS avg. pts.	SL-Men 28	GS-Men 34	SL-Women 51	GS-Women 74
Harvard University, Cambridge, MA	Most Competitive			Team 9M, 8 W
2009 FIS avg. pts.	SL Men-168	GS-Men 171	SL-Women 301	GS-Women 274
Middlebury College, Middlebury, VT	Most Competitive			Team 13 M, 11 W
2009 FIS avg. pts.	SL-Men 28	GS-Men 32	SL-Women 32	GS-Women 40
University of New Hampshire, Durham, NH	Very Competitive			Team 9 M, 15 W
2009 FIS avg. pts.	SL-Men 38	GS-Men 42	SL-Women 38	GS-Women 47

St. Lawrence University, Canton, NY	Very Competitive	Team 8 M, 9W
2009 FIS avg. pts.	SL-Men 54 GS-Men 71 SL-Women 77	GS-Women 77
St. Michael's College, Colchester, VT	Very Competitive	Team 13 M, 10 W
2009 FIS avg. pts.	SL-Men 73 GS-Men 70 SL-Women 123	GS-Women 122
University of Vermont, Burlington, VT	Very Competitive	Team 10 M, 10 W
2009 FIS avg. pts.	SL-Men 23 GS-Men 28 SL-Women 29	GS-Women 30
Williams College, Williamstown, MA	Most Competitive	Team 15 M, 9 W
2009 FIS Avg. pts.	SL-Men 41 GS-Men 41 SL-Women 76	GS-Women 91

NCAA Alpine Skiing Programs, RMISA (Rocky Mountain/West)

University of Alaska, Anchorage, AK	Less Competitive	Team 7 M, 5 W
2009 FIS avg. pts.	SL-Men 42 GS-Men 40 SL-Women 45	GS-Women 42
University of Colorado, Boulder, CO	Very Competitive	Team 7 M, 7 W
2009 FIS avg. pts.	SL-Men 28 GS-Men 35 SL-Women 28	GS-Women 35
University of Denver, Denver, CO	Very Competitive	Team 6 M, 8 W
2009 FIS avg. pts.	SL-Men 21 GS-Men 29 SL-Women 29	GS-Women 31
Montana State University, Bozeman, MT	Less Competitive	Team 7 M, 16 W
2009 FIS avg. pts.	SL-Men 50 GS-Men 43 SL-Women 47	GS-Women 37
University of Nevada, Reno, NV	Competitive	Team 7 M, 11 W
2009 FIS avg. pts.	SL-Men 37 GS-Men 38 SL-Women 43	GS-Women 47
U. New Mexico, Albuquerque, NM	Competitive	Team 6 M, 5 W
2009 FIS avg. pts.	SL-Men 28 GS-Men 33 SL-Women 48	GS-Women 49
University of Utah, Salt Lake City, UT	Competitive	Team 6 M, 6 W
2009 FIS avg. pts.	SL-Men 25 GS-Men 32 SL-Women 34	GS-Women 38

**USCSA Alpine Skiing Program, East Region -
indicates NCAA ski programs**

Recent graduates of Rowland Hall have matriculated at, and competed for the skiing programs at, several of these colleges including Babson, Boston College, Brown, MIT, and Smith. Remember that the varsity ski coaches at some institutions that compete in the USCSA may have as much influence with their admissions office as their counterparts at NCAA programs. Contact the coaches at the colleges that may interest you, preferably by email with an attachment of your skiing resume, and let them know of your interest. Ask questions about the college, the ski program, and how well your strengths and interests might “fit” that school.

Amherst College, Amherst, MA
Babson College, Wellesley, MA
Boston College, Chestnut Hill, MA
Boston University, Boston, MA
Brandeis University, Waltham, MA
Brown University, Providence, RI
#Clarkson University, Potsdam, NY
#Colby Sawyer College, New London, NH
Colgate University, Hamilton, NY
University of Connecticut, Storrs, CT
#Green Mountain College, Poughkeepsie, VT
Hamilton College, Clinton, NY
University of Maine, Farmington, ME
University of Maine, Fort Kent, ME
MIT, Cambridge, MA
Marist College, Poughkeepsie, NY
New England College, Henniker, NH
U. New England, Biddeford, ME
Northeastern University, Boston, MA
Paul Smith’s College, Paul Smith’s, NY
#Plymouth State College, Plymouth, NH
RPI, Troy, NY
University of Rhode Island, Kingston, RI
Skidmore College, Saratoga Springs, NY
#Smith College, Northampton, MA
Springfield College, Springfield, MA
#St. Anselm College, Manchester, NH
Trinity College, Hartford, CT
Tufts University, Medford, MA
Union College, Schenectady, NY
US Military Academy, West Point, NY
Vassar College, Poughkeepsie, NY
Wesleyan University, Middletown, CT
WPI, Worcester, MA
Yale University, New Haven, CT

USCSA Alpine Skiing Programs, Mid-Atlantic Region

The USCSA Mid-Atlantic Region includes colleges and universities in eight different states, many of them located quite a distance from the nearest ski hill or resort. The majority of these programs are at the “club” level, where there may be little or no funding for the program from the college, and not much in the way of formal coaching. The colleges and universities in the USCSA Mid-Atlantic region represent a very broad range, from small regional colleges to major flagship state universities to Ivy League members to service academies, and most everything in between.

Alfred University, Alfred, NY
Appalachian State University, Boone, NC
Bucknell University, Lewisburg, PA
Columbia University, New York, NY
Cornell University, Ithaca, NY
Duke University, Durham, NC
Fairfield University, Fairfield, CT
Ithaca College, Ithaca, NY
James Madison University, Harrisonburg, VA
Lafayette College, Easton, PA
Lees McRae College, Banner Elk, NC
Lehigh University, Bethlehem, PA
University of Maryland, College Park, MD
North Carolina State University, Raleigh, NC
University of North Carolina, Chapel Hill, NC
University of Pennsylvania, Philadelphia, PA
Pennsylvania State University, State College, PA
Princeton University, Princeton, NJ
RIT, Rochester, NY
University of Rochester, Rochester, NY
Rutgers University, New Brunswick, NJ
St. Bonaventure University, Olean, NY
Stevens Institute of Technology, Hoboken, NJ
SUNY Albany, Albany, NY
SUNY Buffalo, Buffalo, NY
SUNY Geneseo, Geneseo, NY
SUNY Morrisville, Morrisville, NY
Syracuse University, Syracuse, NY
US Merchant Marine Academy, Kings Point, NY
US Naval Academy, Annapolis, MD
University of Virginia, Charlottesville, VA
Virginia Tech. University, Blacksburg, VA
West Chester University, West Chester, PA
West Virginia University, Morgantown, WV

USCSA Alpine Skiing Programs, Midwest Region

Bowling Green State University, Bowling Green, OH
Carleton College, Northfield, MN
Clarke College, Dubuque, IA
Grand Valley State University, Allendale, MI
Gustavus Adolphus College, St. Peter, MN
John Carroll University, Cleveland, OH
Kalamazoo College, Kalamazoo, MI
Kent State University, Kent, OH
Kettering University, Flint, MI
Marquette University, Milwaukee, WI
University of Michigan, Ann Arbor, MI
Michigan State University, East Lansing, MI
Michigan Tech. University, Houghton, MI
University of Minnesota, Duluth, MN
University of Minnesota, Twin Cities, MN
Northwestern University, Evanston, IL
University of Notre Dame, South Bend, IN
Ohio State University, Columbus, OH
Purdue University, West Lafayette, IN
St. Cloud State University, St. Cloud, MN
St. Olaf College, Northfield, MN
University of St. Thomas, St. Paul, MN
University of Toledo, Toledo, OH
Western Michigan University, Kalamazoo, MI
University of Wisconsin, Eau Claire, WI
University of Wisconsin, Lacrosse, WI
University of Wisconsin, Madison, WI
University of Wisconsin, Oshkosh, WI

CCSA-Central Collegiate Skiing Association

Includes NCAA colleges in the Midwest and West that compete only in Nordic skiing, not Alpine. They include:

University of Alaska, Fairbanks, AK
Gustavus Adolphus College, St. Peter, MN
Michigan Tech. University, Houghton, MI
Northern Michigan University, Marquette, MI
Northland College, Ashland, WI
College of St. Benedict, St. Joseph, MN
St. Cloud State University, St. Cloud, MN
St. John's University, Collegeville, MN
St. Olaf College, Northfield, MN
University of Wisconsin, Green Bay, WI

USCSA Alpine Skiing Programs, West and Far West Regions

Smaller colleges in the West with some of the most successful USCSA programs include College of Idaho, Rocky Mountain, Sierra Nevada, and Westminster.

University of British Columbia, Vancouver, BC
California Polytechnic State University, San Luis Obispo, CA
University of California, Berkeley, CA
University of California, Davis, CA
UCLA, Los Angeles, CA
University of California, San Diego, CA
University of California, Santa Barbara, CA
Chico State University, Chico, CA
Colorado College, Colorado Springs, CO
Colorado Mountain College, Glenwood Springs, CO
Colorado School of Mines, Golden, CO
Colorado State University, Fort Collins, CO
#University of Colorado, Boulder, CO
Eastern Oregon University, LaGrande, OR
Fort Lewis College, Durango, CO
Gonzaga University, Spokane, WA
College of Idaho, Caldwell, ID (formerly Albertson College)
University of Idaho, Moscow, ID
Long Beach State University, Long Beach, CA
#Montana State University, Bozeman, MT
University of Montana, Missoula, MT
Oregon State University, Corvallis, OR
University of Oregon, Eugene, OR
Pacific Lutheran University, Tacoma, WA
University of Puget Sound, Tacoma, WA
Rocky Mountain College, Billings, MT
San Diego State University, San Diego, CA
Seattle University, Seattle, WA
Sierra Nevada College, Incline Village, NV
University of Southern California, Los Angeles, CA
Southern Oregon University, Ashland, OR
Stanford University, Palo Alto, CA
US Air Force Academy, Colorado Springs, CO
Utah State University, Logan, UT
Washington State University, Pullman, WA
University of Washington, Seattle, WA
Weber State University, Ogden, UT
Western Washington University, Bellingham, WA
Westminster College, Salt Lake City, UT
Whitman College, Walla Walla, WA (NCAA until spring 2009)
University of Wyoming, Laramie, WY

Conditioning Program

a. Attendance and effort-As discussed in our Guidelines, All Rowmarkers are expected to Be there, Be on time, Be prepared, Be positive and Give your best effort.

b. Summer conditioning Program- Each Rowmarker will receive a summer training manual that will detail the daily workouts through the summer. Each athlete will need to have access to a quality weight room in order to complete the weight lifting workouts which are generally about three times per week. New Rowmarkers should direct any questions to one of the conditioning coaches. If you are able to find a training partner that can workout with you, you will find that you will probably work harder and have more fun as well. Some Rowmark families do hire personal trainers which can be very productive but this step is certainly not necessary.

c. School Year Conditioning Program and Physical Testing-During the fall and spring trimesters, we will generally have a workout session each Monday-Friday starting at the beginning of 9th period (around 3:15 pm). The duration of the session depends on what activity we are doing. Generally our workouts last about 1.5 to 2 hours. We will have physical testing twice each year. The first testing will be at the beginning of the school year in early September and the second test will be near the end of the competition season in mid to late April. See Chapter 11 for specific dates.

d. What to Bring-good running shoes, shorts, t-shirts, sweatshirt and sweatpants, roller blades, mountain bike (optional-if we mountain bike on a given day, we will also offer another option (stationary bike, running, swimming etc...) that will not require a bike. We do not road bike as a group as "safe" road biking around school is hard to access.

e. Locker room locker-each athlete will be assigned a combination locked locker in the school locker room for keeping your workout clothing. It is important to take the clothing home at least once a week to be washed.

Rowmark Ski Equipment Policy and Guidelines

Everett Young is the Rowmark Equipment Manager in addition to his coaching duties and he constructed the following ski equipment policy and guidelines. It is very important that all athletes and parents follow this policy for a smooth and effective operation of a very important part of our program.

- I. Contact with company representatives regarding individual equipment needs must be originated and maintained through Rowmark staff.
- II. Equipment Managers submit, track, and receive initial order for the upcoming season.
- III. Equipment Managers will organize ski mounting “in-house” as equipment arrives.
- IV. Equipment Managers will organize clinics to educate athletes in these areas
 - a. Initial ski preparation
 - b. Ski maintenance/Race preparation
 - c. Race wax selection
 - i. Swix
 - ii. Holmenkol
- V. Returning athletes are expected to prepare their own equipment. Parents will have the option to contract out ski preparation. Our supported pros are:
 - a. Jeff Butz-Podium Race Service–Park City
 - b. Sports Den –Salt Lake City*New athletes may also contract out their ski preparation, but will receive primary attention from the equipment managers and coaches if ski preparation assistance is requested in a timely manner
- VI. The athlete’s primary coach is responsible to resolve any equipment problem that arises after the initial order by any of the following
 - a. Independently solving the problem (boot buckle, basket and ferrule, etc.)
 - b. Organizing a solution with the Equipment Manager (boot punching/grinding, ski prep assistance, etc.)
 - c. Directly contacting the company representative (broken skis/boots, delayed equipment order, etc.) *an updated company rep list will be submitted to the staff in the Fall of the new season
- VII. No equipment problems will be resolved the DAY BEFORE departure to a camp or competition: two exceptions
 - a. NECESSARY, ordered equipment arrives on the day before departure, or
 - b. NECESSARY equipment is broken during training on the day before departure (It is the responsibility of each athlete to properly prepare and maintain their equipment and to expeditiously attend to any breakage or customization issues.)
- VIII. The equipment managers will organize equipment for testing during Rowmark camps, will assist coaches in performing a test, and maintain communication with the respective company representatives.
- IX. Our supporting manufacturers have typically viewed the completion of the US National Championships to be the beginning of the equipment test period. If a sponsored athlete (at any level of sponsorship) uses equipment (skis, boots, helmets, goggles, poles, etc.) from another company or tests without proper notification to their company representative, the company has the right to take back any or all of

the equipment the company has lent to the athlete. Sponsorship equipment remains the property of the sponsoring company, unless other agreements have been made. Demo-ing equipment requires the same notification protocol as an official test. You must also discuss any desire to demo equipment with your primary coach. Adapting to new equipment takes time. As the time on snow is limited during a camp, demo-ing equipment during a camp can inhibit the athlete's ability to progress. If an athlete believes that their own equipment inhibits their progress, then the athlete must first initiate a conversation with their primary coach. The primary coach has the final word on equipment testing or demo-ing.

a. Ski Equipment Ordering, Ski Preparation, Athlete Tuning and Wax Needs...

FIRST TIME SKI PREPARATION:

*Skis need to be Ground if necessary (no factory grind = not flat)

*Skis need to be "shaped", this is the process of tapering back the vertical sidewall in the tip and tail of the skis to allow for the tune of the ski to be consistent through the running length of the ski, THIS IS DIFFERENT FROM REMOVING SIDEWALL.

*J1/J2 Athletes: DH and SG skis get a hard 1 degree base bevel, GS a .7 degree base bevel, SL a .5 base bevel and 3 degree side bevels for all skis. Please do NOT set a different bevel without first talking to your primary coach.

*J3 Athletes: SG skis get a hard 1 degree base bevel, GS and SL a 1 degree base bevel and all skis get a 3 degree side bevel. Please do NOT set a different bevel without first talking to your primary coach.

*Ski bases need to be waxed multiple times. Deep penetration of the base by base prep wax is vital to the effectiveness of the base and it's ability to retain wax in subsequent waxings (think of it as a new cell phone battery, it needs to be fully charged before the first use). Put simply it is the scraping and brushing of the skis is what will actually make them fast. It is the removal of the fibers extending up from the base of the skis that are trimmed every time you scrape that make the ski faster. Brushing helps open up the base and bring the fibers up with the wax removed. This process needs to be repeated at least 4-5 times prior to starting to wax the skis to actually use them. After the base prep you should wax harder waxes along the edges of the base on all your skis with a moderate temperature wax in the middle of the ski for the speed skis and cold wax under foot for the tech skis. This will help in getting some harder wax in places affected easily by base burn. This process should be repeated about 3 times before then prepping the skis for the conditions of each day.

***The First Time prep of skis is a very large undertaking and parts of it cannot be done by the athlete (ie; stone grinding). The rest can be done by the athlete. If you decide to do this work on your own and are new to Rowmark, I would ask that you do this work in the Rowmark tuning room and meet with me to make sure that each step of the process is correctly done. Many athletes will take their skis to Podium Sports in Park City or to The Sports Den in Salt Lake City. At this time these are the two shops that we recommend using in the area. If you have any questions as to which may better service your particular needs, please let me know.

IN SEASON TUNING:

*Athletes at this level need to be taking care of and learning to take care of their own equipment. That means that parents are off the hook. Relax, sit back and enjoy another hour or two a day for yourselves!

*Athletes will be responsible for touching up their skis AND waxing them EVERY TIME they are used, NO EXCEPTIONS.

*A tuning room is provided for all the athletes at the school and should be used. The athletes need to spend 10-15 minutes after each training session in the ski room to get the skis ready for the next day. The ski room can be accessed at any time during the school day with the proper code for the door lock and for the ski room alarm. I will be in the ski room after most training sessions. If I am traveling, another coach will usually be there to help out with any issues.

* All Athletes should have a tuning box with the following (Check with Primary Coach before purchasing):

1. Tuning Box
2. 1 degree base bevel (all)
3. .7 degree base bevel (J1&J2)
4. .5 degree base bevel (J1&J2)
5. sidewall planer with Skyver tool (may be able to share Skyver tool w/other athlete)
6. One 3 inch panzer file
7. One box of 8 inch chrome ski files please use ski files and not just a file from hardware store)
8. file clamp
9. 3 degree side bevel
10. box of fine grit sand paper
11. 5 inch piece of PVC 1 1/2 inch piping
12. medium diamond stone
13. medium and fine ceramic combo stone
14. gummy stone
15. clean rags
16. brass, horsehair, and stiff nylon brushes
17. File Card(file cleaner)
18. Wax: Talk to Everett about what you need based on what you like to use.

***Athletes should NOT have a ski shop tune their skis prior to a competition. Everybody tunes skis a little differently, and when the skis feel different all of a sudden because they were tuned by someone else, the athlete is often negatively affected. Most the time the skis end up coming back too sharp and different from what the athlete is used to.

***We will schedule tuning clinics that will usually be a hands-on experience. You can also schedule some time with me to get more comfortable with how simple and basic and easy tuning is.

OVERLAY WAXES:

Your Rowmark tuition covers the cost of overlay waxes (usually highly fluorinated specialty race waxes) that may be needed at some races depending on snow conditions and level of the race. The Rowmark coaches will determine if this is necessary / advantageous or not. If so, the coaches will apply the overlay wax to the skis.

BOOTS:

*We have the necessary tools here at school to get most boot work done. WE DO NOT have the ability to construct foot beds. Our recommendation is to go to the Sports Den. They have a set up for foot beds that is a preference of our staff.

*We will manage canting and cuff alignment here at Rowmark in conjunction with the representatives from the boot companies.

***MANY SKI RACERS HAVE ISSUES OF PRONATION, SUPINATION, FLAT FOOT, ETC. IT IS IMPORTANT TO WEAR APPROPRIATE FOOTBEDS NOT JUST FOR YOUR SKI BOOTS, BUT IN YOUR SHOES AS WELL. FLIP FLOPS OFFER NO SUPPORT AND ARE BAD FOR YOUR FEET ESPECIALLY IF YOU HAVE SPECIFIC FOOT ISSUES.

MOUNTING SKIS:

*We have the ability to mount all skis here at school and set the bindings appropriately

b. Ski Equipment Needs-Jacket Ordering, Ski Clothing, Accessories

Each fall Rowmark will provide the option of ordering a team jacket. In addition below is an INCOMPLETE list of ski clothing/accessory needs for each team member. Most of these items can be purchased at a Rowmark discount at the Sports Den in SLC.

Ski Clothing/Equipment Needs:

1. Skis with bindings (number of skis, lengths and for which events determined by your primary coach). In general J3s only need one pair of SL, one pair of GS, and sometimes one pair of SG skis. In general as athletes become J2s and older, many athletes will have two pair for SL, two pair for GS, and one pair for SG. Some of the older, more experienced Rowmark athletes will also have one or more pair of DH skis. Any questions? Speak with your primary coach as to what your needs are.
2. Ski Straps-three straps for each pair of skis.
3. Boots-one pair for most athletes is sufficient. We recommend custom foot beds (mentioned above). We feel that flex, fit, alignment/canting issues are best addressed by our coaches and equipment manager.
4. Poles-one pair for SL with SL guards, one pair for GS with a GS bend, one pair of SG/DH poles with a speed bend.
5. Helmet-Required for all skiing. One helmet is sufficient for most if it has a removable SL bar that can be taken off for GS/SG/DH training. In their backpack all athletes should carry a screwdriver and extra screws for the SL bar as these screws are easily lost in taking the bar on and off. The helmet needs to be examined regularly for cracks, dents, and should be replaced if any are found or if the helmet has been subject to a hard impact even if it appears OK on the outside.
6. Mouthguard-We recommend a mouthguard for SL training and racing in addition to a SL bar. It is our experience that athletes who choose to not wear a SL bar or a mouthguard will sooner or later suffer a very painful and often expensive loss of teeth or other facial injury.
7. Shin Guards are necessary for all SL training and racing.
8. Competition Suit-one non-padded suit is sufficient for younger athletes. Older athletes sometimes have a second padded suit for SL and GS. Some high level athletes will have a third suit that they use only for races.

9. Stealth-we recommend that all athletes have a padded “stealth” arm/upper back protector that they wear under their competition suit for SL and GS.
10. Back Protector-we highly recommend that Rowmark athletes wear a back protector for all ski training and racing. Our Head Coach, Dave Kerwynn is the North America supplier for probably the best back protector on the market and you can order one at a large discount through him.
11. Goggles and lenses. We recommend that athletes have two pair of goggles with extra lenses for different light conditions and in a protective bag/case. The second pair is often important at training and racing when the first pair gets wet and begins to fog.
12. Clothing-Warm winter jacket and zip off warm up pants are necessary. In addition a lighter shell jacket for training is recommended. SL shorts are optional but can be functional. On days where we train SG early morning (usually once per week) we ask that each athlete brings extra jackets and pants so that they can strip to their competition suit for each run and have extra clothing at the bottom of the lift for the ride back up.
13. Ski Specific Socks. Usually the best socks are very thin, polypropylene socks. It is highly recommended to have extra pairs of socks in your backpack that can be exchanged when the original socks get wet. This is critical to keep feet warm.
14. Boot Heaters. Highly recommended for any athletes that have had frostbite problems in the past or for any reason have trouble with circulation or keeping feet warm.
15. Boot Dryers. The Rowmark ski room has a boot drying unit that will accommodate a lot of boots. However it is necessary for all athletes to have portable boot drying units for travel. It is critical that ski boots are bone dry each day before skiing and this is very difficult to achieve without good boot dryers.
16. Gloves/Mittens-two pair is important. We recommend one pair of cold weather gloves/mittens and one pair of spring weight that should be kept in the backpack in case other gloves are misplaced.
17. Sun Block-At altitude and with the reflection off of the snow, the sun is very intense even when it is cloudy. Therefore we highly recommend that all athletes always wear sun block (SPF 30+) when skiing and should keep a supply in their backpacks at all times.
18. Snacks and water bottles. In their backpacks, each athlete should have two bottles of water or sports drink, and snacks (like energy bars or gel) so that you can hydrate a little each run and eat periodically in the training session.

c. Rowland Hall Ski Room and Park City Team Room

The Rowmark Ski Room at Rowland Hall and our Team Room at Park City Mountain Resort are for the use by all Rowmark Ski Academy Athletes and Coaches. It is critical that these spaces are treated with the greatest respect and kept clean at all times. Therefore everyone must clean up as well as possible after each use. This means that all wax, ski filings, tools, food, etc... must be cleaned up after each individual use and not leave it to the next person using the space.

The designated coaches areas are only for coaches and not to be used by athletes without specific permission.

These rooms must be locked and secured with lights turned off when the last person leaves the room. The Rowmark Ski Room also has a burglar alarm which must be armed before leaving. This room can only be accessed with the proper 4 digit code and procedure to disarm the alarm. You can get the code from a Rowmark staff member but must not share it with anyone else.

ALARM DIRECTIONS for ROWMARK SKI ROOM

To Disarm Alarm:

1. Enter the four digit code
2. Press Command

To Set Alarm:

1. Start by making sure exit door is shut and no one is moving around in ski room as there are motion detectors.
2. Press Command until display shows "PERIM ALL"
3. Press button under "ALL"
4. Leave room within 45 seconds and make sure door is locked.

IF YOU SET OFF A FALSE ALARM, CALL TODD AT 801 652 4413 or SARAH AT 801 243 9057 RIGHT AWAY. THIS IS IMPORTANT BECAUSE THE ALARM ALERTS THE ALARM COMPANY AND THE POLICE. TODD OR SARAH NEEDS TO CALL IN RIGHT AWAY WITH A PASSWORD TO STOP THE POLICE FROM COMING.

Important Dates including Summer Camps

Updated Rowmark schedules and information can be found on the calendar page at www.rowmark.org and additional important Rowland Hall dates can be found on the calendar page at www.rowlandhall.org. Let me know if you have any questions.

Important Dates Rowmark Ski Academy 2010-2011:

June 10-19	Rowmark Ski Camp #1- Mammoth
Aug. 12-28	Rowmark Ski Camp #2- LaParva Chile
Sept. 1	Rowland Hall First day of classes and Rowmark Fall Dryland begins with Fall Physical Testing at 3pm. (two days-Sept. 1-2)
Sept. 6	Labor Day-no school
Sept. 10-12	Rowmark Orientation Weekend (depart after school on 10th and return on 12th in afternoon)
Oct. 7-10	Rowland Hall Fall Break – no school
Oct. 14-17	Possible Colorado Free ski camp
Oct. 20	Rowmark Fall BBQ, Slide show 6pm (tentative)
Oct. 21-22	Rowland Hall Parent-Teacher Conferences-no school
Oct. 22-23	Rowmark Ski Swap Fund Raiser - Upper School Gym
October (TBA)	USSA Western Region Physical Testing-Park City
Nov. 6	Rowland Hall Auction
Nov. 5-13	Rowmark Ski Camp in Colorado
Nov. 19,22,23	Rowland Hall Final Exams-1 st Trimester ends
Nov. 24 - 28	Rowland Hall Thanksgiving Break-no school
Nov. 29	Possible first day of ski training at PCMR (depends on snow conditions-could start earlier or later)
Dec. 18 – Jan 2	Rowland Hall Winter Break-no school
Dec. 18-22	Rowmark ski training during Winter Break
Dec. 23-26	Rowmark Holiday Break (no organized ski training)
Dec. 27-31	continued Rowmark ski training during Winter Break
Jan. 1	New Year’s Day (no organized ski training)

Jan. 2	continued Rowmark ski training during Winter Break
Jan. 3	Rowland Hall classes resume and Rowmark resumes normal training schedule
Jan. 17	Martin Luther King Day-no school
Feb. 3-4	Parent Teacher Conferences-no school
Feb. 21	President's Day-no school
Feb. 22	Faculty In-Service Day-no school
March 16-18	Rowland Hall Final Exams-2nd Trimester ends
March 19-27	Rowland Hall Spring Break-no school. Rowmark will have ski training during this break.
April 11	Faculty In-Service Day-no school
April 19-20	Spring Physical Testing (tentative)
April 20	Rowmark Spring Awards Banquet and Slide Show (tentative)
April 22	Easter Break – No School – Good Friday
May 23-27	Interim
May 30	Memorial Day-no school
June 4	Rowland Hall graduation
June 8	Last day of school
June 9-18	Rowmark Ski Camp #1 2011-Mammoth (tentative)
June 19-Aug.	Rowmark Summer Conditioning Program 2010 (training manual produced in May)
Aug 11-17 or Aug. 16-28	Rowmark Ski Camp 2011#2 – Chile (Tentative) Rowmark Ski Camp 2011 #2-Mt. Hood (tentative) (Older, elite Rowmarkers may attend Western Region Chile Ski Camp during this time instead)
Aug. 31	Rowland Hall First day of classes and Rowmark Fall Dryland begins with Fall Physical Testing at 3pm. (two days)

Typical Weekly Schedule-Fall, Winter, Spring

(this applies for a typical school week. This does not apply to vacation weeks, or during camp or race periods.)

Fall Trimester (Early September to Thanksgiving Break)

Monday through Friday:

8:15a-2:55p	Academic program-Periods 1-8
3:00p-approx.5p	Rowmark Conditioning

Weekends: Varies but typically Rowmarkers will have conditioning activities that they will be expected to complete on their own.

Winter Trimester (after Thanksgiving Break to Spring Break)

Monday:

8:15a-11:45a	Academic program-Periods 1-4
1:00p	Rowmark Conditioning or OFF

Tuesday through Friday:

8:15a-11:45a	Academic program-Periods 1-4
12:10p	Depart for ski training
~5p	Return to Rowland Hall
~5-5:30p	Tune and wax skis for next day

Weekends: Varies but typically Rowmarkers will have ski training in the morning one or both days and return to Rowland Hall around 1pm.

Spring Trimester (after Spring Break to early June)

Until ski season ends in early April (a short, one to two week period):

Monday:

8:15a-3:40p	Academic program-Periods 1-8
3:50p-approx.5:30p	Rowmark Conditioning or OFF

Tuesday through Friday:

8:15a-3:40p	Academic program-Periods 1-9
4p-approx.6:30p	Rowmark Ski training
~7p	Return to Rowland Hall
~7-7:30p	Tune and wax skis for next day

Weekends: Varies but typically Rowmarkers will have ski training in the morning one or both days and return to Rowland Hall around 1pm.

After ski season ends in early April to the end of school:

Monday through Friday:

8:15a-3:40p	Academic program-Periods 1-8
3:50p-approx.5p	Rowmark Conditioning

Weekends: Varies but typically Rowmarkers will have conditioning activities that they will be expected to complete on their own.

Traveling home for school breaks and holidays

We encourage our out of town Rowmarkers to identify opportunities to travel home to spend time with their families. We realize that the school year is long and arduous and these breaks are very important for most. We have found that Thanksgiving and Christmas breaks in particular are good times for this and in some cases Spring Break as well as long weekends in which a Rowmarker does not have school on a Friday or Monday (such as MLK weekend, President's weekend,...)

For Thanksgiving typically the ski areas are just opening with just a few trails and are very crowded. Therefore we have not found this to be a productive time to have organized ski training or free skiing with our team. This makes this a good time to travel home.

For Christmas Break we do train throughout the period with the exception of the four days around Christmas and New Year's Day. See the calendar on page 27 Some families may want to extend their child's time at home and in most cases this makes sense. In this case, please contact the Program Director and/or the athlete's primary coach to discuss the best plan. The best answer usually needs to take into consideration the individual's family, his/her race plan, and other factors.

For Spring Break one of the biggest factors to look at is the individual Rowmarker's race schedule. This is obviously a busy month for championship races and for the training in preparation for the last races of the season. So please communicate with the Program Director and/or the athlete's primary coach to discuss the best plan if you would like to consider having your child travel home during this time.

Goal Setting and Race Plans

a. Race less, Train More Philosophy.

At Rowmark we strongly believe that training (on snow and on dryland) forms the basis of strong race performances. If an athlete is racing too much, he/she is not training (and resting) enough. The athlete gets tired physically and mentally, and typically doesn't take advantage of the race at hand as it is too easy to think that "I will have another chance in my next race". Excessive racing also is very costly and means that the student-athlete is probably missing more school.

b. Goal Setting

It is very important for each Rowmarker to set clear goals for the season. The athlete will complete a goal setting form in September, then meet with his or her primary coach to review. The athlete and coach will discuss the goals and adjustments will be if necessary. An individual race plan will then be formulated for the athlete that will be in line with the goals. This process needs to be completed by October 1st.

c. Race Plans

Around mid-October (when the final race schedules typically come out) the coach will present the athlete and parents with a race plan for the season based on the athlete's goals, current ability and age. It is important to realize that this plan may very well change as the season progresses to adjust for changes in level of competitiveness, for cancelled races, or other reasons. Therefore it is important that parents use caution when making travel plans to see their student-athlete race or when making vacation plans. Please consult with the Program Director if you have any questions. Parent input is welcome on race plan decisions but Rowmark reserves the right to make the final decisions as to which races the student-athlete attends. It is important for all to realize that it is not always best for an athlete to go to a "lower penalty race" especially if the athlete is starting near the end of that race. It is often better for an athlete to go to races where he/she will be competitive (vying for a podium finish or a top 15 for example). Of course "skiing up" on occasion to get an experience at the next level is also important. All of these factors and others are taken into consideration by the coaches when making a race plan.

b. "Chasing Points"

Rowmark does not believe in "chasing points" which means traveling (sometimes long distances) to go to races because they have lower penalties than the races on their race plan. These efforts are almost always not productive, and usually costly in dollars and in amount of school missed. In fact most ski racers actually get their best race point results in races of higher penalties where they are competitive. It is sometimes difficult for parents to understand this, but experienced coaches have learned this clearly over the years (usually by making these mistakes themselves in the past).

c. Race Entries

The Rowmark staff will submit all of the race entries that are due prior to a race series. In Western Region the “Intent to Compete Out of Region” forms is due on the first day of the month before the month that the race occurs (for example, an out of region race in January, an intent must be entered on December 1st). So a lot of pre-planning must occur. Therefore it is important that the Rowmark staff reserves the right to make all race entries decisions.

Athletic Evaluations-camps, year-end, physical testing/Physical Education Credits and Grades

Athletic Evaluations

The Rowmark coaches will evaluate the athletes several times a year with written evaluations that will be sent to the athlete and the parents via email. In many cases, the athlete's primary coach will also go over the evaluation in person with the athlete. Parents should feel free to call the primary coach or Program Director if they have any questions, concerns or additional feedback. Expect to receive these evaluations within two weeks of the completion of the following Rowmark activities:

1. June Rowmark Ski Camp #1
2. August Rowmark Ski Camp #2
3. Fall Physical Testing
4. Sept-October Ski Camp #3
5. November Ski Camp #4
6. Competition Season Evaluation
7. Spring Physical Testing

Rowland Hall Physical Education Credit and Grades

Additionally Rowmarkers will receive 1 Rowland Hall physical education credit each year and grades for their participation in the Rowmark Ski Academy. These credits will fulfill the physical education graduation requirements for Rowland Hall. Attendance is required at all Rowmark dryland conditioning and on-snow training as well as meetings or any other Rowmark activity. Excused absences must be validated by a parent, host-parent and/or Rowmark coach. Rowmarkers that attend all Rowmark activities without unexcused absences give their best effort each day, and exhibit daily behavior consistent with the Rowmark Honor Code will receive an "A" grade for Rowmark on their report card. Unexcused absences, less than best effort and/or behavior issues may result in a lesser grade.

Host Family Program

The Host Family Program is offered to those incoming students whose families live out of state. A majority of these students are Rowmark athletes. The Rowmark student often has a non-conforming schedule with early departures, late arrivals all days of the week. Besides the regular school schedule, Rowmark students have a full, often demanding schedule of training and racing throughout the school year.

The financial obligations are handled through the Rowland Hall Business Office (801-355-0399), which receives the checks from the Natural Parents and distributes reimbursements to the Host Family. For the 2010-2011 school year, the Natural Parents will be bill \$745 and the Host Family receives \$720 per month. There is a \$25/month administrative fee.

Below is an agreement detailing expectations of the Host Family and the guest student.

Host Family/Student Agreement

1. Student's room and furnishings

Host Family will provide

- All bedding and towels
- Desk for area of studying
- Laundry detergent/laundry facilities

Student/Parents will provide

- All personal toiletries
- Any medications/health items

2. Meals/Special dietary needs. Students requiring special diets by choice or otherwise need to pay an additional amount.

Host Family will provide

- Regular "sit down" dinners.
- Breakfast and dinner all days.
- Breakfast, lunch and dinner on weekends.

Student/Parents will provide

- Lunch on school days.
- Supplemental income for any special dietary needs the student may have.
- Supplemental income for any additional restaurant or fast food meals.

3. Transportation – Host Family
 - In the case that public transportation is not available, the host family will provide transportation to and from school
 - Host Family will provide transportation to and from school for any Rowmark related activities weekdays and weekends. This often includes early morning (6:30 am) drop off and late night pick-ups.
 - During fall and spring trimesters, Rowmarkers have dryland training following school that typically ends between 5-6 pm
4. School Breaks – Guest student will be required to find alternative housing prior to the start of school, winter break and spring break unless agreed upon in advance by the Host family. These dates are:
 - Prior to August 30th, 2010
 - Winter Break – December 23 – Jan 2, 2011
 - Spring Break – March 19 – 27, 2011
5. Parents will provide own lodging and transportation when they are in town visiting student.
6. Host Family and Parents need to address basic rules of student behavior in the host home (curfew, guests, TV programming, etc.)

If you are interested in the Host Family program please contact Sarah Getzelman at the Rowmark office. 801.355.3943 or sarahgetzelman@rowmark.org

ImPACT Concussion Screening

Rowmark Ski Academy is in its third year of implementing a new concussion management program called IMPACT. It is a nationwide program that is currently being used by the U.S. Ski Team as well as over 1,000 high schools, 300 colleges, 250 sports medicine centers, and professional sports teams across the country.

CONCUSSION is a common injury, but is often difficult to diagnose and treat. Is one of the most serious and prevalent medical problems at the high school level. ImPACT provides your sports medicine clinician with information that can help take the guesswork out of concussion management and promote safe return-to-play decisions for your athletes.

PROPER MANAGEMENT of concussion is the best form of prevention of serious injury.

WHAT IS IMPACT?

ImPACT is a sophisticated, research-based computer test developed to help clinicians evaluate an athlete's recovery following concussion. The program begins with a 20-minute test battery administered in the preseason for a baseline, and includes puzzles and tasks that measure a variety of factors. When a concussion is suspected, a follow-up test is administered to see if the results have changed from the baseline. This comparison helps to diagnose and manage the concussion. Follow-up tests can be administered over days or weeks so you can continue to track the injury.

THE IMPACT PROGRAM evaluates and documents multiple aspects of neurocognitive functioning, including memory, attention span, brain processing speed, reaction time, and post-concussive symptoms. The user-friendly injury documentation system enables you to track the injury from the field and through the recovery process.

WHY USE IMPACT?

ImPACT can help answer difficult questions about an athlete's readiness to return to play, protecting them from the serious consequences of returning too soon. While traditional neurological and radiologic procedures such as CT, MRI, and EEG are helpful in identifying many serious concerns (e.g. skull fracture, hematoma, contusion), they are not as useful in identifying the effects of concussion. As a result, doctors often must rely on subjective observations or a patient's self-reporting of symptoms to diagnose and track a concussion. This is where ImPACT can help.

USING IMPACT to implement baseline and post-injury neurocognitive testing can help you objectively evaluate the concussed athlete's post-injury condition and recovery to prevent the cumulative effects of concussion. And in the event that baseline testing is not possible, ImPACT has a normative database of thousands of non-injured athletes, which can also be used for effective comparison.

WHO IS BEHIND IMPACT?

Mark Lovell, PhD, ABPN, Joseph Maroon, MD, and Michael Collins, PhD, founded ImPACT in 2002. These professionals are world leaders in the field of concussion management and are committed to the ongoing development of advanced concussion management tools. ImPACT team members have dedicated the past 15 years to the scientific study of sports-related concussion and the clinical application of this knowledge throughout professional and amateur sports.

Brief Introduction prior to Baseline Testing

Concussion or Mild Traumatic Brain Injury (MTBI) is defined as an injury to the brain induced by traumatic biomechanical forces to the head or body that cause the brain to move inside the skull. In mild forms of injury there is no damage to the anatomy or “structure” of the head/brain (no bleeding or fracture). However, recent research has shown there is damage to the brain metabolism or the biochemical make-up in the tissues and thus, impairment of brain “function” or its cognitive ability.

- Clinical signs and symptoms and cognitive ability mostly reflect the *functional* NOT structural changes in the brain.
- CT and MRI test for anatomical injury to brain or skull but do not assess the *functional* aspects of the brain which can be affected while structural aspects are normal
- ImPACT neurocognitive testing assesses the *functioning* of the brain through verbal and visual memory, verbal processing and reaction time.

Why do we use Neurocognitive testing as an additional tool for clinical evaluation of recovery and return to sport decision making?

- Provides improved mechanism over pen and paper sideline evaluation because it measures subtle changes in brain function that are not evident with sideline screening
- **Quantifies injury** severity and tracks recovery by measure of brain cognitive function
- Provides **individual objective** data regarding the function of the brain
- Parents/Coaches appreciate the information that can be provided by neurocognitive testing to help in understanding their athlete’s recovery

COST?

The pre-concussion screening cost for our Rowmark team is \$30/athlete (normally \$60 for an individual) which can bill to your Rowmark account. The post-concussion screening charges can be billed to your insurance (normally ~\$150 but this amount varies due to the circumstances of the concussion). We feel that this is a very important service and are hopeful that our all of our academy athletes will participate.

For Parents

a. Successful Sports Parenting CD- First time Rowmark parents will receive this CD from Rowmark on loan to review. It is produced as a joint effort between USSA and U.S. Swimming and we find it to be a very informative source of information on how to be a successful and happy parent of an athlete. We hope you enjoy it and learn from it as well. Please return the CD to the Rowmark office when you are done so we can get it out to new parents next year as well.

b. Note about communication with Rowmark Staff. We believe that there are no dumb questions. Please be proactive with your questions and concerns. Feel free to contact your sons' or daughters' primary coach, Sarah or Todd. Our sport is rather complicated with regards to things like training/race plans, equipment, conditioning, injuries, travel, expenses, etc... and there is a lot to understand. We work as a team-athlete, coach, and parent, so a high level of communication is welcome. We do ask that you respect our staff's private lives and limit "after hours" calls to only those that are in the "emergency" or "extremely important" categories. Email is often the most effective way to begin communication and we have a staff policy to get back to phone or email messages within 24 hours if at all possible. The Rowmark staff contact list is found in the following chapter.

c. Protocol for parents attending training and races. We know that some parents like to attend as many of their son or daughter's races, some don't and some can't. We have learned that it is not always best for a parent to attend "the more important" races especially if they don't attend the "less important" races as it often creates undue pressure on the racer. We have a few important rules for parents that attend races. These rules are in place to help instill athlete independence and for the most effective interaction between athlete and coach, as well as for safety.

1. If you attend, be there to support and cheer as a parent.
2. Let the coaches coach. Trust what they are doing even if you don't understand. Feel free to ask a coach in private why they are doing something a certain way but not in front of athletes.
3. Parents are not allowed inside the race venue including the start area unless they are working at the race. If there is safety netting (B-nets) on the hill, this means standing behind the netting, and need to make sure that they are never standing near a "fall zone". Whether there is netting or not, parents should not be on the race trail and should not be involved in the slipping of the courses unless they are asked.
4. Parents should not assist their racers to carry their skis or clothing. This instead will be taken care of by the athletes themselves, or their team mates or coaches.
5. During the day of the event, parents should leave ski preparation activities including tuning, waxing and over-lay waxing to the athlete and coaches.
6. Presence just below or outside the finish area is encouraged. Just make sure that you give time and space for the athlete and the coach athlete interactions. It can be an emotional time for an athlete just after completion of a race run (both positive and negative) and parent support there can be very helpful as long as it is appropriate.

d. Summary of program costs including additional expenses beyond tuition such as ski camps, races, travel and equipment:

2010-2011

Rowland Hall Tuition 9 th -11 th Grade	\$ 16,370 / 12 th Grade \$16,735
Rowmark Ski Academy Tuition	\$ 10,495
Bundled Billing (estimate)	\$ 750
Includes: Textbooks, summer reading, lab fees for science and fine arts, activities. Interim deposit and yearbook.	
Laptop and Computer bundle (estimate)	\$ 1630
School Lunch	\$ 3-5/day (optional)
Host Family Live-In Program (boarding)	\$ 6705
Estimated Ski Camp Expenses:	
June Mammoth camp	\$ 1900
August LaParva Chile camp	\$ 3566
Sept.-Oct. Mt. Hood Camp	\$ 510
November Colorado Camp	\$ 1390

Estimated expenses for Competition Period-travel, race entries, lodging food, etc...

J3	\$ 2700
J2	\$ 5000
J1	\$ 4500 plus

Estimated Equipment expenses. Varies greatly due to level of support from ski companies. Support ranges from retail cost, to pro-from prices, to sponsorship determined by ski companies and Rowmark Equipment Manager.

J3	\$ 500-\$2500
J2	\$ 0-\$7000
J1	\$ 0-\$3500
	(assuming SG, DH skis are retained for multiple years)

e. Tuition Refund Insurance

Both Rowland Hall and Rowmark offer Tuition Refund Insurance via an independent insurance company. Due to the nature of ski racing and the potential for season ending injuries, as well as the relative low cost, this insurance is highly recommended.

For 2010-2011 the cost for this insurance for the Rowmark portion of the tuition is \$147. In the case of a medical absence or withdrawal, the student would receive 100% of the unused yearly insured tuition provided that an injury or illness forces the student to withdraw from the program, or if a medical absence last for 31 or more consecutive days. In the case of non-medical withdrawal, the student would receive 60% of the unused yearly tuition provided the student has attended more than 14 consecutive days of class. In the case of a dismissal, the student would receive 75% of the unused yearly tuition provided the student has attended more than 14 consecutive days of class. Families will receive more detailed information on this program with the initial contract packet.

f. Global Rescue

We are going into our third year of offering Global Rescue to the Rowmark families. This is an independent service provided at lost cost, ~\$250 year, which provides the finest emergency medical, aero-medical, security and evacuation services available. To summarize, if a Rowmark athlete, while traveling and is more than 160 miles away from home, has an injury that requires hospitalization, global rescue will coordinate and evacuate the athlete back to the hospital of your choice in the area or at home for no additional cost, even if the athlete is in a foreign country. This service can potentially save a family thousands (or tens of thousands) of dollars. For more information on the service visit globalrescue.com and we will be distributing updated information on this program each fall.

g. Billing, credit card on file, late bill payment and athlete participation policy

Rowmark will send home monthly statements indicating all charges for race travel, entries, lodging, food and other expenses which are not included in the tuition. You may choose to pay by check or cash, however all Rowmarkers must have a valid credit card on file. Payment may be made by credit card, check or cash. Over-due payments will be assessed an additional charge of 12% simple interest, and will result in the Rowmark athlete not being able to participate in the program until the payment is made. We also reserve the right to charge the credit card on file for outstanding balances.

Contact Information for Rowmark Staff

- a. Please call the office first (801) 355-3943 for any questions. We are happy to help.
- b. **Calling staff after hours-** We do ask that you respect our staff’s private lives and limit “after hours” calls to only those that are in the “emergency” or “extremely important” categories. Email is often the most effective way to begin communication and we have a staff policy to get back to phone or email messages within 24 hours if at all possible.

First Name	Last Name	Position	Cell Number	Email
Todd	Brickson	Program Director, J3 Coach	801.652.4413	toddbrickson@rowmark.org
Sarah	Getzelman	Team Manager	801.243.9057	sarahgetzelman@rowmark.org
Dave	Kerwynn	Head Men’s Coach	970.485.3453	davekerwynn@rowmark.org
Patrick	Purcell	Head Women's Coach, Conditioning Coach	435.503.4917	patrickpurcell@rowmark.org
Everett	Young	Men's FIS Coach, Equipment Manager	801.879.0776	everettyoung@rowmark.org
Kim	Stephens	Women's FIS Coach, Head Conditioning Coach	435.901.0683	kimstephens@rowmark.org
Scotty	Veenis	Men’s FIS Coach	435.640.1782	scottyveenisis@rowmark.org