



“ Building a Tradition of Excellence”

Central USSA Region 4 Handbook 2009/2010 Ski Season



“ The USSA Central Division Mission is to provide a system which promotes the sport of alpine ski racing and develops a lifetime of personal and athletic excellence by offering quality competition and developmental opportunities.”

Region 4 Officers and Positions:

Regional Chair*	Bob Jensik 51 Marwyk Dr. Northfield Center, Ohio H: 330-467-4009 C: 216-970-4996	jensik4@aol.com rjensik@amhigley.com
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* Voting member of Executive Board

Region 4 Race Schedule:

Central USSA Region 4 2009/2010 Race Schedule:

<u>Date</u>	<u>Location</u>	<u>Events</u>
January 2-3, 2010	Snow Trails (*)	2 SL, 2 GS
January 9-10, 2010	Perfect North	2 SL, 2 GS
January 16-17, 2010	Snow Trails	2 SL, 2 GS
January 23-24, 2010	Boston Mills/Brandywine (*)	2 SL, 2 GS
February 6-7, 2010	Perfect North	2 SL, 2 SL
February 13-14, 2010	Boston Mills/ Brandywine	2 SL, 2 GS
February 27-28, 2010	Mad River Championships (*)	2 SL, 2 GS

(*) Indicates morning races will be USSA scored.

Normally, we will hold two slalom races on Saturday and two giant slalom races on Sunday. Locations and events may be changed as necessary to accommodate snow conditions and hill availability. Check the Region 4 web site for any changes, www.region4cussa.org.

Region 4 Race Day Schedule:

<u>Time</u>	<u>Activity</u>
7:45 a.m.	Registration Begins
8:15 a.m.	Course set
8:15 a.m.	Course inspection by Jury
8:15 a.m.	Registration closes
8:30 a.m.	Course open for racer inspection
9:00 a.m.	<ul style="list-style-type: none">• Course Closed• Race workers report to assigned positions on the race hill• Racers meeting
9:15 a.m.	First Race Begins
To be announced	Inspection and Start of Second Race

A racer will need jury approval to sign up after 8:15 AM.

Racer's Responsibilities:

Please remember that your conduct at races reflects on all the racers in the USSA.

- 1) Each racer must register on the sign-in sheet between 7:45 and 8:15 a.m.
- 2) Bring your USSA competitor's license or youth license to the race. [You will have to show your current USSA membership card before the first race of the year.](#) If you do not have your card or if we cannot verify your status from our lists or the USSA member database, you cannot race.
- 3) Inspection of the course is by side slipping or climbing, unless the Jury requests otherwise. NO skiing or shadowing course until your designated run.
- 4) Bibs and lift tickets are to be worn and visible at all times.
- 5) A racer who has been disqualified or denied a provisional rerun has 15 minutes after the referee's report has been posted to submit a protest to the race jury accompanied by a \$25.00 fee. All Region 4 races are conducted under the USSA Alpine Competition Rules published in the Competition Guide.
- 6) Any racer who has timely filed a protest which has been overruled by the race jury may appeal the decision of the jury to the appeals Board, which appeal must be filed in writing to the TD by the racer or the racer's coach within one (1) hour of the notification to the racer of the jury's decision and which appeal must be accompanied by an appeal fee of One Hundred Dollars (\$100.00). If the jury's decision is reversed by the Appeals Board, the racer shall be entitled to a refund of his protest fee and the appeal fee. The decision of the Appeals Board shall be final.
- 7) Racers are to follow the Code of Conduct found in the current edition of the USSA Alpine Skiing Competition Guide.
- 8) Racers are expected to have a worker present for 75% of the race days. The worker does not necessarily have to be a parent.
- 9) Respect ski areas rights and comply with all direction from ski area management and staff.
- 9) Keep our area of the lodge, start and finish areas, free of trash.

10) Parental Responsibilities:

It is not possible to hold races without the active participation of parents, guardians, or friends as race workers and officials. We do not have sufficient funds to hire people to fill these positions, and it is doubtful that quality help could be obtained even if funds were available. We ask that a member of each family or a friend work a minimum of 75% of the race days this season. If all parents participate, everyone will have a chance to watch some of the races.

An alpine officials license is required for many of the positions. Please obtain one, if possible, and plan to upgrade your race management skills by attending our region's annual official's clinics.

Please respect ski areas rights and comply with all direction from ski area management and staff. We have had some incidents of inappropriate behavior that could impact our ability to conduct races. Please keep our area of the lodge free of trash.

Helmets and Other Requirements:

USSA requires all racers and forerunners to wear fully functional ski racing helmets for all Giant Slalom, Slalom, and Super G races. Racers not wearing helmets will not be permitted to race.

Individual resorts where competitions are held may have specific requirements for skiers, particularly racers, that do not exist at the skier's home resort. For example, Spirit Mountain requires a helmet for all races and race training. All members of Central USSA are expected to comply with the requirements of the host resort.

United States Ski & Snowboard Association Structure:

Junior Race Program:

The United States Ski and Snowboard Association (USSA) conducts competitive Junior Ski Racing in the United States in compliance with USSA and International (FIS) regulations. The Central Division of USSA (CUSSA) is divided into four regions:

Region 1	Minnesota, North and South Dakota
Region 2	Upper Michigan, Wisconsin, Illinois, Missouri
Region 3	Lower Michigan
Region 4	Ohio, Kentucky, Indiana

The competition structure of USSA allows racers to compete with their peers at various levels of age and ability. The general age categories are as follows:

<u>Class</u>	<u>Birth Year</u>	<u>Age</u>
Senior	1989 and before	20 and older
J1	1990, 91 and 92	17-19
J2	1993 and 94	15-16
J3	1995 and 96	13-14
J4	1997 and 98	11-12
J5	1999 or later	10 and Under

In Region 4, the first race of the day (on designated weekends only) will be a USSA Scored Event, with results to be sent to the national USSA office for inclusion on the national points list for those 13 years of age and older (J1, J2, and J3). The afternoon race of all race weekends will be an un-Scored Event for all Classes (J1, J2, J3, J4 and J5), the results of which will not be submitted for national points scoring.

Competing outside of Region 4:

In consideration of your fellow Region 4 racers, Region 4 racers are expected to compete in races scheduled within Region 4 before considering racing outside the Region. Request for permission to compete out of region on dates where there is a Region 4 race must be submitted in writing or via e-mail to

the Region 4 Chairman or Coaches Rep at least one week prior to the closing of registration of the out of region event.

Racers may compete in other regions on dates that do not conflict with Region 4 events without restriction. There are a number of races in Michigan before and after our season that provide a high level of competition and a chance to improve points. Region III (Lower Michigan) has indicated that our racers are welcome at all their events.

Racing out of Classification:

The Alpine Sports Committee for the Central Division has approved procedures to allow racers to compete one age classification above their normal classification. This option is available to the exceptional J4 or J5 racer who would benefit from a higher level of competition. Under this option, a J4 would race as a special J3, and a J5 would compete as a special J4. Racers who elect to take this option must notify both the Region 4 chair and the Central Division Office before December 1, 2009, and must provide the following information:

- Consent of the racer in writing
- Consent of the parent or guardian in writing
- Prior season's race results that show the racer is consistently finishing within the range of times of the age group above them. All results from the prior season must be provided.
- Submittal of the required form signed by the racer and parent/guardian to the Control Division Competition Manager

The decision to race under this option is irrevocable for the season. Racers will be considered to be in the special age class for all events, including the Age Class Championships. For example, a J4 racing as a special J3 would be eligible for J3 awards and selection to the J3 team, but would not be eligible for any J4 awards or selection to the J4 team.

Region 4 Dues:

Due Date:

Our regional quotas for Mid-Ams and Championships are based on membership numbers as of December 15. **In order to be eligible for selection to Championship teams or Mid-Ams, any racer who has raced in a previous year must have their dues postmarked by November 15, 2009.** This rule does not apply to new members. If you have extenuating circumstances or a hardship situation, contact any board member prior to November 15. Racers who wish to compete in the first Mid-Am of the season must pay their dues before its entry deadline. This may be prior to November 15, 2009.

Bib Deposit:

A \$20 bib deposit will be collected prior to the racers first participation. The deposit will be refunded upon return of the bib in usable condition at the end of the current season. Bibs must be returned by the final race day for refund. The low bib numbers will be assigned by USSA points ranking to those who have registered by November 15, 2009.

Mid-Am Automatics:

For competitors who qualify as Mid-Am automatics as of December 1, the Region 4 portion of their dues will be waived and they will only be required to pay Central Division fees and National race fees. For 2009/2010, this is \$75.00.

Single Day Race Fees for Current USSA Members:

- Age 12 and under, \$25.00 per day, \$40.00 per weekend.
- Age 13 and over, \$30.00 per day, \$60.00 per weekend.
- The entry fee will be waived for Senior, or out of region racers, with less than 100 points in the event.

You must show a valid USSA membership card at registration. No USSA Membership, No race, No Exceptions.

Single day racers will not be eligible for selection to the J3/J4 Championships or the Mid-Am series.

USSA Membership and Licensing:

All racers participating in the Region 4 program are required to be members of Region 4 **and** must have a current National USSA membership. USSA has three levels of licensing: Competitor, Student, and Youth.

Region 4 racers 13 years and over holding Competition licenses are scored to the national USSA points list and receive full Ski Racing magazine subscriptions. Youth and Student members are not to be included in the USSA points list, are not eligible for Mid-Ams, and only receive selected issues of Ski Racing.

J4 racers are no longer required or encouraged to have Competition licenses, and a Competition license will not be required in order to enter the Central J4 Championships or Junior Olympics.

FIS and USSA competition licenses are required for those who expect to compete in the Mid-Am series. See the Mid-Am series section for further information.

You must be prepared to show your USSA membership card at your first race. All former USSA members should get your licenses well before the first race. If you cannot show your card and if we cannot verify your status (with a USSA membership number) from our lists or the USSA membership database, you cannot race.

All member applicants of USSA are required to sign an "Acknowledgment and Assumption of Risk" form. This form must be signed by the parent or guardian of a racer under 18 years of age and requires the company name and policy number of your health insurance.

If you need to upgrade a membership to a Competition license during the season, call USSA at the number listed on the back of your membership card (435-647-2666).

The success of the junior racing program within Region 4 depends on the active support of the racer's parents. For insurance purposes, many of our race worker positions require a USSA membership or an Alpine Officials (AO) license. An AO license simply means that you have been presented the information necessary to understand your role on race day. All parents are encouraged to join USSA and obtain an Alpine Official (AO) license. Single day classes are available in the Fall for this purpose. All USSA coaches and officials must also pass a background screening check. See the www.ussa.org for more details.

Racers who are renewing members will receive a renewal form from USSA during the summer. To retain the prior year's points and avoid a late fee, payment and the Assumption of Risk form must be mailed directly to USSA in Park City, Utah, or be registered online, no later than October 15. The start list order is determined by race points. Anyone who does not renew their USSA membership by October 15 will be starting at the end of the order for the first race weekend.

Region 4 does NOT accept credit cards. Cash and Checks are requested. Credit cards may be used for online USSA membership registration.

Region 4 World Cup Awards:

Recognition will be given to the best overall ability and age class racers based on World Cup points. Age class is ages 13 and older (J1, J2, J3, and Senior), Ability Class is ages 12 and under (J4 and J5). Awards will be given for first, second, and third place.

World Cup scoring counts all races during the season. The more races you attend and participate in, the more World Cup points you will accumulate. The higher your finish, the more points you receive.

Central Division J3/J4 Championships:

J3 and J4 Championship Series (i.e., Junior Olympic Qualifier):

<u>Location</u>	<u>Date</u>
Marquette, Michigan	Training Day: February 17, 2010 Race Days: February 18-20, 2010 Snow Day (if req'd): February 21, 2010

Region 4 strongly suggests participating in the Training Day.

Lodging in Marquette, Michigan, is tight during the event. We have reserved a block of rooms at the Holiday Inn. If you want to reserve a room in the block, you must call Holiday Inn, Marquette, Michigan, at (906) 225-1351 and ask for the Region 4 USSA rate. Suggested alternate lodging is Comfort Suites (906-228-0028) or at the Days Inn.

The top racers will qualify for the following Junior Olympics:

J-4 Junior Olympics - Winterpark, Colorado. March 17-20, 2010

J-3 Junior Olympics - Vail, Colorado. March 3-10, 2010

Mid-Am Series:

Mid-Am Schedule:

<u>Location</u>	<u>Date</u>
Nub's Nob, Michigan	December 19 & 20, 2009 (ENL-SL)
Boyne Highlands, Michigan	December 21 & 22, 2009 (USSA-GS)
Marquette, Michigan	January 15-18, 2010 (1 USSA-GS, 2 FIS-SL, 1 USSA GS)
Lutsen, Minnesota	January 28 & 29, 2010 (2 FIS-GS)
Spirit Mtn., Minnesota	January 30 & 31, 2010 (2 FIS-SL)
Lutsen, Minnesota (Central Champion.)	March 25 & 26, 2010 (FIS-GS)
Lutsen, Minnesota (Central Champion.)	March 27 & 28, 2010 (FIS-SL)

The Mid-America Series is the premier series within the Central Region. Mid-Am regional quota selections will be made no later than the Sunday before the first team captain's meeting of the Mid-Am. Selections will be made based on national point results earned in Region 4 regional races using the current ITS method, as outlined in the 2009/2010 USSA Competition Guide. The Region 4 chair will contact racers who qualified for Mid-Am races based on previous race results. The racer and his/her parents should know if they will be able to attend the Mid-Am when the qualifiers are announced on Sunday. Racers who are selected are expected to notify the Region 4 chair promptly if they will not be able to attend the event. Failure to respond will be taken as a decision not to attend.

Racers who accept selection to the first race must pay their Region 4 dues before the race's entry deadline.

A certain number of Mid-Am starting positions, or automatic selections, are reserved for the top racers in the Central Division. These racers are not included in the regional quotas. Any Region 4 racer who declines an automatic invitation gives up the right to be selected as part of the Region 4 quota.

The Mid-Am series is scored and seeded under FIS rules. To be considered for Mid-Am team selection, an athlete must have an FIS License. The closing dates for application are well in advance of the race dates. A provisional license is available; however, provisional athletes have no standing on the FIS points list and will remain seeded at the end of the start order. Any Region 4 racer who expects to be selected for Mid-Am races should apply during the summer before they expect to be selected. Returning Mid-Am qualifiers should have purchased an FIS license during the summer if they want their Mid-Am points. See www.ussa.org for FIS license applications and closing dates.

Region 4 Mid-Am Selection Criteria:

Region 4's Mid-Am and Championship Team selections will be made using USSA national points results earned in Region 4 regional races using the International Team Selection ("ITS") Method, unless a different method is mandated by the Central Division Rulebook. Only fully paid Region 4 members holding the correct licenses are eligible for selection. This means you must hold an FIS license or provisional license to be considered for selection to a Mid-Am series race.

The Region 4 selection process will use the following results from each discipline (SL&GS):
 Mid-Am selections will be based upon the ITS method, averaging the best two results earned in the current season Region 4 races. If Region 4 runs four races or less, then last season's results would be included with the results from the current season, and the best two results would be used. If a racer does not enter a Region 4 race, they will be assigned 990 points as a result for that race, unless the race was missed due to approved extenuating circumstances, or the racer was attending a Mid-Am race at the same time as the Region 4 race.

<u># of Races Run within a given discipline.</u>	<u>Selection Criteria</u>
No races run in current season	Best two results from last season, updated to include racers who have moved into the FIS, J1/J2 age bracket.
One race run	Combine current season results with the previous season's result averaging the best two
Two races run	Combine current season results with the previous season's results averaging the best two
Three races run	Combine current season results with the previous season's results averaging the best two
Four races run	Combine current season results with the previous season's results averaging the best two
Five or more races run	Average best two results from the current season

In order to be eligible as a selection to a Mid-Am race, a racer must start in at least one more than one-half of all Region 4 races scheduled and run, in a particular event prior to the Mid-Am for which the racer is seeking selection during the current season, unless the racer is exempted by the Region 4 Board from a start, or starts, due to extenuating circumstances, or because the racer was attending a Mid-Am race at the same time as the Regional race.

Region 4 Race Weekend Lodging:

In order to encourage Region 4 families to get to know each other off the slopes, we have booked rooms at group rates under the name **USSA Region 4** for each of the events. Most of these motels have indoor pools. **Make your reservations now. The motels will release any unbooked rooms one month prior to the event, and the block could run out. Before the cut off, the motels will add additional rooms to the block, as long as they have availability.**

Agreements for this year are as follows:

Perfect North: Comfort Inn and Suites, Lawrenceburg, Indiana (812) 539-3600
 Holiday Inn, Cincinnati Airport, (859)371-2233

Boston Mills/Brandywine: LaQuinta Inn, Highland Road, (330) 468-5400

Snow Trails: LaQuinta Inn, Route 13 and I-71, (419) 774-0005
 Quality Inn Mansfield/Bellville, (419) 886-4000

Mad River: Comfort Inn, Bellefontaine, (937) 599-5555

J3/J4 Championships in Marquette, MI: Holiday Inn, Marquette, Michigan (906) 225-1351

Junior Olympic Participants:

Those that are selected to the Junior Olympic Race Teams at the J3/J4 Championships will be given an information packet by the Central Division Office. This packet will explain the race, times, and fees specific to the event you have earned the right to compete in.