



**Western Region U16 Flight School
May 23rd-28th , 2017
Mammoth Mountain, CA**

April 19th, 2017

Greetings Western Region Athletes!

By receiving this invitation you are invited to the Western Region development progression, an extension of the national training system for the coming 2017-2018 season. Western Region training projects are included in the USSA pipeline leading to the National Development Team and the USST! Most of you have self-selected into this system through your results and efforts over the past season. Western Region use's a series of "clear path" achievement markers to identify our project invitation selection lists.

Projects are offered in a progression of experiences over the duration of your junior racing career. Currently, the Western Region Development process begins with important instruction in skill development at the U16 level and continues through to race preparation for FIS and Continental Cup competition.

The Western Region Flight School Camp will serve as a primary step in a series of speed camps offered to the U16 age group. The camp is designed to focus on the refinement of proper jump technique, terrain management and fundamental skiing skills in SG/DH.

Sincerely,

Bill Gunesch
Western Region Director, USSA
bgunesch@ussa.org

Jeff Pickering
Western Region Coach, USSA Western Region
jpickering@ussa.org

Gwynn Watkins,
Western Manager, USSA Sport Development Department
gwatkins@ussa.org





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Project Dates & Schedule:

May 23rd: **Arrival.** If flying into Reno arrive by 1pm. (We will have transportation)
May 24th-28th: Progressions in jump technique, terrain management and turn transitions.
May 28th: Departure after skiing. If flying home from Reno book after 6pm.

Site

Mammoth Mountain, CA

Goal

The purpose of this camp is to teach the fundamentals of jump technique, turn transitions and terrain management in SG radius turns. Time will be spent focusing on proper jump mechanics in various types of jumps and terrain features along with proper aerodynamic positions. There will also be focus on good fundamental skiing skills as they relate to the transition of the turn and movement patterns related to the establishment of early pressure. The progression will build into skiing SG radius turns into and out of jumps & terrain at speed with emphasis on the proper mechanics and tactics to do so.

Staff

Jeff Pickering Western Development Coach
TBA
TBA
TBA
TBA

Project Cost;

\$985.00

Project Cost includes, lifts, lane space, training, housing, transportation and coaching fees. Athletes must plan on having money to purchase meals and snacks during camp. We will be staying in condos with full service kitchens.

Travel

All athletes are responsible for covering their travel costs to and from Mammoth CA. Athletes flying plan to book arrival no later than 1 pm on May 23rd 2017 to Reno Airport and return May 28th after 6pm. Athletes driving please plan to arrive no later than 5pm to Mammoth May 23rd. On May 28th parents can plan to pick up their athletes at 1pm in Mammoth at the Mammoth Mountain Inn. **Airport transportation will be provided from & to / Reno, NV.**

Lodging

Juniper Springs, Mammoth Lakes Ca.





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Invitation includes U16 athletes who meet U16 RTG criteria, based on top-20 results at the 2017 Western Region U16 Championships. Additional athletes are invited from an NTSM ranking list of GS and SG using USSA List 13. The project size is 14 Women & 14 Men. Development requests for yob 2002 and 2003 athletes will be considered, and need to be emailed to Jeff Pickering and Bill Gunesch prior to the deadline.

Deadline:

Invited athletes have until Friday May 5th to confirm. After the 5th, spots will be filled in order of receiving payment and paperwork. Development requests are also due by the 5th.

Invited Athletes Women 2002:

- | | | |
|----------------------------------|----------------------------|----------------------|
| 1) Severn-Eriksson, Annika (RTG) | 11) Leo, Cameron | 21) Sterne, Madeline |
| 2) Neu, Aliza (RTG) | 12) Walther-Gingold, Tiger | 22) Clancy, Mary |
| 3) Sullivan, Georgie (RTG) | 13) Wong, Maya | 23) Watkins, Taylor |
| 4) Wright, Evie (RTG) | 14) Watridge, Shannon | 24) Martel, Karina |
| 5) Ishimaru, Merumo (RTG) | 15) Macomb, Jessie | 25) Rager, Madison |
| 6) Mannelin, Danika (RTG) | 16) Wilkinson, Samantha | |
| 7) Holm, Julia (RTG) | 17) Greenco, Susan | |
| 8) Michael, Zoe (RTG) | 18) Schreiner, Mazie | |
| 9) Nichols, Ellie (RTG) | 19) Stahla, Mary Grace | |
| 10) Rogers, Sydney | 20) Bouchard, Alice | |

Invited Athletes Men 2002:

- | | | |
|----------------------------|-----------------------|---------------------|
| 1)Grossman, Buey (RTG) | 11) Leitner, Brandon | 21) Upton, Colter |
| 2) Thomas, Dylan (RTG) | 12) Nardone, Joshua | 22) Mahan, Lucian |
| 3) Parazette, Oliver (RTG) | 13) Beck, Karl | 23) Moss, Max |
| 4) Kelly, Max (RTG) | 14) Lindstrom, Ridely | 24) Brown, Cambell |
| 5) Mallinen, Finn (RTG) | 15) Dale, Jack | 25) Driscoll, Larow |
| 6) Louchheim, Carter (RTG) | 16) White, Lewis | |
| 7) Kaufman, Zachary (RTG) | 17) Overby, Parker | |
| 8) Goss, Guthrie | 18) Hilsop, Sam | |
| 9) Ries, Sasha | 19) Neill, Rayce | |
| 10) Snyder, Charlie | 20) Allen, MJ | |

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Expenses:

Total Project Fee: \$ 985.00

Athletes are responsible for the total cost of travel to/from Mammoth, CA and the project fee. The project fee covers ground transportation, lifts and lodging. Meals will be the responsibility of the athlete; lodging will be in condos with full kitchens.

Project fee payment and forms are due **May 5th**.

Racers:

You must be healthy, free of injuries and able to participate fully in all aspects of the on-snow and conditioning training program. This will include free skiing, gate training, strength training, running, jumping, agility, calisthenics, flexibility training and games.

Please make sure your equipment meets the USSA regulations.

Checklist:

Carry your ski boots and money with you as you travel in case your luggage is lost. Please note that you will be responsible for any overweight or over baggage charges, so pack lightly and come prepared

- SG / GS Skis
- Helmet, Boots – no soft ear helmets
- Training Suit/Gear
- Full Outerwear including rain gear & real cold gear
- Running Shoes, gym shoes and workout gear for conditioning
- 2 Water bottles - mandatory
- Back pack
- Back Protectors - mandatory
- Mouth guards – mandatory
- Training Log, notebook and pen/pencil - mandatory
- Work ethic and a positive attitude
- Tuning equipment (vices, wax, and tools) – we will provide benches only

Miscellaneous:

In an emergency you can call Jeff Pickering, cell phone 435.602.2866

If you have any questions regarding the project or any of this information, please feel free to contact the Project Leader, Jeff Pickering, <mailto:jpickering@ussa.org>

Note:

The cost is based on athletes attending this project and is as accurate as it can be at this point. Given athlete attendance there may be additional charges or refunds once it is all done.



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Payment and forms:

Please read over all of the enclosed information carefully, complete and return the registration form to Gwynn Watkins at USSA by **May 5th**.

Please note that it is **National, as well as Regional, policy to require pre-payment of trip fees.** All participating athletes are required to submit their payment prior to participation or services will not be rendered. This includes transportation from the airport, lodging, or participation in the first team meeting. If we don't have payment you will be expected to pay Gwynn, on site, prior to doing anything including getting in the van at the airport.

For questions regarding this policy please call Bill Gunesch at 435.602.2759 or e-mail at <mailto:bgunesch@ussa.org>

Checklist of paperwork to send to Gwynn Watkins:

- Registration Form including payment and travel details
- Western Region Medical Release
- Western Region Team Agreement and Hold Harmless Agreement
- Mammoth Release form

Please use US Mail or fax and send to:

Gwynn Watkins, Western Alpine Manager
USSA Western Region
PO Box 100
Park City, UT 84060



U.S. Ski and Snowboard Association
The National Governing Body for Olympic Skiing and Snowboarding

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Athlete Name: _____ Athlete email _____

Athlete Cell _____

Coach: _____

Parent's:email _____ telephone _____

EmergencyContact _____ Contact# _____

INVOICE

Name _____

Project: U16 Flight School Account No. 4910-5201

PLEASE Fax or email your forms and Travel plans to:

Gwynn Watkins	Mailing Address
Fax #435.940.2810	PO Box 100
Email: gwatkins@ussa.org	Park City, UT 84060
Cell #: 435-714-2964	

Total Cost \$985.00 **Deadline for registration is May 5th, 2017.**

Pay with credit card: Please use online payment. Instructions below. When you search competitions please select Intermountain as the division in the search box.

Pay by check: Mail invoice and check to the address above

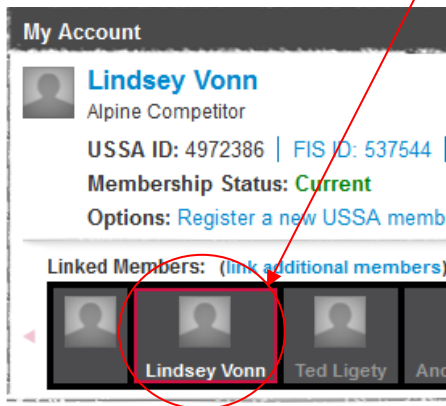
Athletes may intend online however will not be confirmed until payment is received. [Click here to intend online.](#)

- **If filled out intend online and payment online, only send releases. This page is not necessary**
- Mammoth Release
- WR Medical Release
- WR Team Agreement

Online Athlete Event Registration Instructions

Online Athlete Event Registration is accessed through the My USSA portal.

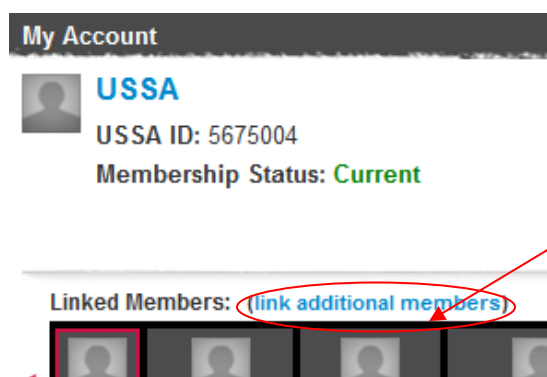
1. To login to My USSA Go to <http://my.ussa.org/myussa> and login using your normal My USSA login.
2. You will want to make sure the athlete that is being registered is linked to the account you use to log in. If your athlete(s) is not linked to your account, you can use their account, or link them to your account by clicking on ([link additional members](#)) in the top box. For more information on Linking an Athlete, see below.
3. Once logged into My USSA, choose the Athlete to be registered. This is done by clicking on an Athlete in the Linked Member Box:




4. Now select **01 Athlete Event Registration** in the toolbar. The Athlete Event Registration icon does not show up until an athlete has been selected. If your athlete is not linked to your account, or the Athlete Event Registration tool does not show up when you select the athlete, please follow the Linking an Athlete Instructions at the bottom of this sheet.
5. Once in the Athlete Event Registration System you will see information about the competitor, any competitions they are currently registered for, the ability to search for competitions and Your Cart:
6. To add a competition, select **Add Another Competition** or on the side bar, **Search Competitions**. You need to select Intermountain in the search box for the division. You can limit the search by Start Date, Sport, Division and Resort, and select **Search Competitions**. All currently sanctioned events that the competitor is eligible for will be displayed. If a competition is using USSA Online Registration, then the Competition will have **Add to Cart**. To see who is already registered, select [List of registered athletes \(0\)](#). Once all events have been registered for, View the Cart or Checkout.

Linking an Athlete


Once you have logged into MyUSSA, if the athlete you need is not linked to your account, or if the athlete is linked but the Athlete Event Registration icon does not appear when they are selected, then the athlete needs to be linked. To link an athlete, click on "link additional members"



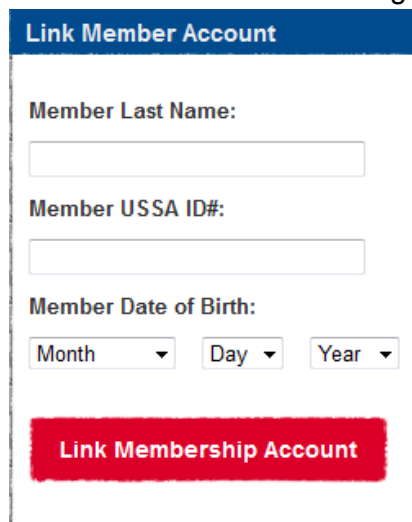
My Account

 **USSA**
USSA ID: 5675004
Membership Status: **Current**

Linked Members: [\(link additional members\)](#)



Now just fill out the information and click Link Membership Account. If someone is linked twice, then you Remove Association on the right of the page to unlink the older link of the member.



Link Member Account

Member Last Name:

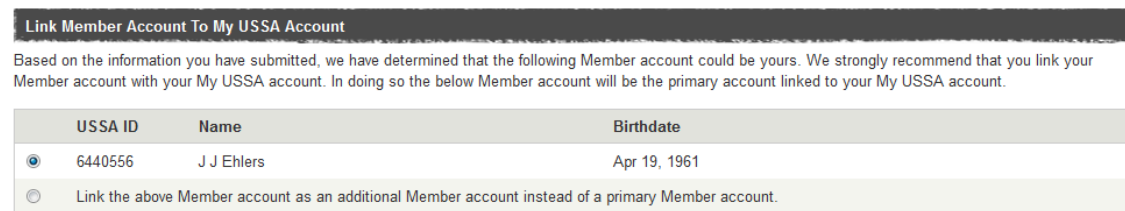
Member USSA ID#:

Member Date of Birth:
Month Day Year

Link Membership Account

If you don't have a member linked to your account, you will have a page displayed as below. If you want the member to be the primary member of the account, then make sure the name is selected as below, otherwise use the default and the member will be added to the list of members.

Primary Member Account Linking



Link Member Account To My USSA Account

Based on the information you have submitted, we have determined that the following Member account could be yours. We strongly recommend that you link your Member account with your My USSA account. In doing so the below Member account will be the primary account linked to your My USSA account.

USSA ID	Name	Birthdate
<input checked="" type="radio"/> 6440556	J J Ehlers	Apr 19, 1961
<input type="radio"/>	Link the above Member account as an additional Member account instead of a primary Member account.	

Finish Linking Account

To return to you home page, click on the "[Return to My USSA](#)" Link near the top left of the page. Now you should be ready to use Athlete Event Registration.



**USSA Western Region
2016-2017 Medical Release**

Athlete Name _____ Address _____

City, State, Zip _____ Birth Date _____

E Mail _____ Cell Phone _____

Parent _____ Parent _____

Cell Phone _____ Cell Phone _____

Home Phone _____ Home Phone _____

Work Phone _____ Work Phone _____

E Mail _____ E Mail _____

Insurance Coverage

Company _____ Identification # _____

Policy Number _____ Expiration Date _____

Athlete Social Security _____ Name of Policy Holder _____

Policy Holder SS# and Birth date _____

(Need this information for a hospital or doctor's office to make a claim to an insurance company after treating the athlete)

Medical History

Allergies _____

Medication _____

Impact Baseline Test Date and Location _____

Current injuries or Medical problems _____

Athlete Medical Release

Athlete or Parent, if Athlete is under the age of 18 years, hereby authorizes USSA/Western Region Staff to secure hospital, medical, surgical and dental care or treatment and/or procedures for the above named athlete. Parent also consents that in the event of injury to the athlete; coaches can authorize that athlete to receive care, treatment and/or procedures, under the instructions and directions of the licensed physicians on call at the emergency room of the nearest hospital or emergency facility. USSA/Western Region shall notify Parent at the earliest possible time before, during or after such care, treatment and/or procedures are authorized. Parent knowingly and voluntarily consents in advance to such care, treatment and or procedures to encourage the physicians and USSA/Western Region to exercise their best judgment as to the requirements of such care, treatment and/or procedures. Parent specifically holds harmless and indemnifies USSA of and from any and all costs and/or claims of any nature arising out of the provision of such care, treatment and/or procedure.

Athlete Signature _____ Date _____

Parent or Guardian Signature _____ Date _____



**USSA Western Region Alpine
2016-2017 Team Agreement**

Team Rules

Members of USSA teams attending competitions on the national quota, traveling with or as part of a competition trip organized by the USSA Western Region Staff, or attending any training camp or project as part of a USSA Group are required to abide by the USSA Code of Conduct.

Additionally, team members agree to:

- Pay in full the project fee before the first day of arrival of the project, unless a payment plan is worked out at the time that the team is named;
- Fully participate in the organized accommodations;
- Attend all team meetings and training activities on time and fully prepared;
- Observe any curfew established by the coaching staff;
- Not use or possess illegal drugs;
- Not illegally use or possess alcohol;
- Not use or possess alcohol in the team accommodations, the team vehicles, or in the presence of team members who are not of legal age;
- Reside in the room to which they are assigned and will share responsibility with their roommates for damages, cleaning charges, and rule violations that occur in the room when it is not possible to establish individual responsibility;
- Observe any additional rules established by the head coach of the project
- Be filmed and photographed and to have his/her image and voice otherwise recorded in any media by the USSA's official photographer(s), film crew(s), and video crew(s) and by any other entity authorized by USSA and grants to USSA the irrevocable, fully paid up, worldwide right and license to use, and to authorize third parties to use, in all media, Athlete name, likeness, picture, voice, and biographical information for: (1) news and information purposes; (2) promotion of USSA and the specific competitions in which Athlete competes; (3) promotion of USSA through its fundraising mission; and (4) to support USSA's educational and philanthropic efforts through the production of educational and training videos, DVDs and other media.

Violations of these rules may result in suspension from the team and in loss of the opportunity to participate in future teams or quota team preparation or competition projects.

Agreement

I, the undersigned USSA competitor, have reviewed these rules and the "USSA Code of Conduct," and agree to abide by it and all applicable rules and procedures during in my participation in any national training or competition project during the current season. I agree that a violation of the rules may result in my immediate suspension from a team, and in the loss of all team services including representation at Team Captains' and Jury meetings, training, housing, meals, and transportation. I realize that I will receive no refund for the unused portion of these services. If suspended, I will be prepared to make whatever arrangements are necessary in order to continue to compete in the event and/or return home. I realize that actions that are violations of the law may result in my arrest and that it will be my responsibility in such a case to notify my parents or legal guardians and/or to make such arrangements as may be necessary for my release and return home. This agreement shall be valid for all projects in the 2015-2016 training and competition season.

Athletes under 18 years of age must have the following section signed by either parents or legal guardians, if applicable. We, the undersigned, parents or legal guardians of the above Athlete, having read and understood the above, agree to allow our child to participate in USSA training or competition teams. We understand and agree that if our child violates these rules and procedures, he/she may be immediately suspended from the USSA project with the loss of all team services and without refund of fees paid. We agree that in any case where our child's actions result in his/her arrest, that sole responsibility for notifying us rests with our child and the local law enforcement officials, and that we, and not USSA or USSA Western Region, are solely responsible for such actions as may be required to secure his/her release and return home. This agreement shall be valid for all projects in the 2015-2016 training and competition season.

Athlete Signature _____ Athlete Name _____ Date _____

Parent or Guardian Signature _____ Date _____



**USSA Western Region Alpine
2016-2017 Hold Harmless and Indemnity Agreement**

For and in consideration of the provision of ski racing instruction and training by USSA, I _____ (“Athlete”), and if athlete is under the age of 18 years, the parents or legal guardians of athlete, do hereby covenant and agree on behalf of ourselves, to hold harmless, release, defend, and indemnify USSA and any of its employees, or volunteer workers of and from any and all claims arising from athletes participation in USSA Western Region events, including, but not limited to racing instruction, racing competition, or traveling to and from races or training camps. We specifically represent that we have read and have understood that this release is intended to serve as a general release of all legal claims against USSA and USSA/Western Region Alpine, is to be construed as broadly as possible in favor of USSA, and releases USSA from all claims, including, but not limited to, those arising from the negligence of USSA itself.

Athlete Signature

Date

If Athlete is under the age of 18 years, a parent or legal guardian’s signature must be affixed here:

Parent or Guardian Signature

Date

USSA Insurance Policy

FIS and USSA rules require that competitors be covered by valid and sufficient accident insurance. The racer must carry proof of this insurance and have it available at each race or camp so that prompt medical care can be obtained, if ever needed.

Agreement

We have read and understood the Insurance Policy statement. The insurance policy listed on the Medical Release meets the requirements of the USSA Insurance Policy and will be maintained in force while the competitor is involved in a USSA camp or team or while participating in any event on a USSA quota. We agree that we are responsible for any and all medical charges and we agree that we will promptly reimburse USSA for any expenses that they or their coaches incur on behalf of the competitor.

Athlete Signature

Date

Parent or Guardian Signature

Date

*Please send to:
USSA Western Region Alpine, USSA, PO Box 100, 1 Victory Lane, Park City UT 84060 PH: 435.647.2070
Fax: 435.940.2810*

