

THUNDER RIDGE RACE TEAM

INFORMATION

MANUAL

2009-2010 Season



**Competition
Challenge
Fun!!!**



Thunder Ridge Ski Area
Route 22 & 137 Birch Hill Road
P.O. Box 627

Patterson, NY 12563

www.thunderridgeski.com

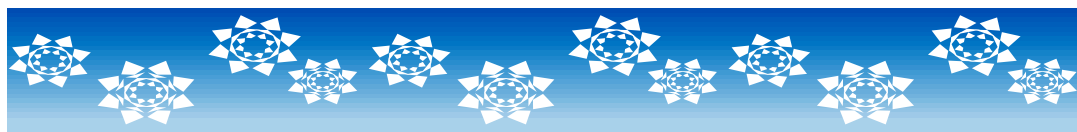
phone: 845-878-4100 x301

fax: 845-878-2279

email: mdidio@thunderridgeski.com

Mike Kemmer: home 845-878-8053

mikek@Lowa.net



TRI-STATE
ALPINE SKI RACING
ASSOCIATION

Dear Parents,

WELCOME! I am happy to introduce you to the Thunder Ridge Race Team. The team has been in existence for over 19 years. I have had the pleasure of coaching many fine athletes over the years and am excited to be working with your child. My name is Michael Kemmer and I founded and run the race team here at Thunder Ridge. I have an extensive background in ski racing. I am a graduate of Stratton Mountain Ski Academy and Johnson State College. I have raced at the National level as well as the collegiate level. I hope you find this handbook informative and helpful.

Thunder Ridge Race Team is a member of the United States Ski & Snowboard Association (USSA) and we compete within the Connecticut Youth Ski League (CYSL) and the Tri-State Alpine Ski Racing Association. All ages are invited to begin dry land training the first Sunday in November and will continue until on the snow training begins mid December.

Training will consist of dry land practice, ski instruction, as well as videotape analysis, gate training, drills, critiquing, and films. The Race Team competes for 14 weeks and includes over 140 hours of training.

The Thunder Ridge Developmental Race Team is designed for the skier 6 to 8 years old who is interested in racing in the future. The purpose of this team is to develop skiing skills and introduce racing techniques. **New this season, 9 year old skiers will also be considered for this program if their skills need additional time to develop. Parental input and coaches' evaluation will determine this eligibility.**

This handbook has been compiled to help guide you through the process of properly registering your child for the upcoming ski season. If the answer to your question is not in here please feel free to call Thunder Ridge or me.

The most important thing you need to remember is that the skiers are classified into one of five categories --- JI's, JII's, JIII's, JIV's and JV's. The ages are as follows:

JI's = 17, 18, 19 year olds

JII's = 15 and 16 year olds

JIII's = 13 and 14 year olds

JIV's = 11 and 12 year olds

JV's = 9 and 10 year olds

The cut off for the ages is December 31st. There are no exceptions to this rule. There will be more information about this in the following sections.

Please keep this guide handy since you will be referring to it frequently throughout the season.

Sincerely,

Michael Kemmer
(845) 878-8053

GENERAL INFORMATION FOR ALL RACERS

1. All **JI & JII** racers must be at the appropriate mountain by **8:00 A.M.** the morning of a race. **JIII, JIV, & JV** must arrive at **6:45 A.M.**
2. All racers must wear a helmet for racing and training. This is mandatory – It is not optional.
3. Coaches will not transport children to or from a race or practice. Transportation is the responsibility of the parent.
4. The racers will have a race room where they may keep their bags and stuff during practices.
5. It is advisable to purchase a season pass and a locker for the racers. Neither one of these items is covered in the coaching fee.
6. Parent Volunteers are needed the day of the Thunder Ridge Race.
7. There is a parent organization if you are interested in joining.
8. There will be dry land training during the month of November on all Sundays from 1:00 pm – 3:00 pm except the one after Thanksgiving.
9. **THE RACE TEAM HOT LINE WILL BE UPDATED SO THAT THE RACERS AND PARENTS MAY CALL TO CHECK ON PRACTICES AND RACES WHEN THE WEATHER IS QUESTIONABLE. THAT NUMBER IS 845-878-4100, press 6 for race team info. The information will also be posted on our website, www.thunderridgeski.com**

INFORMATION FOR DEVELOPMENT TEAM SKIERS

The Development Team is comprised of skiers ages 6-8.* The purpose of this team is to develop skiing skills and introduce racing techniques. This is a six-week program that begins the first weekend in January and continues for six consecutive weeks. They practice on Saturdays from 9:30 a.m. – 2:30 p.m. and Sundays from 9:30 a.m. to 12 noon. Although these skiers do not race they are still a vital aspect of the Thunder Ridge Race Team. They spend their weekends learning the fundamentals of skiing. They are the future skiers of our race team. There are only three forms with which the parents of these racers need to be concerned. These are the three Thunder Ridge forms – the registration form, the medical form, and the behavioral contract. Please complete these forms and return the forms and payment to Thunder Ridge Ski Area.

***New this season, 9 year old skiers will be considered for this program if their skills need additional time to develop. Parental input and coaches' evaluation will determine this eligibility.**

INFORMATION FOR SKIERS AGES 9-14

The JIII's (13/14 yr. Olds), the JIV's (11/12 yr. Olds), and JV's (9/10 yr. Olds) are made up of boys and girls ranging in age from 9 – 14. They practice on Saturdays and Sundays in December from 9:00 a.m. – 2:30 p.m. and in January and February from 8:30 a.m. – 2:00 p.m. They also practice from 6:30 p.m. – 8:30 p.m. on Wednesday evenings.

These racers will have 5 races during the season. They will take place in New York and Connecticut. On race days, the racers are responsible for their own transportation and food. They are to be at the race mountain no later than 6:45 a.m. They must bring their USSA card in addition to the \$40.00 race fee to each race.

There is a lot of paperwork involved in ski racing. The following pages will explain each item needed for JIII's, JIV's and JV's. Please read this information carefully. You will need a USSA form, a CYSL form, a Tri-State Form, and Thunder Ridge Registration Form, Medical Form, and Behavioral Contract.

1. **USSA FORM:** If the racer has been a member of USSA (U.S. Ski and Snowboard Association) before, they will automatically receive an email renewal notice. Please complete this form and submit it to the USSA office. **USSA deadline for returning members is 10/15/2009.** If you are a new member, you will need to complete the form online OR print a hardcopy at www.ussa.org and submit it to the USSA. It is advisable to keep a copy of the form and your method of payment for your records.
2. **TRI-STATE FORM:** Online registration is required at www.tristateskiracing.org. **Registration deadline for returning members is 12/01/2009. Registration deadline for new members is 12/31/2009.** Do not forget to check off the Competitor Classification. If you are a new member waiting for a USSA number write PENDING on the line. When you receive your number do not forget to email it to Tri-State. It is advisable to keep a copy of the form and your method of payment.
3. **CYSL FORM:** The CYSL (Connecticut Youth Ski League) requires online registration at www.cysl.org for all racers ages 9-14. **Registration deadline for returning members is 12/1/2009.** If you are a new member waiting for your USSA number please write PENDING in the box and email the number to CYSL when you get it. The form is acceptable without it if you are a new member and are awaiting a membership number. **Registration for new members needs to be completed before the first race to avoid a late fee.** It is advisable to keep a copy of the form and method of payment.
4. **THUNDER RIDGE FORMS:** These forms are required in order to race under the Thunder Ridge Race Team name. Forms need to be completed for every racer and submitted to Thunder Ridge Ski Area with the coaching fee by November 1st to avoid a \$25 late fee. You may want to keep a copy of the forms and method of payment.

Parents should receive all of these forms either from Thunder Ridge, Mike Kemmer or from the appropriate organization. In addition to these forms, each parent should use the checklist found in this packet to keep track of the appropriate forms. Please feel free to make copies of the checklist and forms if you have more than one child in the program. Parents will receive a calendar of training and racing dates.

INFORMATION FOR SKIERS AGES 15-19

The JI's (17/18/19 yr. Olds) and JII's (15/16 yr. Olds) are made up of boys and girls ranging in age from 15-19. They practice on Saturdays and Sundays in December from 9:00 a.m. – 2:30 p.m. and in January and February from 8:30 a.m. – 2:00 p.m. They practice from 6:30 p.m. – 8:30 p.m. on Wednesday and Thursday evenings.

These racers race at various mountains throughout the Northeast. On race days the racers are responsible for their own transportation and food. They are to be at the race mountain no later than 8:00 a.m. They must bring their USSA card. **The racer is responsible for contacting their coach 2 days prior to the race if they will not be attending.**

There is a lot of paperwork involved in ski racing. The following pages will explain each item needed for JI's and JII's. Please read this information carefully. You will need a USSA form, a Tri-State Form, a Thunder Ridge Medical Form, and a Thunder Ridge Behavioral Contract.

1. **USSA FORM:** If the racer has been a member of USSA (U.S. Ski and Snowboard Association) before, they will automatically receive an email renewal notice. Please complete this form and submit it to the USSA office. **USSA deadline for returning members is 10/15/2009.** If you are a new member, you will need to complete the form online OR print a hardcopy at www.ussa.org and submit it to the USSA. It is advisable to keep a copy of the form and your method of payment for your records.

2. **TRI-STATE FORM:** Online registration is required at www.tristateskiracing.org. **Registration deadline for returning members is 12/01/2009. Registration deadline for new members is 12/31/2010.** Do not forget to check off the Competitor Classification. If you are a new member waiting for a USSA number write PENDING on the line. When you receive your number do not forget to email it to Tri-State. It is advisable to keep a copy of the form and your method of payment.

3. **VOUCHERS:** *IF YOUR CHILD HAS JUST BECOME A JI OR JII THEN THIS IS NEW FOR YOU – THIS IS NOT SOMETHING THAT IS DONE AT THE LOWER LEVELS (JIII, JIV, JV).* For every race, each racer needs to submit a voucher to the respective mountain at least two weeks in advance of the race. You must send in the race fee with the voucher. Addresses can be found on the USSA Comp Website and/or the Tri-State website. There will be a meeting some time in December to complete the vouchers. **PLEASE NOTE THAT ONCE THE VOUCHERS ARE COMPLETE IT IS YOUR RESPONSIBILITY TO MAIL THEM IN WITH THE PROPER RACE FEE.** It is advisable to keep a copy of the voucher along with a copy of your method of payment; and take these copies to the race mountain the day of the race in case the original was lost in the mail.

- 4. THUNDER RIDGE FORMS:** These forms are required in order to race under the Thunder Ridge Race Team name. Forms need to be completed for every racer and submitted to Thunder Ridge Ski Area with the coaching fee by November 1st to avoid a \$25 late fee. You may want to keep a copy for yourself of the forms and method of payment.

Parents should receive all of these forms either from Thunder Ridge Ski Area, Mike Kemmer, or from the appropriate organization. In addition to these forms, each parent should use the checklist found in this packet to keep track of the appropriate forms. Please feel free to make copies of the checklist if you have more than one child in the program. Parents will receive a calendar of training and racing dates.



THUNDER RIDGE RACE TEAM CHECKLIST

JUNIOR I's (AGES 17, 18 & 19)
JUNIOR II's (AGES 15 & 16)
JUNIOR III's (AGES 13 & 14)
JUNIOR IV's (AGES 11 & 12)
JUNIOR V's (AGES 9 & 10)
DEVELOPMENTAL RACE TEAM (AGES 6, 7 & 8)

<i>ITEM</i>	<i>FORMS NEEDED</i>			<i>COMPLETED</i>
	JUNIOR I II	JUNIOR III IV V	DEV. Race Team	
Thunder Ridge Registration Form	X	X	X	_____
Thunder Ridge Medical Form	X	X	X	_____
Thunder Ridge Behavioral Contract	X	X	X	_____
Coaching Fee	\$625*	\$625*	\$450*	_____
Deduct \$25 from each additional child's coaching fee *Coaching fee is due November 1 st . After that date, add late payment fee of \$25.				
Season Pass - Race Team Price (all family members eligible for discounted price)	age 5 & under age 6 – 12 age 13 – 17 age 18 & up	\$69 \$139 \$229 \$239		
Tri-State Registration Form & Fee	X	X		_____
USSA Registration Form & Fee	X	X		_____
CYSL Registration Form & Fee		X		_____

*****Please keep copies of all forms and method of payment sent to the above-mentioned organizations. Use this sheet to keep all your information in one place. *****

The Thunder Ridge Gift Card is a prepaid card that can be used in the cafeteria for hot chocolate and lunches as well. It can become our skier's meal card! You can put any amount on it (\$10 minimum), and keep adding whatever you want, whenever you want. Zip it in your athlete's jacket, and forget having to give out hot chocolate or lunch money every practice! Available at the Ticket Booth.

DIRECTIONS TO RACES

SOUTHINGTON

Take I84 East towards Danbury. Follow I84 to Exit 30. At end of exit ramp make a left and follow the signs.

@ *Distance (from Thunder Ridge) /Travel Time: 55.7 miles / 1 hour 10 minutes*

SUNDOWN

Take I84 East towards Waterbury. Exit left onto Route 8. Follow Route 8 towards Torrington. Follow Route 8 to the end and make a left onto Route 44 to New Hartford. Proceed through town watching for signs. Take a left off Route 44 and follow road to ski area.

@ *Distance (from Thunder Ridge) /Travel Time: 80.5 miles / 1 hour 38 minutes*

MOHAWK

Follow Route 22 past Thunder Ridge to Wingdale, N.Y. Make a right onto Route 55 towards Gaylordsville, CT. Make a left onto Route 7 North towards Cornwall. Make a right onto Route 4 and follow the signs to Mohawk. Ski area is on the right.

@ *Distance (from Thunder Ridge) /Travel Time: 31.9 miles / 1 hour 3 minutes*

BERKSHIRE EAST

Take Interstate 84 East to Hartford, CT. In Hartford get on Interstate 91 North (Springfield). Stay on 91 until exit 26 Greenfield and Rt 8. Get off exit and go half around the rotary heading up Route 8 past McDonalds, follow this Route for about 24 miles. Look for signs to ski area.

@ *Distance (from Thunder Ridge) /Travel Time: 156.7 miles / 2 hours 56 minutes*

JIMINY PEAK

Take Rt 22 North - you will pass through towns called Amenia, Hillsdale, and New Lebanon. In Stephentown take Rt 43 about 4-5 miles. Look for signs for ski area.

@ *Distance (from Thunder Ridge) /Travel Time: 86 miles / 2 hours 23 minutes*

BOUSQUET

Take Route 22 North to Hillsdale and Route 23. Take Route 23 towards Great Barrington. Follow sign to Great Barrington. In Great Barrington get on Route 7 North, following signs for Pittsfield. After the town of Lenox start looking for a sign that will say Airport and Ski Area on your left.

@ *Distance (from Thunder Ridge) /Travel Time: 79.8 miles / 2 hours 12 minutes*

IMPORTANT NAMES, ADDRESSES & PHONE NUMBERS

Thunder Ridge Ski Area
Route 22 & Birch Hill Road
P.O. Box 627
Patterson, NY 12563

(845) 878-4100 - phone
(845) 878-2279 – fax
Email: thunderridge@cyburban.com
www.thunderridgeski.com

Michael Kemmer
121 South Road
Holmes, N.Y. 12531

(845) 878-8053
Email: mikek@Lowa.net

U.S. Ski & Snowboard Association (USSA)
P.O. Box 100
1500 Kearns Blvd., Bldg. F
Park City, UT 84060

(435) 649-9090 - phone
(435) 649-3613 - fax
Email: Membership@ussa.org
info@ussa.org
www.ussa.org

Tri-State Alpine Ski Racing Association
P.O. Box 239
Cummington, MA 01026

(413) 634-5046 (fax)
www.tristateskiracing.org
LauraSullivan@TriStateSkiRacing.org

Connecticut Youth Ski League
Cheryl Skovran
1194 Hamilton Ave.
Waterbury, CT 06706

203-596-9449 - phone
Email: postmaster@cysl.org
www.cysl.org

Berkshire East Ski Club
P.O. Box 727
Charlemont, MA 01339

(413) 339-6617 x311 - phone
www.berkshireeast.com
Email: racing@berkshireeast.com
info@berkshireeast.com

Bousquet Ski Club
101 Dan Fox Dr.
Pittsfield, MA 01201

(413) 442-8316 x16 or (413) 442-2436
Email: info@bousquets.com
www.bousquets.com

Wachusett Mtn Race Team
499 Mountain Road
Princeton, MA 01541

(978) 464-2300 – phone (General Info)
(978) 464-5462 – fax (Main)
Email: information@wachusett.com
www.wachusett.com

Jiminy Peak Ski Club
Jiminy Peak
37 Corey Road
Hancock, MA 01237

(413) 738-5500 - phone
Email: info@jiminypeak.com
www.jiminypeak.com

Mount Southington Ski Area
P.O. Box 347
Southington, CT 06489

(860) 628-0954 – phone
X243 (hotline) – x216 (Questions)
(860) 621-1833 – fax
Email: staff@mounthouthington.com
www.mounthouthington.com

Street Address:
396 Mount Vernon Road
Plantsville, CT 06479

Mohawk Mountain
46 Great Hollow Road
P.O. Box 27
Cornwall, CT. 06753

800-895-5222 – phone
(860) 672-6000 or (860) 672-6100
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