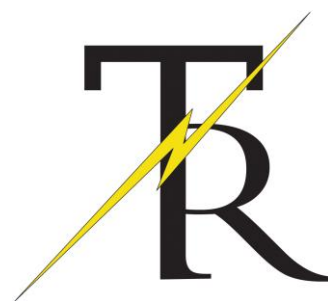


# ***THUNDER RIDGE RACE TEAM***

## **INFORMATION MANUAL**

*2016-2017 Season*



**Competition**

**Challenge**

**Fun!!!**

### **Thunder Ridge Ski Area**

137 Birch Hill Road

P.O. Box 277

Patterson, NY 12563

[www.thunderridgeski.com](http://www.thunderridgeski.com)

phone: 845-878-4100 x301

fax: 845-878-4172

email: [mdidio@thunderridgeski.com](mailto:mdidio@thunderridgeski.com)

Mike Kemmer: cell: 845-401-0331

email: [Tr63coach@gmail.com](mailto:Tr63coach@gmail.com)



Tri-State Alpine Ski Racing Association



Connecticut Youth Ski League



Dear Parents,

WELCOME! I am happy to introduce you to the Thunder Ridge Race Team. The team has been in existence for over 27 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 am a Level 200 certified USSA Coach and also a Level 3 PSIA certified instructor. I hope you find this handbook informative and helpful.

Thunder Ridge Race Team is a Club 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 9 years old who is interested in racing in the future. The purpose of this team is to develop skiing skills and introduce racing techniques. Nine year olds have the option of joining the Race Team or spending the season developing skills in the Developmental Program.

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 six categories. The ages are as follows:

*U21 = 20 and 19 year olds*

*U19 = 18, 17, 16 year olds*

*U16 = 15 and 14 year olds*

*U14 = 13 and 12 year olds*

*U12 = 11 and 10 year olds*

*U10 = 9 and 8 year olds*

The cut off for the ages is December 31<sup>st</sup>. 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  
845-401-0331

## GENERAL INFORMATION FOR ALL RACERS

1. All **U21, U19, U16** racers must be at the appropriate mountain by **8:00 A.M.** the morning of a race. **U14, U12, U10** 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 (and only themselves) 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 three weekends in November on Sundays from 1:00 pm – 3:00 pm.
9. **THE RACE TEAM HOTLINE 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](http://www.thunderridgeski.com)**

## INFORMATION FOR DEVELOPMENT TEAM SKIERS

The Development Team is comprised of skiers ages 6-10.\* 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.

\*8 & 9 year olds have the option of joining the Race Team or spending the season developing their skills in our Developmental Program. First year racers are recommended to join the Developmental Team. Our Coaches will be happy to discuss the appropriate placement for your child. \*\*10 year olds will also be considered for the Program based on evaluation by the Program Director.

## INFORMATION FOR SKIERS AGES 8-13

The U14's (13/12 yr. olds), the U12's (11/10 yr. olds), and U10's (9/8 yr. olds) are made up of boys and girls ranging in age from 8 – 13. 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 plus championships later in the season. 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 \$45.00-\$55.00 race fee to each race.

There is a lot of paperwork involved in ski racing. The following pages will explain each item needed for U14/U12/U10's. Please read this information carefully. You will need to register with USSA, CYSL, Tri-State and also a Thunder Ridge Registration Form, Medical Form, and Behavioral Contract.

1. **USSA:** 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 10/15/2016.** If you are a new member, you will need to complete the form online OR print a hardcopy at [www.ussa.org](http://www.ussa.org) and submit it to the USSA by **12/01/16**. It is advisable to keep a copy of the form and your method of payment for your records.
2. **TRI-STATE:** Online registration will be done automatically through USSA. When you renew USSA membership PLEASE choose club affiliation to bring up Tri-State Membership application. The Tri-State fee will be charged with your USSA payment. **\*Please note** - State of registration is Massachusetts. **Registration deadline for returning members is 10/15/2016. Registration deadline for new members is 12/01/2016.** It is advisable to keep a copy of the form and your method of payment.
3. **CYSL:** The CYSL (Connecticut Youth Ski League) requires online registration at [www.cysl.org](http://www.cysl.org) for all racers ages 8-13. **Registration deadline for returning members is 12/1/2016.** 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. **Forms need to be received at Thunder Ridge by November 6th, the first day of Dryland Training.** You may want to keep a copy of the forms and method of payment.

Parent should use the checklist found in this packet to keep track of the appropriate registrations. Please feel free to make copies of the checklist and forms if you have more than one child in the program. Links to forms and websites are available at [www.thunderridgeski.com](http://www.thunderridgeski.com). A calendar of training and racing dates will also be posted when available.

## **INFORMATION FOR SKIERS AGES 14-20**

The U21s (20/19 yr. olds) and U19's (18/17/16 yr. olds) and U16's (15/14 yr. olds) are made up of boys and girls ranging in age from 14-20. 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 U21/U19/U16's. Please read this information carefully. You will need to join USSA, Tri-State, and complete Thunder Ridge Registration Form, Medical Form, and Behavioral Contract.

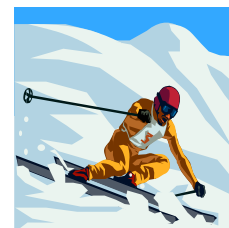
1. **USSA:** If the racer has been a member of USSA (U.S. Ski and Snowboard Association) before, they will automatically receive an email renewal notice. Please complete this form and submit it to the USSA office. **USSA deadline for returning members is 10/15/2016.** If you are a new member, you will need to complete the form online OR print a hardcopy at [www.ussa.org](http://www.ussa.org) and submit it to the USSA by **12/01/16**. It is advisable to keep a copy of the form and your method of payment for your records.
2. **TRI-STATE:** Online registration will be done automatically through USSA. When you renew USSA membership PLEASE choose club affiliation to bring up Tri-State Membership application. The Tri-State fee will be charged with your USSA payment. **\*Please note** - State of registration is Massachusetts. **Registration deadline for returning members is 10/15/2016. Registration deadline for new members is 12/01/2016.** Make sure you check off the Competitor Classification. It is advisable to keep a copy of the form and your method of payment.
3. **VOUCHERS:** *IF YOUR CHILD HAS JUST BECOME A U21, U19, U16, THEN THIS IS NEW FOR YOU – THIS IS NOT SOMETHING THAT IS DONE AT THE LOWER LEVELS (U14, U12, U10).* For every race, each racer needs to submit a voucher or register on-line, if available, 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. **Forms need to be received at Thunder Ridge by November 1st, the first day of Dryland Training.** You may want to keep a copy of the forms and method of payment.

Parent should use the checklist found in this packet to keep track of the appropriate registrations. Please feel free to make copies of the checklist and forms if you have more than one child in the program. Links to forms and websites are available at [www.thunderridgeski.com](http://www.thunderridgeski.com). A calendar of training and racing dates will also be posted when available.

# THUNDER RIDGE RACE TEAM

## PARENT CHECKLIST (HOLD FOR YOUR RECORDS)

**U21 (AGES 20/19)**  
**U19 (AGES 18/17/16)**  
**U16 (AGES 15/14)**  
**U14 (AGES 13/12)**  
**U12 (AGES 11/10)**  
**U10 (AGES 9/8)**  
**DEVELOPMENTAL RACE TEAM (AGES 6, 7, 8, 9)**



<i><b>ITEM</b></i>	<i><b>FORMS NEEDED</b></i>			<i><b>COMPLETED</b></i>
	<b>U21</b>	<b>U14</b>	<b>DEV.</b>	
	<b>U19</b>	<b>U12</b>	<b>Race</b>	
	<b>U16</b>	<b>U10</b>	<b>Team</b>	
Thunder Ridge Registration Form	X	X	X	_____
Thunder Ridge Medical Form	X	X	X	_____
Thunder Ridge Behavioral Contract	X	X	X	_____
Coaching Fee - <b>Payment by Nov. 6th</b>	\$745	\$745	\$598	_____
<b>**Late Payment after Nov. 6th</b>	\$795	\$795		
Deduct \$25 from each additional child's coaching fee				
Season Pass - Race Team Price				
(all family members eligible	age 5 & under	\$109		
for discounted price)	age 6 – 12	\$229		
	age 13 & up	\$359		
Locker (optional-first come basis)		\$185		_____
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*

### BLANFORD

Take I84 east to Exit 20 on the left and merge onto CT-8 toward Torrington. Follow Ct-8 turning into MA-8. Turn right onto MA-23E. Turn left toward Russell Stage Rd. Turn left onto Old Schoolhouse Rd. Continue onto 2<sup>nd</sup> Division Rd.

@ *Distance (from Thunder Ridge) /Travel Time: 96.5 miles / 2 hours*

## **IMPORTANT NAMES, ADDRESSES & PHONE NUMBERS**

Thunder Ridge Ski Area  
137 Birch Hill Road  
P.O. Box 277  
Patterson, NY 12563

(845) 878-4100 - phone  
(845) 878-4172 – fax  
Email: [fun@thunderridgeski.com](mailto:fun@thunderridgeski.com)  
[www.thunderridgeski.com](http://www.thunderridgeski.com)

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

(845) 401-0331  
Email: [tr63coach@gmail.com](mailto:tr63coach@gmail.com)

U.S. Ski & Snowboard Association (USSA)  
P.O. Box 100  
1 Victory Lane  
Park City, UT 84060

(435) 649-9090 - phone  
(435) 649-3613 - fax  
Email: [Membership@ussa.org](mailto:Membership@ussa.org)  
[info@ussa.org](mailto:info@ussa.org)  
[www.ussa.org](http://www.ussa.org)

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

(413) 634-5046 (fax)  
[www.tristateskiracing.org](http://www.tristateskiracing.org)  
[LauraSullivan@TriStateSkiRacing.org](mailto:LauraSullivan@TriStateSkiRacing.org)

Connecticut Youth Ski League  
Steve Nelson  
Rick Hanbury  
65 Morgan Rd.  
Canton, CT 06019

860-693-9390 - phone  
Email: [ra@cysl.org](mailto:ra@cysl.org)  
[www.cysl.org](http://www.cysl.org)

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

(413) 339-6617 x311 - phone  
[www.berkshireeast.com](http://www.berkshireeast.com)  
Email: [racing@berkshireeast.com](mailto:racing@berkshireeast.com)  
[info@berkshireeast.com](mailto: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](mailto:info@bousquets.com)  
[www.bousquets.com](http://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](mailto:information@wachusett.com)  
[www.wachusett.com](http://www.wachusett.com)



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

(413) 738-5500 - phone  
Email: [info@jiminypeak.com](mailto:info@jiminypeak.com)  
[www.jiminypeak.com](http://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@mounthsouthington.com](mailto:staff@mounthsouthington.com)  
[www.mounthsouthington.com](http://www.mounthsouthington.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  
(860)672-0117 - fax  
Email: [mmtn2@mohawkmtn.com](mailto:mmtn2@mohawkmtn.com)  
[www.mohawkmtn.com](http://www.mohawkmtn.com)

Blandford Ski Area  
41 2nd Division Rd  
Blandford, MA 01008

(413) 848-2860  
[www.skiblandford.org](http://www.skiblandford.org)

