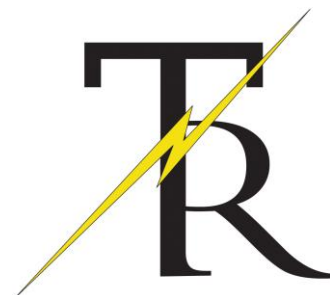


# THUNDER RIDGE RACE TEAM

## INFORMATION MANUAL

2022-2023 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



Dear Parents,

WELCOME! I am happy to introduce you to the Thunder Ridge Race Team. The team has been in existence for over 30 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 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 100 hours of training.

The Thunder Ridge Developmental Race Team is designed for the skier **8 to 10** 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 and ten\* year olds have the option of joining the Race Team or spending the season developing skills in the Developmental Program. Please see more detailed information on the next page.

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:

*U18 = 17 and 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 **U18, 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 Race Room will be available for racers this year. Also, lockers will be available for rent on a first come, first served basis.
5. Parent Volunteers are needed the day of the Thunder Ridge Race and throughout the season.
6. There is a parent organization if you are interested in joining.
7. There will be dry land training during three weekends in November on Sundays from 1:00 pm – 3:00 pm.
8. **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 **8-10**.\* 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 (1/7/23 – 1/8/23) and continues for six consecutive weeks. **They practice on Saturday and Sunday from 9:30 – 11:30 OR 12:30pm-2:30pm.** 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 ski racing. They are the future skiers of our race team. There are 3 forms with which the parents of these racers need to be concerned. These are the Thunder Ridge registration form, the medical, photo and 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.

### **Chairlift Training:**

At Thunder Ridge Ski Area we take chairlift safety very seriously. All participants in our Race Team program must participate in chairlift training prior to program commencement. You must be able to load independently, pull down the safety bar, and unload independently in order to qualify for the team. You will be *required* to pass a chairlift test in order to participate in the Race Team program. **If Chairlift Training and Test has not been completed, your child will not be able to participate. If you are unable to commit to your child participating in Chairlift Training before the program starts please do not sign them up.**

## **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 and March 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.*

The 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.

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 U.S. Ski and Snowboard, CYSL, Tri-State and also a Thunder Ridge Registration Form, Medical Information, Photo Release and Behavioral Contract Form.

1. **US SKI & SNOWBOARD:** If the racer has been a member of U.S. Ski and Snowboard before, they will automatically receive an email renewal notice. Please complete this form and submit it to the *U.S. Ski and Snowboard office*. **U.S. Ski and Snowboard deadline for returning members is 10/15/2022.** If you are a new member, you will need to complete the form online OR print a hardcopy at [www.usskiandsnowboard.org](http://www.usskiandsnowboard.org) and submit it to U.S. Ski and Snowboard by **12/01/22**. 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 U.S. Ski and Snowboard. When you renew *U.S. Ski and Snowboard membership* PLEASE choose club affiliation to bring up Tri-State Membership application. The Tri-State fee will be charged with your U.S. Ski and Snowboard payment. ***\*Please note - State of registration is Massachusetts.*** **Registration deadline for returning members is 10/15/2022.** **Registration deadline for new members is 12/01/2022.** 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 12/1/2022.** If you are a new member waiting for your *U.S. Ski and Snowboard* 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. **RACE REGISTRATION:** Schedules by age category and race registration is through [www.cysl.org](http://www.cysl.org).
5. **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 1st 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 14-17**

U18's (17/16 yr. olds) and U16's (15/14 yr. olds) are made up of boys and girls ranging in age from 14-17. *They practice on Saturdays and Sundays in December and March 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 *U.S. Ski and Snowboard* 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 U18/U16's. Please read this information carefully. You will need to join U.S. Ski and Snowboard, Tri-State, and complete Thunder Ridge Registration Form, Medical Form, Behavioral Contract.

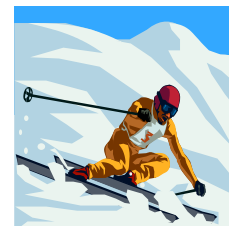
1. **US SKI & SNOWBOARD:** If the racer has been a member of U.S. Ski and Snowboard before, they will automatically receive an email renewal notice. Please complete this form and submit it to the *U.S. Ski and Snowboard* office. **U.S. Ski and Snowboard deadline for returning members is 10/15/2022.** If you are a new member, you will need to complete the form online OR print a hardcopy at [www.usskiandsnowboard.org](http://www.usskiandsnowboard.org) and submit it to U.S. Ski and Snowboard by **12/01/22**. 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 U.S. Ski and Snowboard. When you renew U.S. Ski and Snowboard membership PLEASE choose club affiliation to bring up Tri-State Membership application. The Tri-State fee will be charged with your U.S. Ski and Snowboard payment. **\*Please note** - State of registration is Massachusetts. **Registration deadline for returning members is 10/15/2022.** **Registration deadline for new members is 12/01/2022.** Make sure you check off the Competitor Classification. It is advisable to keep a copy of the form and your method of payment.
3. **RACE REGISTRATION:** Schedules by age category and race registration is through [www.tristateskiracing.org](http://www.tristateskiracing.org).
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 1st 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)

**U18 (AGES 17/16)    U16 (AGES 15/14)**  
**U14 (AGES 13/12)    U12 (AGES 11/10)**  
**U10 (AGES 9/8)**



**DEVELOPMENTAL RACE TEAM (AGES 8, 9, 10)**

<i><b>ITEM</b></i>	<i><b>FORMS NEEDED</b></i>			<i><b>COMPLETED</b></i>
	<b>U18 U16</b>	<b>U14 U12 U10</b>	<b>DEV. Race Team</b>	
Thunder Ridge Registration Form	X	X	X	_____
Thunder Ridge Medical Information, Photo Release & Behavioral Contract	X	X	X	_____
Coaching Fee - <b>Payment by Nov. 6th</b>	<b>\$1825</b>	<b>\$1725</b>	<b>\$1325</b>	_____
Deduct \$25 from each additional child's coaching fee				
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 (\$20 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 or Ski Shop.*

## 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 rotory 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: [mdidio@thunderridgeski.com](mailto:mdidio@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  
Box 100  
1 Victory Lane  
Park City, UT 84060

General information  
(435) 649-9090 phone  
(435) 649-3613 fax

Member Services  
(435) 647-2666 phone  
(435) 647-2052 fax

[www.usskiandsnowboard.org](http://www.usskiandsnowboard.org)

Email:  
[membership@usskiandsnowboard.org](mailto:membership@usskiandsnowboard.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)

