



Pennsylvania Alpine Racing Association

PARA U14 State Championships

Seven Springs Mountain Resort

March 3 - 5, 2017

Dear U14 PARA Racer,

Congratulations! Your racing results have qualified you for an invitation to the 2017 PARA U14 State Championship sponsored by Vector Security at Seven Springs Mountain Resort on March 3-5, 2017.

The format for the weekend will be:

- Friday – Gate Training (*optional*)* - *Speed Training has been cancelled*
- Saturday – 3 runs of Slalom
- Sunday – 3 runs of Giant Slalom

You can register for the event on AdminSkiRacing.com. If you are unable to participate, please notify your PARA Regional Chair as soon as possible. Registration will close at midnight on Tuesday 2/28.

The results at the PARA U14 State Championships will qualify racers for the following:

1. PARA U14 State Team / Qualification to U14 Eastern Championships

- March 16 - 19, 2017 at Sunday River, ME
- Quota: 5 Female / 5 Male

2. PARA Team to Francis Piche Invitational

- March 17 - 19, 2017 at Gunstock, NH
- For more information, visit www.gunstockskiclub.com/francispiche
- Quota: 8 Female / 8 Male

The following document provides additional information for the weekend of activities. If you have any questions regarding the event, please do not hesitate to contact one of us. We look forward to seeing you at Seven Springs!

PARA U14 Age Chair

Kristen Ehringer
U14chair@paracing.org
412-860-7378

PARA U14 Derby Chair

Rachel Greenier
U14derby@paracing.org
724-244-1985

***Special Note:** In the event that snow conditions do not allow us to run the Speed Training event on Friday, we will host gate training on the front side of the mountain.

Table of Contents

Schedule of Events	3
Registration	5
Lift Tickets	6
Banquet & Awards	7
Volunteer Sign-up	9
Additional Rules & Information	10
Accommodations	12
Information for Coaches	13
Medical Plan	14

1. Schedule of Events

Thursday: Race Packet Pickup

Location: Ski Lodge

6:00 p.m. – 8:00 p.m. Race Packet Pickup in ski lodge next to cafeteria
7:45 p.m. Team Captains meeting in ski lodge next to Race Packet Pickup

Friday: Gate Training (optional)

Due to limited snow conditions on Gunnar Slope, Speed Training has been cancelled and replaced with Gate Training on the front side of the mountain.

Location: Front side of mountain - location is to be determined based on snow conditions. Training will take place on either Tyrol or Avalanche Slope.

*****UPDATED AGENDA FOR FRIDAY GATE TRAINING*****

8:30 a.m. Coaches meet at WPRC training center and head out to set training
8:00 a.m. – 9:00 a.m. Race Packet Pickup in ski lodge next to cafeteria
9:00 a.m. Lifts open
9:00 a.m. – 11:00 a.m. Morning gate training session.
12:00 p.m. - 2:00 p.m. Afternoon gate training session.
3:00 p.m. Team Captains meeting in WPRC Training Center at base of Tyrol Slope.

NOTE: Location and disciplines (GS or SL) of gate training will be announced at Thursday Team Captains meeting. A message will also be posted to the WPRC News feed (www.wprcskiteam.org) once determined.

Saturday: SL Race Day

Location: Avalanche Slope (front side of mountain)

7:45 a.m. Race Packet Pickup in WPRC Training Center (if required). If you plan to pick up your packet Saturday, please notify Rachel Greenier (U14derby@paracing.org).
8:00 a.m. Lifts open for athletes
8:15 a.m. – 9:15 a.m. Course inspection for Run #1 / Run #2
8:30 a.m. Gatekeeper meeting in finish area
9:30 a.m. – 10:30 a.m. SL Run #1
10:30 a.m. – 11:30 a.m. SL Run #2 (same course as Run #1)
11:30 a.m. – 12:15 p.m. Course reset
12:15 p.m. – 1:00 p.m. Course inspection for Run #3

PARA U14 State Championships

Seven Springs Mountain Resort

March 3-5, 2017

1:00 p.m. – 2:00 p.m.

SL Run #3

5:00 p.m.

Athlete Banquet & Prize Drawing in Alpine Room.

Tickets must be purchased in advance - no ticket sales at the door.

Sunday: GS Race Day

Location: Avalanche Slope (front side of mountain)

8:00 a.m.

Lifts open for athletes

8:15 a.m. – 9:15 a.m.

Course inspection for Run #1 / Run #2

8:30 a.m.

Gatekeeper meeting in finish area

9:30 a.m. – 10:30 a.m.

GS Run #1

10:30 a.m. – 11:30 a.m.

GS Run #2 (same course as Run #1)

11:30 a.m. – 12:15 p.m.

Course reset at conclusion of Run #2

12:15 p.m. – 1:00 p.m.

Course inspection for Run #3

1:00 p.m. – 2:00 p.m.

GS Run #3

3:00 p.m.

Pizza Party in Alpine Room.

Tickets must be purchased in advance - no ticket sales at the door.

3:30 p.m.

Award Ceremony / State Team Selection in Alpine Room



2. Registration

Race Registration

Online registration is available through AdminSkiRacing.com at:

<https://adminskiracing.com/node/64914>

If you are unable to participate, please notify your PARA Region Chairperson as soon as possible so that your quota spot may be assigned to an alternate. Registration is only available to those athletes who have been identified by the PARA Regional Chairs as qualifying for this event.

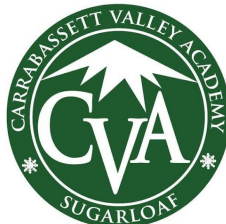
Online registration closes at midnight on Tuesday 2/28.

If you have any questions or concerns regarding race registration, please contact Rachel Greenier (U14Derby@paracing.org).

Entry Fee

The ENTRY FEE is \$150.00, and includes the following for each athlete:

- Race registration for all 3 days of the event (Gate Training, SL, and GS)
- 1 Race Bib – Athletes use the same bib all 3 days. These bibs are yours to keep thanks to Carrabassett Valley Academy!



- 1 PARA U14 State Championships sweatshirt
- 1 ticket to the Saturday Athlete Banquet
- 1 ticket to the Sunday Pizza Party

The entry does not include lift tickets – please see the Lift Tickets section for more information on discounted lift tickets.

PARA U14 State Championships

Seven Springs Mountain Resort

March 3-5, 2017

3. Lift Tickets

Lift tickets are not included with race registration. Adult (racer or parent) and Children lift tickets are purchased separately during Packet Pickup at the following discounted rates.

7 Springs Lift Tickets Discounted Prices	Adult (Racer or Parent)	Child (6-11 years old)
3-Day Pass Friday 9 AM to Sunday 9 PM	\$152	\$122
Weekend Pass Friday 4 PM to Sunday 9 PM	\$119	\$90
1-Day Friday Pass Friday 9 AM to 10 PM	\$51	\$39
1-Day Saturday Pass Saturday 9 AM to 10 PM	\$69	\$52
1-Day Sunday Pass Sunday 9 AM to 9 PM	\$69	\$52

Please note that there is a 3% tax that will be added to the ticket rates. Cash, Credit Card, or Check (payable to "Seven Springs Resort") will be accepted. Lift tickets must be on Racers at all times; lost tickets are not refundable.



4. Banquet & Awards

The racer's registration fee includes their meal tickets for both the Saturday Athlete Banquet and the Sunday Pizza Party. Additional tickets for family or friends must be purchased at Race Packet Pickup on Thursday or Friday. Cash, Credit Card, or Check (payable to "WPRC") will be accepted for additional tickets.

ADDITIONAL TICKETS MUST BE PURCHASED IN ADVANCE – TICKETS WILL NOT BE AVAILABLE AT THE DOOR!

Saturday (5:00 p.m.): Athlete Banquet & Prize Drawing

Location: Alpine Room

There will be a banquet in the Alpine Room located in the Main Lodge at 5:00 pm (doors open at 4:30 pm) including a buffet dinner, followed by a racer prize drawing. Athletes must be in attendance to receive prize. Dinner menu includes:

- Assorted salad table
- Assorted breads
- Grilled chicken parmesan
- Buttered penne
- Italian meatballs
- Cheese ravioli (gluten free)
- Green beans
- Assorted desserts
- Lemonade/iced tea and coffee/tea

Price: \$29.00 per person (adult or child)

Coaches are encouraged to attend. Coach's dinner tickets will be sold at a discounted rate of \$20.00 per coach.

Sunday (3:00 p.m.): Pizza Party

Location: Alpine Room

There will be a pizza party in the Alpine Room at 3:00 pm (doors open at 2:30 pm) prior to awards. Pizza party menu includes:

- Assorted pizza
- Salad
- Dinner rolls
- Desserts
- Soft drinks and coffee

Price: \$23.00 per person (adult or child)

Coaches are encouraged to attend. Coach's pizza party tickets will be sold at a discounted rate of \$20.00 per coach.



PARA U14 State Championships

Seven Springs Mountain Resort

March 3-5, 2017

Sunday (3:30 p.m.): Award Ceremony / State Team Selection

Location: Alpine Room

We will open the room for general admittance once the pizza is removed from the Pizza Party. Awards will include:

1. Discipline and Overall State Champions:

- PARA U14 SL Champions (1st – 8th places)
- PARA U14 GS Champions (1st – 8th places)
- PARA Overall State Champions

2. State Team Selection:

- PARA U14 State Team / Eastern Championships
- PARA U14 Team to Francis Piche Invitational

There will be a brief meeting of all those selected for the teams and alternates immediately following the awards ceremony. **Please come prepared to give a FIRM decision on whether or not you will attend postseason events.**



5. Volunteer Sign-up

It is requested for each racer to have a parent or friend assist with officiating or gate judging at least one of the race days, either Saturday or Sunday. WPRC honors the PARA Gate Judge Certification Program.

Assignment duties can be requested online at:

<http://volunteer.wprcskiteam.org>

Volunteer duties will be filled on a first come, first serve basis. If you have any questions or issues regarding volunteer duties or signup, please contact the WPRC Volunteer Coordinator, Mark Tulenko (alpine.volunteers@wprcskiteam.org). A sign-up for race duties will be available at registration.

Instructions for online volunteer signup:

The WPRC Volunteer Sign-up sheet runs through Google Spreadsheets & Forms. We recommend using a computer or a tablet with the Google Sheets application. Do not use a smartphone or an internet browser on a tablet, because some of the dropdown selections do not work on these devices.

1. Open the [WPRC Volunteer Sign-up Sheet](#).
2. In row 1 in the yellow dropdown, select the race for which you would like to volunteer.
 - a. Make sure that you have selected one of the PARA U14 State Championship events. It should be one of the following values:
 - i. "3/4/16 – PARA U14 State Championships – SL"
 - ii. "3/5/16 – PARA U14 State Championships – GS"
3. Review spreadsheet and identify an open duty that you would like to request. If a duty has already been requested, a name will appear next to the duty
4. Next to the role you would like to request, click on the link "sign me up" to open the volunteer request form.
 - a. Please note, in Google Spreadsheets, you must first click on the cell with the URL, and then click on the URL in the pop up to launch the request form
5. Complete the "WPRC Race Volunteer Request - 2017" form
 - a. In the "Volunteer Contact Information" section:
 - i. For non-WPRC members, please select "I am not a WPRC member (nm)" in the "Select Name" dropdown
 - ii. Enter your first name, last name, and day of race contact information.
 - b. In the "Volunteer Role" section, do not change these values. The fields should automatically populate based on the link the you clicked in the volunteer sign-up spreadsheet.
 - c. Click the blue "Submit" button at the bottom of the page.
6. After submitting your request, return to [WPRC Volunteer Sign-up Sheet](#) to confirm your name appears in the appropriate race duty for the appropriate race.
 - a. If the race duty was open prior to your request, your name will automatically appear in the race / duty you requested

6. Additional Rules & Information

General

USSA regulation helmets are mandatory for the Speed Training, Slalom, and Giant Slalom races.

Official Jury postings are posted in the scoreboard window at the bottom of the Timing Hut on Avalanche Slope.

Free parking is available in the hotel area above the WPRC Training Center. **Please DO NOT park in the Ski Patrol parking area at the bottom of Avalanche – you will be towed.**

Athletes and parents are welcome to use the WPRC Training Center located at the base of Tyrol Slope. All ski equipment must be kept off the catwalk located on the uphill side of the training center. Ski patrol must have clear access through the catwalk at all times.

Event Format and Scoring

The PARA U14 State Championships will consist of 3 runs of Slalom and 3 runs of Giant Slalom, and an optional Speed Training day on Friday. New World Cup points will be assigned for each run of Slalom and Giant Slalom. Overall State Champions, State Team, and postseason event selection will be based on total New World Cup Points from the six runs. Tie breaks follow the "Inside/Out Method".

Discipline awards will also be given for Slalom and Giant Slalom based on total New World Cup Points from all three runs of each discipline. Tie breaks follow the "Inside/Out Method".

Weather and unavoidable circumstances may reduce the total number or mix of possible runs for use in determining the final rankings.

Event scoring will be available online at: http://www.wprcskiteam.org/races/para_u14_states

USSALiveTiming.com

In addition to posting unofficial times to the scoreboard at the finish line, WPRC will use USSALiveTiming.com to provide online access to:

- Start Lists
- Live results

Start lists for all 6 runs of the event will be published to USSALiveTiming.com within 24 hours of the close of registration. Athletes will not receive paper copies of start lists in their Race Packets. If athletes or parents would like paper copies of the start lists, you will need to print them yourselves. Paper copies of the start lists will be provided to all Race Officials and Team Captains.

PARA U14 State Championships

Seven Springs Mountain Resort

March 3-5, 2017

Race Day Communications - Remind

WPRC uses Remind to send text and e-mail race communications the day of the race. Communications through remind will include things such as:

- Run start times
- Course inspection times
- Changes in schedules
- Notification of Jury postings

To join the WPRC Remind group for the PARA U14 State Championships:

- Send text to: 81010
- Include the Remind group name “@u14stchamp” in the message

To opt out from a Remind distribution list, please follow the instructions on the following Remind.com help page:

<https://help.remind.com/hc/en-us/articles/202540968?>



7. Accommodations

Seven Springs Resort

Seven Springs is offering a special lodging rate for those traveling to participate in races. When calling Hotel Reservations at 1-866-437-1300 to book your reservation, please provide the following discount code:

“USSA Event Package Code SPSSRC”

Condo Rentals	Phone #
Al Meucci Real Estate	814-352-7669
Seven Springs Vacation Rental Management	1-800-452-2223 ext. 7723

Somerset Area (Exit 110-PA Turnpike)

Hotel	Phone #
Baymont Inn & Suite	814-445-3996
Comfort Inn	814-455-9611
Days Inn	814-445-9200
Hampton Inn	814-445-9161
Hidden Valley Resort	814-443-8000
Holiday Inn	814-206-7612
Knights Inn	814-445-8933
Quality Inn	814-443-4646

Donegal Area (Exit 91-PA Turnpike)

Hotel	Phone #
Day's Inn	724-593-7536
Holiday Inn Express	724-593-1881
Log Cabin Motel	724-593-8200

8. Information for Coaches

Coaches' Lift Tickets

Complimentary coaches passes are provided on a 4:1 athlete to coach ratio. Coaches must hold a current USSA Coaching License. Please e-mail names of coaches, USSA#, and club affiliation to Charles Donnellan (c_donnellan@hotmail.com) by Tuesday 2/28/17 in order to secure a complimentary lift pass.

Team Captains Meetings

Meeting #1: Thursday 3/2 at 7:45 pm

Location: Ski lodge next to cafeteria / Race Packet Pickup

Agenda includes:

- Racer role call
- Overview of weekend activities
- Friday Gate Training timeline
- Distribution of coaches' lift tickets

Meeting #2: Friday 3/3 at 3:00 pm – SL / GS

Location: WPRC Training Center at base of Tyrol Slope

This meeting will cover both the Slalom and Giant Slalom activities on Saturday and Sunday.

Agenda includes:

- Review of Event Scoring
- Review of Post Season Selection & Quotas
- Race day timeline for SL & GS
- Course setter selections: (2) SL and (2) GS

9. Medical Plan

This is the medical plan for all racing activities while at Seven Springs Mountain Resort.

USSA Homologations:

- U313/11/05 - Gunnar Slope / Super G
- U555/11/09 - Avalanche Slope / GS
- U556/11/09 - Avalanche Slope / SL

Medical Plan: The Seven Springs Ski Patrol maintains a full time presence at the ski patrol clinic – located directly adjacent to the finish area on Avalanche Slope. They also dispatch patrol and equipment from medical patrol buildings around the mountain. There is a patrol building 75 meters behind the Avalanche Slope Start, and also one adjacent to the Gunnar Slope Start.

- All of the patrol dispatch locations and the clinic have “trauma sleds” fully equipped with oxygen and AED’s.
- Any dispatch from the clinic can use snowmobile to access the injury site.
- Mutual Aid Medical Services (ALS Ambulance Service) is stationed at the clinic as well, with a state certified paramedic & EMT.
- Patients with non-life threatening injuries are transported to either Somerset or Johnstown Hospitals with a travel time of 20 minutes with clear roads.
- Major Trauma facilities are located at Johnstown Hospital and multiple Pittsburgh Hospitals. Travel times via ground are 40 - 60 minutes. Travel times via air are 20 – 30 minutes.
- Life Flight is dispatched from either Johnstown or Pittsburgh. Approximately 20 – 30 minutes flight time. Pre-Coordinated landing facilities for Life Flight are located in the upper parking lot at Seven Springs.
- All Seven Springs Ski Patrollers conform to the NSP guidelines for training & currency.
- Communication with the Patrol Dispatch is via radio on channel #2 on all of the radios used by the race officials. Patrol Dispatch can also be reached by phone at 814-352-7814.