

PENNSYLVANIA ALPINE RACING ASSOCIATION

PARA U14 State Championships

Seven Springs Mountain Resort
March 4 – 6, 2016

Dear PARA Racer,

Congratulations! Your racing results have qualified you for an invitation to the 2016 PARA U14 State Championship at Seven Springs Mountain Resort on March 4-6, 2016.

The format for the weekend will be:

- Friday – **optional** Super G Training
- 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 Region Chairperson as soon as possible. Registration will close at midnight Tuesday 3/1, and the racer start list will be finalized.

The results at the PARA U14 State Championships will qualify racers to be selected to:

- 1. PARA U14 State Team / Qualification to U14 Eastern Championships**
 - March 18-21, 2016 at Sunday River, ME
 - Quota: 5 Female / 5 Male
- 2. PARA Team to Francis Piche Invitational**
 - March 9 – 13, 2016 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

PARA U14 State Championships
Seven Springs Mountain Resort
March 4-6, 2016

Table of Contents

1. SCHEDULE OF EVENTS	3
2. REGISTRATION	5
3. LIFT TICKETS	6
4. BANQUET & AWARDS	7
5. VOLUNTEER SIGNUP	9
6. ADDITIONAL RULES & INFORMATION	10
7. ACCOMMODATIONS	12
8. INFORMATION FOR COACHES	13
9. MEDICAL PLAN	14

PARA U14 State Championships
Seven Springs Mountain Resort
March 4-6, 2016

1. SCHEDULE OF EVENTS

Thursday (3/3): Race Packet Pickup

Location: Ski Lodge

5:00 pm – 8:00 pm	Race Packet Pickup in ski lodge next to cafeteria
7:45 pm	Team Captains meeting in ski lodge next to Race Packet Pickup

Friday (3/4): Super G Training (*optional*)

Location: Gunnar Slope (back side of mountain)

6:30 am	Coaches pull out of ski patrol parking lot at bottom of Avalanche and head to top of Gunnar for venue setup
7:00 am – 7:45 am	Race Packet Pickup in ski lodge next to cafeteria
8:15 am – 8:30 am	Polar Express opens for athletes and coaches only
8:45 am	Super G training introduction and overview at top of Gunnar in start area
9:00 am – 9:30 am	Course inspection
9:30 am	Shuttle for non-skiing spectators to depart from shuttle circle outside of ski lodge next to the season pass office
9:30 am – 11:30 am	Super G training exercises – 2 rotations in each drill <ul style="list-style-type: none">• Pole jumpers• Wave track• Start – tuck turns – jump• Gliding• Super G turns on pitch
11:30 am – noon	Setup for training runs. Athletes are requested to remain on Gunnar slope during setup. Snacks and water will be available at the base of the venue.
Noon – 1:30 pm	Un-timed full-length Super G training runs
2:00 pm	Shuttle for non-skiing parents will depart the bottom of Gunnar slope and return to shuttle circle at ski lodge
~3:00 pm	Team Captains meeting in WPRC Training Center at base of Tyrol.

PARA U14 State Championships
Seven Springs Mountain Resort
March 4-6, 2016

Saturday (3/5): SL Race Day

Location: Avalanche Slope (front side of mountain)

7:45 am	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 am	Lifts open for athletes
8:15 am – 9:15 am	Course inspection for Run #1 / Run #2
9:30 am – ~10:30 am	SL Run #1
~10:30 am – ~11:30 am	SL Run #2 (same course as Run #1)
~11:30 am – ~12:15 pm	Course reset at conclusion of Run #2
~12:15 pm – ~1:00 pm	Course inspection for Run #3
~1:00 pm – ~2:00 pm	SL Run #3
5:00 pm	Athlete Banquet & Prize Drawing in Alpine Room. <i>Tickets must be purchased in advance - no ticket sales at the door.</i>

Sunday (3/6): GS Race Day

Location: Avalanche Slope (front side of mountain)

8:00 am	Lifts open for athletes
8:15 am – 9:15 am	Course inspection for Run #1 / Run #2
9:30 am – ~10:30 am	GS Run #1
~10:30 am – ~11:30 am	GS Run #2 (same course as Run #1)
~11:30 am – ~12:15 pm	Course reset at conclusion of Run #2
~12:15 pm – ~1:00 pm	Course inspection for Run #3
~1:00 pm – ~2:00 pm	GS Run #3
4:00 pm	Pizza Party in Alpine Room. <i>Tickets must be purchased in advance - no ticket sales at the door.</i>
~4:30 pm	Award Ceremony / State Team Selection in Alpine Room

PARA U14 State Championships
Seven Springs Mountain Resort
March 4-6, 2016

2. REGISTRATION

Race Registration

Online registration is available through AdminSkiRacing.com at:

<https://adminskiracing.com/node/23306>

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 Region Chairs as qualifying for this event.

Online registration will close at midnight on Tuesday 3/1.

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 (Super G Training, SL, & GS)
- 1 Race Bib – Athletes use the same bib all 3 days. These bibs are yours to keep!
- 1 PARA U14 State Championships sweatshirt
- 1 ticket to Saturday's Athlete Banquet
- 1 ticket to Sunday's 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 4-6, 2016

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	\$150	\$120
Weekend Pass Friday 4 PM to Sunday 9 PM	\$117	\$88
1-Day Friday Pass Friday 9 AM to 10 PM	\$50	\$38
1-Day Saturday Pass Saturday 9 AM to 10 PM	\$68	\$51
1-Day Sunday Pass Sunday 9 AM to 9 PM	\$68	\$51

Please note that there is a 1% 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.

PARA U14 State Championships
Seven Springs Mountain Resort
March 4-6, 2016

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 (3/5) 5:00 pm: 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
- Spaghetti
- Petite stuffed chicken cordon blue
- Italian meatballs
- Cheese stuffed manicotti
- Corn
- Assorted desserts
- Soft drinks 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 (3/6) 4:00 pm: Pizza Party

Location: Alpine Room

There will be a pizza party in the Alpine Room at 4:00 pm (doors open at 3:30 pm) prior to awards. Pizza party menu includes:

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

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 4-6, 2016

Sunday (3/6) ~4:30 pm: 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:

Discipline and Overall State Champions:

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

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 post-season events.**

PARA U14 State Championships
Seven Springs Mountain Resort
March 4-6, 2016

5. VOLUNTEER SIGNUP

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>

Please note the updated link. There is no “www.” at the beginning.

Volunteer duties will be filled on a first come, first served basis. If you have any questions or issues regarding volunteer duties or signup, please contact the Volunteer Coordinator, Mark Tulenko (tulenko1@comcast.net). A signup for race duties will be available at registration.

Instructions for online volunteer signup:

1. Go to the volunteer website at: <http://volunteer.wprcskiteam.org>
 - This signup sheet runs through Google Spreadsheets & Forms. We recommend using a computer. Some of the dropdown selections do not always appear on mobile devices.
2. In row 3, select the race
 - Make sure that you have selected one of the PARA U14 States events to see appropriate volunteer duties. It should be one of the following:
 - “3/5/16 – PARA U14 States – SL”
 - “3/6/16 – PARA U14 States – 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. Click on the volunteer request form URL in row 1.
 - 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 “WPRC Race Volunteer Request” form
 - In the “Volunteer Role” section, make sure you select the race for which you would like to volunteer, either:
 - “3/5/16 – PARA U14 States – SL”
 - “3/6/16 – PARA U14 States – GS”
6. After submitting your request, return to the volunteer spreadsheet (<http://volunteer.wprskiteam.org>) to confirm your name appears in the appropriate race duty
 - If the race duty was open prior to your request, your name will automatically appear in the race / duty you requested

PARA U14 State Championships
Seven Springs Mountain Resort
March 4-6, 2016

6. ADDITIONAL RULES & INFORMATION

General

USSA regulation helmets are mandatory for the Super G 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.**

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 Super G skills day on Friday. New World Cup points will be assigned for each run of Slalom and Giant Slalom. Overall State Champions and State Team / post-season 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".

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
- Final results
- Event scoring

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.

Super G Training

- To get to Gunnar Slope, athletes will ride the Polar Express from ski lodge, ski down North Face slope, and then take Gunnar lift to start of Super G

PARA U14 State Championships
Seven Springs Mountain Resort
March 4-6, 2016

venue. Total trip takes ~20 minutes, so athletes need to be ready to go at lift opening.

- Athletes must be present at Super G Training introduction and overview to participate in training exercises and runs.
- No movement on the hill while drills or training runs are in progress.
- Yellow flag during training runs will be positioned on skier's left along flats below first pitch.
- Please remove SL chin bars and pole guards.
- Parking is limited at the base of Gunnar Slope, so spectators must either ski over or take the shuttle.
- Spectators are not allowed in the race arena / course. The best place to view is at the bottom of the hill.
- If parents would like to help during the training day, they are welcome to help with setup and tear down of the venue.
- Plan is to complete all activities before athletes break for lunch. If athletes go to lunch, we lose them. Plan for a late lunch. Snacks and water will be available at the bottom of Gunnar.

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?>

PARA U14 State Championships
Seven Springs Mountain Resort
March 4-6, 2016

7. ACCOMMODATIONS

Seven Springs Resort

Contact Hotel Reservations at 866-437-1300
Mention "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
Best Western	814-455-3808
Comfort Inn	814-445-9611
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

PARA U14 State Championships
Seven Springs Mountain Resort
March 4-6, 2016

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 at c_donnellan@hotmail.com by Tuesday 3/1/16 in order to secure a complimentary lift pass.

Team Captains Meetings

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

Location: Ski lodge next to cafeteria / Race Packet Pickup

Agenda includes:

- Racer role call
- Overview of weekend activities
- Super G Training Overview & Timeline
- Coordination for Super G Training
- Distribution of coaches' lift tickets

Meeting #2: Friday 3/4 at ~3:00 pm – SL / GS

Location: WPRC Training Center at base of Tyrol Slope

The meeting start time is approximate. This meeting will not start until all race equipment from the Super Training activities have been put away in the gate shed at the base of Avalanche 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

PARA U14 State Championships
Seven Springs Mountain Resort
March 4-6, 2016

9. MEDICAL PLAN

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

Relative Homologations: U555/11/09, U556/11/09, U313/11/05

Relative Ski Slopes Used: Avalanche Slope and Gunnar Slope

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. They can also be reached by phone at 814-352-7814.