



# Handbook

# 2025-2026

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## **YOUR RESPONSIBILITY CODE**

- 1** Always stay in control. You must be able to stop or avoid people or objects.
- 2** People ahead or downhill of you have the right-of-way. You must avoid them.
- 3** Stop only where you are visible from above and do not restrict traffic.
- 4** Look uphill and avoid others before starting downhill or entering a trail.
- 5** You must prevent runaway equipment.
- 6** Read and obey all signs, warnings and hazard markings.
- 7** Keep off closed trails and out of closed areas.
- 8** You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9** Do not use lifts or terrain when impaired by alcohol or drugs.
- 10** If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

**Know and Obey the Code.  
It's Your Responsibility.**

*If you need help understanding the Code, please ask an employee.*



**PARK SMART**

**S** Start Small

Work your way up. Build your skills.

**M** Make a Plan

Every feature. Every time.

**A** Always Look

Before you drop.

**R** Respect

The features and other users.

**T** Take it Easy

Know your limits. Land on your feet.

## **Vision**

Cranmore Race Team's vision is to provide supportive learning opportunities for all levels of alpine athletes in their pursuit to reach their loftiest dreams within the sport of alpine skiing.

## **Mission**

CRT supports its vision through age group programs that foster an environment of education, athleticism, good sportsmanship, respect for others, fun and a passion for the sport of skiing.

## **Values**

### **Respect**

We live by the Golden Rule and exemplify good sportsmanship

### **Honesty**

We are honest with ourself, our teammates and our coaches, in all our actions and communications. We take responsibility for our actions.

### **Fun**

We smile and have fun safely challenging ourselves and our teammates everyday.

### **Courage**

We are willing to risk to make mistakes. Mistakes are our guides to improvement.

### **Effort and Determination**

We always try again and again. "I can do it!" dominates our self talk.

## Our Program

CRT provides a program that is fun and enjoyable for all participants. Using the entire mountain, our focus is developing strong skiing skills, learned through structured training in and out of the gates. The program is designed to train athletes ages 6 to 13 years (U8–U14) who are interested in ski racing; our athletes vary in their current developmental stages. CRT is committed to training athletes from the intermediate level to elite. Cranmore's focus is on long-term development of our athletes. To help guide CRT's programming, we look to the USSS Alpine Training System (ATS); a long-term athlete development framework for the alpine coach, athlete and parent. Within each outlined developmental phase, the ATS provides recommended progressions for an athlete. The philosophy of the U.S. Ski Team is to create good skiers first, then great racers. USST believes that the focus on ski fundamentals is the first step in developing an alpine athlete.

[usskiandsnowboard.org/sport-programs/training-systems](http://usskiandsnowboard.org/sport-programs/training-systems)

In conjunction with the ATS, US Ski and Snowboard has developed a program called Skills Quest. The USSS Skills Quest program emphasizes the importance of learning fundamental skiing skills, helping to provide guidance and structure. Designed to assist coaches and to motivate and reward athletes in working toward and improving their abilities.

[usskiandsnowboard.org/sport-programs/skillsquest](http://usskiandsnowboard.org/sport-programs/skillsquest)

### CRT U8s

Ages 6 & 7 / YOB 2016 and 2017

Designed for the more advanced young skier who is already skiing with skis in a parallel position and has a desire to go fast and have fun. Mileage on their skis is the main focus of this group and preparing them for the transition to our U10 program. These young athletes will learn balance, boot and ski angles and basic terminology associated with advanced technique and ski racing. We introduce them to a variety of skiing opportunities including bumps, trees, jumps and the occasional run in gates. They will participate in our club run U8 and U10 races, introducing them to the concept of racing against the clock. Parents should start encouraging their kids at this age to carry their own equipment, load the lift by themselves, be prepared with snacks in their pocket and learn how to manage behavior in a group.

### CRT U10s

Ages 8 & 9 / YOB 2014 and 2015

Does your child like to go zoom? The CRT U10 program welcomes high-drive youngsters with a strong desire to learn, race, and ski full days each weekend. Developing expert alpine ski movement skills and race tactics in a cooperative team setting is our priority. U10 athletes should have multiple years of skiing experience with family and/or an organized ski program; a minimum of twenty days each season including 80-200 hours on-snow per season, with three years experience (skiing the entire mountain) is a reasonable prerequisite.

U10 athletes will ski up to 5 hours per day for at least 30 days each season. Skiers will compete in 5-7 USSS sanctioned ski races and skill events within our local division throughout the season.

## **CRT U12s**

Ages 10-11 / YOB 2012 and 2013

At this age kids are expanding on the foundation they've developed during their U8 and U10 years and starting to increase their focus on race elements. Athletes will continue to ski all over the mountain mixing in runs through the bumps and trees with focused skill and movement activities and gate time.

These athletes participate in both US Ski and Snowboard open races and NHARA Eastern Division Race Series. A season highlight for each youngster is participating in the U12 NHARA State Finals or State Championships. From which athletes may be chosen for the Francis Piche Invitational.

## **CRT U14s**

Ages 12-13 / YOB 2010 and 2011

Things start to heat up with this group of 12 and 13 year olds. Weekend training is a healthy mix of structured technical focus, mileage and gate training. Ski skill refinement is the focus and this is best taught through time outside the gates. Building good habits based on proper posture, movements and rhythm compliments race tactics as we increase time in the gates. The basics of speed are also introduced at this level as U14 racers have the opportunity to compete in Super-G events. It's not all work and no play; powder days and glade skiing round out their training.

These athletes participate in both US Ski and Snowboard open races and NHARA Eastern Division Race Series. In early March, each athlete will have the opportunity to participate in the U14 NHARA State Finals or State Championships, with goals to reach U14 Eastern Region Championships or the Francis Piche Invitational.

For racers ages 14 & up, please contact the MWV Ski Team for program options at [mwvskiteam.com](http://mwvskiteam.com)

## Affiliations

CRT is a member club of the US Ski and Snowboard Association (USSS) and New Hampshire Alpine Racing Association (NHARA).

All USSS sanctioned competitions are governed by the rules found in the USSS Competition Guide, Chapter 7, Alpine Competition Regulations (ACR).

[usskiandsnowboard.org/files/alpine-competition-guide](https://usskiandsnowboard.org/files/alpine-competition-guide)

NHARA is responsible for scheduling and coordinating all sanctioned USSS alpine races in New Hampshire. Pertinent children's rules specific to races and series here in NH may be found here: [nhalpine.org/page/show/3406890-nhara-handbook](https://nhalpine.org/page/show/3406890-nhara-handbook)

## Required Memberships

### US Ski & Snowboard

All enrolled CRT youngsters are required to have a 2023-24 USSS Membership prior to participating with any CRT on snow activities and training. Membership is required to enter any sanctioned US Ski & Snowboard competition or training camp.

U8: *Alpine General Membership*

U10 & U12: *Alpine Competitor U12 & Under*

U14: *Alpine Competitor U14*

To join, go to: [my.usskiandsnowboard.org/membership/become-member-online](https://my.usskiandsnowboard.org/membership/become-member-online)

After October 15, a late fee will be charged for renewing US Ski & Snowboard members.

Please print out your child's US Ski & Snowboard membership card. Your US Ski & Snowboard card may need to be presented to confirm your registration at any event, and may also be required as a bib deposit.

### NHARA

All CRT racers must have a current NHARA (NH Alpine Racing Association) membership. A current state association membership is required to participate in any US Ski & Snowboard event (NHARA). For results to be counted from the NHARA Ranking Races, a current NHARA membership is required prior to those events.

U8: *Not Applicable*

U10 and up: *Required*

To join NHARA: [skireg.com/nhara-membership](https://skireg.com/nhara-membership)



## Cranmore Training Center

The 'CTC' is located at the north end of the resort, slopeside from the Arlberg Children's Center and Learning area.



Open daily 30 minutes prior to each day's first training session. The CTC closes 30 minutes after the race team's final session for that day.

The training center is home to CRT athletes and staff. Here, you will find the athlete lunch room, the coaches' locker room, a video viewing area, and bathrooms on the deck level of the building.

Prior to the first session of each day, athletes may store their gear bags and lunches at the CTC before heading to meet with their teammates and coaches. The CTC has no lockers or overnight storage for any athlete gear. Belongings left on or under the deck when athletes arrive or depart outside of the CTC hours are at your own risk .

Each group can use the CTC for their lunch room. There is no food service available at the CTC; the closest is at the other end of the resort. Plan to pack your child a healthy lunch each day. Those who eat lunch at an alternative location will still meet their group back at the CTC prior to the afternoon session.

We ask that the building be clean at all times. Thanks for working together to keep the CTC neat and presentable. Teaching your children how to clean up after each of their meals will help us immensely.

Each group will clean up together after their lunch period; Final cleaning at the end of each day is the responsibility of those assigned and their coaches.

## Athlete Drop Off

For the safety and convenience of all Cranmore guests, the area in front of the Arlberg Children's Center is designated as a drop off / pickup zone ONLY. You are welcome to park temporarily to help you get your youngster to or from the CTC. Please follow the attendant's directions.

We look forward to you empowering your child to carry their own gear to and from the CTC.

## Daily Schedule

### U14 / U12 Groups

Weekends and Holiday periods

7:30 am	CTC opens for booting up and gear drop off
8:00 am	Groups meet, ready to load the lifts, outside the CTC
10:45 am	Lunch
11:30 am	Session 2
2:00 pm	Session 2 Ends

*Special training arrangements may adjust these times.*

We will keep you posted in a timely manner.

Your link to the U12/U14 daily training:

[CRT Calendar](#)

### U10 / U8 Groups

Weekends and Holiday periods

8:50 am	Groups meet coaches outside the CTC
11:30 am	Lunch
12:15 pm	Session 2
2:30 pm	Session 2 Ends

[CRT Calendar](#)

The CTC closes 30 minutes after completion of training for the day.

## Last Minute Schedule Changes

Inevitably, due to the 'nature' of our sport, weather and other unforeseen circumstances may necessitate last minute programming schedule changes. We will contact you as timely as possible via teamsnap. Thanks in advance for your understanding.

## Mid week Training

Time on snow is a key to improvement!

**Cranmore:** Additional training sessions are available midweek as soon as the mountain opens. Watch for the schedule. Great if you can make all sessions, still good if your schedule only allows for some sessions.

Contact the CRT/MWV office at [info@mwvskiteam.com](mailto:info@mwvskiteam.com) to sign up! Training will only be available to those who have pre-registered prior to January 15.

Please reach out to Nicole Cuerdon at [nicole@mwvskiteam.com](mailto:nicole@mwvskiteam.com) for more information.

## Where We Train

Cranmore provides an excellent site as the training facility for the CRT. Offering a wide variety of terrain, Cranmore has a long history of being the training ground of local, state and Olympic level competitors. Dedicated USSS homologated SL, GS and SG race slopes provide what we need for high quality skill and race training development. Cannon Middle/Comp Hill, our original race hill and the Hurricane/Zips (opened in 2014 to state-wide recognition) is generally where you'll find us. Occasionally we will make use of other terrain including South Slope, Ledges, and The Alley depending on snow and trail conditions. The Skimobile Express, a high-speed quad, provides fast full length access for quick turnaround and plenty of mileage.

\*Please consider upgrading your Cranmore season pass to a 'White Mountain Superpass;' Let's take advantage of Bretton Woods' early snow. We will be offering weekend programming at Bretton Woods prior to Cranmore's opening date. Your Cranmore season pass may be upgraded at the Cranmore ticket office.

## What are we Training

The training calendar is established for each group during the early season. Training plans are emailed to you each week for the upcoming weekend. Weather and conditions will always affect the current training plans. Anticipate changes.

For U10-U12-U14 groups, please use the CRT Calendar for your weekly planning. Click on an item that is pertinent to your youngster and additional information will appear. The CRT Calendar link is: [CRT Calendar](#)

## Promptness

**If you can't be on time, be early!** Promptness by everyone involved really does help each session to be more organized and on task, providing your athlete with a better quality learning experience. Let's not interfere with the learning of others by being on a different schedule. Warmups, announcements, what, when, where, whys and who are all part of each session. How many runs? Where do we go? Who am I with? What are we doing? Be engaged with the group from the get go! So, let's go!

## Cell Phones

Cranmore Race Team is a cell phone free team. We have found them to be a huge distraction to our purpose, goals and athlete safety. Please leave them at home.

We depart and meet each session from the same location. We have a set schedule for each session. Plan ahead with your youngster.

For those who choose to have their cell phone with them during our training day, they will unfortunately be excused from participating in our next scheduled training session.

## Parents at Training

At CRT, our goal is to be as transparent as possible. We certainly appreciate your interest to closely observe what we do and how we go about it.

An integral facet of our on snow training is athlete independence in a peer group setting. Another is learning to feel safe to make mistakes and apply those lessons to subsequent runs. We promote effort and often youngsters will defer to their parent when given the opportunity.

Yes, please watch what we do and how we go about it. Watch from an adjoining slope. Unless asked otherwise, let your child ride the lift with their teammates.

Chat with your child at lunch or after the day is over. Provide encouragement. Ask what was fun. Share that you can see their effort. Let 'em know they're ok the way they are. Let them know you enjoy watching them ski.

## Staff Availability

Like winter days, training days are short. For our staff, finding time is difficult. Session prep in the a.m, staff planning and alignment at lunch, training area setup, slope management throughout the day, not to mention coaching the kids...

Drop them a text. Ask for when is a good time. They'll be happy to oblige. We tend to be protective of our youngest staff members, so when appropriate, please raise your concerns by going 'up the ladder.'

Most of us always have a moment to receive a compliment. Like we do with the youngsters, please share with your child's coach when you 'catch them doing it right.' Sincere compliments and thank-yous helps keep it all worthwhile!

## Training Gear

Gear required for each training session (U10-U12-U14) is specific to that day's goals. Use the [CRT Calendar](#) to help you plan ahead. Examples: "SL Skis U14" denotes U14's to bring SL skis. U10/U8 "Long Turn Day" will suggest U10s that may have specific GS Skis to bring them. Click on that calendar entry for your age group. More 'what to bring / what not to bring' information will appear.

## Gear Recommendations by Age Group

Recommendations for athletes as they grow through our program. Ski racing is a gear intensive sport, but many items can continue with the athlete for many years with proper care and maintenance.

	U8	U10	U12	U14
<b>Boots</b>	3 buckle jr race boot	3/4 buckle race boot	4 Buckle Jr race boot w/ trim to fit insole	4 Buckle race boot w/ trim to fit insole, canting and lifts
<b>GS Skis</b>	No	Optional	Yes	Yes
<b>SL Skis</b>	No	Yes	Yes	Yes
<b>'Combi' Ski</b>	Yes	No	No	No
<b>GS Poles</b>	No	No	Yes	Yes
<b>SL Poles</b>	Yes	Yes	Yes	Yes
<b>Pole Guards</b>	No	Optional	Yes	Yes
<b>Shin Guards</b>	No	Yes	Yes	Yes
<b>Hard eared helmet</b>	Yes	Yes	Yes	Yes Must have FIS Sticker
<b>SL Helmet</b>	No	No	Optional	Optional
<b>Chin bar</b>	No	Optional	Yes	Yes
<b>Goggles</b>	Yes	Yes	Yes	Yes
<b>Goggles (night lens)</b>	No	No	Recommended for night training/events	Recommended for night training/events
<b>Side zip Pants</b>	No	Yes	Yes	Yes
<b>GS Suit</b>	No	Optional	Yes	Yes

## Lost and Found

Personal Items left at the CTC are put in a marked box under the Trophy Cabinet in the CTC. A good time to remind you to mark every piece of gear with your name and phone number.

## Gear Identification

Prior to your first day on snow, be sure to add a phone number to every piece of loose clothing (parkas and pants), as well as on helmets, gloves, mittens and goggles. Add a phone number to skis (behind the bindings to keep the skis 'cool') and poles. You've been warned!

## Entering a Ski Race

### Which

For your youngster's age group, you received a schedule outlining each of the races your child may participate in, where the CRT coaching staff will be providing support.

Those U08 - U10 - U12 - U14 Race Schedules are in the final pages of this handbook.

The races CRT will be attending may also be found by scrolling through our CRT Calendar: [CRT Calendar](#)

### When

Most of the races on your race schedule will be open for entry **December 1**. The Open Races on the U10-12-14 event schedules fill up very quickly (same day). Please enter the Open Races listed, (except for Invitational events) with appropriate fees. ***We have no way to get you into races that have already filled.*** Really. Thanks.

NHARA policy allows full refunds for entry cancellations more than 72 hours before race day. Hence, sign up for races as soon as available, and cancel later if you choose not to participate.

### How

All races listed on the NHARA race schedule must be entered online.

Each NHARA club utilizes one of two event sign-up online portals: [adminskiracing.com](http://adminskiracing.com), or [skireg.com](http://skireg.com). Upon registering with each portal, your contact info will be saved. Then, each time you use that portal, the procedure to enter a race will be simplified for you.

***Use the abbreviation "CRAN" as your club/team when completing your entries.***

Links to each event's entry portal may be found on the NHARA race schedule at:

<https://www.nhalpine.org/childrens>

Entry information for Invitational events will be passed on to those who become eligible for those events.

## Race Day

A typical race schedule has the course open for inspection soon after lifts open and the first run around 9:30 am starting with the youngest female age class, followed by the youngest male, etc. in bib order. Once all racers have completed the first run the results are reviewed any disqualifications will be posted for a 15 minute protest period. During this time there is a break while the course is typically re-set for the second run. Second run start time is variable and will be announced at the conclusion of Run 1 and communicated via TeamSnap. There will be an inspection window for Run 2 and the race commences with the youngest female age class, followed by the youngest male age class, etc in reverse bib order. Once all racers have completed their second run, results are reviewed and any disqualifications are posted for a 15 minute protest period. Athletes may be asked to assist with venue teardown (ex. roll B-net). It is expected that all athletes comply.

Results are announced and awards given at the discretion of the organizing club (top 3, 5, or 10 are most common). It is great to see kids and families supporting the day's top performers!

- The night before
  - Race skis should be tuned in preparation for the anticipated race conditions. This can be done by your favorite local shop or tuning services may be offered by CRT staff, for a fee. Athletes and parents are encouraged to learn basic tuning skills to maintain equipment.
  - Eat a good meal.
  - Pack your bag with all your necessary gear and layout clothing for the morning.
  - Drink water and get some sleep!
- The morning of
  - Eat a good breakfast.
  - Share excitement and positive self-talk on the drive to the mountain - leave the coaching to the coaches.
  - Meet your teammates in the predetermined area of the lodge so your coaches know where to find you.
  - Get dressed and ready to go!
  - Your coach will meet you in the designated area either inside or outside the lodge and provide you with your ticket and bib for the day. If you aren't on time it can be challenging to get these items and reconvene with the group. Don't add to the stress, plan to arrive early.
  - Printed start orders are reserved for coaches; parents can access a start list on [live-timing.com](http://live-timing.com)
- Before first run
  - Groups will head to the race course together for first run inspection. Different age groups will handle inspection differently; a bit more guidance for the younger/newer athletes while some independence is fostered for the older/more seasoned kids.
  - Athletes are encouraged to make use of their time to get in an additional inspection and sufficient warm up runs.
  - After inspection, coaches may be needed at the race to support other age



groups or fulfill official race roles. Younger groups can expect to have a coach guiding them through the day while U12/U14 athletes are expected to manage their time and meet their coaches at the start in time for their run.

- We're racing!
  - Kids will strip down to their GS suits at the top of the race course. Your athlete will place their gear *in the CRT bag* at the start, which will then be brought down to our designated meeting spot. *Clothes left on, near, or out of the CRT bag cannot be guaranteed to make it to the meeting spot.*
  - Clothing can be expected at the meeting spot shortly after the conclusion of each age group, but may be brought down sooner. Athletes should collect all their gear and appropriately store anything they do not plan to wear for the afternoon. Clothing should not be left in the bag.
  - Coaches are not responsible for lost, misplaced, or stolen gear. *Please label everything* with your last name, phone number, and CRT at a minimum.
  - Athletes will arrive at the start with enough time to get themselves ready without hindering their teammates.
  - We encourage kids to watch the race and cheer on their friends at the start before their turn and from the finish after they have raced.
  
- Second run
  - The second run inspection window and start time will be announced at the conclusion of Run 1. Coaches will communicate this via TeamSnap.
  - Athletes will have time between first and second runs to go in the lodge and warm up, collect their clothes, and have a bite to eat. Younger athletes will have more time than older athletes. Those that do not have time to eat prior to second run inspection will have time after inspection before their race run.
  - Second run follows the same class order, but run in reverse. Ex. if U10 girls are bibs 1-40, bib 40 would go first for second run.
  - All athletes will get a second run regardless of first run performance or finish status.
  - Bibs are collected at the finish upon completion of the second run. If an athlete does not participate or complete second run their bib should be returned at the finish or provided to a coach.
  - It is expected that all athletes will comply with host requests, ex. pull B-net at conclusion of the race.
  
- Awards
  - Awards are based on combined time of both runs and are presented at the discretion of the host mountain (ex. top 3, 5, or 10 per gender/category)
  - It is great to see families supporting the top performers of the day and cheering them on at the awards ceremony. It is the expectation of the CRT coaching staff that all families will stay and support the athletes of the day.

## Health of your Athlete

### Concussion Policy

At CRT, we are supporters of the USSS Concussion Policy as it applies to training at Cranmore and while racing or training at other resorts. The well being of your youngsters is our first priority.

<https://usskiandsnowboard.org/governance/policies/concussion-policy>

### Eyes

Please be sure your youngster has had a recent eye exam. Visual acuity and depth perception are essential to on-snow learning and performance.

### Weather

Day to day is unique here in the mountains. Cloudy, then sunny. Blowing, then calm. Snowy, then slushy. Chilly, then hot, then chilly. We've seen 60+ degree temperature changes day to day; -15 to 50 degrees!

Raw, fresh, chilly, brisk, biting, frigid, soaking, damp; each describes weather we will experience, often different from morning to afternoon. Stay abreast of the weather for North Conway or for where you may be competing.

We will ski when the temps are below zero. We will ski when it is raining. 'Layering' is your best strategy. Being overheated from too many layers can be as uncomfortable as not enough layers.

Be sure boots are dry and warm to begin each morning.

You will be contacted should your youngster not have sufficient clothing during a training session.

### Illness

We strongly encourage your child to not train or race while ill. Fevers, chills and general malaise affect a child's judgment and reactions. Get well to play another day.

## Parental Support for CRT

### Pre-Season

- Complete your CRT registrations for each child
- Registration fees must be paid by November 15
- Join (USSS) US Ski and Snowboard\*
- Join (NHARA) NH Alpine Racing Association\*
  - \*Renewing members will incur a **late fee if paid after October 15**
- Contact your coach to assess your equipment needs and optimize your choices.
- Label all your youngster's equipment, clothing and gear.
- Attend the CRT pre-season parent welcome session on December 2; this meeting is a must for new families and very beneficial for those returning families.
- Complete your *CRT Race Worker Signup Form* by December 2.
- Review the CRT Athlete Code of Conduct with your youngster. Help them be aware of team expectations and possible consequences.

### In-Season

- Thoroughly read all incoming correspondence from CRT
- Check the CRT Calendar for any last minute training plan updates
- Help you child select appropriate layers for the day's weather forecast
- Drop off your child in a timely manner. If you can't be on time, be early!
- Help your child learn how to be ready with equipment prepared for training / racing.
- Pack a hearty lunch (with pocket snacks) for your child. Minimize sugar please.
  
- Support the importance of kindness and respect toward all.
- Encourage the use of please and thank you.
- Support your youngster unconditionally, without coaching.
  
- Help foster our learning environment which focuses on the process of attention on skill execution and skiing well over thinking of results.
- Make race days fun for all regardless of club affiliation or performance
  
- Sign up and work or provide coverage for your Race Worker Commitments
- Participate in parent training sessions, fundraising and social events to become more familiar with the race environments
  
- If you have a concern, contact the lead coach of your child's age group.

## Volunteering at CRT

CRT is a very active club within winters that are too short. Parental support for our program is essential to our function in that brief window. Opportunities to help include race day roles, work within one or more of our committees and assisting with lunch room duties.

Many tasks may be new, but the learning curves are short. As a CRT parent volunteer you become an integral part of the team. We look forward to a great season and we would like to thank you in advance for your time and support for our CRT athletes.

The volunteer commitment for CRT is three (3) worker days per family within the U10 – U12 - U14 Programs.

## Parent Representatives

Each age group is assigned a parent representative. The parent representative committee meets monthly during the ski season and reports back to the MWVAEF Board of Directors via the Cranmore Race Team President. This parent group actively works on projects such as fundraising, CRT building lunch supervision, social events and general race team concerns and feedback. If you would like to get involved as a parent rep, please contact a current parent representative.

### Parent Rep Commitments

- act as a liaison between CRT leadership and respective age group parents
- provide feedback to CRT leadership
- manage activities such as fundraising efforts and social events
- be a point of contact for parents questions / concerns within age group

List of Current Parent Reps by age group:

Point Person: Sarah Bailey

- U14 - Chris & Dawn Davidson (Andrew U14) & Mike & Kristen Leonard (Audrey - U14)
- U12 - Daryn & Jackie Gladstone (Maven - U12; Embry - U14)
- U10 - Scott & Jennifer Laine (Teddy U8 John - U10, Chloe - U12)
- U8 - TBD-Scott & Jennifer Laine temporarily

## Family Fundraising Commitments

**Focused teamwork. Buy into the community. Better experience.**

The Mount Washington Alpine Education Foundation is a volunteer based club organization, as such, we are only as productive as our membership. Our annual income from tuition covers about 60% of our operating cost each season. The remainder of our operating costs are covered by fundraising events, club sponsorships and race revenue. Given this structure, fundraising is a crucial part of our club's functioning on a year to year basis, and something we rely heavily on our club membership to participate in.

Ski racing is an expensive endeavor. For example, our club requires an inventory of 350 rolls of B-Net. Each net costs \$400 and has a shelf life of about six years. Installation of B-Net on the hill requires a lot of preparation from our staff in order to create a safe training and racing venue for our athletes.

Additionally, our operations require an inventory of over 300 gates, properly functioning radios, timing gear and up to date cameras for video analysis, vans, and certifications among other increasing equipment expenses.

The glue that holds the club together is the staff and administration. We are very fortunate to have extremely well qualified, professional coaches working with the athletes. Fundraising is what pays the bills, but buy-in from our club members and volunteering is especially important for fundraising success, and in turn makes our club environment more fun, safe and productive. Many hands make small work; cooperation within our club community eases the burden for each family.

## Fundraising Events

**Each family is asked to participate in the fundraising events for CRT, as well as the athlete sales driven fundraiser.**

The fundraising events are tentatively scheduled in December. Help is needed in planning and successfully running this event.

The event and the sales driven fundraiser are outlined below. We are always open and interested in new ideas from families, and volunteers throughout the planning process to improve our fundraising events and campaigns. We strongly encourage any suggestions.

Each family's contribution to this event is valued at **\$600**.

**MWVAEF/CRT families may be assessed a \$600 dollar for the event if they do not participate.**

## MWVAEF Winter Fundraising Event typically December

**For the fundraiser, each family needs to contribute an amount equivalent to:**

- Purchase or sell **3** tickets per CRT family (these can be for athletes and parents).
- Obtain at least **1** item for the auction and raffle.

**Athletes are welcome and expected to attend this event.**

## **Mount Washington Valley Ski Team Annual Golf Tournament June**

MWVST Club members will be responsible for organizing the golf tournament. It is encouraged but not required for CRT families to attend/ participate.

### **Athlete Sales Driven Fundraiser/ Calendar Raffle**

Each year, our athletes are required to participate in a fundraising campaign that directly benefits their growth and CRT skiing experience. This fundraiser is a Cash Calendar raffle where each athlete is responsible for selling \$250 worth of calendars for CRT. If you have multiple children in the program you are required to sell a max of 50 calendars per family.

## **Race Working at CRT**

Cranmore has a strong reputation for hosting successful races and that is dependent upon the support of you, the volunteer race crew. To host sanctioned races including championship events we must continue to excel in hosting quality events. Parental support is critical for the success of each event.

## **Signing Up / Event Schedule**

TBD

*Your race commitment is 3 worker days per family for U10 – U12 – U14 Programs. One of the race worker days must be during the two days of U12/ U14 finals event racing (Sat and Sun*

You will a CRT *race worker signup form* during the late Fall. Please complete your *race worker sign up form*. The CRT *race worker signup form* will be emailed to your family.

We ask you to please return the *race worker signup form* no later than December 15. It helps us a lot knowing who we have as we begin our planning. Please do not just send an email with your work dates. PLEASE Use the form.

A family will be assessed a fee of \$120.00 for each of their required race commitments they choose not to fulfill. Payment must be received before your child can return for the next season. We really would rather have the help...

Please make a copy of what you have signed up for to keep for your reference. Please contact the office if you have questions about race working!

## **Race Worker Jobs Designations**

As a race approaches, the list of workers will be emailed, asking for any changes and additions. If you can help and are not already signed up, do it then. Again, organizing is easiest and least stressful for us if we know who we have working.

Next, race worker jobs will be assigned and the job list will be emailed and posted in the CTC on the bulletin board. We try, usually successfully, to give people the jobs they prefer. But, no guarantees. Race Day Job assignments will be sent out by email

We do limit the number of people who are inside at registration all day. We may need to ask some to begin inside and then to head outside. There are quite a few outside non-skiing jobs. When you come to a race please be prepared to be outside and be on skis if needed. If you cannot ski or cannot be outside please let us know.

If you are ever asked to do something you are not physically comfortable doing, please let us know so we can change it.

## **Last Minute Worker Changes**

Sometimes jobs need to be changed at the last minute. If you cannot work a day you are signed up for, let us know prior to race day. You will need to schedule yourself for another race day to make up for the one you miss to fulfill your commitment.

It is important that if you are sick you stay home. Please let us know.

If you are running late please let us know.

There may be updates to this info and all events are subject to last minute changes.

## **Race Day**

Workers sign in and registration will be in the new lodge.

Each day you are scheduled to work, head to race registration and sign in with the race secretary, Kathy Badger. This is required for all race workers. This is an important part of our insurance coverage, as well as to credit your worker participation.

You will complete and sign a USSS race worker release form. This goes in our file annually for all non USSS member volunteers. If someone else is working a race day for your family, have them note that when they sign in.

Race workers will be given a lift ticket for the day if needed.

Please keep track of what days you have worked as a backup record for your reference.

NOTE: SafeSport / MAPP guidelines make it necessary for all race workers to be signed up on the worker list before race day. Showing up on race day to volunteer to Gate Judge or do Course Maintenance or to volunteer anywhere else will not be possible. This applies to CRT parents and parents visiting from other clubs. (Exception: those with a current USSS Alpine Officials License).

## **Worker Misc**

Be prepared for the weather! Bring food and a thermos!

Race ending time varies depending on many factors. And unfortunately, a race day canceled or postponed will not count as a day worked with few exceptions.

Please ask questions if you are unsure of anything.

Hosting races is an important part of CRT. It helps us financially, gives our Club and the Valley great exposure and gives our athletes races on their home hills without travel time and expenses.

Thank you for your support of our programs and our athletes, and working to keep us all safe.



## Primary Race Jobs

### Course Crew

Early lift load (as early as 7:00am) to enjoy the sunrise with the course setters and other course crew members. Being there to help set up and take down the hill is an important part of this job, along with snow prep and snow surface and racing line maintenance.

### Registration and Scoreboard

7:30am. Worker registration happens well before race start time. Coaches will be coming in and picking up packets of bibs, tickets and start orders for their athletes. Different people will be doing different parts of the process. Bib Packet Prep, Coach Bib Packet Pick Up and prepping the Scoreboard. Bibs will be put back in files by workers at the end of the race.

### Gate Judges

TBD time, Contact the Chief Gate Judge by phone or text, and find out when and where to meet the Chief Gate Judge. Have your cell phone with you to help with communication. At registration, pick up an official's bib, a clipboard with gate cards, duty instructions and pencils. At the end of each run gate cards will be picked up by the Chief Gate Judge or you will bring them to the timing building, not the base lodge.

### Start & Finish Referees

TBD times – must be in position prior to the opening of course inspection, usually 90 minutes before first run start time. Start and Finish Refs are current USSS member Alpine Officials and certified as a Jury Adviser. Pick up a radio, paperwork and designated clipboard at registration.

### Hand Timers

Confirm your attendance by signing in at worker registration. Your recording sheets and watches are in the finish building, where they are synced. Plan to leave the timing building with clipboard and timer no less than 30 minutes prior to start time. Immediately following each run, recording sheets and watches go back to the finish building.

## **Job Training for Race Workers**

We will run race worker training during the Christmas holiday week. If you are new to the club, or would like a quick refresher, watch for the announcement and please attend one of the sessions.

## **Alpine Officials and Certifications**

Parental knowledge and support of race competitions makes our program stronger, better informed and better organized.

Please volunteer and join USSS as an Alpine Official. We need you on the hill to support our children's racing events. A variety of fun and interesting official roles need to be filled at every event. Please join in and support our team and visiting racers.

[my.usskiandsnowboard.org/membership/become-member-online](http://my.usskiandsnowboard.org/membership/become-member-online)

To help ensure all sanctioned competitions are run safely and consistent to the rules, USSS provides a certification program with study materials for aspiring and established officials.

[usskiandsnowboard.org/sport-development/officials-development/alpine-officials](http://usskiandsnowboard.org/sport-development/officials-development/alpine-officials)

NHARA schedules USSS alpine officials clinics in the fall. After attending a clinic, when you're feeling prepared, become certified as an Alpine Official after passing a written test.

[nhalpine.org/alpine-officials](http://nhalpine.org/alpine-officials)

## **Athlete Team Responsibilities**

- Arrive on time. Be prepared and ready to think, ski and train.
- Come prepared to give your best effort all day, each and every day.
- Trust your coach. Listen.
- Respect your ski gear. Respect the ski gear of others.
- Athletes will request permission from their coach to be excused from training at any time.
- Use of cell phones is not part of our training time. Please leave them off the hill.
- Know and abide by the "Golden Rule:" Treat others like you would like to be treated.
- Keep your hands to yourself. No grabbing, pushing, shoving or pole whacking of another.
- Please clean up after yourself.
- Enthusiastically help with all on-hill training setup, tear down and slope slipping

## **Athlete Responsibilities at the Resort**

We look to every CRT athlete to be role models for others by always respecting all mountain staff, property, facilities, team members and coaches.

- CRT athletes understand and live by the Skier's Responsibility Code & Smart Style.
- CRT athletes observe all slow zones, including lift line entries and beginner areas.
- CRT athletes have good manners while in the lift line
- CRT athletes do not scream unless injured or in need.
- CRT athletes clear the lift unload areas to make room for others
- CRT athletes do not congregate in the middle of a slope.
- CRT athletes do not ski like a pack of dogs. They are alert to their surroundings.
- CRT athletes stay out of the Beginner Basin. They are for first time skiers only.
- CRT athletes will be friendly and helpful.
- CRT athletes welcome teams from other mountains and show good sportsmanship to all.

## Athlete Code of Conduct

Athletes enrolled with the Cranmore Race Team agree to conduct themselves in a manner that exemplifies good behavior, sportsmanship, and good citizenship. Specifically, Athletes:

- Will share respect with all teammates, coaches, parents, ski area employees, resort guests, competitors and officials, both at home and away.
- Will demonstrate good sportsmanship and respect all property at all training and competitions.
- Will abstain from the use of tobacco, alcohol, or drugs.
- Will abide by all USSS / NHARA Code of Conduct guidelines and race rules when competing or training in USSS / NHARA sanctioned events.
- Will not bully, haze, or physically abuse any teammate(s) or competitor(s). Bullying, hazing and physical abuse shall include but is not limited to the following examples:
  - (i) picking on a person in front of others, or in private.
  - (ii) non-constructive criticism addressed in such a way as to belittle another person's abilities and achievements, intimidate, undermine confidence, or cruel practical jokes towards another person
  - (iii) physical violence such as hitting, shoving, grabbing, pushing or spitting
  - (iv) interfering with another person's property, such as by hiding, stealing or vandalizing
  - (v) making rude, derogatory or offensive remarks, teasing or spreading rumors about another person or their family
  - (vi) unreasonably excluding another person from a group activity
  - (vii) ridiculing another person's appearance, way of speaking, or mannerisms
  - (viii) any initiation practice (hazing) that may humiliate, degrade, demean, and/or disgrace a person regardless of location or consent of participants
  - (ix) use social media to message, post pictures, resend messages or pictures that negatively reflect on any athlete, their peers, coaches or the Cranmore Race Team
  - (x) misuse technology to hurt, intimidate, embarrass, and/or humiliate another person
  - (xi) sending of messages that include unwanted sexual remarks and/or photos/videos of a sexual nature

## Violations of Code of Conduct

CRT athletes are expected to conduct themselves in a manner that

- (i) exemplifies the standards of good personal behavior and sportsmanship,
- (ii) does not discredit or reflect poorly on the CRT, and
- (iii) is in accordance with this Code of Conduct.

Any Code of Conduct violation can result in disciplinary action based on review of the individual, the intent, and the circumstances, as determined by the CRT in its sole and absolute discretion. This includes but is not limited to, verbal warnings, written warnings delivered to the athlete and his/her parent(s) or guardian, removal from practice, training session, or a competition, suspension for a set period of time or indefinitely, with the

imposition of certain conditions for return, or expulsion from the Cranmore Race Team.

## Parent Code of Conduct

The success of the CRT depends upon positive involvement and support from parents. Constructive feedback on programs and staff is welcome and will help the organization further improve its programs. Parents, coaches, employees, and athletes are representatives of the CRT.

Because we as parents are such an important part of our community, I agree to:

- Help ensure my athlete shows up on time and is prepared for all practices and competitions. If we can't be on time, we'll be early.
- Teach my athlete to take care of his/her equipment, respect the equipment of others and
- Teach my athlete to be familiar with and abide by all rules and regulations at every venue where they train or compete.
- Teach my athlete to play by the rules and to resolve conflicts without resorting to hostility, violence, bullying or hazing.
- Discourage any behaviors or practices that would endanger the health and well being of the athletes.
- Promote the emotional and physical well-being of all athletes ahead of any personal desire I may have for my athlete to win.
- Inform the coach of any physical disability or ailment that may affect the safety of my athlete or the safety of others.
- Not engage in any kind of unsportsmanlike conduct with any official, coach, athlete, or parent.
- Understand I am not permitted on a race course or in the competition site arena unless designated or invited by a coach or race official to maintain the course, or act as an official or gatekeeper.
- Respect the race officials and their authority during competition.
- Never question, discuss, or confront coaches during training or at an event. Instead, I will arrange a time to speak with coaches at an agreed upon time and place.
- Only contact coaches via text message during the hours of 8:00 am and 5:30 pm, except in the case of an emergency,
- Understand that bullying is unacceptable within this organization. I will not participate in or encourage bullying in any capacity, and I will report any bullying behavior I observe.
- Abide by the aforementioned rules and guidelines. I agree that if I fail, I will be subject to certain disciplinary action as deemed appropriate by the CRT in its sole and absolute discretion.

## **CRT Contacts**

Mike Leblanc  
Executive Director – MWV / CRT  
[leblanc@mwvskiteam.com](mailto:leblanc@mwvskiteam.com)  
603-986-3075

TBD  
Team Administrator – MWV / CRT

Kathy Badger  
Race Administrator  
[badger5@roadrunner.com](mailto:badger5@roadrunner.com)  
603-367-8278

Nicole Badger  
Program Director/U10 Head Coach  
[nicole@mwvskiteam.com](mailto:nicole@mwvskiteam.com)  
603-918-2218

Steven Cooney  
U8 Head Coach  
[scwayfarers@gmail.com](mailto:scwayfarers@gmail.com)  
603-986-2739

Carl Iacozili  
U12 Head Coach  
[sportfitne@gmail.com](mailto:sportfitne@gmail.com)  
603-986-1736

Sean Badger  
U14 Head Coach  
[seanbadger7@gmail.com](mailto:seanbadger7@gmail.com)  
603-986-9126

MWV Office  
[info@mwvskiteam.com](mailto:info@mwvskiteam.com)

# Mount Washington Valley Alpine Education Foundation

## Board of Directors

Mike Leblanc  
Executive Director  
[leblanc@mwvskiteam.com](mailto:leblanc@mwvskiteam.com)

Noah Coleman  
President  
[noahcoleman@ajcoleman.com](mailto:noahcoleman@ajcoleman.com)

Andrew Dean  
Secretary  
[adean999@hotmail.com](mailto:adean999@hotmail.com)

Bill Elliott  
Treasurer  
[whelliott@comcast.net](mailto:whelliott@comcast.net)

Kathy Badger  
[badger5@roadrunner.com](mailto:badger5@roadrunner.com)

Sarah Bailey  
[baileysarah15@yahoo.com](mailto:baileysarah15@yahoo.com)

Mike Crowther  
[mcrowther@jcalnan.com](mailto:mcrowther@jcalnan.com)

Mary Ellen Mc Dermott  
[bailiwick@comcast.net](mailto:bailiwick@comcast.net)

Derek Pelletier  
[derek@ajpcs.com](mailto:derek@ajpcs.com)

Kristine Porcaro  
[krisporcaro@gmail.com](mailto:krisporcaro@gmail.com)

Erin Cox Slosberg  
[erincoxslosberg@comcast.net](mailto:erincoxslosberg@comcast.net)

Nathan Waterhouse  
[nathan.p.waterhouse@vailresorts.com](mailto:nathan.p.waterhouse@vailresorts.com)

## Resource Links

USSS: US Ski and Snowboard

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

USSS: Alpine Competition Guide

[usskiandsnowboard.org/search?keys=Alpine+Competition+Guide](http://usskiandsnowboard.org/search?keys=Alpine+Competition+Guide)

USSS: Concussion Policy

[usskiandsnowboard.org/search?keys=concussion+policy](http://usskiandsnowboard.org/search?keys=concussion+policy)

USSS: Alpine Training System

[usskiandsnowboard.org/search?keys=alpine+training+system](http://usskiandsnowboard.org/search?keys=alpine+training+system)

USSS: Safe Sport

[usskiandsnowboard.org/search?keys=safe+sport](http://usskiandsnowboard.org/search?keys=safe+sport)

USSS: Parenting

[usskiandsnowboard.org/search?keys=parenting](http://usskiandsnowboard.org/search?keys=parenting)

USSS: Alpine Race Officiating

[usskiandsnowboard.org/search?keys=alpine+officials](http://usskiandsnowboard.org/search?keys=alpine+officials)

USSS: Eastern Region Resources

[usskiandsnowboard.org/sport-programs/regions-divisions/eastern-alpine-region/eastern-region-resources](http://usskiandsnowboard.org/sport-programs/regions-divisions/eastern-alpine-region/eastern-region-resources)

NHARA: NH Alpine Racing Association

[nhalpine.org](http://nhalpine.org)

NHARA: Handbook

[nhalpine.org/page/show/3406890-nhara-handbook](http://nhalpine.org/page/show/3406890-nhara-handbook)

NHARA: Statewide Event Calendar

[nhalpine.org/childrens](http://nhalpine.org/childrens)

NHARA: Race Results

[nhalpine.org/page/show/3274163-archives](http://nhalpine.org/page/show/3274163-archives)

Facebook: CRT

[facebook.com/CranmoreRaceTeam/](https://www.facebook.com/CranmoreRaceTeam/)

Facebook: Cranmore Race Team gear Swap

<https://www.facebook.com/groups/1948099842076536>





## CRT U14 Race Schedule 2023-24 (by event type)

Note: Please refer to the NHARA Handbook found at [www.nhalpine.org](http://www.nhalpine.org) for full information on children's racing in NH. Event dates, times and locations are subject to change. We will notify you as soon as we know.

### Eastern Division U14 Ranking Races

These races are open to athletes in the Eastern Division, which includes Attitash, Bretton Woods, Cranmore, King Pine, and Wildcat race programs. Each race is two runs and each race combines both run times for overall ranking. Each athlete's best 3 of 9 runs / races from this series will count toward qualifying for State Finals or State Championships in March. **All CRT athletes should plan to attend all of these ranking races.** Parents will register their athlete online for each individual race using the link provided by the race organizer.

Entry links are found on the [NHARA Calendar](#).

Not attending a ranking race? Please contact Sean no later than the Tuesday prior to the competition date.

CRT coaches will be providing athlete support at these races.

**No training will be available at home at Cranmore on these event days.**

Date	Site	Event	Title
Sun. 2/4	Wildcat	GS	Eastern Ranking Race
Sun. 2/11	Bretton Woods	SL	Eastern Ranking Race
Sun. 2/25	Cranmore	GS	Eastern Ranking Race

### NHARA U14 Open Races

These races are open to any USSS athlete and we often see athletes from other NHARA divisions as well as nearby clubs such as Gould Academy (Sunday River) and Pleasant Mountain in Maine. Each race is 2 runs and each race combines both run times for an overall ranking. Awards are presented at the discretion of the organizing club. Results from these races do not impact participation in any other races or series. Participation is encouraged, but optional.

Field sizes to these events are limited; complete your entries online as soon as their entry portal begins accepting sign-ups (Usually Dec 1) to insure you are entered. These events fill very quickly. NHARA policy allows canceling your entry up to 72 hours prior to race day; it is better to signup and cancel, than to be left off the start list. We have no way of getting you into an event that is already full.

CRT coaches will be providing athlete support to the following races.

Generally, **no training will be available at home at Cranmore on these event days.**

Date	Site	Event	Title
Sun. 12/31	Attitash	GS	Stan and Dan
Sun. 1/7	King Pine	SL	KP Open
Sun. 1/7	Gunstock	GS	Gus Pitou (Coach Discretion)
Mon. 1/15	Cranmore	SL	Schneider Cup
Sun. 3/17	Wildcat	GS	Sap Run
Sat. 3/30	Abenaki	SL	Slalom Jamboree

## NHARA U14 Invitationals

Using the best 3 of 9 runs/races from the Eastern Division U14 Ranking Races, selections for NHARA U14 Championships and Finals are made. **Every CRT athlete will be eligible for one of these events.** The top tier from the Eastern U14 Ranking Races will go to the NHARA U14 Championships. The next tier is strongly encouraged to race at the NHARA U14 Finals. The top 5b / 5g overall at the NHARA U14 Finals can advance to the NHARA U14 Championships the following weekend. CRT has a strong history of qualifying athletes from Finals to Championships!

All athletes should plan to attend an invitational. Entry information will be available following the final Eastern Division Ranking Race on Sunday, 2/25.

Date	Site	Event	Title
Fri.- Sun. 3/2 - 3/4	Cranmore	Training, GS, SL	NHARA Finals
Sat. 3/8	Proctor	SL	NHARA State Champs
Sun. 3/9	Gunstock	GS	NHARA State Champs

## NHARA U14 Super-G Program

Each season, NHARA offers a U14 SG camp and a State SG race for each gender. Each race club in NHARA receives a quota based on the size of that club's U14 enrollment. Last season CRT received 5 girls and 2 boys slots for the 2023 SG Camps. Interested families will inform Sean of their athlete's interest in attending the camp. Then, CRT coaches will nominate our most assertive and capable interested athletes for the camp. Camp information will be sent out by early January. The SG races are filled by online registration.

CRT has a stock of junior appropriate SG skis available to rent. Please contact the U14 coaching staff if you are interested. While this stock of skis is ever increasing, there is no guarantee there will be an appropriate ski/length for all interested athletes. Coaches will provide guidance on the suggested equipment for this event. CRT will provide coach support for both camps and races.

Date	Site	Event	Title
Thurs. 2/8	Mittersill	SG - Girls	NH SG Camp
Fri. 2/9	Mittersill	SG - Boys	NH SG Camp
Thurs. 2/15	Mittersill	SG - Girls	NHARA State Champs
Fri. 2/16	Mittersill	SG - Boys	NHARA State Champs

## Regional U14 Invitationals - Camps and Events

NHARA has a total quota of 37 (gender split TBD) to the USSS Eastern Region U14 Championships. NHARA fills the quota using each athlete's best 2 of 7 runs/races from the NHARA U14 Championship races (SG included).

After selections are determined for the NHARA team to the Eastern U14 Champs, an additional 9b/9g will be named to the Francis Piche Invitational. Selections and entry information will be announced following the NHARA U14 GS Championships on Sunday 3/9.

The U14 Can-Ams are selected for each gender using each athlete's best 2 of 7 runs / races at the USSS U14 Eastern Region Championships. 30 boys and 30 girls are selected.

For information on the NHARA selection procedure to the January USSS Tech Camp, please refer to the [NHARA Handbook](#).

Date	Site	Event	Title
Jan	TBD	GS, SL	USSS U14 Tech Camp (NHARA Selection)
Fri.- Sun 3/15 - 3/17	Gunstock	PSL, SL, GS	Francis Piche Invitational
Sat.- Tues. 3/16 - 3/19	Sugarbush, VT	SL, GS, Skills, SG	USSS U14 Easterns
Thurs.- Sun. 3/28 - 3/31	Sugarloaf, ME	SL, GS, Skills, SG	U14 Can/Ams

### **USSS Scored Open Races for U14s (2010s only!)**

MWV coaches will be supporting outgoing 2nd year U14 CRT athletes (YOB 2010) that wish to attend ‘scored’ races following the completion of the USSS Eastern Championships. These races are scored to the USSS National Ranking List and offer an opportunity for athletes to experience the next level of racing and develop a points profile for the following season.

Field sizes to these events are limited; complete your entries online as soon as their entry portal begins accepting sign-ups to insure you are entered.

<b>Date</b>	<b>Site</b>	<b>Event</b>	<b>Title</b>
<i>Sat. 3/23</i>	<i>Mitersill</i>	<i>GS (2010s only)</i>	<i>MJ's Race</i>
<i>Sun. 3/24</i>	<i>Proctor</i>	<i>SL (2010s only)</i>	<i>Thank the snowmakers</i>
<i>Sat. 3/30</i>	<i>Mitersill</i>	<i>SL (2010s only)</i>	<i>PSU Fundraiser</i>
<i>Sun. 3/31</i>	<i>Mitersill</i>	<i>GS (2010s Only)</i>	<i>UNH Fundraiser</i>

## CRT U14 Race Schedule 2023-24 (in calendar order)

Many additional races are available throughout NH during the season. The CRT coaching staff established this schedule below to create a balance of preparation, training and racing. 25% of winter on snow days is the maximum amount of event days we feel should be pursued at this age level. Training and rest conflicts inevitably limit us from entering perceived desirable events.

Date	Site	Event	Title
Sun. 12/31	Attitash	GS	Stan and Dan Race
Sun. 1/7	King Pine	SL	KP Open
Sun. 1/7	Gunstock	GS	Gus Pitou (Coach Discretion)
Mon. 1/15	Cranmore	SL	Schneider Cup
Sun. 2/4	Wildcat	GS	Eastern Ranking Race
Thurs. 2/8	Mittersill	SG - Girls	NH SG Camp
Fri. 2/9	Mittersill	SG - Boys	NH SG Camp
Sun. 2/11	Bretton Woods	SL	Eastern Ranking Race
Thurs. 2/15	Mittersill	SG - Girls	NHARA State Champs
Fri. 2/16	Mittersill	SG - Boys	NHARA State Champs
Sun. 2/25	Cranmore	GS	Eastern Ranking Race
Fri. - Sun. 3/2-4	Cranmore	Training, GS, SL	NHARA Finals
Sat. 3/8	Proctor	SL	NHARA State Champs
Sun. 3/9	Gunstock	GS	NHARA State Champs
Fri.- Sun. 3/15-17	Gunstock	PSL, SL, GS	Francis Piche Invitational
Sat.- Tues. 3/16-19	Sugarbush (VT)	SL, GS, Skills, SG	USSS U14 Easterns
Sun. 3/17	Wildcat	GS	Sap Run
Sat. 3/23	Mittersill	GS (2010s only)	MJ's Race
Sun. 3/24	Proctor	SL (2010s only)	Thank the snowmakers
Thurs.- Sun. 3/28- 31	Sugarloaf (Me)	SL, GS, Skills, SG	U14 Can/Ams
Sat. 3/30	Mittersill	SL (2010s only)	PSU Fundraiser
Sat. 3/30	Abenaki	SL	Slalom Jamboree
Sun. 3/31	Mittersill	GS (2010s Only)	UNH Fundraiser



## CRT U12 Race Schedule 2023-24 (by event type)

Please refer to the NHARA Handbook found at [www.nhalpine.org](http://www.nhalpine.org) for full information on children's racing in NH. Event dates, times and locations are subject to change. We will notify you as soon as we know.

### Eastern Division U12 Ranking Races

These races are open to athletes in the Eastern Division, which includes Attitash, Bretton Woods, Cranmore, King Pine, and Wildcat race programs. Each race is two runs and each race combines both run times for overall ranking. Each athlete's best 3 of 9 runs / races from this series will count toward qualifying for State Finals or State Championships in March. **All CRT athletes should plan to attend all of these ranking races.** Parents will register their athlete online for each individual race using the link provided by the race organizer. Entry links are found on the [NHARA Calendar](#).

Not attending a ranking race? Please contact Sean no later than the Tuesday prior to the competition date.

CRT coaches will be providing athlete support at these races. **No training will be available at home at Cranmore on these event days.**

Date	Site	Event	Title
Sun. 2/4	Wildcat	GS	Eastern Ranking Race
Sun. 2/11	Bretton Woods	SL	Eastern Ranking Race
Sun. 2/25	Cranmore	GS	Eastern Ranking Race

### NHARA U12 Open Races

These races are open to any USSS athlete and we often see athletes from other NHARA divisions as well as nearby clubs such as Gould Academy (Sunday River) and Pleasant Mountain in Maine. Each race is 2 runs and each race combines both run times for an overall ranking. Awards are presented at the discretion of the organizing club. Results from these races do not impact participation in any other races or series. Participation is encouraged, but optional.

Field sizes to these events are limited; complete your entries online as soon as their entry portal begins accepting sign-ups (Usually Dec 1) to insure you are entered. These events fill very quickly. NHARA policy allows canceling your entry up to 72 hours prior to race day; it is better to signup and cancel, than to be left off the start list. We have no way of getting you into an event that is already full.

CRT coaches will be providing athlete support to the following races.

Generally, **no training will be available at home at Cranmore on these event days.**

Date	Site	Event	Title
Sat. 12/30	Attitash	GS	Stan and Dan Race
Sun. 1/7	King Pine	SL	KP Open
Mon. 1/15	Cranmore	SL	Schneider Cup
Sun. 3/17	Wildcat	GS	Sap Run
Sat. 3/30	Abenaki	SL	SL Jamboree

## NHARA U12 Invitationals

Using the best 3 of 9 runs/races from the Eastern Division U14 Ranking Races, selections for NHARA U14 Championships and Finals are made. **Every CRT athlete will be eligible for one of these events.** The top tier from the Eastern U14 Ranking Races will go to the NHARA U14 Championships. The next tier is strongly encouraged to race at the NHARA U14 Finals. The top 5b / 5g overall at the NHARA U14 Finals can advance to the NHARA U14 Championships the following weekend. CRT has a strong history of qualifying athletes from Finals to Championships! All athletes should plan to attend an invitational. Entry information will be available following the final Eastern Division Ranking Race on Sunday, 2/25.

Date	Site	Event	Title
Fri.- Sun 3/2-4	Cranmore	Training, SL, GS	NHARA Finals
Fri.- Sun 3/7-9	Pats Peak	Training, SL, GS	NHARA State Champs

## Regional U12 Invitationals

NHARA has a quota of 11b/11g that will be named to the Francis Piche Invitational, using each athlete's best 2 of 6 runs from the NHARA U12 Championships races.

Selections and entry information will be announced following the NHARA U12 GS Championships on Sunday 3/9.

Date	Site	Event	Title
Fri.- Sun 3/15 - 3/17	Gunstock	PSL, SL, GS	Francis Piche Invitational

## CRT U12 Race Schedule 2023-24 (in calendar order)

Many additional races are available throughout NH during the season. The CRT coaching staff established this schedule to create a balance of preparation, training and racing. 25% of winter on snow days is the maximum amount of event days we feel should be pursued at this age level. Training and rest conflicts inevitably limit us from entering perceived desirable events.

Date	Site	Event	Title
Sat. 12/30	Attitash	GS	Stan and Dan Race
Sun. 1/7	King Pine	SL	KP Open
Mon. 1/15	Cranmore	SL	Schneider Cup
Sun. 2/4	Wildcat	GS	Eastern Ranking Race
Sun. 2/11	Bretton Woods	SL	Eastern Ranking Race
Sun. 2/25	Cranmore	GS	Eastern Ranking Race
Fri.- Sun. 3/2-4	Cranmore	Training, GS, SL	NHARA Finals
Fri.- Sun. 3/7-9	Pats Peak	Training, GS, SL	NHARA State Champs
Fri.- Sun. 3/15-17	Gunstock	PSL, SL, GS	Francis Piche Invitational
Sun. 3/17	Wildcat	GS	Sap Run
Sat. 3/30	Abenaki	SL	SL Jamboree



## CRT U10 / U08 Race Schedule 2023-24 (by event type)

Please refer to the NH Alpine Racing Association (NHARA) Handbook found at [www.nhalpine.org](http://www.nhalpine.org) for full information on children's racing in NH. Event dates, times and locations are subject to change. We will notify you as soon as we know.

### NHARA U10 Open Races

These races are open to any US Ski & Snowboard U10. (There are no sanctioned events in NHARA for U08s). We often see athletes from other NHARA divisions as well as nearby clubs in Maine. Each race is 2 runs and each race combines both run times for an overall ranking. Awards are presented at the discretion of the organizing club. Participation is encouraged, but optional.

Field sizes to these events are limited; complete your entries online as soon as their entry portal begins accepting sign-ups (usually Dec 1) to insure you are entered. These events fill very quickly. NHARA policy allows canceling your entry up to 72 hours prior to race day; it is better to signup and cancel, than to be left off the start list. We have no way of getting you into an event that is already full.

CRT coaches will be providing athlete support to the following races.

Generally, no U10 training will be available at home at Cranmore on these event days.

Date	Site	Event	Title
Mon. 1/15	Cranmore	SL - U10 / U12 / U14	Schneider Cup
Sun. 1/28	Wildcat	Skills / GS - U10	U10 Skills Day
Sun. 3/17	Wildcat	GS - U10 / U12 / U14	Sap Run
Sat. 3/30	Abenaki	SL - U10 / U12 / U14	SL Jamboree

### Coondog Cup for U10 / U08

This is our "in house" race series for Cranmore Race Team U10s and U08s. Pre-registration is not needed. You will be receiving specific event information about these events in sufficient time to plan.

Sun. 2/4	Cranmore	GS - U08 / U10	CDC GS
Sun. 2/18	Cranmore	SL - U08 / U10	CDC Stubby SL
Sun. 2/25	Cranmore	SL - U08 / U10	CDC Panel SL



## **CRT U10 / U08 Race Schedule 2023-24 (in calendar order)**

Many additional races are available throughout NH during the season. The CRT coaching staff established this schedule to create a balance of preparation, training and racing. 20% of winter on snow days is the maximum amount of event days we feel should be pursued at this age level. Training and rest conflicts inevitably limit us from entering perceived desirable events.

<b>Date</b>	<b>Site</b>	<b>Event</b>	<b>Title</b>
<b>Mon. 1/15</b>	<b>Cranmore</b>	<b>SL - U10 / U12 / U14</b>	<b>Schneider Cup</b>
<b>Sun. 1/28</b>	<b>Wildcat</b>	<b>Skills / GS - U10</b>	<b>U10 Skills Day</b>
<b>Sun. 2/4</b>	<b>Cranmore</b>	<b>GS - U08 / U10</b>	<b>CDC GS</b>
<b>Sun. 2/18</b>	<b>Cranmore</b>	<b>SL - U08 / U10</b>	<b>CDC Stubby SL</b>
<b>Sun. 2/25</b>	<b>Cranmore</b>	<b>SL - U08 / U10</b>	<b>CDC Panel SL</b>
<b>Sun. 3/17</b>	<b>Wildcat</b>	<b>GS - U10 / U12 / U14</b>	<b>Sap Run</b>
<b>Sat. 3/30</b>	<b>Abenaki</b>	<b>SL - U10 / U12 / U14</b>	<b>SL Jamboree</b>