



September 1, 2009

Dear new and returning Ski Club families,

Ski season is probably still far from your mind, but it is Membership time and the Board of Directors would like you to know what we have been working on since the skis were packed up. We are very busy in the summer, hammering out the budget, putting together race schedules and the membership packet, planning the ski sale and making sure we have coaches and equipment ready for the season

The Membership packet should now be available on the website. We had hoped for an online option this year but are still looking for an affordable source for such a membership manager. If you have any ideas, please let us know. You must again print out the packet, fill it out, and mail it in to GSC PO Box 222 Laconia, NH 03247-0222 with your check. Do not forget to print out a copy of the Permission for Medical Treatment page for each athlete. All Membership materials must be submitted by October 15th to avoid a late fee. This is a bit later to give you time to compare race commitments to your athletes' race schedules. This is also a good time to get or renew your USSA memberships and NHARA memberships, both possible online this year. Also be sure you are on the email list for your athletes' age groups as well as the general club email. This is on the website. If your athlete has moved up an age group you need to change your email group choices.

For planning purposes, we have set Sunday, **September 27th for our Fit Day** and barbeque at the GSC Clubhouse. Manufacturers will be available at 11:00 AM; lunch will be served at noon. Please bring a salad or dessert to offset the usual fare of burgers and dogs and drinks. Reps will be available to show you new equipment and GSC coaches will have group meetings to discuss the upcoming season. I hope you can be there. It is a great opportunity to meet new or prospective members and renew old friendships. I encourage prospective members to come and meet the coaches and other members and check out our clubhouse.

Also mark your calendar for the Gunstock **Ski Club Ski Sale on Saturday, November 7th** at the Gunstock Mountain Resort main base lodge. This is a mandatory work assignment and you must indicate your choice of shift in the work commitments part of the membership packet. This is a huge undertaking but is our major fundraiser and is the biggest reason our training fees are not any higher than they are. Please be sure to save either that Friday or Saturday or both for the Ski Sale.

When you fill out the Membership packet you will see that training fees have gone up 10% this year. The Board struggled for a long time with this topic, but when we looked at the budget and found that our expenses rose 24% last year, we feel we have no choice to make sure that our club remains solvent and that we keep the valuable coaches who have been with us all along. We hope that you can understand this decision and still feel we are the best ski racing value around.

This year will have one huge change for our club and for all USSA sanctioned ski clubs. USSA now requires all scored races (meaning all J1 and JII races) and JIII races to be held on race trails that have been either certified or homologated. What this means is that your race trail must have been inspected and accepted by a representative of USSA and all their requirements met before you can hold a race. What this also entails is a Safety Plan that includes a fencing layout that must be on the hill before we can hold a race.

Thanks to the efforts of Steve Howe and Mike Workman we have had our trails certified and the Safety Plan has been drawn up and accepted by USSA. That is the good news. The challenging news is that in order to comply with this fencing layout we need to purchase sixty (read it – 60) new rolls of fence. We got a GREAT price from our friends at World Cup Supply, but even so we will have to spend almost \$20,000 on everyone's favorite – also known as B-netting. This is NOT part of the operating budget and NOT part of the increase in expenses.

We have to do this in order to continue putting on races for USSA. We have no choice. Keep in mind that

the reason for all of this nylon fence is something that every one of us truly holds dear – the safety of our children and our guest racers. There is no debate. We must do this. And unless we raise our training fees substantially we need to keep up about the same race schedule in order to maintain our club and the number of athletes we have sustained for the past two or three years. We will also need to do some clearing work on our trails, and a work party request will be going out soon. Please see if you can help out at least one day.

There is some good news! First, our club has just finished a season with the highest number of athletes in recent memory! We have more racers and enthusiasm and helpful parents than we ever have. This is a HUGE and important point. Without the enthusiasm and energy that you all generate we just would not have the club that we have. The other good news is that we had a pretty successful year as far as race revenue versus expenses. We did break even, which is our aim.

While the Board is excited that we are still afloat, we need more support or other donors that can help us pay for this fencing. One roll of World Cup Supply B-Netting costs the club about \$300 with poles and clips if we pick it up at their Fairlee, Vermont facility and assemble it ourselves. How about it? Can you adopt a roll of fencing? How about half a roll? ¼ roll? Could your company or your employer help us out? How about a group of families? Know of any corporate donors who could help?

We know the state of everyone's personal economy. My family and yours have to make decisions when buying season passes and skis and they are tough ones. We know that charitable donors are not necessarily first looking for ski clubs to donate to. But the Gunstock Ski Club is a 501(c) 3 not for profit corporation and yours or your company's donation is tax deductible. I hope you will at least think about it and if you cannot donate something, see if you can find someone who can! If we all work together we can certainly make some headway. Please do not leave this fundraising for someone else to do. We all need to take part in this.

The other issue that this will force us to deal with is the way our races are run. Every pair of hands available will be needed to be sure this fencing is installed correctly and in a timely fashion so the race can go off as scheduled. This does not mean that it all has to come down at the end of each race and all go up again for the next. We are hoping it can stay up at times or be stored up on the hill so it can spend as little time as possible on the ski lift or being carried. But please understand that it will be all hands on deck some days, and even if you do not ski you can help put up a roll of fence near the bottom. No longer can only 6 or 7 people put up and take down all of the fencing required for a race. Gatekeepers, timers and registration people, and even if you aren't working that day, you should all be willing to do a small part to make club races go smoothly. Many hands make light work. We will make sure that everyone knows how to install a roll of fencing properly. It isn't rocket science, but there is a right and a wrong way!

Finally, I want to thank you all for your spirit, your enthusiasm, and for loving skiing enough to spend the crazy amount of time that we all seem to spend on it. Your kids and mine will look back some day and figure out just how much work it was for their parents to get them on the race hill every weekend and vacation. And smile.

If you have questions or comments for the Board please do not hesitate to contact me. If you are writing a check for fencing or convincing someone else to, make it out to Gunstock Ski Club. And know that your kids and every other racer who comes to Gunstock to race will be safer because of it.

Thanks, see you at Fit Day, but I won't say "think snow", at least not yet!
Ruth McLaughlin
(603) 528-5553
mclaugh@metrocast.net

2009-2010

GUNSTOCK SKI CLUB Membership Packet Checklist

Please return completed forms #1 thru #6 no later than **October 15, 2009 to:**

Gunstock Ski Club
PO Box 222
Laconia, NH 03247-0222

- 1 Your membership application
 - 2 Locker Rental Application, if renting
 - 3 Athlete Code of Conduct (Signatures on Communicator Answer Page)
 - 4 Parent Code of Conduct (Signatures on Communicator Answer Page)
 - 5 Communicator Answer Page
 - 6 Medical Release Form (Voluntary)
 - 7 USSA Volunteer Race Worker Registration (Signatures on Communicator Answer Page)
 - 8 GSC Clothing Order Form
 - 9 **ONE** check for the total amount owed - membership, training, locker rental
Include additional \$75.00 if postmarked after 10/15/09 (Returning members only)
 - 10 Race volunteer signup
-

All appropriate forms need to be returned to GSC and all fees need to be paid before an athlete can begin training.

Since the Gunstock Ski Club is first and foremost a race program, we encourage everyone with questions about their athlete's abilities to consult with their coaches.

You will need to purchase a season pass from Gunstock for each racer. This is in addition to Gunstock Ski Club training fees and memberships.

The following other memberships are required and you should get them online as soon as possible:

- a competitor's license from USSA. Join or renew online at www.ussa.org. Have your credit card, insurance card and USSA number (if renewing) available when you do this. You will have to create a unique user and password for each athlete.

- a membership to NHARA, accomplished online at www.NHARA.org. Have your USSA membership number available as well as a credit card. All family members may be entered at one time.

(All skiers, except 6&7 yr. olds, must join NHARA)

MEMBERSHIP APPLICATION
2009-2010 SKI SEASON
 PO BOX 222
 LACONIA, NH 03247-0222

Last Name	First Name
	Mrs., Ms.
Mr.	

The information you provide will be used for the on-line member directory and the communication lists, that are available in the clubhouse. (includes parent/guardians names, e-mail, athlete's name and phone number) The on-line information is password protected. If there is anything you don't want listed on either of these documents, please note it.

Mailing Address	City	State	Zip
Mrs., Ms.			

Mr.

Home Phone	Local Phone	Work Phone	Cell Phone
Mrs., Ms.			

Mr.

Ms. Email	Mr. Email
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CHILD'S NAME	DATE OF BIRTH	CLASS *	USSA NUMBER

* Classes are by Age as of Dec 31: **J1** – (Ages 17, 18) ; **J2** – (Ages 15, 16) **J3** – (Ages 13, 14); **J4** – (Ages 11, 12) ; **J5** – (Ages 8, 9, 10) **J6** - (6 & 7 YR olds have their own class)
All athletes are required to have a **USSA** Competition Membership in accordance with their age group.
All skiers (except 6 & 7 YR olds) are **required to join NHARA**.

MEMBERSHIP FEES

<u>Annual family membership</u> (REQUIRED of all skiers' families).....	\$ 85
<u>Social Membership</u> (for those families or individuals without athletes in the club who wish to support GSC).....	\$ 50
Training Fees for J1 and J2	\$825
Training Fees for J3	\$660
Training Fees for J4 and J5	\$605
7 year old program and age 6 (by Dec. 31)	\$495
<u>LATE FEE</u> For Applications postmarked After 10/15/08	
(EXCLUDES NEW MEMBERS)	\$ 75

2009 – 2010 GSC SKI LOCKER RENTAL APPLICATION

Ski lockers are available for rental from the Gunstock Ski Club for the 2009-2010 ski season. These lockers are located next to the ski club building and they provide our members with a safe, convenient place to store their ski equipment at a very affordable price. There are 56 small & 18 large lockers available for rent. GSC members may reserve the same locker number that they had the previous season. To reserve your locker, all membership & locker fees must be paid no later than **10/15/09**. After that date rental will be on a first come, first serve basis. **REMEMBER, each member is responsible for providing a lock for his/her locker and for removing it at season's end..**

Please Choose One of the Following:

Rental Fees: Small Locker - \$75/ season (holds 3 prs. skis)
 Large Locker -\$1 50/ season (holds 6 + prs. skis)
 Locker No. _____ (from last season)

Name: _____

Address: _____

Telephone No: _____

Amount Enclosed: _____

Name of Family: (if sharing locker) _____

Telephone No: _____

I/we the undersigned do not hold the GSC Ski Club responsible for any theft, loss, or damage to property in or around the storage lockers.

(Members must sign) Signed: _____

Amount for locker rental may be included in check for membership & training fees.

Questions about locker rentals? Please contact Tim Lefebvre at 603-431-5362

GUNSTOCK SKI CLUB

Athlete Code of Conduct and Waiver of Liability

Code of Conduct

1. All racers should realize that the success of the Gunstock Ski Club program depends on the hard work and support of racers, coaches, and parents. All racers are expected to contribute their time and effort when the need arises.
2. All skiers/racers must comply with the current USSA and NHARA codes of conduct as well as the current equipment standards required by these organizations.
3. All GSC skiers/racers will abide by all rules of skier safety, including those local rules set forth by individual ski areas while at GSC supported events.
4. Skiers are expected to conduct themselves in a sportsmanlike manner at **all** times, realizing that they represent the Gunstock Ski Club.
 - * No racer shall use profanity, abusive language, disruptive or disrespectful behavior during any club sponsored event, including training, home or away races, and non race activities. If such behavior does occur, the athlete may be *suspended* from training or racing in GSC supported events.
 - * Skiers who continually display disruptive behavior during training may be **suspended** from training for the remainder of the day upon the discretion of the lead coach for the level involved.
5. * All GSC racers are prohibited from the use of alcohol or drugs at any GSC sponsored events, including training and racing at all venues, as well as any time the skier is under the supervision of the Gunstock Ski Club or its staff. Consequences of illegal use or possession of alcohol or drugs will be suspension from all GSC training and races for the remainder of the season not to exceed one calendar year. Suspensions will be determined by the Alpine Race Committee, with appeal, and no refund or reimbursement of fees will be allowed.

Waiver of Liability

The skier and his/her parent/guardian understand that participation in any skiing activity involves risks of serious injury, including permanent disability, death, and other losses due to the action of the skier or action, inaction, or negligence of others. The skier agrees to be physically and psychologically prepared to participate, and to use equipment of a type and condition reasonably necessary to safely participate in the sport. The skier/parent/guardian agrees to take all reasonable responsibility for his/her safety while participating in GSC events and assumes all responsibility for any injury or loss incurred.

Furthermore, the skier and his/her parent/guardian/relatives/heirs agree(s) to waive, release and hold harmless members of the Gunstock Ski Club, its staff, directors, supporters, sponsors, and affiliates from any and all claims for liability, injury, loss, or damage in any way connected with participation in GSC activities.

Racer will not be allowed to participate in any GSC activity until the athlete/s has/have signed their consent to the above form.

Comments, suggestions and criticisms should be addressed to the *Board of Directors*.

PLEASE SIGN AND DATE ON THE COMMUNICATOR ANSWER PAGE.

Gunstock Ski Club

PARENT CODE OF CONDUCT

The goal of Gunstock Ski Club (GSC) is to make ski racing fun for athletes of all ages. Therefore, it is imperative that athletes, coaches, parents, families, spectators and race officials conduct themselves with the highest degree of sportsmanship. To facilitate this objective, both the USSA and NHARA have a Code of Conduct for the athletes, while GSC has implemented a Parent's Code of Conduct.

Specifically, everyone associated with the GSC ski racing program will be expected to promote a constructive and positive atmosphere both on and off the hill. While it is understandable that training and competition can and will breed excitement and high emotion, the GSC Board believes that spirited training and competition can be experienced without a "win at all cost" mentality.

PARENT CODE OF CONDUCT

I hereby pledge to provide positive support, care and encouragement for my child participating in ski racing with the GSC by following this Parents' Code of Conduct.

- I will inform the coach of any physical disability or ailment that may affect the safety of my child or others.
- I will learn the rules of ski racing and the policies of NHARA.
- My guests and I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, officials and spectators at any and all races, training and GSC events.
- I will place the emotional and physical well being of my child ahead of a personal desire to win.
- I will not encourage any behaviors or practices that would endanger the health or well-being of the athletes.
- I will teach my child to race and train by the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other racers, coaches, officials and spectators with respect, regardless of race, color, creed, sex or ability.
- I will never ridicule or yell at my child or another participant for making a mistake or losing a competition.
- I will do my very best to make ski racing fun for my child.
- I will help my child enjoy the ski racing experience by doing whatever I can, such as providing transportation, being a respectful fan. or assisting with club duties.
- I will respect the officials and their authority during races and support coaches working with my child in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs and alcohol and I will refrain from their use at all race events.
- I recognize that the relationship between an athlete and a coach can be altered dramatically by the presence of a parent. Therefore, during training I will do my best to "observe from afar".
- I will refrain from coaching my child or other racers during training and races, unless I am asked to assist by a coach.
- **I have read and agree to abide by the GSC Code of Conduct, a copy of which I have received**

PLEASE SIGN AND DATE ON THE COMMUNICATOR ANSWER PAGE

GSC COMMUNICATOR ANSWER PAGE AND SIGNATURES PAGE

The primary means of communication used by the Gunstock Ski Club coaches and Board is via email. It is important that you go to the Gunstock Ski Club website www.gunstockskiclub.org and sign up for the mailing list(s) from which you would like to receive communication.

From the home page select Contact Us & Mailing lists from the options on the left column. Add your name and email address and select the Club – General mailing list and the individual class level of your athlete(s).

Class Levels are as Follows: Ages as of Dec 31:

J1	(Ages 17 & 18)	J3	(Ages 13 & 14)	J5	(Ages 8, 9 & 10)
J2	(Ages 15 & 16)	J4	(Ages 11 & 12)	J6	(Ages 6 & 7)

If you have any problem signing up for the mailing lists please contact mclaugh@metrocast.net

Mentoring At Gunstock Ski Club

In an effort to help new AND returning members navigate their way through the maze of getting themselves and their kids to the right place at the right time with the right equipment, the club offers mentoring. If you indicate that you would like to be mentored, you will be contacted prior to the start of the race season by a club member. We will do our best to match you with someone who has an athlete in the same age group.

Yes, I would like to be mentored. My child (ren) is/are a J____J____J____ and their name/s is/are _____

Parent Name _____

Parent e-mail _____

Phone _____

SIGNATURES

By signing the below I acknowledge that I have read and agree with all terms and conditions set forth in the following documents. These documents can be found on the Gunstock Ski Club website www.gunstockskiclub.org (Membership Information Section)

Athlete Code of Conduct & Waiver of Liability:

Athlete Name: _____ Signature: _____ Date: _____

Athlete Name: _____ Signature: _____ Date: _____

Athlete Name: _____ Signature: _____ Date: _____

Parent Code of Conduct & USSA Volunteer Race Worker Registration Form:

Parent Name: _____ Signature _____ Date _____

Parent Name: _____ Signature _____ Date _____

Permission For Medical Treatment

I, _____, parent/guardian of _____,
Authorize medical treatment for my son/daughter in the event I cannot be reached and treatment is
necessary due to injury sustained while my said son/daughter is participating in the ski programs of the
Gunstock Ski Club, the New Hampshire Alpine Racing Association and/or the United States Ski and
Snowboard Association. Such medical treatment shall be given by a licensed physician in the field of
medicine at my expense.

Dated _____

Signature _____

Print Name _____

Medical Information

Athlete Name: _____

Parent/Guardian Name(s) _____

Address: _____

Family Doctor: _____

Home Phone: _____

Doctor's Phone: _____

Phone During Weekend: _____

Doctor's Address: _____

Emergency Phone: _____

Other Contacts:

Name: _____

Name: _____

Relationship: _____

Relationship: _____

Phone: _____

Phone: _____

Please check appropriate column:

Yes

No

Diabetes? _____

Epileptic? _____

Heart Condition/Disease? _____

Kidney Injuries? _____

Asthma? _____

Allergies to Medication? _____

If yes, list _____

Allergies to Other? _____

If yes, list _____

While competing do you wear

Contacts? _____

Glasses? _____

Date of last tetanus shot: _____

Insurance Company: _____

Name of Insured: _____ Policy # _____

Group # _____

Other: Please State: _____

Family Dentist: _____ Phone: _____

NOTE : Please complete one sheet for each of your athletes.

USSA Volunteer Race Worker Registration

Read the following warnings carefully before signing:

1. Ski and snowboard competitions involve *many inherent risks, dangers and hazards*. These risks, dangers and hazards may exist at any time and at any place in and around the competition course or facility. They may threaten not only the competitors themselves, but may also threaten you as a competition worker.
2. Due to high speeds, slick surfaces and icy conditions, you will be at risk of being struck by competitors and/or runaway equipment. While you must *pay close attention to the intervals between competitors*, you must also be aware that such intervals are sometimes irregular. You must *pay special attention to competitor fall zones and likely trajectories of competitors* who may lose control and/or fall. If you have any questions or concerns about fall zones and/or trajectories, you should inquire with a member of the Competition Jury.
3. The Competition Jury is responsible for controlling the competition. You must comply with instructions of the Jury regarding opening and closing of courses, and regarding your positioning on the course. However, given the unpredictability of ski and snowboard competition and the winter mountain environment, following the advice of Competition Jury members or any other person does not and *cannot guarantee your safety*. If you believe that complying with a Competition Jury instruction would expose you to risk of injury, you should clearly state your concern to a Jury member and state your intention not to follow the instruction.
4. Competition equipment may be cumbersome and heavy. Exercise caution in carrying and handling such equipment to avoid injury from strain or exertion, particularly when working on steep and uneven terrain. Also, pay attention to climatic conditions and protect yourself from exposure and dehydration.
5. Side-slipping of race courses involves many of the risks and dangers inherent in the sport of skiing. These risks may be exacerbated by short time periods between racers in which side-slipping must be completed. If you lack advanced skiing skills or are otherwise unwilling to assume the risks inherent in this activity, do not participate in side-slipping of courses.
6. Consumption of alcohol or illegal drugs by race workers in USSA competitions is strictly prohibited. **I have read and I understand the foregoing warnings. In spite of the risks, dangers and hazards involved in such activities, I nevertheless choose to volunteer my services as a USSA race worker.**

PLEASE SIGN AND DATE ON THE COMMUNICATOR ANSWER PAGE

2009 - 2010 VOLUNTEER COMMITMENT

Each family is required to volunteer for a minimum of **Eight (8) races**. One additional commitment must be used for working the **Ski Sale for at least 6 hours** either **Friday November 6th**, or **Saturday, November 7th**. **That is a total of Eight (8) work commitments, PLUS the Ski Sale. The Ski Sale is our main fundraiser. All must participate.**

Each race job will be explained in detail prior to the start of the race season. Your help is essential. It takes forty to fifty people to run each single hill race. We ask that you vary your choices unless you wish to be a gatekeeper: we are glad to have you make gatekeeping your only volunteer choice as we need more gatekeepers than any other job.

If for some reason you cannot make the race you signed up for, YOU are responsible for finding a replacement. In consideration to all, especially the racers, that replacement must be able to do the job as well as you. Any unfulfilled commitments will incur a charge of \$75.00 for the 1st race missed and \$100 for any subsequent races missed. **NO ATHLETE WILL BE PERMITTED TO TRAIN THE FOLLOWING SEASON UNTIL ALL UNFULFILLED COMMITMENT FEES HAVE BEEN PAID.**

The Volunteer sign-up sheet must accompany your application. Below is a list of races and job descriptions.

BELOW ARE 5 UNDERLINED RACE DAYS . PLEASE CHOOSE FIVE (5) OF YOUR EIGHT(8) RACE COMMITMENTS FROM THE UNDERLINED RACE DAYS

<u>Thur.</u>	<u>Dec. 31, 2009</u>	<u>Open J1, J2 SL</u>
Fri.	Jan. 01, 2010	Gus Pitou GS
Sun.	Jan. 10, 2010	Masters SL
Sun.	Jan. 17, 2010	Tecnica Cup J1, J2 SL
Sat.	Jan. 30, 2010	Tecnica Cup J1, J2 GS
<u>Sun.</u>	<u>Feb. 14, 2010</u>	<u>Toni Buttinger Memorial Slalom</u>
Tues.	Feb. 16, 2010	Clifford Nyquist Memorial J1, J2 Night Slalom*
Sun.	Mar. 07, 2010	Lafoley Spring Series J1, J2 SL
Fri.	Mar. 12, 2010	BWL Championships - J4, J5 Finals Training Day
<u>Sat.</u>	<u>Mar. 13, 2010</u>	<u>BWL Championships - J4, J5 SL & GS</u>
<u>Sun.</u>	<u>Mar. 14, 2010</u>	<u>BWL Championships - J4, J5 SL & GS</u>
Thur.	Mar. 18, 2010	Francis Piche Invitational Optional Training Day**
Fri.	Mar. 19, 2010	Francis Piche Invitational Training Day ***
<u>Sat.</u>	<u>Mar. 20, 2010</u>	<u>Francis Piche Invitational GS</u>

*Feb 16th – Clifford Nyquist Memorial Night Slalom – **Race workers start work at 2pm**

**Mar 18th – Piche's Optional Training Day – Course Maintenance only

*** Mar 19th – Piche's Friday Training Day - Course Maintenance & Registration only

REGISTRATION: Indoors at clubhouse. Two arrival times: 6:30 AM and 7:15 AM.

SCOREBOARD: Post times on outdoor scoreboard. 8:30 to end of race.

TIMING: Anyone interested please contact Laurie Osuchowski @ 279-4387 8:30 to end of race

STARTERS: Anyone interested please contact Laurie Osuchowski @ 279-4387 8:30 to end of race

GATEKEEPERS: Assisting racer safety, vitally important to the racers. 8:00 to end of race

COURSE MAINTENANCE AND SETUP: Help set up equipment before and/or take down after race.

Maintain snow conditions and replace broken gates during race. Usually 7:00 AM to end of race

RACE LUNCHESES: Prepare lunches for race workers. Time commitment includes preparation prior to race and set up and cleanup on day of race. Reimbursed up to a preset amount for materials. Lunch needs to be set up by 11 AM.

2009 - 2010 RACE / VOLUNTEER COMMITMENT SIGN UP

The sooner you return this page, the more opportunity you will have to work the races you have chosen. Please check the NHARA race schedule for possible conflicts with your child's away race schedule. The NHARA schedule is available on their website (www.nhara.org) and also in the NHARA handbook. Gunstock Ski Club also has the NHARA race schedule on its website (www.gunstockskiclub.org). All are subject to change.

NAME _____ TELEPHONE _____

Mrs _____ Mrs _____

Mr _____ Mr _____

Parent of (list your child's name) _____

PLEASE LIST THE MEMBER'S NAME WHO WILL BE WORKING (6 hour minimum)

SET UP Friday, November 6, 2009

Name(1) _____ AM _____ to _____ PM _____ to _____
Workers needed 8AM – 6 PM

Name(2) _____ AM _____ to _____ PM _____ to _____

SKI SALE Saturday, November 7, 2009

Name(1) _____ AM _____ to _____ PM _____ to _____
Workers needed 8AM – 6PM

Name (2) _____ AM _____ to _____ PM _____ to _____

	<u>RACE NAME</u>	<u>DATE</u>	<u>VOLUNTEER JOB CHOICES</u>
1st RACE	_____	_____	1st _____ 2nd _____
2nd RACE	_____	_____	1st _____ 2nd _____
3rd RACE	_____	_____	1st _____ 2nd _____
4 th RACE	_____	_____	1st _____ 2nd _____
5th RACE	_____	_____	1st _____ 2nd _____
6th RACE	_____	_____	1st _____ 2nd _____
7th RACE	_____	_____	1st _____ 2nd _____
8th RACE	_____	_____	1st _____ 2nd _____

Reminder that FIVE (5) of your eight commitments must be for the UNDERLINED RACE DAYS

Please note that race workers signing up for the Clifford Nyquist Memorial Night Slalom must report at 2:00 pm.
QUESTIONS ABOUT VOLUNTEER COMMITMENT SIGN UP PLEASE CALL:
 Jill Lieberman 603- 528-5570

Please Note: If for some reason you cannot make the race you signed up for, you are responsible for finding a replacement. In consideration to all, especially the racers, it is important that your replacement be as committed and able to do the job as yourself. Any unfulfilled commitments will incur a charge of \$75.00 for the 1st race missed and \$100 for any subsequent races missed.

2009 - 2010
J3, J4 and J5 Central Division Race Series

J3 Series

1/03/2010	SL Qualifier - Franconia (Cannon Mountain)
1/10/2010	GS Qualifier - Waterville Valley
1/24/2010	GS Qualifier - Loon Mountain
1/27/2010	Regional Group Super G – Mount Sunapee
1/28/2010	Regional Group Super G – Mount Sunapee
1/29/2010	State Group Super G – Mount Sunapee
2/07/2010	Regional Group GS – Loon Mountain
2/07/2010	State Group GS – Waterville Valley
2/21/2010	State Group SL – Crotched Mountain
2/21/2010	Regional Group SL – Mount Cranmore
2/27/2010	NHARA J3 Finals - Dartmouth Skiway
2/28/2010	NHARA J3 Finals - Dartmouth Skiway

J4, J5 Series

1/24/2010	SL Qualifier - Pat's Peak
2/07/2010	GS Qualifier – Crotched Mountain
2/21/2010	GS Qualifier - Ragged Mountain
3/05/2010	BWL Finals Optional training - Attitash
3/06/2010	BWL Finals - Attitash
3/07/2010	BWL Finals - Attitash
3/12/2010	BWL Championships Optional Training Day - Gunstock
3/13/2010	BWL Championships - Gunstock
3/14/2010	BWL Championships - Gunstock

A schedule for suggested and optional J4, J5 open races will be available on the Fit Day September 27th.

J1, J2 schedules are very individual. J1, J2 possible schedules will be available at the Fit Day.

The schedules are all posted on the NHARA site: www.nhara.org

2009 – 2010 Races at Gunstock

Thur.	Dec. 31, 2009	Open J1, J2 SL
Fri.	Jan. 01, 2010	Gus Pitou GS
Sun.	Jan. 10, 2010	Masters SL
Sun.	Jan. 17, 2010	Tecnica Cup J1, J2 SL
Sat.	Jan. 30, 2010	Tecnica Cup J1, J2 GS
Sun.	Feb. 14, 2010	Toni Buttinger Memorial Slalom
Tues.	Feb. 16, 2010	Clifford Nyquist Memorial J1, J2 Night Slalom*
Sun.	Mar. 07, 2010	Lafoley Spring Series J1, J2 SL
Fri.	Mar. 12, 2010	BWL Championships - J4, J5 Finals Training Day
Sat.	Mar. 13, 2010	BWL Championships - J4, J5 SL & GS
Sun.	Mar. 14, 2010	BWL Championships - J4, J5 SL & GS
Thur.	Mar. 18, 2010	Francis Piche Invitational Optional Training Day**
Fri.	Mar. 19, 2010	Francis Piche Invitational Training Day ***
Sat.	Mar. 20, 2010	Francis Piche Invitational GS

***Go to the NHARA website (nhalpine.org) to check full state-wide schedule of races**

Miscellaneous Notes:

GSC APPAREL - For Gunstock Ski Club team jackets and sweatshirts contact Rob Bolduc at Piche's Print Shop print@piches.com

CONCUSSION MANAGEMENT TESTING – this year we are trying an optional Baseline Testing for Concussion Management. Access Sports Medicine has agreed to provide free baseline testing for GSC athletes aged 10 and up. Baseline testing is non-invasive and provides information to medical staff should your athlete require treatment later for a head injury. Many programs across the country use this to help diagnose and manage concussions. We feel it is a great preventive step and urge you to participate if your athlete is old enough. Please ask your age group coach about testing.

PERMISSION FOR MEDICAL TREATMENT sheet – make sure you print out a blank copy of this and fill it out for each of your athletes. Each coach keeps these with them at races and at training in case your athlete is injured and you are not there.