HHS Alpine Ski Team 2018/2019

Greetings Fellow Skiers!

Thanks for coming out. This package contains information that you need to know about the ski racing season. Please go through it carefully and share it with your parents and/or guardians. There are some forms to fill out and return.

Our first race is at Mount St. Louis/Moonstone on **Thursday, December 20th.** The team will travel to away races by bus, partially funded by HHS Athletics. We will be hosting a race at Hidden Valley again this season!

Our first on-snow practice will on a Saturday or Sunday in early December (pending snow conditions), stay tuned for the date. As always, the racing schedule does not allow for a regular slate of practices (i.e. "each Friday night"). Please refer to the team schedule for dates and times. **Athletes must attend at least one on-snow practice prior to their first race entry**. Please remember that if you are not a club member or season pass holder you will need to purchase a lift ticket for practices and races. All team members are expected to attend all practices.

Please see the OFSAA/GBSSA helmet rule sheet (attached). The rule applies to all on snow events (practices and races), not just the OFSSA tournament. If you have any questions about your eligibility to participate, or concerns regarding equipment, please ask Mr. Byl.

See you on the slopes!

Your Coaches,

Mr. Nico Byl [contact: 705-789-5594 ext 35026, or nico.byl@tldsb.on.ca]
Mr. Ian Patterson [contact: 705-789-5594 ext 35017]

hhs.tldsb.on.ca/alpine-ski-racing-teams/

Things You Need To Know:

Cost

- **Alpine Participation Fee**: **$295.^{00}**, payable before the first practice on **December 18th**. The fee covers entry fees for all races (not including OFSAA), lift tickets for race days (not practices), practice fees.
- **HHS Athletic Fee**: student athletes contribute to HHS athletics through a participation fee *(covers transportation, championship participation fees, awards banquet, etc.)*. The fee is **$50.^{00}** for the first team that the athlete participates on, **$30.^{00}** for the second, and **$20.^{00}** for the third, fourth, etc. Please determine the appropriate amount for you and submit payment to the Alpine coach prior to the first practice on **December 18th**.
- **HHS Student Activity Fee**: all students must have their student activity fees paid in full to participate in any extracurricular activity.
- **Additional Costs:** race day lunches, lift tickets for practices, equipment.

Schedule

As of printing time, the schedule for the season looks like this:

HHS Alpine Ski Team Schedule

Date	Event	Time & Place
Nov 21 & Dec 6	Meetings	11:35 in Library
Dec ?	*Practice*	*Hidden Valley – 1 to 3 PM*
Dec 12 & 19	Meetings	11:35 in Library
Dec 16	*Practice*	*Hidden Valley - 1 to 3 PM*
Dec 20	**RACE**	**Mount St. Louis, Moonstone**
Christmas Break		
Jan 6	*Practice*	*Hidden Valley 1 to 3 PM*
Jan 9	Meeting	11:35 in Library
Jan 10	**RACE**	**Hidden Valley, Huntsville**
Jan 15	Meeting	11:35 in Library
Jan 16	**RACE**	**Alpine Ski Club, Collingwood**
Jan 17	*Practice*	*Hidden Valley - 6 to 8 PM*
Exam Break		
Jan 31	*Practice*	*Hidden Valley - 6 to 8 PM*
Feb 5	Meeting	11:35 in Library
Feb 6	**RACE**	**Osler Bluff, Collingwood**
Feb 7	*Practice*	*Hidden Valley – 6 to 8 PM*
Feb 13	Meeting	11:35 in Library
Feb 14	**RACE**	**Osler Bluff, Collingwood (GBs)**
		Rain date is the 15th
Feb 21	*Practice*	*Hidden Valley - 6 to 8 PM*
OFSAA February 25 to 26 at Osler Bluff, Collingwood		

Note: Some of the dates and times may be adjusted as we go in response to factors beyond our control. Pay close attention to announcements, attend all meetings and **monitor our team web page, hhs.tldsb.on.ca/alpine-ski-racing-teams/,** to stay up to date.

Rule Reminder: Racers not to be in terrain parks

The following is a GBSSA rule: "… *any racer found in a terrain park at one of our races or during a team practice, will be disqualified*".

GBSSA Championships

GBSSA regulations require each school to participate in at least 2 races, and each individual must compete in at least 1 race to qualify for the GBSSA championship race. **In addition**, to qualify for GBs a participant must have participated in a minimum of eight team events (combination of races and practices (including dry-land)).

Definition of Teams and Team Members:

High School Athletes: are school-trained athletes. They have NO ski league affiliation race training, beyond the U-12 category.
Open Athletes: are those skiers who have ski league affiliation and race training, beyond the U-12 category.

A member of the current year's provincial team, or higher, is ineligible for GBSSA and/or OFSAA competition.

Race Regulations & Guidelines

For a complete list of all regulations you can read them at the OFSAA Website at http://www.ofsaa.on.ca". GBSSA's regulations are governed by the OFSAA regulations, which are essentially governed by the FIS, International Ski Competition Rules with a few exceptions that OFSAA outlines quite clearly in section 6 of the Alpine Playing Regulations document.

OFSAA/GBSSA Crash Helmet Rule

Crash helmets are **mandatory** for all competitors of OFSAA, GBSSA and MPS alpine ski events (races, practices and championships). A helmet (as per FIS equipment rules) must be suitable for ski racing and provide complete head protection.

- The helmet hard shell and padding must cover the head (front and back) and the ears. Helmets must have a smooth top surface. Spoilers and edges that stick out are not permitted.
- Helmets with detachable ear flaps (sometime called “three quarter” or “beanie” helmets), helmets with build-in earphones are not permitted.
- Helmets must be fitted to the racer and be fastened with a chin strap. Helmets must satisfy minimum requirements and be certified by a recognized agency (i.e. C.E. (certification for European products), A.S.T.M. (American Standards for Testing and Material), or SNELL).
- Helmets meant for other alpine sports such as free riding or snowboarding or sports such as hockey or cycling are not permitted.

Below are examples of **acceptable hard shell helmets** with full ear protection:

Below are examples of **unacceptable (prohibited)** alpine hard shell helmets without full ear protection: