

2009-2010 Important Dates

Ski Swap	Oct 10
Redding Registration Meeting	Nov 17
Mt Shasta Registration Meeting	Nov 18
Far West Training begins	Dec 19
Christmas Camp	Dec 21-24
Sunday training begins	Dec 27
Dinner Auction	Dec 31
Regional training begins	Jan 2
Friday training begins	Jan 8
Development program begins	Jan 16
Shakespeare Cup – Mt Ashland	Jan 23-24
Phil Holecek Memorial Race	Feb 6-7
Kaiser Cup – Mt Ashland	Feb 13-14
Ski-A-Thon Fundraiser	Feb 20
Development race; dev. program ends	Feb 20
Coyote Classic – Fifth Season	Feb 26-28*
Paul Gianera Race	Mar 6-7*
Sunday training ends	Mar 21
Regional program ends	Mar 27

* MSST Sponsored Race, March 7 is a business/family race. Fees not included in MSST Registration

** Coaching provided Feb 27 only



Write to:
mtshastaskiteam@gmail.com
or call 530.859.3700 to join!

Volunteer Requirements

Parental help in putting on all the various events and competitions is extremely important to the success of each event. A work deposit of \$200 per family is required upon enrollment in the program and is fully refundable upon completion of required volunteer hours. There are numerous opportunities to volunteer by helping at MSST events such as the Ski Swap, Dinner Auction, Ski-A-Thon and races. Details of the program and information about volunteer opportunities can be received from our Volunteer Coordinator at mtshastaskiteam@gmail.com. Information on the volunteer requirement and volunteer opportunities is also available on our website: www.mtshastaskiteam.com.

A family can choose to voluntarily forfeit its work deposit up front in lieu of fulfilling required volunteer hours.

Fundraising Requirements

Fundraising is vitally important to the success of MSST and its ability to keep registration dues as low as possible. Without a dedicated fundraising effort, our dues will have to be increased in future seasons. Each athlete -- through a variety of fundraising events available (Ski-A-Thon, event ticket sales, etc.) -- must raise a minimum of \$100 per season toward this effort. A family can choose to directly donate this tax deductible amount in lieu of actively fundraising. Athletes with unmet fundraising obligations after the last fundraising event of the season will need to contribute the remaining amount (again, tax deductible!) to fulfill their \$100 minimum.



2009-2010 Youth Ski and Snowboard Education and Race Program Ages 6-18



Member:



PO Box 759, Mt Shasta CA 96067
 Phone: 530.859.3700
 Email: mtshastaskiteam@gmail.com
 Home Page: www.mtshastaskiteam.com

Part of the Mt. Shasta Race Association

What is MSST?

Mount Shasta Ski Team provides a safe environment to encourage positive development of skills to guide our athletes through life. Our goals are:

- To provide a competitive and challenging race program that emphasizes fundamentals, fun, teamwork, sportsmanship, camaraderie and discipline;
- Maintain an affordable program that involves young athletes and their families;
- Provide an evaluation process that encourages our athletes to advance as far as possible; and
- Provide a fundamental and progressive program that integrates the philosophies of the US Ski and Snowboard Association.

Important Information

- A helmet and goggles are required to participate in any on-hill, MSST-sponsored activity.
- Athlete participation in all races is strongly encouraged. Your MSST registration fees include the non-refundable cost of registration for three MSST-sponsored race days for the season. There will be no Regional Alpine Program training held on officially-designated race days (Holecek, Gianera, Kaiser Cup, Sloan Cup).
- Registration meetings will be held in Redding and Mt. Shasta. Parents of all returning, prospective, and/or first time team members are encouraged to attend as all initial registration, orientation, and volunteer signups will be conducted at these meetings. Choose either location:

Redding: November 17, 6:00PM

Round Table Pizza (Mt Shasta Mall)

Mt Shasta: November 18, 6:00PM

Say Cheese Pizza

Development Program

A fun introduction to the fundamental skiing/boarding skills necessary for young athletes to explore and enjoy all areas of our mountain. For ages 6 to 12, the program runs for six weeks on Saturdays from 9:30 to 2:30 and includes a fun race on the last Saturday. Before starting the program, athletes should be able to put skis or snowboard on/off, load/unload the chair lift, make linked turns, ski/board under control and come to a controlled stop. Athletes under the age of six will be considered upon special request to the program director. The cost includes entry fees for the end of program fun race.

Regional Alpine Racing

This exciting program for ages 8 to 18, emphasizing racing, terrain park, and all-mountain skiing skills, offers something for the race enthusiast as well as free-skiers. Saturday practices are held from 9:30 to 2:30. Athletes ski with coaches in groups according to age and ability, and have the opportunity to participate in MSST-sponsored races with coaching. The program schedule includes nine training days as well as six competition days. Entry fees for three MSST-sponsored races are included in the price of this program.

ADD ON OPTIONS!

All MSST members may add additional Friday night training (ten nights, 4-7 pm) and/or Sunday directed technique training (ten days, 9-2 pm). This is a great opportunity for all athletes to improve their skills and racing technique! Athletes will be grouped with peers of similar ability during these additional training sessions.

USSA-Far West Program

This is a comprehensive ski race and training program designed for the serious racer. Practice is held on Saturdays from 9:00 to 3:00 and Sundays from 9:00 to 2:00. Friday night training as described above may be added. Athletes who register with USSA/Far West in addition to MSST may travel and participate in USSA races. Except on rare occasions, a coach will accompany athletes traveling to USSA races and the team will pay the coach's travel and salary expenses. Athlete travel and race expenses will be paid by the athlete's family. Program cost includes entry fees for the three MSST-sponsored races and coaching for up to six USSA race days. Athletes are responsible for race fees for additional USSA Far West races.

Program Fees:

Development	\$200
Regional	\$400
Far West (includes Sunday training)	\$675
Sundays	\$225
Fridays (per session)	\$15

Cancelled Training Days

On certain days, inclement weather may result in the cancellation of a training day. In this event, an announcement will be made on the MSST snow-phone (530)859-3700. Please check the snow-phone before coming to the mountain. No refunds will be given for the loss of program days.