

## **Wachusett Mountain Race Team Participation Guide**

### **Welcome!**

The new season is just around the corner - our favorite time of year!

Quality alpine ski training and coaching is perceived to be the exclusive domain of our northern New England neighbors. Yet, we understand through proper scheduling, creative facility usage and age appropriate training schemes that we can provide an exceptionally upbeat, positive and accelerated learning opportunity for your young athlete right here in the greater Boston area. We are committed to offering a team environment, which generates pride in participation.

Whether just beginning as a new racer or aspiring toward a faraway dream, we will strive to meet your needs. We want your athlete to be excited, motivated and looking forward to their next day of skiing. You have our commitment. We're glad to have you with us!

### **President's Message**

Welcome parents, racers and coaches to the 2011/2012 WMRT race season. WMRT is comprised of great families, dedicated ski racers and committed coaches. It is wonderful to have everyone back and we welcome all of you that are new to our race team family.

Wachusett Mountain Race Team is a non-profit parent operated program. We have operated and maintained a strong fiscal budget coming into this season which allows us to attract and retain excellent coaches as well as invest in communications, fencing, timing and the necessary equipment to insure that our coaching staff and racers are equipped with the best ski racing technology we can possibly provide. Safety for our racers is our utmost concern. Therefore, we ask all parents to become actively involved in supporting the team and improving our ability to sustain an outstanding program. You do not have to be a skier to volunteer! As a demonstration of our success and commitment the kids posted some great results in the 10/11 season. WMRT had athletes from all age groups (J1/J2, J3, J4, J5) qualify for Post Season events, competing in J1/J2 Finals, Tri-State Championships, J3 Finals, J4 Future Stars, The CanAm Invitational and the Piche' Invitational.

Our facilities play a vital role in our ability to run our race program. At Wachusett Mountain, we have the best in the region! The Crowley family and all the staff at Wachusett Mountain continually support and assist WMRT and without their commitment, our program would not be possible.

The members of the WMRT Board of Directors volunteer their time and energy to all the racers, coaches and the program in general and without their dedication, WMRT would not be the race program that it is today! We are a tight knit community. We look forward to seeing our old friends again this season and welcoming any newly joining families.

Ski fast, be safe and have fun!

Mark McCaughey, President

### **Our Program Mission**

*The Wachusett Mountain Race Team will provide excellent programs, coaching, competition and support in a cost and time effective manner. Our primary focus is to develop strong base level skills to allow the skiers to competently participate at USSA club level races while promoting self-esteem, good sportsmanship, and team cooperation. The WMRT skier will develop a long-term enjoyment of the sport along with competitive and technical skills to enable them to compete at a collegiate level if so desired.*

### **Head Coach Message**

Welcome to the 2011-2012 Wachusett Mountain Race Team! I look forward to great season of skiing, racing, skill building and fun!

We hope to have another banner year of snow to train, race and free ski throughout New England and of course, at our awesome home Wachusett Mountain. I look forward to focusing on excellent sportsmanship, individual triumphs and Team results this season. We will explore a variety of training drills, on and off snow strength building and agility. During the season you will learn how to improve your times and overall best.

We have a strong WMRT coaching staff and support to aid in all your needs and we will work as a group to come together and have a lot of successes and fun. Whether you are a first-timer or seasoned racer, we will strive to keep the excitement of the Sport and passion, which lead you to want to develop your personal best and reach your potential. The diversity of level helps us all to be constant teachers and learners as we cheer on our teammates who compete in their first race or others who prepare for the Junior Olympics or US Nationals.

I would like to thank everyone for your overwhelming support. The Board, the Mountain, the Parents and the Coaches have expressed their best wishes, and I strongly believe that we, as a team, can make another memorable season!

Have a great racing season and think snow!!

**Thom Norton**  
**WMRT Head Coach**

Our Staff Mission

"The WMRT staff will provide each athlete the opportunity to excel in and enjoy alpine skiing and racing in a fun, safe and honest environment. We recognize that each young athlete is unique. We will teach, not judge.

The athletes, parents, volunteers, other staff members and all individuals we contact are our customers. We will strive to exceed their expectations and share the joy of our activities."

Who We Are

The Wachusett Mountain Race Team is a not for profit educational organization, dedicated to providing alpine race training opportunities at Wachusett Mountain in Princeton, MA.

WMRT is an organization operated by race team parents in cooperation with Wachusett Mountain. Empowered by our volunteer Board of Directors, WMRT hires a professional staff, to meet the needs of our enthusiastic participants. Our annual budget insures the purchase and maintenance of up to date training and racing supplies.

We are actively involved on committees relevant to our mission.

We conduct sanctioned races at Wachusett Mountain, for our respective age groups, which conform to all current rules and policies of our national governing body, USSA. We host an in-house race series for our younger age groups, for learning, camaraderie and fun

Our fundraising efforts amount to a 30 percent reduction in program fees for you, as well as developing community awareness of our program.

As a member of WMRT, we look forward to your support. Please give your time as a volunteer when asked. It's fun. Be involved.

Programs

Weekend Program	JVI-JV -IV - III - II - I	Saturdays and Sundays	<b>Approx. 35 sessions*</b>
Performance Program	JIV - III - II - I	Sat & Sun, & Tue or Thu	<b>Approx. 48 sessions*</b>
Elite Program	JIV - III - II - I	Sat, Sun, Tues and Thurs	<b>Approx. 61 sessions*</b>

\* Additional sessions may be included throughout the season, to utilize the holiday school breaks and for specific race preparations, staff availability permitting. **Sessions may be also cancelled due to weather conditions.**

Determine your age as of December 31, **2011**

<u>Class:</u>	<u>Year of Birth:</u>
JVI	<b>2003 and under</b>
JV	<b>2001 and 2002</b>
JIV	<b>1999 and 2000</b>
JIII	<b>1997 and 1998</b>
JII	<b>1995 and 1996</b>
JI	<b>1992, 1993, 1994</b>

On Snow Program Dates: November 26\* through mid March .  
\*or the first Saturday Wachusett opens following this date, **weather permitting.**

Each weekend day, on snow sessions begin at 8:00am and will end at 2:30pm (J6- will end at 12:30 both Sat&sun and JV 12:30 on Sun). Our day begins early, to take advantage of the lighter early morning crowds. During very busy times, and to compliment pre-race preparations, we may schedule our program to begin at 7:00am fo specific age groups.

We meet each session at the "Gate Bin", located slope side, in between the bases of the Polar Express and Minuteman Express chairlifts.

All athletes should be at the Gate Bin, ready to ski, 10 minutes prior to the beginning of each session. **\*\*\*BE ON TIME\*\*\***

A small break is taken mid session for warming, snack and hydration.

Our paid, professional staff are designated to a respective age group. These coaches will work together within that age group to create appropriate classes, insuring no greater than a 10-1 coach/student ratio. Class splits will allow athletes to ski and train with other coaches and athletes within their age group. Opportunities will be provided for training across age group boundaries, when sharing common training goals.

Attendance is taken daily, to track the youngster's involvement.

Weekday evening program times **are 7:00 - 9:00pm**

Coaching will be provided at all Tri State Qualifier and USSA Championship Events.

## **Fees**

For each enrolled athlete, we ask you to complete the following prior to participation:

- *WMRT Enrollment Application.* Please provide us with all requested information on the form. Please print legibly. Athlete information is used to track our participants. We maintain a complete, confidential contact roster to help keep you well informed.
- Determine which program you are enrolling in. Mark the appropriate level. Sign the Disclaimer.
- *MediForm.* Please complete. In case of an emergency, at home or while away racing, your medical release form can be faxed or E-mailed directly to the care facility. **\*\*\*PLEASE MAKE SURE ALL NECESSARY EMERGENCY INFORMATION IS ON THIS FORM.**
- Enclose the appropriate fees. You may use a personal check or credit card.

All WMRT Enrollment Fees provide staffing and training supplies support for our program.

All WMRT enrollment fees are non refundable. Fees must be received in full prior to participation. Please contact Kim Hanlon, Race Team Coordinator, for complete details on our fees policies.

## **Fees NOT Included:**

- Wachusett Mountain Ski Pass.  
All youngsters enrolled with WMRT will need a Wachusett Mountain pass or daily lift ticket to participate. Substantial pre season discounts are available.  
Contact 978-464-2300 or go to [www.wachusett.com](http://www.wachusett.com) to purchase the product that best suits your skiing needs.
- USSA Membership. (page 7)  
Go to [www.ussa.org/PublishingFolder/assets/Files/alpformsmembussa.pdf](http://www.ussa.org/PublishingFolder/assets/Files/alpformsmembussa.pdf) for a form. or register on line [www.ussa.org](http://www.ussa.org)
- Tri State Membership. (page 7)  
Go to [www.tristateskiracing.org](http://www.tristateskiracing.org) to register on line.
- Athlete Ski Equipment.  
We encourage you to please contact Thomas Norton, for equipment guidance at 978-464-2300 x 3716. We work very closely with Mike Vlass and the Wachusett's Mountainside Ski Shop.  
Substantial discounts and great support for our team members are made available throughout the season.
- Race Entry Fees.  
Fees vary from event to event. Please see the *race schedules* for more details.
- Transportation, Food or Lodging.  
All personal travel expenses and travel arrangements are the racer's responsibility.  
Car-pooling is encouraged.

## **USSA**

**All enrolled WMRT athletes must become a USSA member:**

- Athletes 12 and under will apply for a *USSA Youth Competitor License*.
- Athletes 13 and older will apply for a *USSA Competitor License*.

The *United States Ski Association* is the national governing body for alpine, nordic, freestyle, and snowboarding competitions. They also fund and maintain the US Ski Team.

USSA sanctions snow sport events at the local, state, regional, national and international levels. Our athletes participate in USSA sanctioned competitions. WMRT is a member club of USSA.

Race results for athletes 15 and older will be scored to the *USSA Alpine Classification List*. This scoring of 'points' provides a method for seeding athletes at scored events. The system allows for fair ability comparison rankings of athletes across the country.

The USSA Website is: [www.ussa.org/](http://www.ussa.org/)

For a *membership form*, go to: [www.ussa.org/PublishingFolder/assets/Files/alpformsmembussa.pdf](http://www.ussa.org/PublishingFolder/assets/Files/alpformsmembussa.pdf)

For a current copy of the *Alpine Competition Regulations* in the US, go to:  
[www.ussa.org/PublishingFolder/assets/Files/alpdocscompguidechap7.pdf](http://www.ussa.org/PublishingFolder/assets/Files/alpdocscompguidechap7.pdf)

A full description of the *USSA points and ranking* system is available at:  
[www.ussa.org/PublishingFolder/assets/Files/alpdocscompguidechap3.pdf](http://www.ussa.org/PublishingFolder/assets/Files/alpdocscompguidechap3.pdf)

## **TRI STATE**

### **All enrolled WMRT athletes must become a Tri-State member**

*Tri-State* is a league of racing teams within the *Eastern Region of USSA*, one of three geographical regions of USSA. Tri-State provides qualifying procedures and an event ladder of alpine competitions for the designated age group tiers in the Massachusetts, Connecticut and Rhode Island area. WMRT is a member club of Tri-State.

For complete scheduling, rules, policies, standings, selections and updates, please see:

<http://www.tristateskiracing.org/>

GO TO: [www.tristateskiracing.org](http://www.tristateskiracing.org) to apply on line.

### **Athlete Commitments**

With our goal to provide a healthy, safe environment for all participants, we encourage an atmosphere of honesty, trust and respect. By joining the Wachusett Mountain Race Team, each participant makes a commitment to themselves and their teammates to:

- Follow the skier's code and all ski area rules, at Wachusett Mt and away.
- Be courteous and respectful with all those they contact.
- Cooperate with others. Help others whenever possible.
- Support and encourage their teammates.
- Act with good sportsmanship, dignity and decorum when in public as a representative of the Wachusett Mountain Race Team.
- Accept responsibility for their actions.
- Pay attention and make every effort to improve.
- Be organized and prepared for all training sessions.
- Be punctual. To be on time for all activities, training sessions and events.
- Maintain their ski equipment in race ready condition.
- Support our team rules.
- Work hard. Work smart.
- Cooperate together to make WMRT the best it can be.
- Follow the direction, instruction and guidance of their coaches.
- Respect their coaches, teammates and other athletes.

### **Each WMRT athlete agrees NOT to:**

- Treat others disrespectfully, or to tease or ridicule others.
- Interfere with the learning opportunities of others.
- Blame others for things that are their or no one's responsibility.
- Use swear words or bad language.
- Have any physical contact with team members.
- Engage in threatening verbal or physical behavior.
- Steal from others or use their belongings without permission.
- Use tobacco, drugs or alcohol.
- Tamper with, deface or destroy property of their own or others.
- Break the law or WMRT team rules.
- Cheat or break USSA or Tri State rules.

### **Skier Responsibility Code**

KNOW THE CODE. IT'S YOUR RESPONSIBILITY.

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

This is a partial list. Be safety conscious. Officially endorsed by: NATIONAL SKI AREAS ASSOCIATION.

## **Parent Support Commitments**

As a key member of our team, we would like to ask you to assist us in the following ways:

- Please allow the coaches to make decisions about the appropriate placement of your children. Groups may change regularly for a variety of reasons beyond age and ability.
- Remember the coaches have the best interests of your children in mind. They are also there for other athletes. A disproportionate amount of attention on anyone is detrimental to other team members.
- Let the coaches advise your kids while training and at races. Unless you are part of the hired staff, please assist as support crew, not with coaching.
- Please support the coaches and their decisions. It is important that the youngsters understand their coach is in charge of all matters during organized training and racing.
- Be respectful of the coaches, athletes, other parents and your children. A quiet, helpful approach is encouraged.
- Volunteer to help, at home, away, with events or when asked. Teamwork is the cornerstone of WMRT, and a great place for the kids to learn is through your support. We do ask that *all* parents volunteer for some activity during races held at Wachusett.
- Be polite and gracious to volunteers at all races. They are doing their best. In challenging situations, ask for the coaches to assist.
- Teach your youngsters the value of good sportsmanship by how you may respond in a potentially adverse situation.
- Support your child's learning. Provide encouragement. Look for the good. Help us build each athlete's motivation and desire to learn. We want the athletes to be willing to make mistakes.
- Review the *Athlete Commitments* with your child. They deserve a big hug for their personal commitment.
- Support all athlete's performances, every child from every organization should be acknowledged for their efforts. Do not be afraid to cheer for all of the kids!

## **Training Content**

Introduction, exploration, refinement and eventual mastery of key fundamental skills in alpine skiing is a long-term process. At each stage of development, a methodological approach is necessary. Through freeskiing, directed freeskiing, skill drills, racing drills, and race simulation - active learning, awareness and understanding is stimulated.

As race coaches, our task is to encourage the athletes to feel how to make the skis go fast, and correspondingly, to learn to eliminate the braking forces of turning skis. A ski instructor teaches someone to ski better; **a race coach teaches someone to ski better to be faster.**

Training content can be simplified under two broad terms: technique and tactics. Technique is what and how, tactics are the where and when. As our skill refinement improves (technique), additional challenge is introduced, or specifically, situations are created where to apply the skills (tactic). Skills first, application second.

Quality, quantity and variety must be considered. A high level of attention in learning is only sustainable in short periods. High focus, high quality. The ability to be repetitive and spontaneous in our movements and reactions comes with quantity. Keeping it fun, stimulating and playful requires variety.

An optimal balance of these concepts necessitates creativity and effective time use in our schemes. Always keeping the upcoming race schedule in mind, skill and ability appropriate learning opportunities are initiated. Providing the optimum challenges at the proper time insures success.

The training content for each age group at the WMRT is really quite similar. The major differences are the amounts of time and levels of expectation, spent within a focus, in relation to their current level of development and awareness. In essence, skiers of disparate abilities may be working on the same skill.

For youngsters very passionate about their sport, provide them with as much on snow time as possible.

## **Alpine Ski Racing**

Skiing for an elapsed time, down a slope, through a series of poles (gates). Four primary disciplines of alpine racing are recognized:

*Slalom (SL)* Shortest, 'quickest' gate configuration. Disciplined. Not acrobatic.  
Total time combined for runs on two separate courses. Inspection Only.

*Giant Slalom (GS)* Smooth, longer turn type gate configuration. Rhythmical.  
Total time combined for runs on two separate courses. Inspection Only.

*Downhill (DH)* Gliding, full mountain set to the slope type gate configurations. Fast.  
Each racer takes one timed race run on the course. Training runs are required.

*Super G (SG)* The gliding of DH, the dynamic arcs of GS. Varied long turns.  
Each racer takes one timed race run on the course. Training runs are not allowed.

Complete descriptions are in Sections 3.1 thru 3.4 USSA Alpine Competition Regulations:  
[www.ussa.org/PublishingFolder/assets/Files/alpdocscompguidechap7.pdf](http://www.ussa.org/PublishingFolder/assets/Files/alpdocscompguidechap7.pdf)

In our Tri State region, only Giant Slalom and Slalom events are currently calendared.

Three key officials oversee each competition. They are the 'Jury'. The jury insures the event conforms to all rules and regulations for that level of competition. The organizers insure all jury requests are followed, particularly safety considerations.

The jury decides on any rules infractions according to the current competition regulations.

Requirements for gate distances, number of gates and vertical drop of slope must be met and maintained for each discipline at each race site. Also adhered to in our training.

Timing systems must meet stringent testing and be verified, with backup capabilities at each race. Scored races require primary, secondary and backup timing systems - all running simultaneously and recording independently for each racer.

The snow surface is monitored closely and maintained regularly, in an effort to provide a consistent track for the entire racing field. This is challenging depending on snow type, weather and temperatures.

Start orders, results and scoring are all computerized.

Giant Slalom size turns are the primary focus for us at the JV level, with some introduction to the shorter turns type of Slalom. Introduction to the speed elements of Super G is at the JIV level, and the opportunity to compete in all four disciplines is at the JI-II level.

## **Entering a Race**

The procedure is really quite simple: Fill out a race entry card completely, or provide the following information, you may do so manually or use our [on line entry card](#) ( **this only fills out your entry card you still must send it in with payment** ):

Last Name / First Name: As it appears on your USSA Membership Card.  
Sex: M or F  
Club: WMRT  
Year of Birth: You know.  
Age Class: I II III IV or V  
Address: Your Home Mailing Address  
USSA#: As it appears on your USSA Membership Card.  
Name of Race: As listed on the attached *Race Schedule*  
Location: Ski Area name where you are going  
Date of Race: Be sure this is accurate. Areas run many events each year.

**You are responsible to send this entry information, along with the appropriate entry fee to the event organizer.**

*Entries must be sent directly to the respective host teams(race team hosting the race).*

Make every effort to send these entries in early. (**21 days in advance or sooner**) with payment.

**Late entries may not be accepted or may be subject to a late fee.**

**Some races have large field sizes. If you want to race, get your entries in early!**

We strongly recommend [enclosing a self-addressed stamped postcard](#) indicating the race organizer has received your entry voucher and your child is entered into the race. Provide a place for the organizer to sign the postcard. This becomes your written receipt. Another way is most race programs use entry list which are posted on either [www.Tristateskiracing.org](http://www.Tristateskiracing.org) or if out of state you can try live timing site [www.live-timing.com](http://www.live-timing.com).

If you are unable to attend an entered race, contact the organizer no later than 4-5 days prior to the event or 1 day of any deadline date. Ask them to destroy your check. **They do not send checks back to you. If you do not contact them they will cash your check even if you do not race.**

## **A Parent's Day at the Races**

Preparing to go off to the races requires simple pre planning and organization.

- 21 days prior to the event, send in your entry and fees.
- Ski preparation and maintenance should not change drastically just before a race. Skis should always be in race ready condition during training. Large modifications to sharpness or flatness changes the way the ski feels. No new equipment at a race.
- Check all ski gear early in the week to be sure it's ready. Realizing you've lost a basket or a boot buckle or need a new goggle lense the night before a race can be harrowing. Check straps, zippers, etc.
- No big schedule or routine changes prior to a race. Maintain daily habits and rhythms and foods. Race like you train. Train like you race.
- Plenty of rest and water hydration. Everyday.
- SKIS - BOOTS - POLES - HELMET - GLOVES - GOGGLES - USSA CARD - WARMUPS - PARKA - XTRA SOCKS - INCLEMENT WEATHER GEAR - LUNCH.
- Pack the night before.
- Relax. It's fun. If you're wired, the kids can tell.
- Plan the trip as an adventure. Make the trip fun.
- Be sure you have directions to the ski area and anticipated driving times.
- Check your checklist before driving away. Packing it doesn't mean you brought it.

Once at the event site, take in the scenery. If you've planned properly, you'll have plenty of time. Remember, IF YOU CAN'T BE ON TIME, BE EARLY!

- Find the race registration desk. Check the start list or an alpha list for your name and your corresponding bib number. The volunteers are there to help you. Tell them you're entered.
- Get a bib. They will ask for your USSA card, and use it as a bib deposit.
- If you can get a start order, you will be very popular with those who couldn't.
- A race information sheet will also be provided with pertinent info. This is important. Share with your youngster.
- Plug your youngster in with the WMRT coaches.
- Say "see ya later! You're gonna do great!" Let them go to be part of the team.
- Go volunteer to help with the race. It distracts your anxious glare on your child.

During the race, not much to do. The kids will be off doing their thing. Coaches will be sure to keep them organized. We don't want to micro manage too much. They need to find their own comfort. Remember, to them this is PLAY, you know, sports.

- Cheer for *all* the kids. WMRT and others.
- Meet other people.
- Stay away from scoreboard watching. That's the coach's job.
- Posted times are unofficial. If a gross error seems evident, speak to your coach immediately AFTER the run is over. Spectator parents have no capacity to address officials on issues of disqualifications or other anomalies. The coach is empowered to help straighten these things out.
- Keep your athlete fueled and have them eat between runs. Light, healthy snacks and water throughout the day is perfect. Minimize the junk and soft drinks. Please? Thanks.

After the race, be sure bibs are returned and you retrieve your bib deposit. Time for more skiing? Great! Please go to the prize giving. Let's show good sportsmanship and provide support and encouragement for the successes of everyone. Let's show support for the organizers too.

When communicating about the race with your athlete, talk about the experience as much as the performance. In terms of their skiing, they may have done really well for themselves, but others had good days too.

Many factors go into doing well in sports:

- Technique
- Tactics
- Equipment
- Environmental
- Physical
- Psychological (emotional)

Learning opportunities abound. Keep your expectations in perspective.

We want to establish confidence in learning throughout the training and racing process. You can be very helpful by assisting the youngsters to have a 'can do' spirit.

- Positive self talk (affirmations)
- Performance is not tied to self worth
- Unconditional support
- Focus on strengths
- No blaming
- Keep it fun
- Pride in doing our best

### Race Rules to Know

These rules apply to SL/GS. Please refer to the **2011 USSA** Competition Regulations in the USSA Comp. Guide or: [www.ussa.org/PublishingFolder/assets/Files/alpdocscompguidechap7.pdf](http://www.ussa.org/PublishingFolder/assets/Files/alpdocscompguidechap7.pdf)

- When in the course area, each athlete must have his or her bib with him or her.
- No free-skiing on the race hill before or during the event
- Inspection of the course is allowed by descending slowly next to, or through the gates in a non-skiing fashion. Generally, athletes "slip" the course.
- Inspection of the course is only allowed during specified times.
- No "shadowing" of the course is allowed.
- Altering the course or its markings in any way is strictly forbidden.
- No descending the course once the race is in progress, unless exiting the area after a "DNF" or "DSQ"
- Racers must wear their designated bib number in race fashion to start. It may not be altered in any way.
- Athletes must be at the start in order, as listed on the official start order. A new start order will be issued for the second run.
- Helmets are required for Giant Slalom. WMRT encourages them for Slalom too.
- Ski poles must be planted firmly in the snow in front of the start wand to start.
- The starter will say "10 seconds! 5-4-3-2-1-GO!" A racer has a 5 second window on either side of the "GO!" command to leave the start. In Slalom only, the starter will say, "Racer Ready...GO!" The skier must leave the start within about 10 seconds.
- No outside physical assistance is allowed during a race run.
- All gates must be negotiated (in any order) to be a valid run. Legal gate passage is "Tips and Boots". Both ski tips and both boots must cross the imaginary line of each gate, from any direction, in any plane.
- Continuing on the course after a clear disqualification (missed gate) is not allowed.
- A racer being overtaken by another racer must yield to the oncoming skier. An overtaken skier is allowed to continue on the course.
- If you are overtaking another skier and they fail to yield, or you are obstructed by a spectator, official, moose or other ("Interference"), stop and exit the course immediately. Report to the nearest official. A re run will be granted. Failure to stop after "interference" will negate any opportunities for a rerun.
- Athletes may not continue on a course if they lose a ski. If your ski comes off, exit the course. Exception: 2 or less gates above the finish.
- A racer may not cross the finish line and then go back up the slope to pass a missed gate.
- Falling through the finish is legal, as long as the athlete scurries to get their feet across the line. Their time is taken when any body part stops the timekeeping.

Failure to follow the above rules may lead to a penalty, including disqualification.

Protests against a disqualification must be made in writing, within 15 minutes of official posting. (Posted at the scoreboard, after each run). A fee (up to \$50.00) must accompany the protest. Protests can only be filed by officials or accredited coaches. Spectators are not allowed to protest. After a jury ruling, the fee will be kept if the protest is denied.

### Information Contacts

Forms - Memberships - Payments - Address Changes - Race Entry Info:

#### **WMRT Race Team Coordinator**

Kim Hanlon  
6 Nashoba Place  
Worcester, MA 01606  
508-853-0693 cell # 508-688-7389  
[wmrtinfo@verizon.net](mailto:wmrtinfo@verizon.net)

Questions, Comments or Concerns on any Individual Athlete or Program Ideas:

#### **WMRT Head Coach**

Thomas Norton  
C\*978-201-6178

Last minute Training Updates, Event Updates, Schedule Changes, Weather Concerns:  
CHECK YOUR EMAIL!!!!

Volunteering for Race Events:

#### **WMRT Race Chairman**

Travis grant  
email: [ttgrant.7@gmail.com](mailto:ttgrant.7@gmail.com)

Age Group Questions? Contact your **Age Group Reps!**

Emails are posted on our website [www.wachusettmountainraceteam.com](http://www.wachusettmountainraceteam.com)