

P.A.S.E.F

**Pocono Alpine Ski Educational
Foundation**

Camelback Ski Team

Athlete's Guide Book

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I. Welcome Letter

The executive committee of the Pocono Alpine Ski Educational Foundation, Inc. (PASEF) would like to welcome you to the Camelback Ski Team. We thank you for choosing the Camelback Mountain Resort and the PASEF organization to help your child further his or her learning of the sport of alpine ski racing. PASEF, who manages and operates the Camelback Ski Team, is comprised of the parents of the Camelback Ski Team athletes. The Camelback Ski Team is coached by some of the best men and women on the East coast. We feel we have the most knowledgeable and well-trained staff to support our athletes' learning.

The Camelback Ski Team is comprised of approximately 40 girls and boys from ages 8 through 18 years. The goal of the team is to teach the fundamentals of ski racing and to have our athletes' progress in ability from local and sectional races up to Northeast regional races. Members of the team continue to grow each year by building confidence, overcoming mental and physical challenges and, most importantly, obtaining the skills required to become great skiers. Team members spend 12 to 17 hours each week on the mountain practicing and preparing for races, as well as spending numerous additional hours free skiing and honing their skiing skills.

All the racers have joined the team because they have a desire to achieve the knowledge and skills required to become great ski racers and to win races. All members are responsible for their own lift tickets, training fees, mountain fees, equipment, race fees, and transportation to races. The PASEF foundation contributes to the additional costs associated with training equipment, gate polls, fencing, timing equipment and travel expenses for the coaches. PASEF also sponsors one local ski race each year in conjunction with Camelback Mountain. Additionally, PASEF provides scholarships each year to graduating seniors to help them pursue their college goals and to continue ski racing at a collegiate level.

The attached guide will answer most of your questions regarding registration, dues, equipment, and race events. We have also provided web sites and business names for you and the athlete to help you seek out additional information. We have a lot of knowledge amongst the parents and coaches; please don't be afraid to ask them questions. We are a team and, as such, are here to help each other learn and advance our team in the sport of Ski Racing.

We hope your child athlete and you enjoy your experience with the Camelback Ski Team and participate in the various fundraising and team activities we have throughout the year.

Executive Committee

II. PASEF

A. History and Function of PASEF

The Camelback Ski Team got its start in 1991, thanks to the efforts of Bill Yoder and head coach Gus Picariello. The original Camelback Ski Team started on a shoestring budget, with a handful of racers and a small but talented coaching staff. It has since grown to include 43 athletes and a coaching staff of 11. In 1996, the team became the Pocono Alpine Ski Educational Foundation, Inc. (PASEF), a tax-deductible, non-profit foundation. It is an all-volunteer organization, whose main objective is the support and development of student-athletes through the sport of ski racing.

As a member club of the Pennsylvania Alpine Racing Association (PARA) and the United States Ski and Snowboard Association (USSA), PASEF's purpose is to offer junior athletes a developmental opportunity to reach their desired goals, whether it be joining the United States Ski Team or developing their skills with an eye towards college scholarships. PASEF has its training base at Camelback Mountain Resort in Tannersville, Pennsylvania. The mountain provides us with a venue to run ski race training and ski racing events.

The Camelback Ski Team is operated by the PASEF organization. PASEF is operated by volunteer parents of the Camelback Ski Team athletes. We welcome your participation on the board or as a volunteer at any of our events.

The team coordinates its selection and training of racers with Camelback Mountain Resort's ski racing program, so developmental racers can successfully graduate to the travelling competition team. Through the dues paid to PASEF, we support our athletes in many ways. Please keep in mind that money paid to Camelback for training fees is separate from money paid to PASEF.

PASEF provides support in the following manner:

- Purchases equipment
- Purchases gates
- Maintains time clocks and displays
- Provides for coaches' traveling expenses
- Provides a comfortable training room
- Works closely with the Camelback Mountain management to ensure the facilities are kept up and the team is being supported properly
- Promotes the team to ensure future growth and sustainability of the organization
- Provides and executes annual fund raising campaigns
- Provides scholarships to graduating seniors to help them pursue their college goals and continue ski racing at a collegiate level

B. PASEF Organizational Structure

1. President

The primary responsibility of the PASEF President is to ensure the operational well-being of the organization.

- Oversees the team organization and ensures the proper running of the PASEF foundation.
- Recommends the annual budget to the executive committee.
- Assures that the organization and its mission and program are consistently presented with a strong, positive image to the public and Camelback Mountain management.
- Chairs all team meetings.
- Works closely with the Program Director and Camelback Mountain management.
- Reviews and enforces the policies and guidelines of the team.

2. Vice President

The PASEF Vice President works closely with the President in ensuring the operational well-being of the organization.

- Manages all promotional documentation.
- Oversees the up-keeping and accuracy of the team Web site.

3. Race Secretary

The responsibility of the Race Secretary is to coordinate ski race entries.

- Receives all entries and entry fees from USSA members applying to compete in the Camelback race event.
- Accounts for all received funds and gives to Team Treasurer for deposit.
- Ensures all names are entered into race event data base.
- Coordinates the location and facilities required to support the race with Camelback Mountain management.
- Coordinates and collects all required materials for running the race (bibs, volunteers, trophies, raffle prizes, raffle tickets, signs).

4. Treasurer

The primary responsibility of the Treasurer is to receive and disburse all funds for the P.A.S.E.F organization in a responsible and organized manner.

- Receives and records all annual membership dues and donations.
- Receives and records all money from the Race Secretary for race entry fees.
- Pays all bills in a timely fashion. (Insurance, coaches' reimbursements, equipment purchases, etc.).
- Prepares monthly (September thru April) and annual financial reports.
- Ensures the executive committee is aware of the financial status of the club on a monthly basis and of any pending shortages.

5. Fundraising Director

The Fundraising Director is responsible for organizing and executing all fundraising campaigns.

- Creates and presents to the executive committee an annual fundraising plan.
- Prepares any budgets for the fundraising plan.
- Coordinates with the Vice President on any promotional documentation required for fund raising.
- Creates and recruits volunteers to support the fundraising effort.
- Ensures we have approval from the Camelback Mountain management before executing any fundraising plans.

6. Membership Director

The Membership Director is responsible for promoting and advertising the team to help support the growth of the organization.

- Maintains the membership records.
- Works with the Vice President and the mountain on distribution of promotional information.
- Coordinates the Recruit-a-racer Day.
- Organizes the end-of-year Banquet.
- Works closely with the Program Director to identify any membership concerns.

C. PASEF Fundraising

PASEF hold various fundraisers throughout the year. We require each team member to participate in them. Fundraising is an integral part of keeping the costs down for all of our members and of providing our annual scholarship money for graduating seniors. The parents are requested to help each year with one or more of the fundraising events. Through the use of fundraising we provide:

- The purchasing of gates and installation tools
- Time clocks and displays
- Racing bibs
- Race officials' equipment
- Traveling expenses for coaches
- Reduced costs of members' uniforms
- Scholarships each year to graduating seniors.

1. Rob Corchnoy Memorial Race

The Rob Corchnoy Memorial Race has been run annually at Camelback in memory of a former Camelback Alpine Team member since 1997. The race is one of the largest fundraisers for the team each year. We ask all families to volunteer time throughout the race day to support the various activities: Gate Keepers, raffle sales, bake sale, registration, course maintenance, set up, and take down.

Rob Corchnoy (1978-1994) grew up skiing at Camelback and was one of the first members of the Camelback Alpine Team from 1991 to 1994. He was a High Honors student at Friends Select School in Philadelphia where he was active in music, drama and athletics, as well as in mentoring younger students. Rob loved sailing, raced

sailboats with his father in national and international competition, and was engaged in an Olympic campaign in yachting at the time of his death. His dream was to become a naval engineer so he could design racing sailboats. He was also active in youth activities at his synagogue and was a member of the Hebrew Honor Society. While he was a gifted scholar with a very broad competitive streak, Rob's friends and family most cherish their memories of his laughter, his irrepressible sense of humor and his love of atrocious puns.

At his funeral, Rabbi Jerome David said of Rob: "It can be honestly said that Rob accomplished more in fifteen very full years than many accomplish in a long and uneventful lifetime. Rob was a student, but he was also a teacher. He taught us how to truly celebrate life and living; and how to exalt in its challenges. He taught us how to laugh, how to imagine, and how to dream and reach for the light of the stars."

III. PARA

The Pennsylvania Alpine Racing Association (PARA*) is the governing body of sanctioned racing in Pennsylvania. We are 1,000 members who are passionate about alpine ski racing. PARA members are located throughout most Pennsylvania ski areas. PARA is one division of the Eastern Region of the United States Ski and Snowboard Association (USSA).

USSA is the primary governing body of alpine skiing and snowboarding in the United States and is one of over 40 Olympic sports organizations in America. It is the backbone of U.S. alpine ski racing and snowboard competition. It is responsible for developing competition programs in skiing and snowboarding, including well-managed competitions and professional coaching programs to provide young athletes with an opportunity to reach an Olympic dream.

PARA schedules a full calendar of sanctioned races. Qualifying races are used to rank athletes and to invite the top racers to compete at various Pennsylvania State Championship races. Through state championships, racers are selected to a PARA State Team and may advance to invitational ski camps and races, including the Eastern Regional Finals or Eastern Regional Junior Olympics.

To compete in PARA races, the competitor must be a USSA Alpine member and a member of PARA or another USSA division or region. State Championship eligibility is limited to USSA PARA members.

*PARA information taken from the PARA website.

IV. USSA

The U.S. Ski and Snowboard Association (USSA*) provides opportunities for athletes in the most exciting Olympic action sports. It is driven by a vision to be best in the world with an emphasis on building character through strong personal values. The USSA's programs provide education, development and competition opportunities for young

athletes, from grassroots USSA club programs up through national teams and the Olympic Winter Games.

The USSA is the national governing body for Olympic skiing and snowboarding and the parent organization for the U.S. Ski Team and U.S. Snowboarding.

The USSA provides athletic programs in six sports including alpine skiing, cross country, disabled alpine and cross country, freestyle, ski jumping and nordic combined, and snowboarding. Programs are implemented through a national network of 400 USSA Clubs. The USSA has 30,000 members, including over 22,000 athletes, with over 50,000 fans and donors providing ongoing support.

A. USSA Club & Competition Network

A network of 400 USSA clubs provides opportunities to participate in all levels of skiing and snowboarding competition. The USSA provides education and support to local coaches, officials, parents and volunteers, a local and national calendar of events, competition rules, and a development system to provide for advancement from grassroots up through the national Team.

The USSA sanctions over 4,100 events annually. Its focus is to provide the leadership and guidance to support competition venue development, approval of courses, inventory of protection equipment and education of clubs and officials. Over half of USSA sanctioned events are scored to its national ranking lists, providing measurements for athlete advancement.

B. USSA Education

USSA Education is responsible for providing educational resources and opportunities to over 3,500 member coaches. A multi-level certification program provides training in sport-specific techniques and tactics, sport sciences, and sport management. Based on the national standards for sport coaches, the USSA program uses on-snow clinics, classroom, and online courses to deliver and test over 600 coaches annually. USSA Education has produced over 15 educational CDs and DVDs for use by coaches, parents and athletes. USSA is leading the way in the development of cutting edge, multi-media resources and courses and is partnering with the USOC, other NGBS, as well as colleges and universities to provide the best training and education possible.

*USSA information taken from the USSA website.

V. Team Registration

A. USSA Registration

All athletes must be registered with USSA before they can participate on the Ski team or compete in any races. You should register for USSA in August of each year. The fees vary based on the category of the racer. You must register online at www.ussa.org. Current Fees: (2009-2010)

USSA Categorization	Age** (years)	USSA Registration Fee
Youth (non-scored)	12 and younger	\$70
Student (non-scored)	13 and older	\$90
Competitor (scored)	13 and older	\$140

USSA Age Classes	Age** (years)
J5	10 and under
J4	11-12
J3	13-14
J2	15-16
J1	17-19

**ages are based on the age of the athlete as of December 31st of the competition season.

B. PARA Registration

All athletes must be registered with PARA before they can participate on the Ski team or compete in any races. You should register for PARA in August of each year. PARA registration occurs at the same time as you register for USSA. You must register online at: www.ussa.org.

Current Fees: (2009-2010)

Categorization	PARA Registration Fee
All levels	\$35

C. PASEF Registration

All athletes must be registered with PASEF before they can participate on the Ski team. You should register for PASEF in August of each year. The fees vary based on the number of family participants. Registration forms can be found online at: www.cstteam.com

Current Fees: (2009 – 2010)

Categorization	PASEF Registration Fee
All levels	\$125 (discount for multiple athletes)

D. Camelback Mountain Fees

	Age (years)	Fees**
Camelback Mountain Season Pass	7-19	\$599 (pre-season purchase) \$799 (in-season purchase)
Camelback Ski Team training fees	all ages	\$599

**Please check the Camelback Mountain Resort website [<http://www.skicamelback.com>] to confirm price and cut-off date of pre-season purchase

E. Race Registration

After you receive your USSA ID number and have paid all the club fees, you can start to register for races. Each age group has a number of races that are hosted at mountains throughout Pennsylvania. The dates and locations can be found on the PARA web site: www.paracing.org under "Race Schedule." The groups typically race at some of the following mountains. Not all mountains host races for each age group every year.

USSA Age Classes	Race Locations
J4/J5	Blue mountain Elk Mountain Jack Frost Sno Mountain Camelback * The J4/J5 group typically competes in four races each season.
J3	Blue mountain Elk Mountain Jack Frost Sno Mountain Camelback
J1/J2	Seven Springs Blue Mountain Sno Mountain Elk Mountain * The J1/J2 group participates in all the PA Cup races

Coaches do travel with the teams at the standard races listed above. Racers can ski in additional races if they desire, although a coach may not attend the race with them.

Each race has an entry fee (typically \$25 to \$45) that must be paid prior to the posted entry deadline. There are two methods to pay the fee. The newer and preferred way is to register online using the links provided in the race details posted on the PARA race schedule. The alternative is to mail a check to the race secretary of the mountain hosting the event. The check must be accompanied by the race registration form that can be found online at the PARA web site "Race Form."

HINT: Complete and submit all your race registrations at one time. A good time to complete them is between Thanksgiving and Christmas.

VI. Race Rules & Regulations

Race rules can be found on the USSA web site: www.ussa.org or the direct link: <http://www.ussa.org/magnoliaPublic/ussa/en/sports/alpine/rules.html>.

VII. Racing Disciplines

A. Alpine Ski Racing

1. Slalom (SL)

Slalom is a timed event requiring the execution of many short, quick turns through two different courses. The slalom features the shortest course and quickest turns. As in the giant slalom, each skier makes two runs down two different courses on the same slope. The competitors are required to pass between all the gates, alternate red/blue pairs of poles. Both runs take place on the same day. The times are added together, and the fastest total time determines the winner.

2. Giant Slalom (GS)

Giant slalom is characterized as the discipline that requires the most technical skill: skiers race down the mountain through a faster and more open course than in Slalom. Giant slalom is similar to the slalom, with fewer, but wider and smoother turns. Each skier makes two runs down two different courses on the same slope. Both runs take place on the same day, usually with the first run held in the morning and the second run in the afternoon. The times are added together, and the fastest total time determines the winner.

3. Super-G (SG)

Super G (super giant slalom) is the newest of the Alpine disciplines, combining the elements of speed from the downhill, while integrating high speed technical turns from the giant slalom. The course is shorter than downhill but longer than a giant slalom course. Each skier makes one run down a single course and the fastest time determines the winner. This race discipline is rarely held in Pennsylvania.

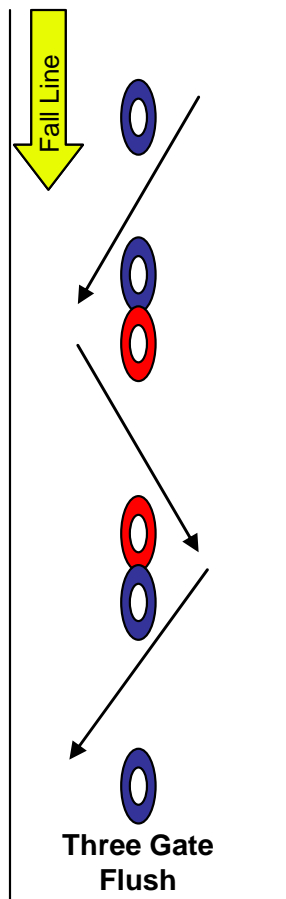
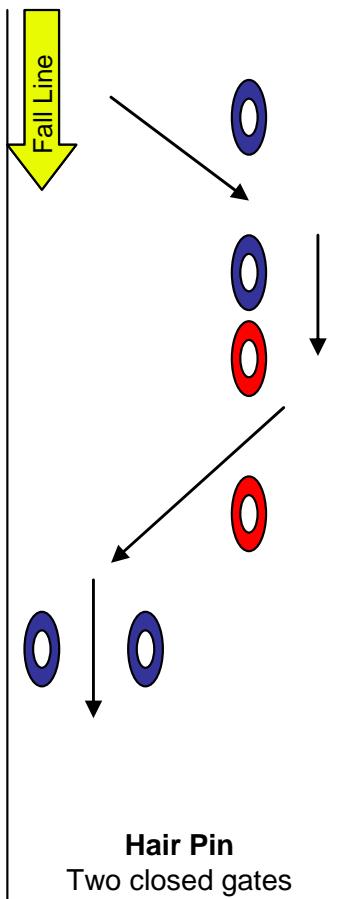
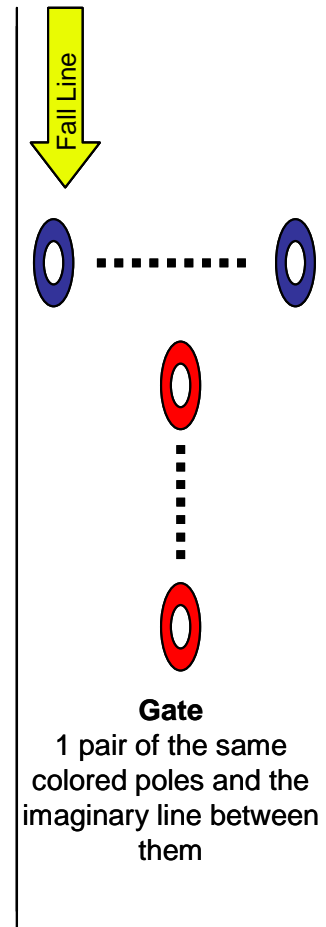
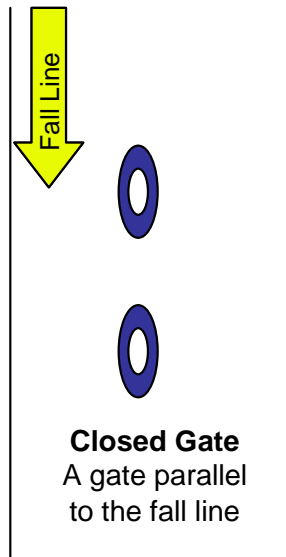
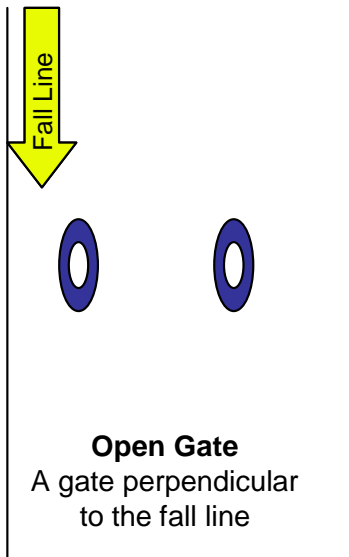
4. Downhill (DH)

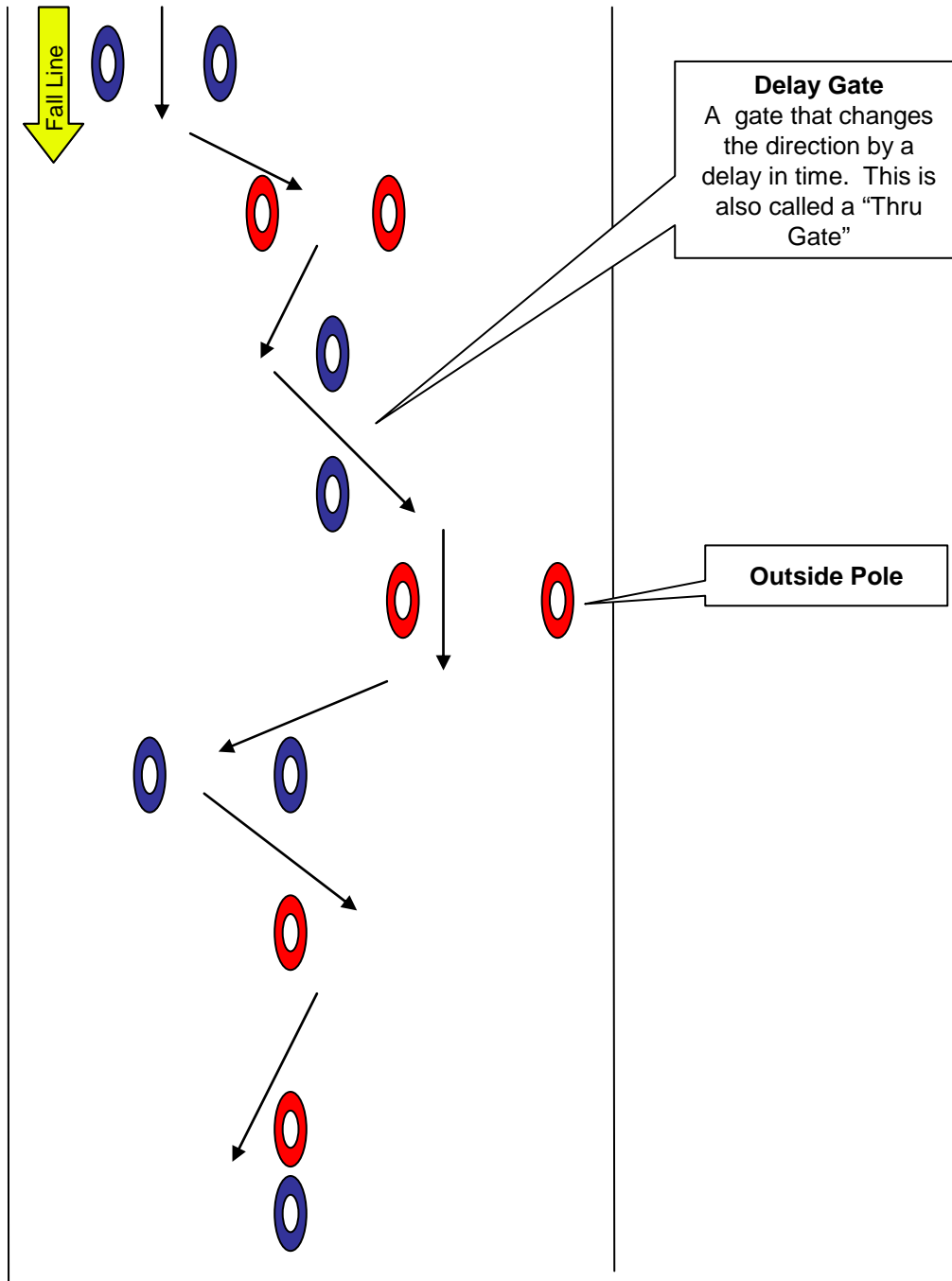
The downhill event features the longest course and the highest speeds in alpine skiing. Racers attempt to record the fastest time during a single run with a minimum number of control gates. This race discipline is never held in Pennsylvania.

5. Derbies (J3, J4, J5)

Each age group also has a Derby (Championship Race). Racers who score high during the season may qualify to go to a Derby at the end of February. Racers should check their Derby standings on the PARA web site. Participation in the Derbies is by invitation only based on points scored during the season. The formula can be found on the PARA web site at www.paracing.org under the FAQ section "What are quotas and how are they calculated."

VIII. Race Course Terminology





IX. Athlete's Equipment

All athletes are responsible for their own equipment. Depending on the age of the racer, different length of skis and additional protection equipment are required.

A. Frequently Asked Questions About Equipment

1. What type/size skis do I need? (All Ages)

A: Equipment depends on your age level. USSA has very strict guidelines for ski equipment based on age. Visit the USSA website, www.ussa.org regularly to check on ski length limitations, helmet specifications and boot restrictions. Your coaches are extremely knowledgeable resources, but you should always check the USSA website. You can locate this information in the USSA Alpine Competition Guide under *Competition Equipment Rules*.

2. Do I need a helmet? (All Ages)

A: All racers are required to wear a helmet that bears a CE mark and conforms to appropriate standards that are listed in the USSA Alpine Competition Guide. Helmets must cover the head and ears. No Soft side helmets are permitted. Helmets must also be able to be equipped with a chin guard. Although not required to be worn for Slalom races it is suggested. Helmets are required for all practices and races. We strongly encourage all skiers to wear helmets at all times.

3. Do I need to purchase a uniform? (All Ages)

A: All Racers are requested to purchase a uniform jacket. The team jackets last many years and are often sold to younger members as the racers grow. We also have ancillary clothing for sale, such as jacket liners, baseball hats, t-shirts, wool hats, hoodies, etc. See the team web site for details.

4. What ski clothing should I get? (All Ages)

A: Skiers will wear whatever they need to stay warm at the start of a race. They could be waiting for a while before they get called to the starting gate. Almost all skiers wear ski suits, so once they get in line to start the race, they will have to take off their outer clothing. Most clothing can come right off, but if the ski pants don't have side zippers, then the ski boots have to come off at the starting line; this is not a good idea. So make sure the skier has zip-off ski pants to make getting ready on race day easy.

5. Do I need shin pads and pole guards? (J1, J2, J3)

A: J3 skiers and higher definitely should have this equipment. J4s and J5s should be concentrating on their skiing technique as opposed to equipment, so this equipment is not really needed at their level.

6. Do I need body armor and a back protector? (J1, J2, J3)

A: As racers progress in ability it is suggested they purchase body armor and protective equipment. This typically takes place at the J1- J2 level, although an advanced J3 may require this as well. Please talk to your coach to confirm when your athlete is ready for this equipment. ****Required in some states****

7. Do I need a speed (racing) suit? (All Ages)

A: Many younger J5 skiers like speed suits because they fit in with everyone else. Older racers definitely need a speed suit.

8. Do I need to know how to wax skis? [Recommended for All Ages, required for (J1, J2, J3)]

A: Skiers need to wax and sharpen their skis on a regular basis. Each skier is encouraged to purchase waxing equipment that can be taken to races, as well as to the team room where we have irons and benches available for member use. Each year one of the parents will hold an informal training session to instruct new families on the art of ski tuning. Sharp skis also promote safer skiing.

B. Ski Waxing Tips

Although we are not endorsing the Swix product line, Swix has a waxing guide that can be found on the Swix web site: www.swixsports.com.

C. Ski Shops or Distributors

PASEF does not promote any one vendor, but our team members have come up with a list of suppliers that have been used over the years.

Vendors	Websites
The Loft	www.loftsports.com
Nestor's	www.nestors.com
Heino's Ski and Cycle	www.heinoskiandcycle.com
Race Place	www.ski-racing.com
Reliable Racing	www.reliableracing.com
Artech	www.artechski.com
Ski Depot	www.Raceskis.com
Race Werks	www.race-werks.com

X. Training

A. Dry Land

Training can be done at home, the gym or at a team training session. Camelback Ski Team coach Keith Dickerson has developed a training regime that can be found at this link on our team web site.

<http://www.cstteam.com/doc/CamelbackSkiTeamHomeWorkOut.pdf>

B. Mountain

1. Holiday Training

The Team will train over the Christmas holiday week. This is usually a 5 day session. Each day runs from 8:30 am to 2:30 pm, with a one hour lunch. Racers are responsible for their own lunches.

2. Evening Training

At the beginning of January, the team will train every Thursday and Friday night from 5 pm to 7:30 pm.

Saturday and Sunday training sessions will run from 7:30 am to 2:30 pm, with a one hour lunch. Racers are responsible for their own lunch.

Racers are encouraged to spend extra time outside of the scheduled sessions, since free skiing helps tune their skiing skills.

XI. Race Day

Your coaches will tell you what time to meet at the race mountain on the day of the race. All racers must make arrangements to get to the race mountain on their own. The team members do not travel together.

When you arrive at the mountain you will meet up in the lodge. As soon as you arrive you should register and get a bib (race number) to wear. The bib must be placed on the outside (showing) of whatever your racer will be wearing during the race. All older racers have race suits, while the younger racers (J4/J5) may want to use their ski jackets and pants.

You will have to purchase a separate lift ticket for the racer and any parent who is going to ski on race day. These lift tickets are usually sold at the race registration table the day of the race at a reduced cost from the posted mountain price. *DO NOT* purchase tickets ahead of time.

The coaches will tell the racers when to be on the slopes ready to “inspect the course.” **RACERS ONLY** – no parents – are allowed to inspect the course. At this point the racers are under the control of their coaches.

Parents will usually be asked to volunteer to be a “Gate Keeper” (see terminology, section VII). If you decide to volunteer, the mountain will give you a lift ticket for the day. If you decide not to volunteer, there are spots along the course where you can watch the races. Parents who don’t ski can walk up the mountain and watch. *HINT:* Snow shoes and/or ski poles help make the walking a little easier but are not required.

For J3, J4 and J5 races, the starting order is by a random drawing for the first race of the day. The second race has the top 30 racers start (slowest to fastest), then the remainder of the field is added to the starting list based on fastest to slowest time order of the first race time results.

For J1/J2 races, starting order is by the points system. (see calculating race points)

XII. Calculating Race Points*

The below information is a small synopsis of the overall rules for scoring and should not be used as the final official rules. This is intended only as a “high level” review of the scoring process in order for new skiers and parents to gain a better understanding of the process.

A. Race Points scoring (J3, J4, J5)

The J5 thru J3 races are scored using the World Cup Points scale (below). PARA uses a race quota formula to determine which racers are invited to participate in one of the end of year race derbies. The formula can be found on the PARA web site at www.paracing.org under the FAQ section. “What are quotas and how are they calculated.”

**At this level you do not earn points when you compete outside of your division.

World Cup Points Scale					
Place	Points	Place	Points	Place	Points
1st	100	11th	24	21st	10
2nd	80	12th	22	22nd	9
3rd	60	13th	20	23rd	8
4th	50	14th	18	24th	7
5th	45	15th	16	25th	6
6th	40	16th	15	26th	5
7th	36	17th	14	27th	4
8th	32	18th	13	28th	3
9th	29	19th	12	29th	2
10th	26	20th	11	30th	1

B. USSA Points Scoring (J1- J2)

The official rules can be found in the USSA Alpine Competition Guide or at WWW.USSA.org web site.

Some general guidelines:

- Scored race disciplines are Slalom, Giant Slalom, Super G, and Downhill.
- All new skiers start with the seeded points of 990 points.
- The lower your points the higher your standing in the overall discipline rating.
- Lower seeded points allows an earlier start in your next race of that discipline.

- The winner of a race is given “0” race points.
- All racers are also given a penalty that is added to the race points for that event.
- Points can be earned at any USSA sanctioned race

C. Points Lists

The Points List or “Seed List” are created by taking the average of the best two race results in the current season in each race discipline. So a skier must compete and post scores in two races of the same discipline before his score will change from the 990 initial posting. To further clarify, a racer must finish both runs of a race in two different races of the same discipline in order to have a change in the Points List standings.

The purposes of the Points List are

- To measure the relative performance of all competitors in the classification system.
- To serve as a tool to “seed” (organize) the start order of a race.
- To provide a method of team selection.

D. How Points Are Scored

While the winner of any seeded race is given “0” race points, a penalty is also calculated and added to each racer’s points to produce the racer’s final race score for that event.

The magnitude of the penalty depends upon

- The seed points of the best five (5) racers who start the race.
- The seed points of the best five (5) racers who finish the race.
- Whether the times of those top five racers (who finish) are clustered near the winner or widely dispersed

This procedure allows the scoring of different races on different slopes and different days, each with different levels of competition, to be based on a common scale. In theory, this allows all racers to compare themselves against the world’s leading racers.

The average of a racer’s two best race results for a given scored discipline becomes the basis for that racer’s ranking among other racers.

In order to gain better start positions by lower seeding points, competitors also must improve their skills, strength and tactics and then prove this on the race hill.

$$\text{Race Points} + \text{Penalty} = \text{Final Race points score for that race}$$

E. Calculation of “Race Points”

The International Ski Federation (FIS) point scoring system for ski races was developed in order to recognize the better performance of finishing fourth in one race with a one second behind the winner, as opposed to finishing second in another race with a time two seconds behind the winner.

Race points are determined by comparing the winner's time and the individual racer's time. The formula for points makes the comparison and produces points in each discipline according to the ratio of the racer's time to the winner's time.

Formula for calculating race points		
$P = ((Tr / Tw) - 1) \times F$		
P	=	awarded race points
Tr	=	the racer's time, in seconds
Tw	=	the winner's time, in seconds
F	=	a constant, for each race discipline. $F = 60 / (CM - 1)$.
F Values Determined by FIS		
Slalom	610	
Giant Slalom	880	
Super G	1030	
Downhill	1350	

F. Calculation of "Penalty Points"

In calculating penalty points for a race, the results (times) are listed in ascending order for everyone of the same sex who competed on the same race course. Even if competitors of different ability or age classes participated, ranking of the race results must always be used to calculate USSA race points and penalty points.

Penalty points are calculated by

- Using the most recent USSA "seed list," determine which five racers who started the race have the best seed points in the race discipline.
- Add the seed points of the five racers. **(B)**
- Again, using the most recent USSA "seed list" determine which five of the top ten placing racers have the best points in the discipline. **(A)**
- Add together the race points of these five racers then subtract the best points (earned from a previous race, as listed in seed list) of these five racers. **(C)**
- Placing Racer = a racer who finished both runs of a race successfully.
- Add the total of (A) and (B), then subtract (C), divide the result by 10, rounding to 100th of a point, equals the penalty.
- **Penalty = (A + B - C) / 10**

There are many additional rules and calculations that may impact the calculation of the race penalty. For more in depth explanations you should refer to the USSA Alpine Competition Guide.

*Scoring information taken from the USSA Alpine Competition Guide.

XIII. Hotels While Traveling

There are a few races that you have to travel a long distance to get to. In these cases you may decide to stay at a nearby hotel. The below hotels have been used in the past by race families. We do not endorse any one hotel or chain in particular.

A. Seven Springs Mountain

- The local town is Somerset, PA, approximately 20 minutes from the mountain.
 - Hampton Inn at Somerset
 - Days Inn at Somerset
- There is also a hotel on the mountain.
 - Seven Springs Mountain Resort

B. Elk Mountain

- The closest town with a large quantity of hotel is Clark Summit, PA
 - Hampton Inn at Clark Summit

XIV. Important Web Sites

	Websites
Camelback Ski Team	www.cstteam.com
PARA	www.paracing.org
USSA	www.ussa.org

XV. Team Contacts

	Name	Contact Information
Program Director / Head Coach	Gus Picariello	PICARIELLO@aol.com
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