



**U16 National Performance Series**  
**December 4-8, 2017**  
**Copper Mountain, CO**

Dear U16 Athletes:

Congratulations! You are invited to take part in the 2017 U16 National Performance Series (NPS) project at Copper Mountain, CO. This project is part of the National Development System and athletes such as yourself have been selected based on high-level results over the past season.

NPS projects are training and competition events that occur throughout the season to provide multiple developmental opportunities for the best athletes in their age group. Athletes have been selected to participate based on national and regional performances. A list of all invited athletes can be found [here](#). The project will be run by U.S. Ski & Snowboard staff and will also include club coaches from across the country. This is a collective effort focused on stimulating long-term athletic growth and accelerating development toward international competition in the future.

The Copper project is the first of two national projects that will be offered to U16 athletes during the 2017-18 season. This project will focus on fundamental development, beginning with three days of SG training and finish with two days of GS training at the U.S. Ski Team Speed Center. Time trial environments will also be planned, and performances in those environments may be considered in discretionary selections to compete at the Seven Nations Cup in February. Off-snow, the focus will be on recovery, video, ski preparation, and evening study hall. All athletes should come with a growth mindset, prepared to learn and push themselves to a higher level.

**National Staff:**

Chip Knight: National Alpine Development Director

Trevor Wagner: former U.S. Ski Team World Cup, Olympic, and Development Team coach

Marco Sullivan: former U.S. Ski Team member, World Cup and Olympic athlete

**Goals:**

- Volume and repetition in SG and GS at the U.S. Ski Team's Copper Speed Center
- Fundamental instruction on gliding and jumping skills
- Sectional training to focus on the critical elements of flats, steeps, and changing terrain
- Time-trial environments in SG and GS to create a sense of intensity and competition

**Schedule**

Sunday, December 3 – Arrival in Copper, CO

Monday, December 4 – Super-G training

Tuesday, December 5 – Super-G training

Wednesday, December 6 – Super-G time trial and training

Thursday, December 7 – GS training

Friday, December 8 – GS time trial and training; Afternoon departure

We look forward to working with you in Copper in December!

Sincerely,

Chip Knight  
Alpine Development Director  
U.S. Ski & Snowboard  
[chip.knight@ussa.org](mailto:chip.knight@ussa.org)



## **Western Region Project Announcement**

Greetings Western Region U16 athletes. Information for the U16 NPS project is attached. Athletes were nationally selected using a GS/SG ranking from the U16 National Championship results. Additional western athletes were selected from the regional U16 and U14 Championships using GS & SG results.

### **Schedule:**

- Sunday 12.3 Arrival to Copper Mountain, CO
- Monday 12.4 Super-G Training
- Tuesday 12.5 Super-G Training
- Wednesday 12.6 Super-G Time Trial & Training
- Thursday 12.7 GS Training
- Friday 12.8 GS Time Trial & Training: Afternoon Departure

### **Staffing:**

- Jeff Pickering West
- Gladys Weidt Sugar Bowl
- Zach Schwartz Jackson Hole
- 1 Possible TBA

### **Lodging:**

Staff and athletes will be lodging at the Fox Pine Inn at the base of the Super B Lift at Copper.

### **Meals:**

All meals will be at the Double Diamond. We need to know of special Diet needs or food allergies 1 week prior to arrival (by 11.27.17).

### **Transportation:**

Athletes driving please arrive no later than 4pm to the Fox Pine Inn on Sunday, December 3<sup>rd</sup>. Athletes flying please arrive DEN no later than 1pm on Sunday, December 3<sup>rd</sup>. If flying back home on the 8<sup>th</sup>, book flight after 6pm.

### **Project Cost: \$1,230.00**

Includes ground transportation, lodging, meals, lifts and training fees.

Payment and project forms are due November 20<sup>th</sup>. \$50 late fee will be assessed after that date.

### **Racers:**

You must be healthy, free of injuries and able to participate fully in all aspects of the on-snow and conditioning training program. This will include free skiing, gate training, strength training, running, jumping, agilities, calisthenics, flexibility training and games.

Contact Jeff Pickering if you have any questions:

[jpickering@ussa.org](mailto:jpickering@ussa.org)

435.602.2866



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Athlete Name: \_\_\_\_\_ Athlete email \_\_\_\_\_

Athlete Cell \_\_\_\_\_

Coach: \_\_\_\_\_

Parent's Email: \_\_\_\_\_ Telephone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Contact# \_\_\_\_\_

Name \_\_\_\_\_

Project: U16 NPS – Copper Mtn. Account No. 4910-5212

PLEASE Fax or email your forms and travel plans to:

Gwynn Watkins	Mailing Address
Fax # 435.940.2810	PO Box 100
Email: <a href="mailto:gwatkins@ussa.org">gwatkins@ussa.org</a>	Park City, UT 84060
Cell #: 435-714-2964	

Total Cost \$ 1,230.00

Pay with credit card: Please use online payment. Instructions below. When you search competitions please select Intermountain as the division in the search box.

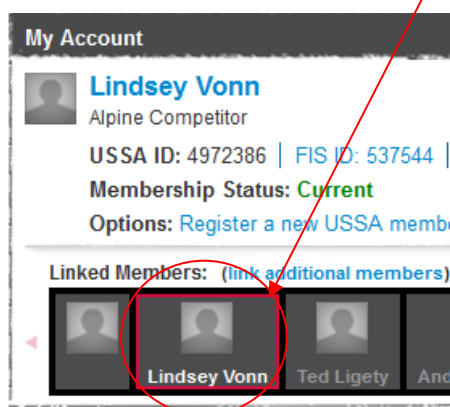
Forms due by November 20<sup>th</sup>:

- Copper Mtn. Release
- National Development Medical Release
- National Development Team Agreement
- National Development Hold Harmless and Indemnity Agreement

## Online Athlete Event Registration Instructions

Online Athlete Event Registration is accessed through the My USSA portal.

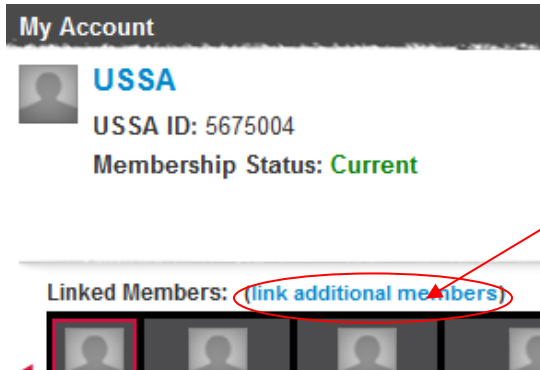
1. To login to My USSA Go to <http://my.ussa.org/myussa> and login using your normal My USSA login.
2. You will want to make sure the athlete that is being registered is linked to the account you use to log in. If your athlete(s) is not linked to your account, you can use their account, or link them to your account by clicking on ([link additional members](#)) in the top box. For more information on Linking an Athlete, see below.
3. Once logged into My USSA, choose the Athlete to be registered. This is done by clicking on an Athlete in the Linked Member Box:



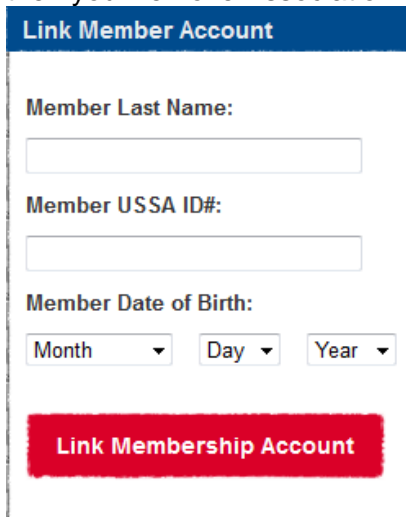
4. Now select **01 Athlete Event Registration** in the toolbar. The Athlete Event Registration icon does not show up until an athlete has been selected. If your athlete is not linked to your account, or the Athlete Event Registration tool does not show up when you select the athlete, please follow the Linking an Athlete Instructions at the bottom of this sheet.
5. Once in the Athlete Event Registration System you will see information about the competitor, any competitions they are currently registered for, the ability to search for competitions and Your Cart:
6. To add a competition, select **Add Another Competition** or on the side bar, **Search Competitions**. You need to select Intermountain in the search box for the division. You can limit the search by Start Date, Sport, Division and Resort, and select **Search Competitions**. All currently sanctioned events that the competitor is eligible for will be displayed. If a competition is using USSA Online Registration, then the Competition will have **Add to Cart**. To see who is already registered, select [List of registered athletes \(0\)](#). Once all events have been registered for, View the Cart or Checkout

## Linking an Athlete

Once you have logged into MyUSSA, if the athlete you need is not linked to your account, or if the athlete is linked but the Athlete Event Registration icon does not appear when they are selected, then the athlete needs to be linked. To link an athlete, click on "link additional members"



Now just fill out the information and click Link Membership Account. If someone is linked twice, then you Remove Association on the right of the page to unlink the older link of the member.

A screenshot of the 'Link Member Account' form. The form has a blue header with the text 'Link Member Account'. Below the header, there are three input fields: 'Member Last Name:', 'Member USSA ID#:', and 'Member Date of Birth:'. The 'Member Date of Birth:' field consists of three dropdown menus labeled 'Month', 'Day', and 'Year'. At the bottom of the form, there is a red button with the text 'Link Membership Account'.

If you don't have a member linked to your account, you will have a page displayed as below. If you want the member to be the primary member of the account, then make sure the name is selected as below, otherwise use the default and the member will be added to the list of members.

To return to you home page, click on the "[Return to My USSA](#)" Link near the top left of the page. Now you should be ready to use Athlete Event Registration

## **Copper Mountain Assumption of Risk, Release of Liability, and Indemnity Agreement**

The purpose of this agreement is to exempt, waive, and release Released Parties from any and all liability for wrongful death, personal injury, and property damage, including, but not limited to liability arising from the negligence of Released Parties; and transfer the risk of loss arising out of the participation in the Activities to the Participant or person executing this agreement.

“Released Parties” mean Powdr–Copper Mountain LLC, Powdr - Copper Participation LLC, Powdr Corp., Human Movement LLC, the United States, The Village at Copper Association, Inc., Copper Mountain Resort Association, and each of their insurance carriers, subsidiaries, affiliates, officers, directors, shareholders, members, representatives, assignees, employees, volunteers and agents, as well as any Activity sponsors and equipment manufacturers and distributors.

“Activity” and “Activities” mean skiing, snowboarding, uphill access, tubing, biking, golfing, skateboarding, training, racing, ski/ride instruction, challenge courses, zip lines, bumper boats, ice skating; participation in competitions, races, runs and any other events offered by Released Parties or their sponsors; and/or using for any purpose the Released Parties’ area, property, facilities, buildings, pools, hot tubs, fitness equipment, features, amenities, parking lots, sidewalks or equipment, including, but not limited to chairlifts, surface lifts, day care facilities, health club, climbing wall, bungee jump, trampolines, foam pits, mountain coaster, go-karts, and/or rental equipment.

“Me”, “Myself”, and “I”, means the adult, being at least 18 years old, who is accepting these terms on behalf of Myself and, if applicable as a result of my purchase of frequency or pass products, tickets, admissions, lessons, rentals for others, on behalf of a minor and/or other adult. “Minor” means the minor Participant. The person actually taking part in the activity is referred to as “Participant”.

In consideration of being allowed to participate in the Activities, on behalf of Myself and all other Participants, I agree as follows:

1. Participating in the Activity is hazardous and involves the risk of physical injury or death. The dangers and risks of the Activities include, but are not limited to falling; slick or uneven surfaces; surface and subsurface snow conditions; avalanches; cornices; moguls; jumps; ice; variations in terrain; design and condition of man-made facilities, terrain features, or race venues; terrain selection of an instructor; downed timber and other forest growth; tree stumps and wells; rocks and debris; marked and unmarked obstacles; collisions; equipment failure, malfunction, or misuse; collisions or encounters with snowmobiles, snowcats and/or other motor vehicles; lift loading, unloading, and riding; adverse weather; and limited access to and/or delay of medical attention. I acknowledge that the description of the dangers and risks listed above is not complete and that participating in the Activity may be dangerous and may include other risks, including, but not limited to the acts, omissions, representations, carelessness, and negligence of Released Parties.
2. By signing this Agreement, I, on my own behalf and, if applicable, on behalf of Minor and adult Participant(s), acknowledge the risks and dangers associated with the Activities and agree to (1) assume any and all risks of injury or death to Participant resulting from participation in any Activity; (2) waive, release, and not sue or file any actions or claims against Released Parties that are based on, arise or result from, in whole or in part, participation in any Activities, including, but not limited to negligence and premises liability claims; (3) indemnify, defend, and hold harmless the Released Parties from and against any liability or damage of any kind and from any suits, claims or demands, including legal fees and expenses whether or not in litigation, arising out of, or related to, Participant's participation in the Activity.
3. I give Released Parties permission to take and use photographs or recordings of Participant taken during an Activity and use and sublicense such material for any purpose in print, advertisements, films or videos and on line and broadcast presentations of any sort.
4. I authorize the Released Parties to call for medical care for Participant or to transport Participant to a medical facility or hospital if, in their opinion, medical attention is needed. I agree to pay all costs associated with such medical care and related transportation.
5. By accepting this Agreement on behalf of any Participants other than Myself, I am representing that I am entitled to execute this Agreement as either the parent or legal guardian of the Participant or that I have been given the express authority and permission from the other adult Participants to accept the terms of this Agreement on each of their behalf, and that by doing so, I am agreeing to be personally responsible for any claims brought by any other Participant, should they refuse to accept the terms of this Agreement.
6. This Agreement will apply for every day a Participant engages in any Activity without requiring Me or Participant to sign an additional agreement for each day, season, or year, until a new release of liability and waiver of legal rights is executed by or on behalf of Me or Participant, or I revoke it in writing and that writing is accepted in writing, signed by the Released Parties’ authorized representative. All claims arising from or related to any Activity by Participant, including for injury to person or property and/or death shall be governed by Colorado law, without regard to conflicts of law principles, and that exclusive jurisdiction shall be in the District Court residing where the alleged incident occurred or in Federal Court for the District of Colorado. This Agreement shall be binding to the fullest extent permitted by law. If any provision of this Agreement is found to be unenforceable, the remaining terms shall be enforceable to the full extent permitted by law. This Agreement shall be binding upon my assignees, subrogors, distributors, heirs, next of kin, executors and personal representatives.

I HAVE CAREFULLY READ THIS AGREEMENT, UNDERSTAND ITS CONTENTS AND ACCEPT IT, ON BEHALF OF MYSELF AND PARTICIPANT WITH FULL KNOWLEDGE OF ITS SIGNIFICANCE BY SIGNING BELOW AND/OR I ACCEPT IT BY USE OF THE ACTIVITIES.

Today's Date: \_\_\_ / \_\_\_ / \_\_\_\_\_

Participant # 1 – Adult or Minor		
A parent or legal guardian must sign for all minors under 18.		
Print Participant Name Here	mm / dd / yyyy	x Sign Here
↑ Print Participant Name	↑ Participant Date of Birth	↑ Signature – Parent/Legal Guardian <u>OR</u> Participant over 18
➡ Print name of parent/guardian signing for minor above: Print Parent/Guardian Name Here		

Participant # 2 – Adult or Minor		
A parent or legal guardian must sign for all minors under 18.		
Print Participant Name Here	mm / dd / yyyy	x Sign Here
↑ Print Participant Name	↑ Participant Date of Birth	↑ Signature – Parent/Legal Guardian <u>OR</u> Participant over 18
➡ Print name of parent/guardian signing for minor above: Print Parent/Guardian Name Here		

Participant # 3 – Adult or Minor		
A parent or legal guardian must sign for all minors under 18.		
Print Participant Name Here	mm / dd / yyyy	x Sign Here
↑ Print Participant Name	↑ Participant Date of Birth	↑ Signature – Parent/Legal Guardian <u>OR</u> Participant over 18
➡ Print name of parent/guardian signing for minor above: Print Parent/Guardian Name Here		

Participant # 4 – Adult or Minor		
A parent or legal guardian must sign for all minors under 18.		
Print Participant Name Here	mm / dd / yyyy	x Sign Here
↑ Print Participant Name	↑ Participant Date of Birth	↑ Signature – Parent/Legal Guardian <u>OR</u> Participant over 18
➡ Print name of parent/guardian signing for minor above: Print Parent/Guardian Name Here		

Participant # 5 – Adult or Minor		
A parent or legal guardian must sign for all minors under 18.		
Print Participant Name Here	mm / dd / yyyy	x Sign Here
↑ Print Participant Name	↑ Participant Date of Birth	↑ Signature – Parent/Legal Guardian <u>OR</u> Participant over 18
➡ Print name of parent/guardian signing for minor above: Print Parent/Guardian Name Here		



**U.S. Ski & Snowboard National Development  
2017-2018 Medical Release**

Athlete Name \_\_\_\_\_ Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Birth Date \_\_\_\_\_

E Mail \_\_\_\_\_ Cell Phone \_\_\_\_\_

Parent \_\_\_\_\_ Parent \_\_\_\_\_

Cell Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Home Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

E Mail \_\_\_\_\_ E Mail \_\_\_\_\_

**Insurance Coverage**

Company \_\_\_\_\_ Identification # \_\_\_\_\_

Policy Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Athlete Social Security \_\_\_\_\_ Name of Policy Holder \_\_\_\_\_

Policy Holder SS# and Birth date \_\_\_\_\_

(Need this information for a hospital or doctor's office to make a claim to an insurance company after treating the athlete)

**Medical History**

Allergies \_\_\_\_\_

Medication \_\_\_\_\_

Impact Baseline Test Date and Location \_\_\_\_\_

Current injuries or Medical problems \_\_\_\_\_

**Athlete Medical Release**

Athlete or Parent, if Athlete is under the age of 18 years, hereby authorizes U.S. Ski & Snowboard Staff to secure hospital, medical, surgical and dental care or treatment and/or procedures for the above named athlete. Parent also consents that in the event of injury to the athlete; coaches can authorize that athlete to receive care, treatment and/or procedures, under the instructions and directions of the licensed physicians on call at the emergency room of the nearest hospital or emergency facility. U.S. Ski & Snowboard shall notify Parent at the earliest possible time before, during or after such care, treatment and/or procedures are authorized. Parent knowingly and voluntarily consents in advance to such care, treatment and or procedures to encourage the physicians and U.S. Ski & Snowboard to exercise their best judgment as to the requirements of such care, treatment and/or procedures. Parent specifically holds harmless and indemnifies U.S. Ski & Snowboard of and from any and all costs and/or claims of any nature arising out of the provision of such care, treatment and/or procedure.

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_





## U.S. Ski & Snowboard National Development 2017-2018 Team Agreement

### Team Rules

Members of U.S. Ski & Snowboard teams attending competitions on the national quota, traveling with or as part of a competition trip organized by the U.S. Ski & Snowboard Staff, or attending any training camp or project as part of a U.S. Ski & Snowboard Group are required to abide by the U.S. Ski & Snowboard Code of Conduct.

### Additionally, team members agree to:

- Pay in full the project fee before the first day of arrival of the project, unless a payment plan is worked out at the time that the team is named;
- Fully participate in the organized accommodations;
- Attend all team meetings and training activities on time and fully prepared;
- Observe any curfew established by the coaching staff;
- Not use or possess illegal drugs;
- Not illegally use or possess alcohol;
- Not use or possess alcohol in the team accommodations, the team vehicles, or in the presence of team members who are not of legal age;
- Reside in the room to which they are assigned and will share responsibility with their roommates for damages, cleaning charges, and rule violations that occur in the room when it is not possible to establish individual responsibility;
- Observe any additional rules established by the head coach of the project
- Be filmed and photographed and to have his/her image and voice otherwise recorded in any media by U.S. Ski & Snowboard official photographer(s), film crew(s), and video crew(s) and by any other entity authorized by U.S. Ski & Snowboard and grants to U.S. Ski & Snowboard the irrevocable, fully paid up, worldwide right and license to use, and to authorize third parties to use, in all media, Athlete name, likeness, picture, voice, and biographical information for: (1) news and information purposes; (2) promotion of U.S. Ski & Snowboard and the specific competitions in which Athlete competes; (3) promotion of U.S. Ski & Snowboard through its fundraising mission; and (4) to support U.S. Ski & Snowboard's educational and philanthropic efforts through the production of educational and training videos, DVDs and other media.

Violations of these rules may result in suspension from the team and in loss of the opportunity to participate in future teams or quota team preparation or competition projects.

### Agreement

I, the undersigned U.S. Ski & Snowboard competitor, have reviewed these rules and the "U.S. Ski & Snowboard Code of Conduct," and agree to abide by it and all applicable rules and procedures during in my participation in any national training or competition project during the current season. I agree that a violation of the rules may result in my immediate suspension from a team, and in the loss of all team services including representation at Team Captains' and Jury meetings, training, housing, meals, and transportation. I realize that I will receive no refund for the unused portion of these services. If suspended, I will be prepared to make whatever arrangements are necessary in order to continue to compete in the event and/or return home. I realize that actions that are violations of the law may result in my arrest and that it will be my responsibility in such a case to notify my parents or legal guardians and/or to make such arrangements as may be necessary for my release and return home. This agreement shall be valid for all projects in the 2017-2018 training and competition season.

Athletes under 18 years of age must have the following section signed by either parents or legal guardians, if applicable. We, the undersigned, parents or legal guardians of the above Athlete, having read and understood the above, agree to allow our child to participate in U.S. Ski & Snowboard training or competition teams. We understand and agree that if our child violates these rules and procedures, he/she may be immediately suspended from the U.S. Ski & Snowboard project with the loss of all team services and without refund of fees paid. We agree that in any case where our child's actions result in his/her arrest, that sole responsibility for notifying us rests with our child and the local law enforcement officials, and that we, and not U.S. Ski & Snowboard, are solely responsible for such actions as may be required to secure his/her release and return home. This agreement shall be valid for all projects in the 2017-2018 training and competition season.

Athlete Signature \_\_\_\_\_ Athlete Name \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



**U.S. Ski & Snowboard National Development  
2017-2018 Hold Harmless and Indemnity Agreement**

For and in consideration of the provision of ski racing instruction and training by U.S. Ski & Snowboard, I \_\_\_\_\_ (“Athlete”), and if athlete is under the age of 18 years, the parents or legal guardians of athlete, do hereby covenant and agree on behalf of ourselves, to hold harmless, release, defend, and indemnify U.S. Ski & Snowboard and any of its employees, or volunteer workers of and from any and all claims arising from the Athlete’s participation in U.S. Ski & Snowboard events, including, but not limited to racing instruction, racing competition, or traveling to and from races or training camps. We specifically represent that we have read and have understood that this release is intended to serve as a general release of all legal claims against U.S. Ski & Snowboard and U.S. Ski & Snowboard Alpine, is to be construed as broadly as possible in favor of U.S. Ski & Snowboard, and releases U.S. Ski & Snowboard from all claims, including, but not limited to, those arising from the negligence of U.S. Ski & Snowboard itself.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

If Athlete is under the age of 18 years, a parent or legal guardian’s signature must be affixed here:

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

**U.S. Ski & Snowboard Insurance Policy**

FIS and U.S. Ski & Snowboard rules require that competitors be covered by valid and sufficient accident insurance. The racer must carry proof of this insurance and have it available at each race or camp so that prompt medical care can be obtained, if ever needed.

**Agreement**

We have read and understood the Insurance Policy statement. The insurance policy listed on the Medical Release meets the requirements of the U.S. Ski & Snowboard Insurance Policy and will be maintained in force while the competitor is involved in a U.S. Ski & Snowboard camp or team or while participating in any event on a U.S. Ski & Snowboard quota. We agree that we are responsible for any and all medical charges and we agree that we will promptly reimburse U.S. Ski & Snowboard for any expenses that they or their coaches incur on behalf of the competitor.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date