R/C Regional Topolino Development Project

Focus Group: Rocky Central J3's. 15 men and 12 women 1995 YOB athletes will be selected from and ITS of results from the 2009 R/C J3 JO's, results purged to include only 1995 YOB. In addition, any gold medalist from the 2009 R/C J4 JO's born in 1996 will be selected.

To capture current season performance for RMD athletes, the top 4 J3 RMD men and women based on an ITS (purged to include only RMD J3's) of results from the December 19-20 Smartwool Series will be invited if they have not already qualified based on Junior Olympic performance. **Athletes already qualified based on Junior Olympic performance are NOT purged from the Smartwool ITS**, so it is possible that no **NEW RMD** skiers will be selected from the Smartwool race.

To capture current season performance for Central athletes, up to 4 men and 4 women based on performance exceeding the top half of the selected Central athletes, or meeting the RMD criteria. Coaches with athletes that may meet this discretionary criteria, must submit with supporting results an email of request to their regional Coaches' Representative. The Divisional Coaches Committee may select up to 4 men and 4 women.

Project Leader: Terry DelliQuadri, Rocky/Central Region Director – 435-640-8504

Staff: R/C J3 club coaches. We will need parent volunteers for the time trial portion of the project. The time trials is a Rocky/Central Development project. This is not a race on the USSA Competition Calendar. Please let Terry know of all parents that will be able to volunteer. Volunteers committed to helping will receive complimentary lift tickets.

Athletic Focus: High Level training opportunity for the Regions J3's come together and train together. Time trials to select the R/C region nomination to the National office for the NDS Topolino Project

Location: Vail, CO

Dates: **Dec. 31 – 8 a.m. Team Captain's meeting Ski Club Vail**
Dec. 31 - Free ski Vail Mt. am / Training on Gold Peak p.m.
Jan. 1 - Train am / train pm
Jan. 2 - GS Time Trial - Afterthought GS Start
Jan. 3 - SL Time Trial - Gold Peak lower start ("West Start")

Cost: $115 for athletes needing a 4 day lift ticket, $15 for athletes not needing tickets ($15 covers Rocky/Central Administrative fees)
Payment and forms are due by December 10th to:
Terry DelliQuadri
Rocky/Central Region
805 Pamela Lane
Steamboat Spring, CO 80487

Lodging: There has been discount lodging arranged by Ski and Snowboard Club Vail at Manor Vail, right across the street from their clubhouse and Gold Peak, site of the training and time trials. Information at www.manorvail.com quote "Ski and Snowboard Club Vail" when booking.

Ski Club Vail has also offered the possibility of host families for athletes and coaches. Contact Karen Ghent for details, 970-790-5131.

Procedures on Time Trial days

There will be 3 time trials runs in each discipline. Taking the athletes' best GS time and adding it to their best Slalom time will determine the winner.

Giant Slalom

- Training and Time Trials will be on Afterthought from the GS Start.
- Men and women will race on the same course. We will have a mandatory slip after either the 1st or 2nd run depending on course deterioration.
- Women will run first on each run and a start order will be handed out the morning of the event. Start orders will use the TRS seeding method. 1st run will use a random selection. (i.e. - the day will go as follows - 1st run - All Women, All Men; 2nd Run - The female that ran last will run first and the male that ran last will run first after all the women have run; 3rd run - the female who ran in the middle on the first run, will race 1st and male that ran in the middle on the 1st run will run first.)
- Athletes will need to get directly on the lift after their run and head directly back to the start. Times will be displayed at the top and not posted or announced at the bottom. Parents will need to carry coats around for all athletes.
- No additives will be allowed. As coaches will need to be on the hill and time is short, we cannot delay the start to put additives on. Everyone will be on their honor, if someone is discovered to have used additives, they will be immediately disqualified.
- There will be a warm up and inspection time, along with a specific start time to be determined and distributed the day before the event.

Slalom

- Training and Time Trials will be on Gold Peak from the lower start ("West Start")
- Men and women will train on the same course, but will race on different courses. We will have a mandatory slip after either the 1st or 2nd run depending on course deterioration.
- The Start and Finish will be common for both genders. Women will run first
- Women will run first on each run and a start order will be handed out the morning of the event. Start orders will use the TRS seeding method. 1st run will use a random selection (i.e. - the day will go as follows - 1st run - All Women, All Men; 2nd Run - The female that ran last will run first and the male that ran last will run first after all the women have run; 3rd run - the female who ran in the middle on the first run, will race 1st and male that ran in the middle on the 1st run will run first.)
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- There will be a warm up and inspection time, along with a specific start time. To be determined and distributed the day before the event.

Rocky/Central will announce regional Topolino athlete nominations at the end of the event.

We will need parent volunteers for this event. Please let Terry know of any volunteers.

National Development System
2009-2010 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 _____

Medical History

Allergies _____

Medication_____

Other Medical Information _____

Foreign Coverage (for athletes traveling outside the U.S.)
We have verified with our insurance company that this policy is effective for care in foreign countries. Any additional information necessary is attached to this form. Our son/daughter will travel with a means of payment for medical services (e.g. credit card).

Athlete Medical Release
Athlete or Parent, if Athlete is under the age of 18 years, hereby authorizes USSA 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. USSA 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 USSA to exercise their best judgment as to the requirements of such care, treatment and/or procedures. Parent specifically holds harmless and indemnifies USSA 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

Please send to:

Rocky/Central Region
Terry DelliQuadri
805 Pamela Lane
Steamboat Springs,CO 80487

National Development System
2009-2010 Team Agreement

Team Rules

Members of USSA teams attending competitions on the national quota, traveling with or as part of a competition trip organized by the National Competition Director, or attending any training camp or project as part of a USSA Group are required to abide by the USSA 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 the USSA's official photographer(s), film crew(s), and video crew(s) and by any other entity authorized by USSA and grants to USSA 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 USSA and the specific competitions in which Athlete competes; (3) promotion of USSA through its fundraising mission; and (4) to support USSA'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.

Agreement

I, the undersigned USSA competitor, have reviewed these rules and the "USSA 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 2009-2010 training and competition season.

Athletes under 18 years of age must have the following section signed by both 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 USSA 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 USSA 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 note USSA, 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 2009-2010 training and competition season.

Athlete Signature	Athlete Name	Date
Parent or Guardian Signature		Date

National Development System
2009-2010 Hold Harmless and Indemnity Agreement

For and in consideration of the provision of ski racing instruction and training by USSA, 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 USSA and any of its employees, or volunteer workers of and from any and all claims arising from athlete's participation in National Development System 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 USSA, is to be construed as broadly as possible in favor of USSA, and releases USSA from all claims, including, but not limited to, those arising from the negligence of USSA 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

USSA Insurance Policy
FIS and USSA 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 USSA Insurance Policy and will be maintained in force while the competitor is involved in a USSA camp or team or while participating in any event on a USSA quota. We agree that we are responsible for any and all medical charges and we agree that we will promptly reimburse USSA for any expenses that they or their coaches incur on behalf of the competitor.

_____ _____
Athlete Signature Date

_____ _____
Parent or Guardian Signature Date

Please send to:

Rocky/Central Region
Terry DelliQuadri
805 Pamela Lane
Steamboat Springs,CO 80487