

RMST Early Season Camp @ Loveland, CO

Nov1st-Nov 5th, 2017

Fact Sheet

Focus:

This camp is concentrated on those athletes (U14/16/19) who want to free ski on snow early to get a step up on the competition. We will focus on skiing fundamentals, including stance, turn shape, parallel position and transitions between turns. There will be no “gate training” at this camp!

Open to:

RMST U14/16/19 athletes. Additional fees may apply if parent/guardian decides to travel with the team. Parent/guardian will be responsible for their own lodging arrangements. If you have further questions in regard to the camp, please feel free to contact Greg Mountford at g.mountford@raggedmountainresort.com or 603.768.3198

Coaches:

Greg Mountford – RMST Alpine Program Director

Mark Archer – HHRT Program Director – (Link to qualifications - <http://www.hhskiclub.com/hh-race-team-buzz/>)

Bob Larsen – HHRT Head USSA coach

Cost:

\$550.00 – Includes all ground transportation and lodging

Does not include meals, overweight charges, lift tickets or cost of airfare

Housing/Meals:

We are currently planning on staying at the LaQuinta Inn and Suites located in Silverthorne, CO
Coaches will organize lunch and dinners for athletes along with supervision.

Air Transportation:

Athletes are responsible for getting to DEN (Denver International Airport) prior to 9pm on Nov. 1st. Staff will pick up athletes and transport them to Summit County, CO. Local transportation will be provided to and from Loveland during the camp as well. For Nov. 5th, the departure date, please arrange flights to depart after 4pm. Staff will bring the athletes down to DEN in late afternoon after skiing.

Schedule:

Nov. 1st– arrive DEN prior to 9pm, travel with group to Summit County, CO.

Nov. 2nd – morning free skiing, afternoon free skiing drills, evening study hall

Nov. 3rd – morning free skiing drills, afternoon free skiing drills, evening study hall

Nov. 4th – morning free skiing drills, afternoon free skiing drills, group activity

Nov. 5th – morning free skiing drills, afternoon free skiing, late afternoon departure to DEN

Lift Tickets:

Athletes will be on their own for purchase of lift tickets. Please check Loveland's webpage for possible deals.

What to Bring:

- Skis, ski poles, boots, helmet, ski clothes (be prepared for everything from wet weather to cold).
- Tuning and waxing supplies
- Daypack, water bottle and sunscreen
- Homework
- Money for travel, food, lift tickets and misc. expenses

Questions:

Greg Mountford, RMST Program Director, g.mountford@raggedmountainresort.com,
978.302.0454 (c)

RMST Team Early Season Camp @ Loveland, CO Registration Form

Athlete Name: _____

Address: _____

Phone#: _____

Email Address: _____

INVOICE

Name: _____

Check Number: _____

Amount: _____

Payable to: Ragged Mountain Resort

Travel Information:

Arrive DEN: _____

Depart DEN: _____

****We must receive all applications and payment prior to departure****

Please mail applications to:

RMST

c/o Greg Mountford

620 Ragged Mountain Rd

Danbury, NH 03230

**RMST (Ragged Mountain Ski Team)
2017-2018 Team Agreement**

Team Rules

Members of Ragged Mountain Ski Team (RMST) attending competitions, traveling with or as part of a competition trip organized by RMST staff, or attending any training camp project as part of an RMST are required to abide by the following team rules.

Team Members agree to:

1. Pay in full the project/membership dues before the first day of arrival at the project or first day on snow at Ragged Mountain Resort, unless a payment plan is worked out prior to that date;
2. Fully participate in the organized accommodations;
3. Attend all team meetings and training activities on time and be fully prepared;
4. Observe any curfew established by the coaching staff;
5. Not use or possess illegal drugs;
6. Not illegally use or possess alcohol;
7. Show respect to coaches, teammates, competitors, officials, parents, RMST club members and hill employees;
8. Conduct themselves as representatives of Ragged Mountain Resort when at races and/or training venues at or away from Ragged Mountain Resort;
9. Not use derogatory comments or foul language;
10. Wear lift pass at Ragged Mountain Resort and other training/competition venues;
11. Observe any additional rules established by the RMST staff;

Violations of these rules may result in suspension from the RMST

Agreement

I, the undersigned RMST athlete, have reviewed these rules and agree to abide by them and all applicable rules and procedures during my participation in any training or competition during the current season. I agree that a violation of the rules may result in my immediate suspension from the team and in loss of all RMST 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 an 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 the 2017-2018 training and competition season. Athletes under the age of 18 must have the following section signed by either parents or legal guardians, if applicable. We, the undersigned, parents or legal guardians of the undersigned Athlete, having read and understood the above, agree to allow our child to participate in RMST training and competition season. We understand and agree that if our child violates these rules and procedures, he/she may be immediately suspended from the RMST 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 RMST, are solely responsible for such actions as may be required to secure his/her release and return home. This agreement shall be valid for the 2017-2018 training and competition season.

Athlete Signature

Athlete Name

Date

Parent or Guardian Signature

Date

**Ragged Mountain Ski Team
2017-2018 Medical Release**

Athlete Name _____ Address _____

City, State, Zip _____ Birth date _____

Athlete Email _____ Athlete Cell _____

Parent _____ Parent _____

Cell Phone _____ Cell Phone _____

Home Phone _____ Home Phone _____

Work Phone _____ Work Phone _____

E mail _____ E mail _____

Insurance Coverage

Company _____ Identification # _____

Policy # _____ Expiration Date _____

Medical History

Allergies _____

Medication _____

Other Medical Information _____

Athlete Medical Release

Athlete or Parent, if Athlete is under the age of 18 years, hereby authorizes Ragged Mountain Ski Team (RMST) 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. RMST Staff 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 RMST Staff to exercise their best judgment as to the requirements of such care, treatment and/or procedures. Parent specifically holds harmless and indemnifies RMST Staff 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