



**Western Region  
Project Announcement**

**Project:** Western Region U14 SL Camp

**Dates:** Arrival on August 8<sup>th</sup>, On-snow August 9 - 13

**Location:** Timberline, Mt. Hood, OR

**Project Summary:** We are excited to be offering this Regional U14 Slalom project. The goal of the project is to create a fun and competitive atmosphere where athletes can both elevate their understanding and ability to apply proper slalom skiing fundamentals. The athletes will be divided into smaller training groups where they will go through a five-day slalom progression. The progression will be based off of core Slalom skiing concepts: stance/ankle flexion; stable upper body position; the ability to start the turn with the ankle/knee. At the beginning of camp the staff will set more drill-based environments and courses to help capture the concepts we are trying to achieve. By the end of the camp we will set more traditional slalom environments and illustrate how tactics are a key component in a skier's ability to apply new or improved upon skills to a race course.

**Project Leader:** Will Brandenburg

**Staff:** Jeff Pickering, Chris Bringham, Cole Greer

Grossman, Saba	SVSEF
Blackburn, Jessica	SVSEF
Willett, Shelby	Meadows
Benjaminson, Kacey	SVST
Howard, Annika	JHSC
Aten, Lindsey	PCST
Koper, Lauren	TAS
Hart, Karsten	SVST
Ferris, Hannah	SVSEF
Roth, Jason	SVST
Henryon, Walker	BBSEF
Gajar, Toby	SVST
Stahla, Joseph	Alyeska
Hoopas, Jesse	Sundance
Holton, Zac	SPAC
Karlen, Bjorn	PCST
Sammis, Carter	SVSEF

**Cost:**

\$1200.00: Includes lodging, all meals, lift tickets, ground transportation, and West T-shirt.

**Travel**

All athletes are responsible for covering their travel costs to and from Mt. Hood.

**Athletes flying:** plan to book arrival no later than 1 pm on Aug 8<sup>th</sup> 2017 to Portland Or (PDX) Return Aug 13th after 4 pm. **Airport transportation will be provided to & from PDX and Mt. Hood Or.**

**Athletes driving:** plan to arrive no later than 5pm to Gov't Camp Or on Aug 1<sup>st</sup>. Parents can plan to pick up their athletes after 1pm in Gov't Camp.

**Lodging**

Collins Lake Resort, Government Camp, OR

**Meals:**

All meals included

**Checklist:**

- o Carry your ski boots and money with you as you travel in case your luggage is lost. Please note that you will be responsible for any overweight or over baggage charges, so pack lightly and come prepared. SL Skis
- o Helmet, Boots
- o Training Suit/Gear
- o Full Outerwear including rain gear & real cold gear
- o Running Shoes, gym shoes and workout gear for conditioning
- o 2 Water bottles - mandatory
- o Back pack
- o Back Protectors - mandatory
- o **Mouth guards – mandatory**
- o Training Log, notebook and pen/pencil - mandatory
- o Work ethic and a positive attitude
- o Tuning equipment (vices, wax, and tools) – we will provide benches only

**Miscellaneous:**

If you have any questions regarding the project or any of this information, please feel free to contact the Project Leader,

Note:

The cost is based on athletes attending this project and is as accurate as it can be at this point. Given changing selections and athlete attendance there may be additional charges once it is all done.

**Please note that it is National, as well as Regional, policy to require pre-payment of trip fees.**

All participating athletes are required to submit their payment prior to participation or services will not be rendered. For questions regarding this policy please call Bill at 435.602.2759 or e-mail at <mailto:bgunesch@ussa.org>

**Checklist of paperwork to send to Gwynn Watkins:****PAYMENT DEADLINE JULY 20<sup>TH</sup>. AFTER THAT DATE ADD \$50.00**

- ☐ Event Registration Payment online at U.S. Ski and Snowboard.
- ☐ Travel plans to Gwynn Watkins
- ☐ Timberline Waiver: **Important** - Please follow this on-line link and fill out the Timberline waiver: **Copy the link and paste into the browser.**

<https://my.1risk.net/1waiver/#/eventit?a=aHR0cHM6Ly9teS4xcmlzay5uZXQvdGlYmVybGluZWFWaXxkN2IxNjRiZTQxYTg0MWRmYmUyZTU3NWU2OTA1MWE5Y3xmYTc1ZjgxZi03MjdILTRIZGUtYWJkZC02NTRIYmZkMzg3ZWf8VHVIIEp1biAyMCAyMDE3IDA4OjM3OjAwIEEdNVC0wNzAwIChQYWNPZmijIERheWxpZ2h0IFRpbWUpfFN1biBBdWcgMTMgMjAxNyAwOTowMDowMCAoUGFjaWZpYyBEYXIsaWdodCBUaW1lKQ==>

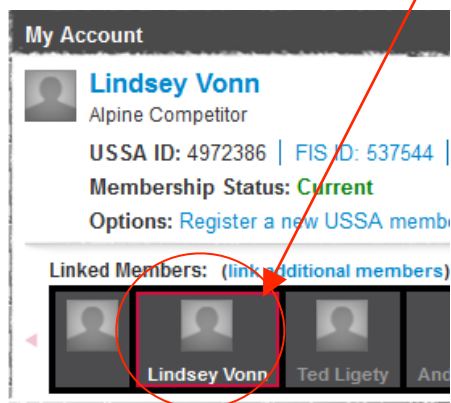
NEW MEDICAL RELEASES AND TEAM AGREEMENT WILL BE SENT BY JULY 15<sup>TH</sup>







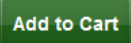
### Online Athlete Event Registration Instructions

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:



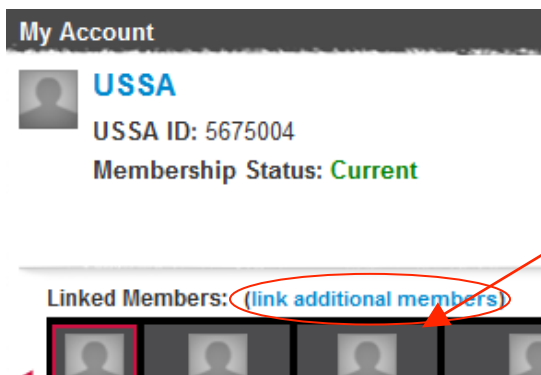
4. Now select  **Athlete Event Registration** in the toolbar. The Athlete Event Registration icon does not show up until an athlete has been selected. If your athlete is not linked to your account, or the Athlete Event Registration tool does not show up when you select the athlete, please follow the 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  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  . 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  . 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. It has a blue header with the title 'Link Member Account'. The form contains three input fields: 'Member Last Name:', 'Member USSA ID#:', and 'Member Date of Birth:'. The date of birth field consists of three dropdown menus labeled 'Month', 'Day', and 'Year'. At the bottom of the form is a red button with the text 'Link Membership Account' in white.

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.