



**Project:** Western Region FIS RTG SL Camp

**Dates:** Arrival on August 1<sup>st</sup>, On-snow August 2 - 6

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

**Project Summary:** This five-day Slalom progression will be designed around enhancing and mastering basic Slalom skiing fundamentals. The coaching staff will help define and teach what skills each athlete's needs to enhance within their skiing to become more consistent turn to turn in Slalom.

The first few days of camp staff will build environments and drill courses that will challenge the athletes' skill set. The goal will be to help athletes become more aware of what feeling they are searching for in there Slalom turns.

By the end of camp the goal will be to start to apply these skill and feelings with a high volume of turns focusing on technical and tactical skills in different SL environments. We will use timed runs as a tool for self-comparison.

**Project Leader:** Will Brandenburg

**Staff:** Jeff Pickering, Bill Gunesch, and TBA

**Athletes Attending:**

Dupratt, Sam

Dvoracek, Addison

Cravens, R Minam	1999	MBSEF
Hakoshima, Henry	1998	JHSC
Harrison, J Bridger	2001	OV
Parazette, Holden	2000	JHSC
Pretti, Winston	1999	DPST
Lamb, Charlie	1999	SVSEF
Leininger, Noah	1999	SVSEF

Ellis, Morgan	2001	SBSTA
Fitzgerald, Lily	2001	SVSEF
Rathfon, Allison	2001	SVSEF
Vesterstein, Kaitlyn	1999	RM
Collins, Maddie	1999	SARS
Ferris, Madison	2001	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 1st 2017 to Portland Or (PDX)

Return Aug 6th 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 **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

**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.

**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:

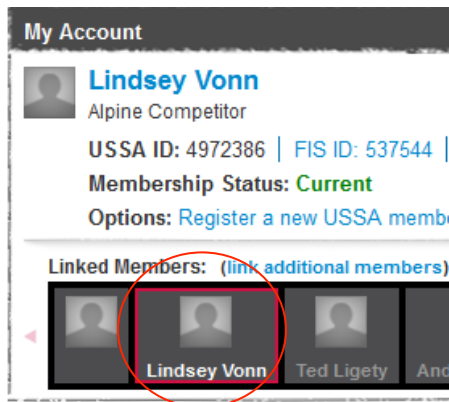
<https://my.1risk.net/1waiver/#/eventit?a=aHR0cHM6Ly9teS4xcmlzay5uZXQvdGltYmVyYmVudGluZWFWaXxkN2IxNjRiZTQxYTg0MWRmYmUyZTU3NWU2OTA1MWE5Y3w3NDg5NzhlYS0xOWNmLTQyZTItODliOC1jYjA5NDkyMTgxNTN8VHVlIEp1biAyMCAyMDE3IDA4OjE1OjAwIEdNVC0wNzAwIChQYWNPZmJlIERheWxpZ2h0IFRpbWUpfFN1biBBdWcgMDYgMjAxNyAxMDowMDowMCAoUGFjaWZpYyBEYXIsaWdodCBUaW1lKQ>

NEW MEDICAL RELEASES AND TEAM AGREEMENT WILL BE SENT BY JULY 15TH

**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"





## My Account



**USSA**

USSA ID: 5675004

Membership Status: **Current**

Linked Members: [\(link additional members\)](#)



Now just fill out the information and click Link Membership Account. If someone is linked twice, then you Remove

### Link Member Account

Member Last Name:

Member USSA ID#:

Member Date of Birth:

Month  Day  Year

**Link Membership Account**

Association on the right of the page to unlink the older link of the member.

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.