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# PARENT – ATHLETE HANDBOOK

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*Revised November 2025*

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## **ABOUT MISSION RIDGE SKI EDUCATION FOUNDATION:**

### ***MISSION***

“MRST equips athletes with skills to reach their full potential in competition and in life.”

### ***VISION***

“MRST aspires to partner with athletes and parents creating a passion for skiing in a supportive environment that fosters character development and skiing skills to pursue each athlete’s potential.”

### ***VALUES***

“Cultivate sportsmanship and comradery through a culture of mutual respect, safety, fun and teamwork.”

### ***PHILOSOPHY & GOALS***

Ski racing is all about having fun, learning new skills, and skiing fast. In skiing, like in any sport, to reach your potential takes dedication, a strong work ethic, parental support, team support, good equipment and the desire to improve.

MRST is a program that provides all the coaching and technical support necessary allowing athletes to succeed and reach their potential. Our athletes learn invaluable life skills that carry through to adulthood.

### ***CLUB HISTORY***

Established in 1967, Mission Ridge Ski Team has a long history. The club is recognized throughout the United States and Canada for developing athletes from the beginning level racer to the U.S. Ski Team. The program is proud to help develop young athletes and quality citizens who continue to contribute to their local communities. MRST has been awarded Podium Certification at the Silver level by U.S. Ski and Snowboard.

U.S. Ski & Snowboard’s Podium Club Certification Program requires a rigorous, mission driven self-assessment and review of best principles and practices in eight areas of organizational performance. MRST has demonstrated appropriate levels of performance in all areas and is recognized as an important partner of U.S. Ski and Snowboard and a leader among ski and snowboard clubs in the nation.



## GENERAL INFORMATION:

### Contact Information:

**Physical & Mailing Address:** 25 N. Wenatchee Ave. Ste 112  
Wenatchee, WA 98801

**Phone/Email/Web:** Phone: 509-888-2372  
Email: [info@mrst.us](mailto:info@mrst.us)  
Web: [www.mrst.us](http://www.mrst.us)

## STAFF DIRECTORY

<b>Program Director &amp; FIS Coach</b>	Roger Taggart	<a href="mailto:roger@mrst.us">roger@mrst.us</a>
<b>U16 Women's Coach</b>	Danasue Kusakabe	<a href="mailto:danasue@mrst.us">danasue@mrst.us</a>
<b>U16 Men's Coach</b>	Carson Ruud	<a href="mailto:carson@mrst.us">carson@mrst.us</a>
<b>U14 Coaches</b>	Sasha McCourtie Larissa Rohrbach Luc Stokes	<a href="mailto:u14@mrst.us">u14@mrst.us</a>
<b>YSL Coordinator</b>	Neil McCurdy	<a href="mailto:ysl@mrst.us">ysl@mrst.us</a>
<b>Ski Stars Coordinator</b>	Anne Garske	<a href="mailto:skistars@mrst.us">skistars@mrst.us</a>

## PNW DIVISION INFORMATION

**Mailing Address:** 1329 Section Ave.  
Quincy, WA 98848

**Phone & Email:** 509-445-4454  
[pnsa@pnsa.org](mailto:pnsa@pnsa.org)

**Website:** [www.pnwdivision.org](http://www.pnwdivision.org)

## **MRST PROGRAMS:**

### **Ski Stars (ages 5-9)**

The Ski Stars program is for 5 to 9-year-olds who have skiing experience and would like to become better skiers and get a taste of racing. The goal of the program is to have a great time exploring Mission Ridge, learn new skills, and introduce participants to ski racing. Program days: Ski Stars is an 8-week program with the option to ski Saturday or Sunday.

#### **Daily Schedule:**

- 9:00 AM meet at the MRST podium ready to ski.
- 11:30 AM break for lunch.
- 12:30 PM meet outside ready to ski until 2:30 PM.

#### **Minimum Requirements for Ski Stars Participants**

Ski Stars team members must be between the ages of 5 and 9 and be able to confidently ski Chair 4 (Castle/easy blue runs). Ski Stars must ski with comfort and control down Castle, making consistent turns and be able to stop when needed. If after the first day of the program the coaches think they are not quite ready for Ski Stars, they will recommend a Mission Ridge Ski School Program.

Equipment: Ski Stars team members need 1 pair of skis, 1 pair of poles (optional), ski boots, a helmet, eye protection, and warm winter clothing.

Attendance: Parents must choose either Saturday OR Sunday for the duration of the program, we are not able to accommodate changes mid-season. One make up day is available following the Ski Stars Race.

### **Youth Ski League (YSL) (ages 6-11)**

The Youth Ski League program (YSL) is for athletes 6 to 11 years of age. The goal is to develop enthusiastic lifetime participants in the sport of skiing by developing basic skiing fundamentals and technique. The best racers are great free skiers and the best free skiers are racers. If your goal is to be the best all mountain skier possible, this is the program for you. YSL programs (except 12 Week YSL) begin the first full weekend in December (on Sunday) and go through March.

## **12 Week YSL**

The 12 Week YSL program begins the first full weekend of January and ends the last weekend of March. This is a Saturday OR Sunday program that includes 1 day a week of training and race support at all races on the YSL calendar. This is a great option for kids who want a taste of racing. There is race support at all home races, but no training during home races.

Attendance: Please choose Saturday OR Sunday for the entire program.

## **YSL One Day:**

The one-day program is a Saturday OR Sunday training program. The program includes 1 day a week of training, race support at all races on the YSL calendar and Holiday Camp training held in December.

## **YSL Two Day:**

The two-day program is for athletes who want to get more skiing in per week. The schedule includes Saturday and Sunday training and race support at all races on the YSL calendar and Holiday Camp training held in December.

## **YSL Full Time:**

The Full-Time program is for athletes that want to get the most skiing in per week. The training schedule includes Wednesday nights (starting in January), Thursday nights (starting in January), Friday afternoons, Saturday and Sunday training, race support at all races on the YSL calendar plus Holiday Camp training.

## **U14 Team (ages 12-13)**

The U14 program is designed for junior skiers who want to continue their athletic development. The program is geared toward developing skiing as a lifetime skill and introducing the athlete to more advanced levels of competition. U14 athletes train from two to five days a week, race in select YSL races, USSS Evergreen Cups, and the PNW U14 Series. U14 Championships is held near the end of each season. Our coaches help manage each athlete's race and travel schedules. Part-time and full-time options are available.

## **U16 Team (ages 14-15)**

The U16 program is designed for the junior skier who wants to continue their athletic development. The program is geared toward developing skiing as a lifetime skill and introducing the athlete to more advanced levels of competition. U16 athletes train from two to five days a week, are assisted in their pre-season workout program, and race in Evergreen Cup and NW Cup (U16 Junior Championships Qualifiers) races. U16 coaches help manage each athlete's race

and travel schedules. MRST coaches travel to divisional, regional, and when possible, national races to provide support and help athletes achieve their personal best results.

## **FIS Team (ages 16-20)**

### **FIS Part Time**

This program is for athletes who are looking for more time on snow without missing as much school for training. Athletes train Tuesday or Thursday night, Friday afternoon, and all-day Saturday, and Sunday. Occasional Mondays are utilized when appropriate. Two to four evening gym sessions per week are also available for these athletes.

### **FIS Full Time and Post Graduate Program**

The Full Time FIS and Post Graduate program is for serious fully committed athletes that want to reach their highest potential. Full Time athletes are managed year-round and have access to conditioning programs and support. Athletes have ideal training schedules with up to 6 days of training per week that allow for proper rest and recovery. Occasional Mondays are utilized when appropriate. 2 to 4 evening gym sessions per week are also available for these athletes.

## **Our Relationship with Mission Ridge Ski & Board Resort:**

Since MRST's inception, Mission Ridge Ski & Board Resort has generously supported the ski team in countless ways including sponsorship, venue development, on-hill ready room space, early chair loads, and custom grooming. Without the support of Mission Ridge, MRST would not be able to provide the level of training and competition environment that we do. Thank you to Mission Ridge Ski & Board Resort, management, and staff!

### General Rules and Expectations:

- The general public comes first!
- Fast skiing outside the training/competition arena is prohibited. When skiing on trails open to general public you must ski at the same speed as other guests.
- Unless specifically authorized, all MRST volunteers, athletes, and coaches are not permitted to use the Ski School or Ski Patrol lift line access.
- Ski safely, in control, be courteous to others on the hill and have fun!

## **Recommended Safety Equipment:**

Due to the inherent risk in snow sports and athletics in general, it is evident that protective equipment can reduce the risk of injury and death to snowsports participants. MRST strongly recommends that all athletes always wear mouth guards and some form of spine protection while participating in snowsports activities. Custom-fitted mouth guards provide protection to teeth and surrounding tissue in the mouth and can help prevent a concussion in the case of a fall. All athletes are REQUIRED to wear a well-fitting helmet during training.

## Athlete Pick-Up & Drop-Off Procedures:

YSL and Ski Stars Programs will meet outside, behind the Mission Ridge Day-Care play area or at the MRST Podium sign. Please plan on picking up and dropping off athletes here unless prior arrangements are made with a coach. U14 and older athletes meet each morning by the green fence behind the Skier Services Building and will be released on their own following training. Please decide with your child where you will meet after training before training begins.

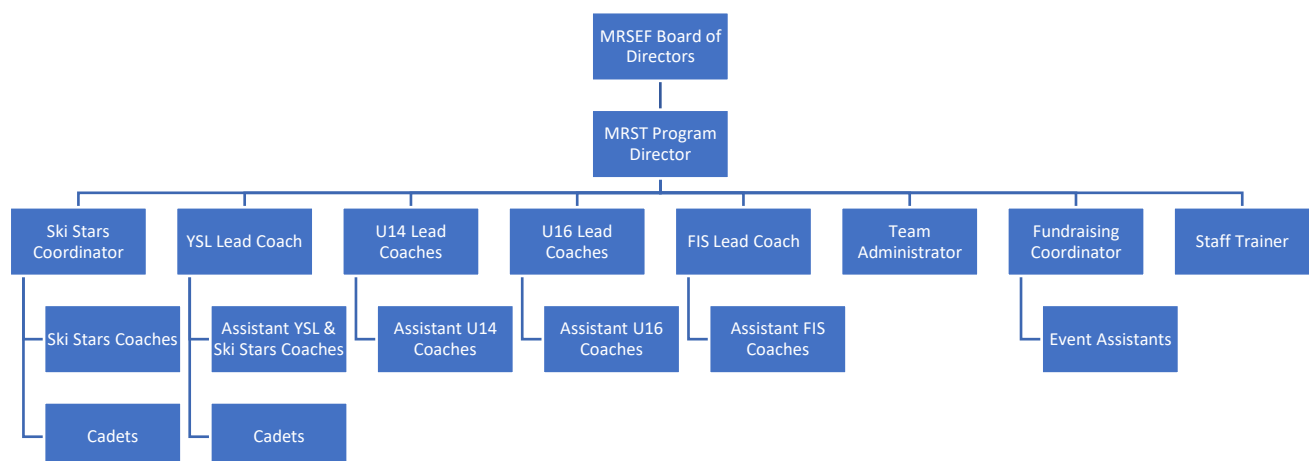
## Lift Loading Procedure:

Athletes 6 years old or younger must ride with a coach or adult capable of assisting the athlete while riding the chair and unloading. Any athlete who is not capable of holding their own ski poles or operating the safety bar on Chair 2 should ride with an adult. Adults assisting athletes should always ride to the right side of the athlete so the lift attendant may also assist the athlete with loading.

## MRST Ready Room and Ski Shed Use:

Due to the small size and limited number of lockers and space, the MRST Ready Room and Ski Shed is for use by current **full-time** MRST athletes **U16 and older only**. Friends of MRST athletes are NOT PERMITTED in the ready room or ski shed. Only MRST athletes may store equipment in the ready room and ski shed. Parents and family, as well as YSL and U14 athletes, should refrain from coming upstairs to the ready room unless it is to speak with a coach, or are invited in by a coach. The ready room facilities are provided as a courtesy to MRST athletes. MRST is not responsible for missing or stolen equipment.

## Mission Ridge Ski Team Organization Chart:



## FINANCIAL INFORMATION:

### Tuition

The following is the tuition schedule for the 2025-2026 Season:

Ski Stars 8-Week Program	\$ 800
Ski Stars 8-Week with Holiday Camp	\$ 1,200
Ski Stars Holiday Camp	\$ 400
12 Week YSL (no holiday camp)	\$ 1,500
YSL One Day/Week	\$ 1,950
YSL Two Days/Week	\$ 2,550
YSL Full-Time	\$ 3,500
YSL Holiday Camp	\$ 400
Night Training Add-On (one night)	\$ 400
Night Training Add-On (two nights)	\$ 800
U14 Two Days/Week	\$ 3,350
U14 Three Days/Week	\$ 4,000
U14 Full-Time	\$ 5,400
U16 Two Days/Week	\$ 3,500
U16 Three Days/Week	\$ 4,000
U16 Full-Time	\$ 5,400
FIS Part-Time	\$ 4,800
FIS Full-Time	\$ 6,250
Masters	\$ 575

## **Program Associated Costs & Race Expenses:**

Race expenses and additional costs will appear in an invoice for items such as transportation, lodging, meals, fuel, entry fees, coach expenses and team wax used during the season while traveling and competing. Families are asked to remit payment for these expenses within seven (7) days of receiving an invoice.

A daily fee of **\$20** will be billed to athletes for each day an athlete travels in the team van.

All costs and fees will be assessed by taking the total expenditure and dividing it by the total number of athletes related to that expense. (For example: 3 athletes ride in the van and use \$150 of fuel one day. Each athlete will be billed \$50 for fuel and \$20 for use (\$70 total))

MRST summer and fall training camp costs are not part of regular tuition. Expenses are built into the camp tuition.

All outstanding invoices MUST be paid before Golden Rose to receive MRST support or entry.

## **Refund Policy:**

Refunds are made at the sole discretion of the MRSEF Board of Directors. While consideration will be made to special or unique situations that arise, refunds due to injury are not eligible. Staffing levels are based directly from the number of athletes at the start of the season and may not be reduced mid-season due to injury.

In the case of approved refund, the amount shall be calculated on the basis of the stated program tuition fee paid by the athlete divided by the total calendar days schedule to determine the effective daily rate. The refund will be determined by the number of program calendar days remaining in the season upon written notification to the MRSEF Board of Directors times the effective daily rate less a non-refundable \$150.00 administration and processing fee. Forest Service fees and team uniform fees are not eligible for a refund.

Fees owed to MRSEF for athlete race related travels, lodging, coaching fees, are not eligible for refund. Refunds for camps, race entry fees, lodging, food & transportation where fees have been paid in advance through MRSEF and the athlete has notified the MRSEF Board of Directors prior to the event or departure date shall be eligible for refund minus cancellation fees, which may be applied by the hosting service provider or organization. In these cases, the athlete shall be solely responsible for contacting service providers and race administrators to obtain any refund.

Prior to issuing a refund credit to the athlete, any refund amounts will be first applied to any outstanding account balance the athlete may have with MRSEF.

Should an athlete or family determine they are unable to participate in the upcoming season due to unforeseen reasons, and have paid fees to MRSEF in advance, the family shall be granted a full refund minus the \$150.00 administration and processing fee. This method can apply for non-injury or illness related reasons provided the request is made prior to the start of the selected program, as communicated in the program outline.

Request for refund based on amount of available terrain open at the Mission Ridge Ski & Board Resort or other approved training venues shall not be considered unless conditions are such that ski area operations are no longer viable and training options are discontinued.

## **Scholarships:**

The Mission Ridge Ski Education Foundation Scholarship Fund helps ensure that the many costs involved with winter recreation do not act as a limiting factor to an athlete's entry or continued participation in the sport of competitive ski racing.

The Scholarship Fund is governed by policies established by MRSEF Staff as directed by the Board of Directors. Mission Ridge Ski Education Foundation offers scholarship awards on a rolling basis throughout the year. Scholarship awards are confidential and final. All monetary awards and disbursements are determined by a small committee of respected community members not directly involved with MRST. Limited funds are available, and we encourage you to apply early. You can find the Scholarship Application here: [Scholarships \(mrst.us\)](https://www.mrst.us/scholarships)

## **ATHLETE INFORMATION:**

### **Your Responsibility as a Mission Ridge Ski Team Athlete:**

Becoming a Mission Ridge Ski Team Athlete is a choice that will affect your daily life and decisions you make. Having chosen to be an athlete with MRST, you are choosing to commit to a lifestyle. This lifestyle includes building and maintaining habits of hard work, enthusiasm, cooperation, loyalty, friendship, and industriousness, which must be lived every day.

As a MRST Athlete, all club policies must be followed. The decisions you make away from training and competition still affect your commitment to the MRST lifestyle. You never stop being a MRST Athlete and a positive representative of MRST. This is always your responsibility.

All Mission Ridge Ski Team Athletes are expected to represent themselves, MRST, and Mission Ridge Ski & Board Resort in a positive and responsible manner. Athletes must adhere to all Mission Ridge Ski Team policies, Mission Ridge Ski & Board Resort policies, and always follow the Skier Responsibility Code. This responsible behavior should extend to other ski areas when traveling for competitions, eating at restaurants, going to school, and whenever representing MRST in any way.

If any MRST policies are violated, the action will be considered “**Conduct unbecoming a Mission Ridge Ski Team Athlete**” and appropriate disciplinary action will be taken as determined by the U.S. Ski & Snowboard Code of Conduct, MRSEF Discipline Committee, and/or the MRST Program Director.

### **MRST Athlete Code of Conduct:**

By joining Mission Ridge Ski Team, each athlete agrees to follow the following Code of Conduct:

#### **General Code:**

##### ***As a Mission Ridge Ski Team Athlete, I promise to...***

1. Follow and uphold the rules and code of conduct set forth by Mission Ridge Ski Team, Mission Ridge Ski & Board Resort, PNW Division, and U.S. Ski & Snowboard Code of Conduct.
2. Dress in a manner that respects myself, my teammates, and MRST.
3. Always behave in a courteous and responsible manner while representing MRST.
4. Conduct myself with integrity. I will not lie, cheat, or steal.
5. Respect and obey the judgment and decisions of all coaches and officials.
6. Give 100% of your effort, focus, and enthusiasm while participating in MRST activities.
7. Not participate in, or otherwise exhibit, bullying, hazing, teasing, harassing, or abusive behavior; nor engage in the use of drugs or alcohol at any time. I understand these types of actions may lead to my dismissal from Mission Ridge Ski Team.

#### **Training Code:**

##### ***As a Mission Ridge Ski Team Athlete, I promise to...***

- i. Arrive on-time for training and meetings. **Be ready to train** at the scheduled start time. Notify coaches at least 1 day in advance if I will be absent, late, or must leave early.
- ii. Arrive prepared to train. We often train under adverse weather conditions. Be prepared every day with clothing and equipment for all types of conditions.
- iii. Respect teammate’s and MRST equipment.
- iv. Stay and participate in the entire training session. Actively participate in helping set up and tear down training courses and venues. If you must leave early, you need to notify the coach **prior** to the start of the training session.
- v. Acknowledge that inappropriate and/or disrespectful language, actions, destruction of property, and/or other forms of abusive behavior will not be tolerated.
- vi. Observe all instructions for the venue and when at other ski areas.

### **Ready Room/Ski Shed Code:**

#### ***As a Mission Ridge Ski Team Athlete, I promise to...***

- a. Use the MRST Ready Room and Ski Shed for my teammates, coaches, and myself only. No others shall be invited in.
- b. Keep my personal locker and the common areas clean.
- c. Clean up immediately after lunch. Food on the floor or left on lockers is unacceptable.
- d. Place only skis on the tuning tables. All other equipment must be stored inside lockers or taken home each day.
- e. Share the Ski Shed door code with MRST Athletes **only**. I will not share the door code with anyone except MRST teammates.
- f. Keep skis and poles neatly leaned and stored in the Ski Shed. Equipment lying on the floor is unacceptable.
- g. Respect the buildings and not damage the team room, Ski Shed, or stairwells. I acknowledge that athletes will be responsible for any damage to facilities that they cause.

### **Mission Ridge Ski & Board Resort Rules:**

MRST abides by, helps educate, and enforces the **National Ski Area Association's Responsibility Code**:

The National Ski Areas Association (NSAA) believes education, helmet use, respect and common sense are very important when skiing and riding. NSAA developed Your Responsibility Code to help skiers and riders to be aware that there are elements of risk in snowsports that common sense and personal awareness can help reduce.

#### **Your Responsibility Code:**

1. Always stay in control. You must be able to stop or avoid people or objects.
2. People ahead or downhill of you have the right-of-way. You must avoid them.
3. Stop only where you are visible from above and do not restrict traffic.
4. Look uphill and avoid others before starting downhill or entering a trail.
5. You must prevent runaway equipment.
6. Read and obey all signs, warnings, and hazard markings.
7. Keep off closed trails and out of closed areas.
8. You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
9. Do not use lifts or terrain when impaired by alcohol or drugs.
10. If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

Visit <https://www.missionridge.com/rules-use> for complete ski area rules.

## **Athlete Code of Conduct Enforcement and Disciplinary Action:**

The following procedure will be used to enforce MRST Athlete Code of Conduct:

### **MRST considers the following violations MINOR offenses:**

1. Misbehavior
2. Breaking Curfew
3. Lying
4. Violation of ski area rules and/or violation of the skier code of conduct
5. Violation of daily training rules
6. Disobeying MRST coaching staff or race official directions.

### **MINIMUM CONSEQUENCES FOR A MINOR OFFENSE**

**1st Offense:** Verbal Warning and 0–3-day suspension from all MRST and/or U.S. Ski & Snowboard (USSS) activities.

**2nd Offense:** Written Warning and 1–7-day suspension from all MRST and/or USSS activities.

**3rd Offense:** 7–14-day suspension from all MRST and/or USSS activities, and loss of any current MRSEF/MRST scholarships.

### **MRST considers the following rule violations MAJOR offenses:**

1. Breaking the law while participating in or representing MRST or U.S. Ski and Snowboard.
2. The illegal use of drugs.
3. The illegal use of alcohol.
4. The illegal use of any form of nicotine products.
5. Any confirmed Safe Sport violation including but not limited to hazing, harassment, bullying, or sexual harassment and/or abuse.

### **MINIMUM CONSEQUENCES FOR A MAJOR OFFENSE**

**1st Offense:** Immediate removal from MRST/USSS activities and requirement for a parent to pick up the athlete from the activity within a reasonable time at their expense, plus a 1–2-week suspension from all MRST and/or USSS activities. Loss of any current MRSEF/MRST scholarships.

**2nd Offense:** Indefinite suspension from all MRST activities and loss of support from MRST. Any rule infractions endangering self or others may result in up to a 1-year suspension. Loss of all current MRST/MRSEF scholarships and ineligible to apply for the following season. Illegal actions may result in turning the offending party or parties over to the local or state authorities if the offense is a violation of existing laws.

### **Enforcement of Consequences:**

The MRST Program Director shall enforce all MINOR OFFENSE consequences at their discretion. MAJOR OFFENSE consequences shall be enforced by the MRST Discipline Committee (Program Director, MRSEF Board of Directors member, additional MRST staff member or BOD member.)

## **Attendance:**

Being on time, prepared and ready to compete is an integral part of success in ski racing and in sport in general. There is a direct relationship between success and attendance. Athletes who come to training regularly and on time throughout the entire season will undoubtedly improve more than athletes who do not. Make attendance and being on time a habit, and you will be rewarded by your own effort. All MRST athletes are expected to participate fully in all registered training days. At least one day's notice must be given to coaching staff prior to an absence or an early departure from training. Failure to do so will be considered a violation of the Training Code.

## **Competition Membership and Licenses:**

PNW Division requires all its members to join U.S. Ski & Snowboard. The process to purchase a membership can be found on the U.S. Ski & Snowboard website or the PNW Division website. All U.S. Ski & Snowboard memberships are valid for one competition season (July 1 – June 30), and must be renewed on an annual basis.

### **U.S. Ski & Snowboard Competition Licenses**

#### **Youth**

For Age Classes U8 to U12: This license is for U12 and younger who want to begin racing without having access to the U.S. Ski & Snowboard Competitor Classification Points system. A Youth Competitor license is required for participation in the Alpine Buddy Werner Championships.

#### **Competitor U14 or U16 & Older**

For Age Classes U14 through Seniors: All U14 through Senior Competitor license holders can race in scored and non-scored races and will be included in the rankings developed from the National Points system. This license is required for athletes who will apply for a FIS (international) license.

Additionally, athletes who are 18 years or older, or those who will be turning 18 during the next competition season will be required to complete SafeSport Training and a background check before being eligible to compete in any USSS-sanctioned races.

For additional license and membership information visit:

<https://usskiandsnowboard.org/membership/alpine-athlete-membership>

To become a member, visit: [My USSA | my.usskiandsnowboard.org](https://my.ussa.org)

## **Athlete Concussion Protocol:**

Head injuries are sometimes more serious than initially apparent. A suspected injured athlete should stop skiing immediately and be accompanied by a coach, guardian, or Ski Patrol to be assessed by a medical professional for a Concussion. Athletes MAY NOT return to ski until cleared with a written note by a Physician. DO NOT leave athletes suspected of a Concussion unattended until evaluated by a medical professional.

### **SIGNS & SYMTOMS OF A CONCUSSION:**

- Headache
- Nausea and/or vomiting
- Dizziness
- Seeing 'stars'
- Sensitivity to light
- Ringing in ears
- tiredness
- feeling 'slowed down'
- confusion
- poor balance
- personality changes
- emotional changes
- Irritability
- slow to answer questions
- Inappropriate behavior

### **GO TO THE EMERGENCY ROOM OR CALL 911 IF AN ATHLETE EXHIBITS:**

- Sudden increase in confusion
- Persistent uncontrolled vomiting
- Sudden inability to walk or speak
- Changes in vision
- Numbness on one side of the body
- Slow or slurred speech.
- Athlete becomes unresponsive

#### **CONTACT INFORMATION:**

**Mission Ridge Ski Patrol:** 509-663-5643

**Confluence Health:** 509-663-8711

**MRST Program Director:** 509-990-1359

### **U.S. Ski & Snowboard Club Reporting:**

Upon removal of an athlete from participation for a suspected concussion/head injury, the MRST coach or official making the removal must also inform U.S. Ski & Snowboard Competition Services of any athletes competing in U.S. Ski & Snowboard sanctioned events. Athletes who have subsequently been medically cleared to resume sport activity must provide medical clearance in writing from the healthcare provider to U.S. Ski & Snowboard Competition Services before they may resume USSS-sanctioned racing.

### **About concussions:**

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a "mild" brain injury because concussions are usually not life-threatening. Even so, their effects can be

serious. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

MRST recommends that our members review the Center for Disease Control’s training and resources on concussion awareness at <https://www.cdc.gov/headsup/youthsports/index.html>

### **Academic Policy:**

Mission Ridge Ski Team recognized the importance of academics to all our student-athletes. MRST believes student-athletes should strive for both academic and athletic excellence. All Mission Ridge Ski Team athletes are required to maintain athletic eligibility as determined by their school of record, in addition to MRST policies.

#### **MRST Academic Policy:**

- All MRST student-athletes are required to maintain athletic eligibility according to their school of record’s academic requirement and athletic code of conduct.
- MRST requires that student-athletes in grades 6-12 maintain a GPA of no less than a 2.5 and no failing grades.

### **Traveling and School:**

Parents must notify schools of their child’s upcoming absences for MRST travel. MRST student-athletes should work with their teachers in preparation for upcoming MRST travel and make arrangement for making up assignments/missing class.

### **Uniform Policy:**

MRST athletes U14 and older are required to participate in our uniform program. MRST tuition and fees are heavily subsidized by generous sponsors and fundraising. Our team’s sponsors are an incredibly important part of the success of our team and actively wearing our uniform coats is an easy way to say thank you for supporting us. A uniform jacket will be available for purchase at the beginning of each season.

#### *MRST Team Jackets Must...*

- be worn at *all* competition events and races.
- be worn at *all* ceremony events fully zipped.
- be worn during training sessions unless wearing suit or training vest.

### **Uniform Policy Exceptions:**

- Any athlete who has qualified for the PNW Alpine Team may wear their PNW Division Alpine Team jacket at regional and national events in lieu of the MRST jacket only.
- Any athlete who is sponsored and required to wear that Sponsor's clothing to maintain sponsorship is excluded from the MRST Uniform Policy upon approval from the MRST Program Director.

YSL team jackets are available for purchase. Jackets are not required but are encouraged as bright jackets are easy for coaches to recognize and help keep groups together.

### **Travel Policy:**

#### **General Information:**

MRST coaching staff are responsible for making travel arrangements for all official travel to training camps and races. MRST staff makes every effort to select the most economic lodging, travel, and healthy meal plans possible for the team. MRST Staff follows SafeSport best practices with regards to traveling with, and supervising minors, including selecting lodging for athletes of the same gender.

- MRST staff will send out a notice prior to traveling to a camp or race, asking who is planning on traveling with the team. Please reply to these messages with your intent as soon as possible so MRST staff can make the best lodging and travel choices.
- After participation is confirmed, a follow-up notice will be sent with the details of the trip including departure and anticipated return times and where the team will be staying.
- Please help the team by arriving early to the pick-up location to allow ample loading and packing time.
- Athletes are typically responsible for purchasing their own meals and lift tickets at races. If parents would like the team to purchase these and be billed later, please make arrangements **prior** to the team departure.
- Athletes will be billed for travel costs incurred which typically include lodging, transportation, and coach expenses. Athletes racing but not traveling with the team will still incur a coach expense invoice.
- Parents and race volunteers may travel with the team at the discretion of the Program Director. Travel costs and fees for parents and race volunteers traveling will also be determined at the sole discretion of the Program Director.

If you have questions regarding the anticipated costs for a trip, please speak with MRST Staff before sending an athlete with the team. For questions on how trip fees and bills are determined, please see the Financial Information section of this handbook.

**MRST Trips:**

YSL & U14 athletes typically do not travel as a team or in MRST vehicles but rather remain with and travel with parents to team camps and races. MRST Staff will provide information as to where the coaches will be staying, where the race is, where to meet, and where team meetings will be.

MRST typically provides transportation opportunities for athletes U16 and older. These athletes may not be directly supervised at various times during trip activities, such as dining, tuning, free-skiing and free-time activities in the evening. If parents/guardians are not comfortable with this, please make other travel arrangements for your athlete.

MRST does not encourage individual athletes of driving age to provide transportation for themselves or other athletes to races, but rather prefers, in the interest of athlete safety, all MRST athletes travel in MRST transportation or with a parent/guardian. However, MRST understands that there are financial and logistical situations that make independent travel preferable for athletes and families. In these cases, parents, athletes, and coaches must clearly communicate their plans of traveling.

**Out of Division Racing Policy**

No MRST athlete or parent may enter races in another division without approval from MRST coaching staff, PNW Division, and the hosting organizer. The philosophy of MRST and PNW Division is to discourage unnecessary travel out of the division.

1. All requests to race out of division must be submitted to MRST coaching staff, in writing, 30 days prior to the competition. MRST coaching staff will decide the merits of racing out of division and make necessary requests to the PNW office. If permission is granted, PNW will authorize MRST coaches to make the appropriate entry with the race organizer.
2. Out-of-Division races will only be considered when PNW is not sponsoring a race of equal caliber, at or about the same time.
3. Athletes/Parents not following this policy may be subject to sanction by MRST/PNW Division.

**Training With Other Clubs Policy**

Registered MRST athletes are required to seek approval from MRST coaching staff prior to training with another club. This is to keep athlete training plans consistent and provide continuity with the training environments MRST is providing and what the other club may provide.

## **Off-Season Training Camps**

In the off-season (May-October), MRST provides several training camp opportunities. These typically include summer training camps at Mt. Hood, and fall training camps in Canada, with opportunity for more depending on athlete needs. To maintain continuity with each athlete's development plan, MRST athletes are highly encouraged to attend all available MRST training camps. Commercial camps will not provide the same caliber curriculum as a club, nor understand each athlete's skiing background and specific needs as well as their home club will. MRST summer training camps are open to U16 and older athletes. The MRST Program Director, at their own discretion, may allow select U14 athletes.

## **Strength and Conditioning Training**

### **Regular Season**

Strength and conditioning training opportunities are available for U14, U16, U18/FIS athletes from November-April each season. Gym sessions are typically one hour, 3 days per week, and are tailored to each athlete's needs. These sessions are included in each program's regular tuition.

### **Off-Season**

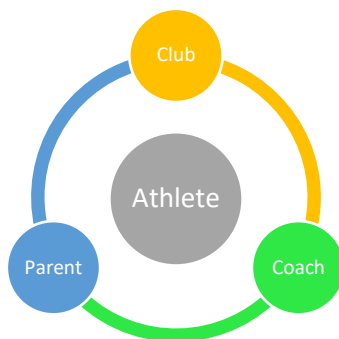
Athletes are highly encouraged to speak with coaching staff to come up with a strength and conditioning plan. Group gym sessions are also typically available in August/September and October/November. MRST coaching staff will send out updates on these though the summer.

## PARENT INFORMATION:

### Your Responsibility as a Mission Ridge Ski Team Parent:

By your child joining the Mission Ridge Ski Team, you join the Mission Ridge Ski Team community and assume certain obligations to the Club and responsibilities to the sport of skiing and its participants. Mission Ridge Ski Team parents, and families, pledge to act in a manner that honors the sport of ski racing by demonstrating respect to athletes, coaches, officials, general public, and fellow parents.

Mission Ridge Ski Team prides itself on fostering a culture that exemplifies the values of cultivating sportsmanship, camaraderie, mutual respect, safety, fun, and teamwork. Your participation in Mission Ridge Ski Team as a parent has a huge effect on how well we implement these values. Parents, coaches, and officials must always remember that our mission is athlete centered and athlete-driven.



By your child joining the Mission Ridge Ski Team, you voluntarily agree to abide by, follow, and be held to, the standards stated in the MRST Parent Code of Conduct below.

### MRST Parent Code of Conduct:

#### *As a MRST Parent, I promise to...*

1. Maintain high standards of moral and ethical conduct, which includes self-control, moderation, and responsible behavior, consideration for the physical and emotional well being of others, courtesy and good manners.
2. Never place an emphasis on winning above the values of Sportsmanship, Mutual Respect, Safety, Fun, and Teamwork.
3. Monitor my own expectations of my child's performance and progress, realizing that a child who feels they cannot meet their parents' expectations will quickly lose motivation to progress.
4. Use positive speech with athletes and adults alike. I know that an ill word, once spoken, can never be taken back.

5. Be constantly vigilant and aware of the tremendous influence I have on athletes and the Club culture at large.
6. Obey all rules and regulations set forth by U.S. Ski & Snowboard, PNW Division, SafeSport, and Mission Ridge Ski Team.
7. Become familiar with the guidelines for long-term athlete development and age-appropriate training for athletes as described by U.S. Ski & Snowboard Training Systems.
8. Read this entire handbook with my child; abide by its policies, and direct questions to my child's coach or Program Director as appropriate.
9. Attend scheduled Parent-Coach meetings, orientations, and team meetings as invited.
10. Refrain from "coaching" their own child or other athletes, unless expressly invited to do so by the coach in charge of the training session.
11. Commit to the success of MRST fundraising programs, realizing that these programs provide my child with a platform for success in sport.
12. Remit payment for any MRST expense invoices within seven (7) days of receiving the invoice.

**Around the Club:**

While we highly encourage you to get to know the staff and your child's coaches, we also encourage you to set up appointments, call, or email, if you have questions or have something to discuss, or catch up with a coach after the end of a training session.

**During Training and Competition:**

- Please feel free to observe your child's training, but please be discreet and do not adversely interrupt the sessions by talking to your athlete or the coaches. Many athletes can be distracted if their families are overly present at training. At competitions, a parent's role is to support the athlete while respecting the athlete's need for space and the coaches' job.
- In case of emergency please contact your child's Lead Coach, who should have furnished a cell number and who can in turn locate a specific athlete as needed.
- Volunteer and help with events.
- Parents are our ambassadors at races and events. Support the coaches and athletes by respecting the event volunteers and offering your assistance when possible.
- Allow the coaches to coach. Please allow the athletes and coaches the space they need on the hill. For safety reasons, race and training venues are closed arenas to everyone not actively volunteering, working, or racing.
- Respect the coaches' decisions. They are professionals and are trained to maximize your athlete's experience on each competition/trip.

- If you have questions or concerns about results, fairness, or any other issue at a competition, direct questions to the coach and they will contact the official who represents the athletes (when necessary) through appropriate channels.

Being a parent of a competitive athlete is not easy. Yet, as with all aspects of parenting, the behavior of a parent can profoundly help or hinder the athlete to achieve their ambitions. The following guidelines will help you to best support your child in their athletic endeavors.

***Ten Commandments for Parents with Athletic Children***

From "The Young Athlete", by Bill Burgess

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can most look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but resist the temptation to coach them. It's tough not to, but it's a lot tougher for a child who is inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there" trying, to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, for having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; there are always ups and downs along the way.
6. Don't compete with the coach.
7. Don't compare any attribute of your child with those of other team members, at least within hearing distance.
8. Get to know the coach so that you can be assured their philosophy; attitudes, ethics, and knowledge are such that you are happy to have your child under their leadership.
9. Always remember that children often exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains and are afraid to fight. Some of us will fight but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain to your child that courage is not the absence of fear, but a means of doing something despite fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "my parents really helped, I was lucky."

## **SafeSport**

As National Governing Body and steward of its sports, U.S. Ski & Snowboard has partnered with the SafeSport program via the United States Olympic Committee to assist its clubs, coaches, parents, and team leaders in recognizing unacceptable behavior and acting to prevent or correct it. As a U.S. Ski and Snowboard member club we support and raise awareness for these resources and trainings.

Information and training can be found at: <https://safesport.org/>

All Mission Ridge Ski Team coaching staff, volunteers, and officials have been advised of the [SafeSport guidelines](#) and program and are required to go through SafeSport training as part of the U.S. Ski and Snowboard membership process. All staff are also made aware of mandatory reporting laws governing the State of Washington.

### **Parent Participation in Training and Competitions:**

Training sessions are open for observation and coaching staff welcomes parents to do so. Parents must check in with their athlete's coach before proceeding into the training arena to observe the ongoing training session. Additionally, parents must abide by any specific directions about safe or unsafe locations to observe the training. If a parent attends a training session, MRST asks that they refrain from "coaching" the athletes.

In accordance with U.S. Ski & Snowboard policy and SafeSport, it is required that no parent enter any race arena at any competition unless they are a USSS member and have been through the due process of SafeSport and Background screening and have been invited by a coach or the organizing committee to help in the competitive arena.

### **2025 / 2026 Parent Involvement Requirement:**

Parental support is critical to MRST maintaining a balance between quality programs and tuition costs. 40% of our funding comes from tuition. The remaining 60% of our funding comes from sponsors, race hosting, and fundraising. We have several annual fundraisers each year that families can get involved with. Each family participating in fundraising and volunteering is crucial to keeping our tuition as low as possible.

The MRST Board of Directors has outlined the following donation and volunteer requirements. Fundraising (Ski Stars only families are exempt but encouraged to participate):

- Bomber Wing Auction: donate (or solicit the donation of) an item valued at \$250 or more. If you would rather not participate, you can opt out for \$350 payable at registration. The same fee will apply for those who do not donate.
- Spring raffle: sell 10 raffle tickets (or more) or donate a prize valued at \$100 or more.
- On-hill volunteering: Volunteer requirements are scaled based on the program type. In the event a family has multiple athletes enrolled in MRST, the program with the greatest number of on-hill days defines the family volunteer requirements.

Please see the full Parent Involvement Requirement and available race volunteer days here:

[For Parents \(mrst.us\)](http://mrst.us)

## **SOCIAL MEDIA POLICY**

### **Mission Ridge Ski Team MEDIA DISCLOSURE AUTHORIZATION AGREEMENT:**

As part of MRST athlete enrollment, parents agree to MRST's Media Disclosure Agreement that governs MRST's use of an athlete's name, picture, video and/or recordings of voice.

### **Communication and Social Media Policies:**

The MRST Communications and Social Media Policy requires that all MRST communications by MRST Staff, whether via web site content, emails, texts, phone, voicemail, social media (e.g.- Facebook, Instagram, Snapchat, Twitter) or otherwise, effectively support MRST's core values; pose no threat to the safety or well-being of an MRST athlete and contain content that is ethical in nature.

### **MRST Staff Use of Personal Social Media:**

MRST employees are prohibited from "friending" MRST athletes on social media to avoid MRST employees sharing personal information in this way with MRST athletes outside of the scope of MRST related activities. MRST Staff are required to (i) exercise sound judgment and common sense in posting to social media or commenting on social media posts, understanding that their personal content is public and permanent, (ii) "untag" or otherwise remove their identity from postings which contain content inappropriate for minors, and (iii) adjust their privacy settings to avoid public viewing of content inappropriate for minors, subject in any event, to MRST's compliance with all other MRST policies and procedures. MRST Staff are required to exercise caution and good judgment in all types of communications to assure they are exhibiting behavior in alignment with MRST's values.

**MRST Staff Use of “Apps”:**

MRST employees are prohibited from interacting with MRST athletes via “apps” in a private manner or otherwise in violation of the terms of the MRST Communications and Social Media Policy, other MRST policies and procedures, and Safe Sport regulations.

**Use of Google Drive, Sprongo, or other Video Analysis Tools:**

Nothing in the MRST Communications and Social Media Policy or Media Disclosure Authorization Agreement, is meant to prohibit MRST from posting athletic training and competition videos in an online area available for usage by MRST athletes and their parents only for educational purposes.

**MRST Staff Forms of Direct Communication:**

MRST Staff are permitted to communicate by telephone (including voice mail) with athletes as well as communicate via email, text or other similar electronic means with athletes, provided that all such communications comply with the above Communications and Social Media Policies, are professional in nature, and are for the purpose of communicating information about MRST related activities. Phone calls and texts to athletes should not occur after 9 pm, except in emergency situations. MRST employees are required to copy parents and/or another MRST Staff member on all electronic written communications.

**MRST Parent and Athlete Compliance with Communications and Social Media Policy:**

We request MRST parents and MRST athletes comply with the above MRST Communications and Social Media Policy in their social media postings and their responses to any MRST social media postings, including refraining from identifying MRST athletes by name in a MRST social media post.

**COACH RESPONSIBILITIES AND BEHAVIOR:**

Mission Ridge Ski Team is committed to providing excellence in both its coaching staff and program design. As such, MRST and its coaches commit to the following:

- Commit 100% to established athlete management plans. Follow program curriculum plans as established with the Program Director.
- To the best of your ability; help each athlete in their quest to achieve athletic and personal success.
- Represent the athletes’ best interest locally, regionally, and nationally.
- Behave according to the U.S. Ski & Snowboard Coaching Code of Ethics.
- Be punctual, prepared, and maintain a professional appearance.
- Communicate with athletes on all aspects of their individual development.
- Communicate with parents on appropriate aspects of the team and individual athlete programs.
- Support team and program sponsors.

- Consistently look for ways to upgrade your skills and knowledge.
- Secure comfortable travel accommodation, appropriate for both genders and the age group. Plan appropriate travel for conditions and timing.

**MRST Coach Responsibilities:**

1. All Alpine race coaches must hold a current U.S. Ski & Snowboard Coaching membership.
2. U.S. Ski & Snowboard conducts background checks on all members as a prerequisite for a Coaching License.
3. Be aware of SafeSport resources and code. Be vigilant in reporting any signs of abuse.
4. Be aware of responsibility and laws regarding mandatory reporting of abuse.
5. MRST staff must be familiar with the MRST Employee Handbook, and the Parent - Athlete Handbook and their specific job descriptions.
6. Coaches will be familiar with, and help maintain the facilities and equipment before, during, and after training sessions and competition and take steps to ensure deficiencies are corrected immediately.
7. MRST coaches will stop or withdraw from, any activity that they believe poses unreasonable risks, including stopping a training session or removing the team or an individual athlete from a competition.
8. Coaches will have in their immediate possession the emergency numbers and letters of medical permission (waivers) for each athlete.
9. Coaches will remove any athlete from training or competition if they believe the athlete may be at risk of injury due to the absence of, or inappropriately adjusted or maintained, protective equipment (including mouth guards, spine protectors and helmets).
10. Coaches will be attentive to the needs of the athletes and do everything possible to create and maintain a positive learning environment.

# Parent-Athlete Handbook Acknowledgement

After completely reviewing this handbook, please sign and date this page and deliver it to your athlete's coach. Athletes may not train or compete with MRST until this Acknowledgment has been received by MRST.

## ATHLETE AGREEMENT:

By signing below, I, \_\_\_\_\_ agree that I have read and understand this handbook and will ask MRST coaching staff any questions on sections I do not understand.

I agree to abide by the MRST Athlete Code of Conduct, including the Training Code. I understand that if I willfully violate the MRST Code of Conduct, I will be referred to the MRST Program Director/MRST Discipline Committee, which may result in disciplinary action, including loss of any scholarships and/or my dismissal from Mission Ridge Ski Team.

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Athlete Name (printed)

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Athlete Signature and Date

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## PARENT AGREEMENT:

I, the Undersigned Parent/Guardian of the athlete named above, agree that I have completely read and understand the MRST Parent-Athlete Handbook, and the policies/procedures included, and agree to abide by these policies and procedures.

I further agree to abide by the MRST Parent Code of Conduct. I understand that my failure to adhere to the Parent Code of Conduct will result in the matter being referred to the MRST Discipline Committee and/or the MRSEF Board of Directors; and may result in disciplinary action up to, and including, my dismissal and my child's dismissal from Mission Ridge Ski Team.

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Parent/Guardian 1 Name (printed)

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Parent/Guardian 1 Signature and Date

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Parent/Guardian 2 Name (printed)

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Parent/Guardian 2 Signature and Date