



PARENT & ATHLETE HANDBOOK

Rippers – Development – Competition

Introduction

Sierra-at-Tahoe offers a ladder of team programs with expert coaching along each progressive team. The Sierra-at-Tahoe Athlete Development Pipeline starts with the Rippers Teams, then athletes move onto the Development Teams, and finally onto the Competition Teams. Through this Pipeline, Sierra has produced Athletes who have made it to highest reaches of winter sports in both skiing and snowboarding. Most notably, snowboarder Jamie Anderson, who has won 3 Olympic Medals including 2 gold, and has 21 X-Games medals! On the ski side, Maddie Bowman, who has 1 Olympic Gold Medal and 7 X-Games Medals including 5 golds!

Whether your child has a goal of skiing in college, getting on the podium at the X Games or simply developing the skills for a life full of skiing and riding in the mountains, the Sierra-at-Tahoe family of coaches and athletes are here to support your goals.

Our programs are athlete focused, and we strive to set a lifelong love for the sport and mountains, not just to create gold medalists (but we are good at that too!). It is important for the athletes to have goals that keep them interested in training, and a supportive team of coaches and family around them that will keep them pushing toward their achievement.

We have built our Athlete Development Pipeline following the guidelines of the US Ski and Snowboarding Training Systems. These training systems are designed to ensure that all athletes have all the opportunities to reach their athletic potential. Our programs are based on this long-term athlete development model for skiers and riders, with an emphasis on age-appropriate training and competition.

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Program Descriptions

1) Rippers Teams – (Ages 5-12)

The Rippers program is the first step into Sierra Teams and is perfect for young skiers/snowboarders (ages 5-12) who are looking to master their FUNdamentals and are ready for consistent coaching. The consistency of having the same coaching team for the whole season provides a great opportunity for these athletes to enjoy a fun, team environment that will expose them to aspects of upper-level skiing/snowboarding including alpine racing, park skiing/riding and moguls, and that will encourage love for the sport. Our Rippers programs are broken down into 3 different programs for each snowboarding and skiing: Weekend Rippers Program, Sunday Only Rippers Program, Thursday Only Rippers Program.

a) Rippers Programs and Training Days

i) Weekend Rippers Programs

(1) 10 weekends – 20 training days – Starts: Jan 2nd, 2027

ii) Sunday Only Rippers Programs

(1) 10 weekends – 10 training days – Starts: Jan 3rd, 2027

iii) Thursday Only Rippers Programs

(1) 12 training days – Starts Jan 7th, 2027

b) Ripper Ski Team Levels

- i) Rippers (First Timer) Team:** The new Sunday (First Timer) Rippers Ski Team provides an opportunity for athletes with little to no skiing experience to join a team and learn the sport in a structured environment.
- ii) Rippers Green Ski Team:** The Green Rippers Ski Team will focus on taking skiers who are just starting to make turns on green terrain and get them up to the Blue or Black Rippers Team.
- iii) Rippers Blue Ski Team:** The Blue Rippers Ski Team will focus on taking skiers who are capable of skiing blue terrain comfortably and get them up to the Black Rippers or Development Team.
- iv) Rippers Black Ski Team:** The Black Rippers Ski Team will focus on taking skiers who are capable of skiing black terrain and get them up to the D-Team level.

c) **Rippers Snowboard Teams Levels**

- i) **Rippers (First Timer) Team:** The new Sunday (First Timer) Rippers Snowboard Team provides an opportunity for athletes with little to no snowboarding experience to join a team and learn the sport in a structured environment.
- ii) **Rippers Green Snowboard Team:** The Green Rippers Snowboard Team will focus on taking snowboarders who are just starting to make turns on green terrain and get them up to the Blue or Black Rippers Team.
- iii) **Rippers Blue Snowboard:** The Blue Rippers Snowboard Team will focus on taking snowboarders who are comfortable on green terrain and can make turns on blue terrain and get them up to the Black Rippers or Development Team.
- iv) **Rippers Black Snowboard:** The Black Rippers Snowboard Team will focus on taking snowboarders who are capable of riding black terrain and get them up to the Development Team level.

2) **Development Teams – (Ages 7-17)**

The Development Team programs are designed for advanced skiers and snowboarders, ages 7-17, who are working on mastering the skills necessary for the Competition Teams. On these teams, athletes will start to specialize their skiing or snowboarding skills into a particular discipline. On the Ski Development Teams, they will be able to choose from the All-Mountain Development Team, the Alpine Race Development Team, or the FreeSki Development Team. The Snowboard Development team will continue to focus on all aspects of snowboarding, from racing to freestyle. On these Development teams, athletes will also have the opportunity to take their first steps into the competition world. They will be able to compete in competitions hosted at Sierra at Tahoe and at other resorts around Lake Tahoe. We believe in an all-around learning approach to skiing/snowboarding that explores all disciplines and terrains. So, while Development Team athletes will start to focus their skills on a particular discipline, they will continue to explore the other aspects of their sport too. Exploring the whole mountain and trying different things is what will make a stronger and more diverse athlete.

a) **Development Team Programs and Training Days**

i) **Weekend Development Team Programs**

- (1) 12 weekends – 24 training days – Starts: Dec 12th, 2026

ii) Thursday Only Rippers Programs (All-Mountain Only)

(1) 12 training days – Starts Jan 7th, 2027

b) Development Team Programs

- i) Alpine Race Development Ski Team:** The Alpine Race Development Teams will introduce athletes to skiing race gates and will develop excellent skiing techniques. This will give them the skills necessary to go to the Competition Alpine Race Team or Freeride Team. Alpine racing helps develop great techniques that can then be used everywhere on the mountain, including the park. Because of this, we recommend our park-hungry skiers to spend at least one season in the gates!
- ii) All-Mountain Development Ski Team:** The All-Mountain Development Ski Team is the perfect program for advanced skiers who want to explore off-piste terrain while also being introduced to freestyle and race training. This program will push athletes to ski faster and longer in harder terrain, testing their endurance and mental toughness. This team will spend most of their time working on athletes on and off-piste skiing, and a small portion of their training skiing in the parks and in the gates.
- iii) FreeSki Development Team:** The FreeSki Development Team is for advanced skiers who are interested in moving beyond the basics and gain experience by training and competing in areas like skiercross, slopestyle, rail jams, and halfpipe skiing. A large focus of this program is put on teaching proper etiquette and safety in the park as young athletes begin to build their bag of tricks. If you want to develop your skills to compete in USASA competitions, then this is the team for you. This team will spend most of their time in the parks working on their freestyle skiing.
- iv) Snowboard Development Team:** The Snowboard Development Team is for snowboarders who are looking to move beyond the basics and gain experience in bordercross, slopestyle, slalom, giant slalom, rail jam, and half pipe riding. Our expert coaches model the curriculum after world-class Sierra-at-Tahoe athletes, like Jaime Anderson, by exposing athletes to riding variable terrain, gates, and all aspects of park competitions.

3) Competition Teams – (Ages 9-17)

Our Competition Teams are tailored to advanced skiers and riders in Alpine Racing, Freestyle, Big-Mountain, Snowboard, and Skiercross/Boardercross disciplines looking to compete and represent Sierra-at-Tahoe in local and National competitions. We have extraordinary results from our athletes in the past and present, and we believe that our training system can help your athlete reach their full potential if they put their maximum effort and commitment into their training. Discipline and commitment are a requirement of this team, but competing is not. Coaches will recommend events that they believe are beneficial for the athlete to attend, always taking into consideration the athlete's skills and whether it is safe for him/her to participate.

Memberships, competition entries, travel costs, and travel coaching fees are not included in the price of our teams (feel free to contact us for further info).

a) Ski Competition Teams

- i) Freestyle Competition Ski Team:** The FreeSki Team is for advanced skiers who have mastered the basics of the park and are looking for expert coaching to compete at their highest level. From USASA to the X Games, our comprehensive training program is consistently getting athletes on the podium. This team is focused on athletes who want to compete in regional competitions with the goal of getting them to events such as USASA Nationals, Futures Tour, and beyond. It requires a high level of focus and commitment from the athletes and their families.

- ii) Alpine Race Competition Ski Team:** The Alpine Race Team is for advanced skiers who are ready to enter the competitive ski world in the Lake Tahoe Basin. Athletes will travel to competitions and develop expert skiing technique training in the gates and alongside our expert coaches. Athletes will not spend 100% of the training time passing gates as we believe that working on (and perfecting) skills outside of the racecourse and in more variable snow will result in stronger athletes who will then perform better when racing. This team focuses on Tahoe League Races, Far West, and FIS events. Athletes will get to train gates every day the snow conditions allow, and if the Coach decides it is the appropriate skill to train on a given day.

iii) Big Mountain Competition Ski Team: This team focuses on All-Mountain Skiing at a high level, including (but not mandatory) competing at TJFS competitions around the lake. This team is looking to help groom well-rounded all-mountain skiers who can ski everything and everywhere comfortably. Athletes in this program will get to perfect their skills while skiing trees, bumps, off piste, and Huckleberry Canyon amongst others. A big focus of this team will be put on backcountry safety education, snow science, and avalanche mitigation techniques.

b) Snowboard Competition Teams

The Snowboard Competition team is for advanced riders who have mastered the basics of the park, are comfortable riding any terrain at a high efficiency level, and who are looking to be coached to reach their full potential. This team is focused on athletes who are competing, with the goal of getting them to events such as USASA Nationals, Futures Tour events, and beyond. It requires a high level of focus and commitment from the athletes and their families.

Minimum Team Skill Requirements

Athletes' skill levels will be evaluated at either our scheduled Assessment Day or on the first weekend of training for the season. Assessment Day is only for Competition and Development Team athletes who are new to the Sierra Teams. Rippers Team athletes will always be evaluated on the first weekend of training. Generally, on the first weekend of training, athletes should expect some shuffling from their initially assigned teams so we can make sure each group is consistent with their skill level.

1) Rippers Teams

a) Rippers Ski Teams

- i) Rippers (First Timer) Sunday Team:** No experience required, just the willingness to learn.
- ii) Rippers Green Ski Team:** The minimum skill requirement for joining the Green Rippers Team is the athlete must be able to consistently link turns down green terrain, know how to stop on their own, have used a chairlift before, and have a willingness to learn.

iii) Rippers Blue Ski Team: The minimum skill requirement for joining the Blue Rippers Ski Team is the athlete must be able to carve with parallel skis on green terrain with speed and be able to consistently make turns down blue terrain and have a willingness to learn.

iv) Rippers Black Ski Team: The minimum skill requirement for joining the Rippers Black Ski Team is the athlete must be able to carve with parallel skis on blue terrain with speed and consistently link turns down easy black terrain and have a willingness to learn.

b) Rippers Snowboard Teams

i) Rippers (First Timer) Sunday Team: No experience required, just the willingness to learn.

ii) Rippers Green Snowboard: The minimum skill requirement for joining the Green Rippers Snowboard Team is that the athlete must be able to consistently link turns down green terrain, stop on their own, have used a chairlift before, and have a willingness to learn.

iii) Rippers Blue Snowboard: The minimum skill requirement for joining the Black Rippers Snowboard Team is that the athlete must be able to carve on green terrain and consistently link turns down easy blue terrain and have a willingness to learn.

iv) Rippers Black Snowboard: The minimum skill requirement for joining the Black Rippers Snowboard Team is that the athlete must be able carve on blue terrain with speed and consistently link turns down easy black terrain and have a willingness to learn.

2) Development Teams

a) Alpine Race Development Team: The minimum skill requirement for the Alpine Race Development Team is the athlete must be able to link parallel turns on any terrain at Sierra at Tahoe (on and off piste), and the desire to be introduced to training in a race environment.

b) All-Mountain Development Ski Team: The minimum skill requirement for the All-Mountain Ski Development Team is the ability to link parallel turns comfortably on any terrain at Sierra at Tahoe (on and off piste).

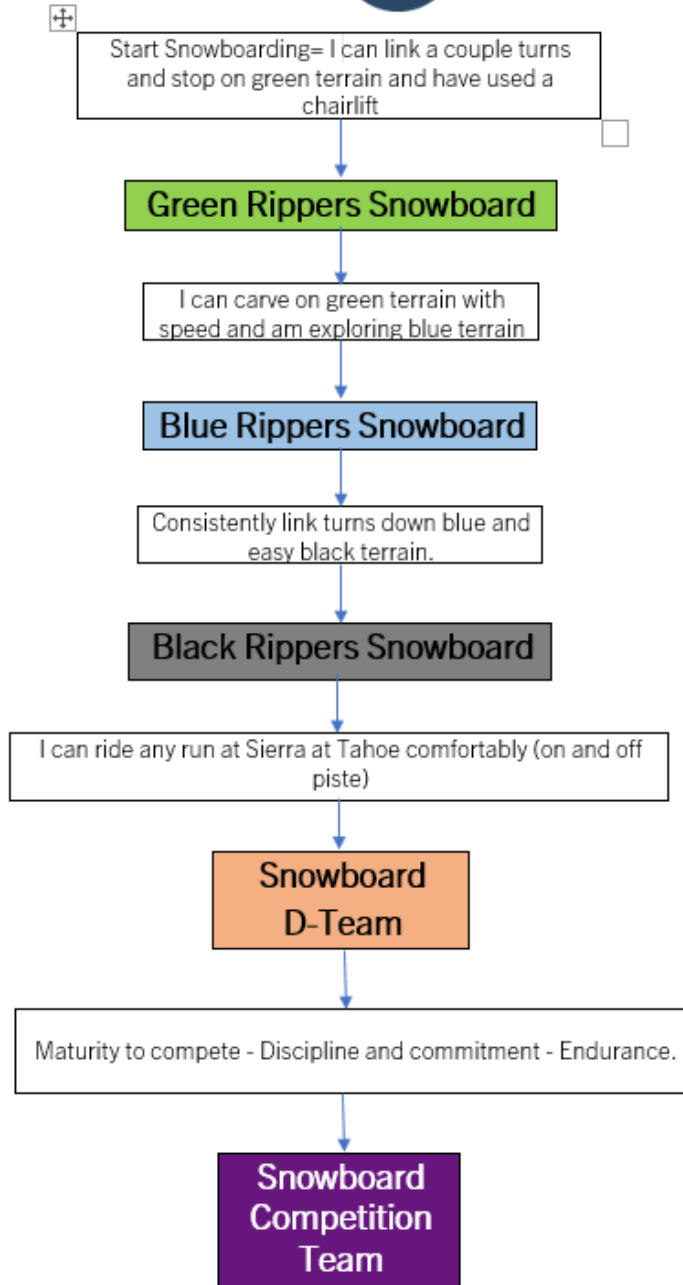
c) FreeSki Development Team: The minimum skill requirement for the FreeSki Development Team is the ability to link parallel turns on any terrain at Sierra at Tahoe (on and off piste), and the desire to be introduced to training in a park and freestyle environment.

d) Snowboard Development Team: The minimum skill requirement for the Snowboard Development Team is the ability to link turns on any terrain at Sierra at Tahoe (on and off piste).

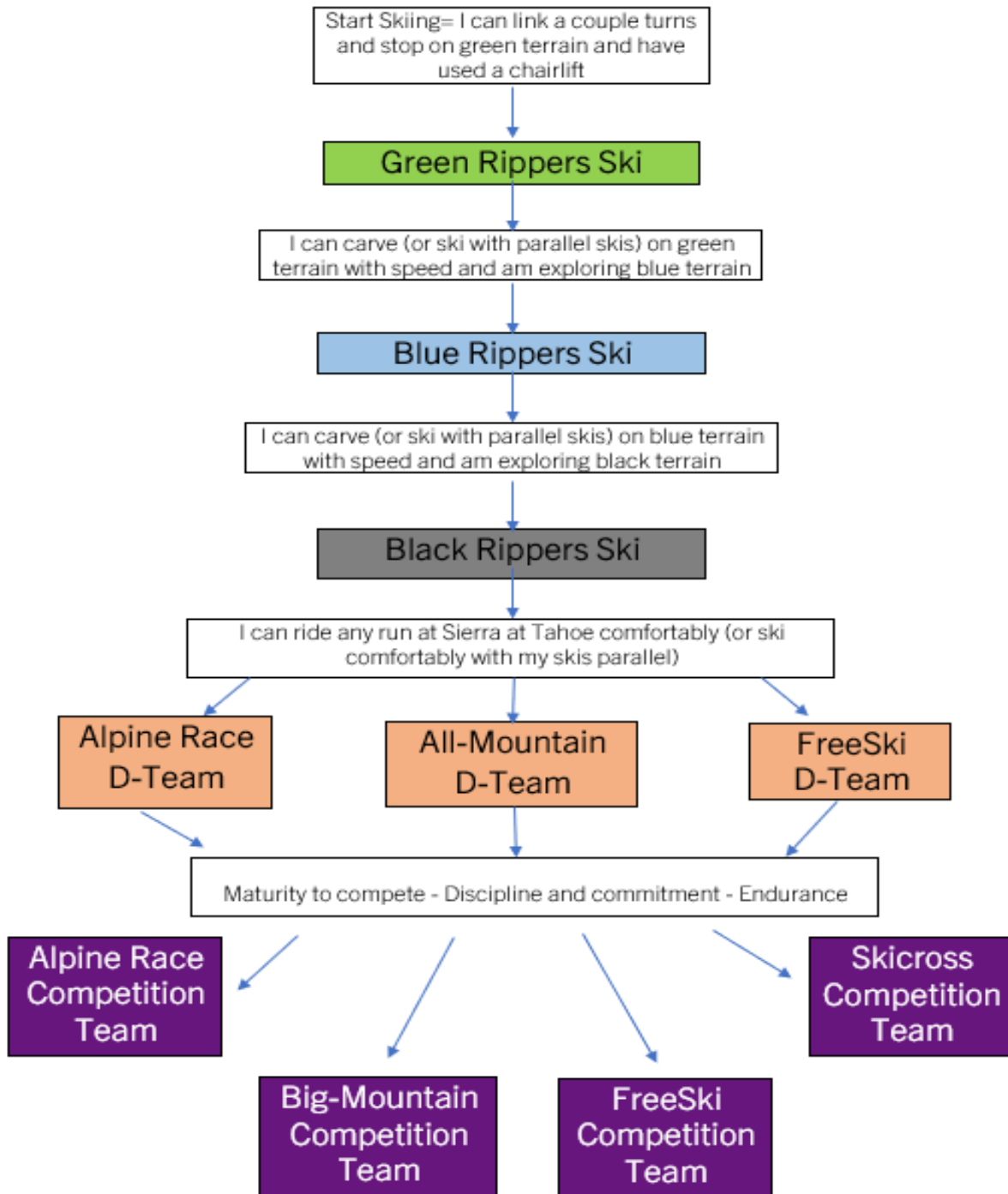
3) **Competition Teams**

- a) **FreeSki Competition Teams:** The minimum skill requirement for the Competition FreeSki Team is the ability to comfortably ski any terrain at Sierra at Tahoe (on and off piste). They must also be comfortable sliding boxes, skiing switch on green terrain, and landing small to medium jumps. It is very important for the athlete to have the maturity needed to deal with the stress they might feel when competing.
- b) **Alpine Race Team:** The minimum skill requirement for the Competition Alpine Team is the ability to comfortably ski any terrain at Sierra at Tahoe (on and off piste), and the desire to spend time training in a race environment. It is very important for the athlete to have the maturity needed to deal with the stress they might feel when competing.
- c) **Comp Big Mountain Ski Team:** The minimum skill requirement for the Competition All-Mountain Team is the ability to comfortably ski any terrain at Sierra at Tahoe (on and off piste). They will need to demonstrate safe techniques in the backcountry and the stamina necessary to ski advanced terrain. Athletes will be required to ski Dynamite top to bottom, with good form and without stopping.
- d) **Snowboard Competition Teams:** The minimum skill requirement for the Competition Snowboard Team is the ability to comfortably ride any terrain at Sierra at Tahoe (on and off piste). They must also be comfortable sliding boxes, riding switch on blue terrain, and landing small to medium jumps. It is very important for the athlete to have the maturity needed to deal with the stress that can come when competing and training at this level.

Sierra-at-Tahoe's Snowboarding Pipeline



Sierra-at-Tahoe's Skiing Pipeline



A Day in the life...

- 1) **Drop off:** Teams meeting area: In front of the plaza, next to the Easy Ridder Chairlift and Wax Tent
 - a) Weekend Competition Teams: **8:30 a.m.**
 - b) Weekend D-Teams: **9:00 a.m.**
 - c) Weekend Rippers: **9:30 a.m.**
 - d) Midweek Competition Teams: **1:00 p.m. Wednesdays, 10:00 a.m. Thursdays & Fridays**
 - e) Thursday D-Teams and Rippers: **9:00 a.m.**

(Unless instructed by the coach/program manager on a special occasion)

Athletes must be geared up and on snow prior to their scheduled time as the teams will head up the mountain for their warmup run.

Attendance at every training weekend is not mandatory; however, we do strongly suggest attending 80% of the training dates to ensure athlete's progression is equal to the rest of the team.

- 2) **Late Arrival:** We want Teams to take full advantage of their training time, so we expect all athletes to be on time. In the case that an athlete is late, management will do everything that they can to connect the athlete with their Coach, but this might not always be possible. If an athlete is late, he or she might not be able to train with their team until after lunch, so please plan accordingly.
- 3) **Lunch:**
 - a) A lunch break of 0.5 to 1hr is included with the training day. Athletes and Families will be informed of lunch times and lunch durations by the coach at the beginning of the day/season.
 - b) Lunch is **NOT** included, so please remember to pack a nutritious lunch, or provide lunch money for your athlete.
 - c) Coaches will not be available to eat lunch with or supervise your athletes during this break, so please make sure to check with you athlete's coach to see when to meet your athlete to take them for lunch.
- 4) **Pick-up:**
 - a) Weekend Competition Teams: **2:30 p.m.**
 - b) Weekend D-Teams: **3:00 p.m.**

- c) Weekend Rippers: **3:30 p.m.**
- d) Midweek Competition Teams: **4:00 p.m.**
- e) Thursday D-Teams and Rippers: **3:00 p.m.**

5) **Weather:** Skiing and Snowboarding are winter sports, and during training the teams will get exposed to various weather patterns including snow, rain, wind, cold and hot conditions. If the resort is open and the chairlifts are running, we will be training and will only cancel if the conditions are not deemed safe for skiing/snowboarding.

- a) Please make sure that your athlete is dressed appropriately, with layers, waterproof clothing, goggles/sunglasses (with lenses appropriate for the conditions of the day) and sunscreen.
- b) Make sure gear is thoroughly dried before training sessions.
- c) Please consider bringing extra layers, gloves, and goggles.
- d) There will be no guaranteed make-up days due to weather-related training cancellations.

6) **Nutrition:** It is very important that the athlete shows up well fed, hydrated, and with snacks to refuel, as necessary. The Teams will be out skiing for long periods of time, and good nutrition will play a huge role in how they perform.

- a) **Breakfast:** A good breakfast will provide the energy necessary to start a successful training session. We recommend starting the day with a breakfast containing a complex carb and a source of protein, and good glass of water.
- b) **Snacks:** Pack trail mix, protein/granola bars, dried fruit, or jerky in your athlete's pocket so they can snack on throughout the day before hunger and energy loss sets in.
- c) **Lunch:** Lunch should be hearty and include foods from as many food groups as possible, such as whole grains, lean sources of protein, fruit, vegetables, and low-fat dairy.
- d) **Hydration:** Dehydration is a recipe for poor performance, and thirst is a sign that your body has needed water for a long time. Please make sure to hydrate before coming to the Team and bring a hydration bladder or water pouch to hydrate throughout the day.

Athlete and Parent Code of Conduct

The purpose of the Athlete and Parent Code of Conduct is to provide guidelines and expectations to promote understanding of what is considered acceptable and unacceptable conduct and behavior, and to encourage training consistency throughout the Competition Services Department. This Code of Conduct applies to all athletes who participate in any of the Sierra at Tahoe Team Trainings or Events. Each athlete is responsible for observing all rules of conduct set forth in this guideline.

All members must agree to comport themselves in a sportsmanlike manner and are responsible for their actions while attending or participating in all training and competition days.

During training and sport events, athletes are expected to observe the following:

- **Respect** – Treat teammates, coaches, officials, and all others with kindness and professionalism.
- **Integrity** – Do what’s right, even when no one is watching.
- **Effort** – Always give your best and embrace challenges as part of learning.
- **Teamwork** – Support, encourage, and celebrate your teammates.
- **Sportsmanship** – Compete with class, humility, and respect for others.

Athlete Expectations

1) On the Mountain

- Follow all mountain and resort rules, including the [Skier/Rider Responsibility Code](#).
- Maintain control at all times and respect terrain boundaries.
- Wear required safety gear (helmet, back protector, etc.) at all practices and competitions.
- Listen attentively to coaches and follow their directions.
- Take care of equipment and respect team and resort property.
- No use of tobacco, alcohol, drugs, or inappropriate language or behavior.

a) During Training

- (1) Arrive on time, ready, and prepared with the correct gear.
- (2) Put forth your best effort in all drills, conditioning, and competitions.
- (3) Maintain a positive attitude, even when things don’t go as planned.
- (4) Be coachable, accept feedback respectfully and apply it constructively.

b) With Teammates and Coaches

- (1) Show respect through words and actions—no bullying, teasing, or negative behavior.

- (2) Celebrate others' success and contribute to a supportive environment.
- (3) Resolve conflicts calmly or seek help from a coach if needed.
- (4) Follow all rules laid out in the Team Room Rules section of the handbook.

2) Competitions & Travel

- a) Represent the team with pride and professionalism at all events.
- b) Demonstrate good sportsmanship toward all athletes, coaches, and officials.
- c) Follow all team travel rules, curfews, and schedules.
- d) Keep team areas, hotels, and transportation clean and respectful.

3) Digital Conduct

- a) Use social media responsibly—no posting or sharing of inappropriate, offensive, or harmful content.
- b) Remember that anything shared publicly reflects on you and your team.
- c) Never post photos or videos of teammates without their permission.
- d) No viewing/listening to inappropriate content, consider the age of the athletes and people around you.

4) Attendance & Commitment

- a) Attend all scheduled training sessions, meetings, and competitions unless excused by a coach.
- b) Communicate absences or conflicts in advance through Team App.
- c) Take ownership of your training and be responsible for your own progress.

5) As a Parent of an Athlete:

- a) I will put the emotional and physical well-being of youth participants ahead of a personal desire to win.
- b) I will respect all athletes, coaches, officials, spectators, and families at all times.
- c) I will not engage in any violence or verbal threats or use any profanity.
- d) I will model good sportsmanship for all youth participants.
- e) I will not belittle or ridicule anyone involved in the Sierra Teams Programs—in public, private, in-person, or online.
- f) I will do my part to keep all sports fun and positive for every youth participant

6) Disciplinary Action

- a) Failure to follow this Code of Conduct may result in:
 - 1. Verbal warning from a coach.
 - 2. Parent/guardian notification and behavior review.
 - 3. Suspension from training or competition.
 - 4. Dismissal from the team for repeated or serious violations.
- *Coaches and Management will determine appropriate actions based on circumstances. *

7) Acknowledgment

As a member of the Sierra-at-Tahoe Ski and Snowboard Teams, I represent not only myself but my teammates, coaches, family, and community. Being part of this team is a privilege that carries responsibility. By signing below, athlete and parent/guardian agree to uphold the values, rules, and expectations outlined in this Code of Conduct.

Athlete Name: _____

Athlete Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Team Room Rules

1) Competition Athletes & Coaches ONLY

- a) Not for use by Rippers or Development Team Athletes
- b) Not for use by Teams' parents
- *Special use permitted with management approval only*

2) Not a Locker Room

- a) No Skis or Snowboards allowed
- b) Keep hardgoods in locker or vehicle
- c) Absolutely no overnight storage
- d) Not responsible for lost and/or damaged property

3) Respect Gets Respect

- a) Keep noise levels to appropriate levels
- b) Clean tables and throw away trash when finished eating
- c) Keep room tidy
- d) Sweep and vacuum If necessary

4) Consequences

- a) Verbal Warning
- b) Suspended privileges of teams' rooms/Suspension of Teams

Injury Policy

Although we do everything we can to prevent them, injuries are an inherent risk to our sport and are not uncommon in athletes who are training to a higher standard. We take our athletes wellbeing and recovery very seriously, and for this we have some procedures that must be followed if an injury were to happen.

In the Case of any injury while training or competing, the following steps must be followed:

- 1) Ski Patrol will be contacted, and they will take over the athlete's care on scene.
- 2) Parents will be contacted, and they will be asked to meet the athlete at First Aid or wherever is appropriate depending on the nature of the injury.
 - a) Please keep your cell phone on with your volume turned up during training.
- 3) If the injury is one that requires a visit to the Clinic or Doctor's office, **we will then need a doctor's note clearing the athlete to return to training or competition.**

We also ask parents to be transparent about any injuries that happen outside of training so that we can help with the road to recovery. Injuries outside of training must be communicated to team management.

Concussion Policy

Any athlete who is suspected of having sustained any traumatic brain injury, including but not limited to a concussion, will be removed immediately from participation in any training or competition with the Sierra-at-Tahoe Teams. The athlete will not be allowed back to training (this also includes participation in any events) until evaluated and cleared to resume participation by a qualified medical professional trained in concussion management.

The athlete will be provided with a concussion form that has to be filled out by a healthcare professional and returned to the Teams Manager before he/she can come back to train with the Teams. Repeated concussions are a very serious issue in this sport, and something that we at Sierra-at-Tahoe take very seriously.

Equipment

1) Sierra at Tahoe Teams Helmet Rules

- a) All athletes are required to always wear a well-fitted and well-maintained helmet during training and competition days. This is the responsibility of the athlete-parent team and must be maintained and utilized in accordance with manufacturer instructions.
- b) Helmets are designed to withstand more than one very minor hit. However, a helmet **MUST** be replaced if it has been involved in a serious crash, or if it is damaged. Athlete safety is a pillar to our program, and it is very important for parents and athletes to stay on top of helmet condition, checking for cracks and replacing them when needed.

2) USSA and FIS Helmet Regulations (Alpine Race Athletes):

- a) (For entire policy please refer to: [US Ski and Snowboard 2026 Alpine Guide](#))
- b) Helmets must bear a **CE mark** and conform to recognized and appropriate standards such as **CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98**. Athletes U14 and older must use helmets that meet the new FIS standards for all USSA GS, SG and DH competitions.
- c) Helmets must cover the head and ears. Protective features integral to the event being contested, such as chin guards on SL helmets are permitted. **Soft ear protection is only permitted for helmets used in SL.**
- d) Tahoe Race Series: Hard-Ear helmets are required for all athletes and forerunners as listed in the U.S. Ski & Snowboard ACR.

3) USASA Helmet Regulations:

- a) (For entire policy please refer to [2026 USASA Rulebook 151.03 Safety Equipment](#))
 - i) The use of helmets is mandatory for all coaches and competitors during inspection, training, and competition at all USASA events
 - ii) Helmets shall be specifically designed and manufactured for use in snow sports and shall bear a CE mark and conform to recognized and appropriate standards such as CEE 1077 or US/ASTM 2040

- iii) Helmets for use in Ski Cross events shall be specifically designed and manufactured for the respective discipline. The helmet shall be certified under both ASTM 2040 and EN 1077
(class A – hard sided)
- iv) Helmet conformity to the rules may be checked at any event, and the lack of an approved helmet is grounds for refusal to allow a competitor to participate in an event.

4) Equipment tuning:

- a) The skis/snowboards need to be tuned regularly for the athletes to get the most out of training. Learning how to tune their equipment is a great tool for all skiers/riders and can be a great bonding experience for athletes and parents.
 - i) Some things to check for:
 - ii) Flat ski/Snowboard base with no core exposure or big scrapes.
 - iii) Sharp edges with no rust.
 - iv) Waxed Ski/Snowboard
 - v) Properly functioning bindings and breaks on skis and tight screws on Snowboard bindings.

Stack Team App



The official app for Sierra at Tahoe Teams. Platform used for communication throughout the season. Stay up to date with training agendas, weather, special events, and more. Instructions for App Installation are as follows

1. Download "Stack Team App" from your choice of App Store.
2. Register/ Login.
3. Search and Join "Sierra Teams"
4. Request to join the "General Members" access group.
5. After the first day of training, our coaches will give further instructions on how to search for and join your appropriate individualized team access group.

Competitions

One of the benefits of being part of the Sierra Teams is the exposure to competitions, and the guidance and mentorship through them. Picking the proper program is the first step, and coaches will recommend the level of competition that is appropriate for each athlete, but it is also the athlete's responsibility to know what events they want to compete in and to develop a plan to do so with their coach.

Many competitions require our athletes to have a competitor's license to compete. Athletes can get memberships through the following websites:

- 1) **USASA:** <https://www.usasa.org/about-us/membership/>
- 2) **US Ski and Snowboarding:** <https://www.us skiandsnowboard.org/public-tools/account>
- 3) **FIS:** <https://www.us skiandsnowboard.org/membership/fis-registrations>

FreeSki & Snowboard Competition Pipeline

Eligibility for Competition:

- 1) **U.S. National Level Competitions:**
 - a) U.S. Ski & Snowboard Competitor Membership
 - b) Abide by U.S. Ski & Snowboard Code of Conduct, competition rules and procedures.
- 2) **FIS Competitions:**
 - a) Must meet FIS age requirements (13+ for Halfpipe, Slopestyle and Big Air, 15+ for Boardercross, 16+ for Skiercross)
 - b) U.S. Ski & Snowboard Competitor Membership
 - c) FIS license.
 - d) Abide by U.S. Ski & Snowboard Code of Conduct, competition rules and procedures.

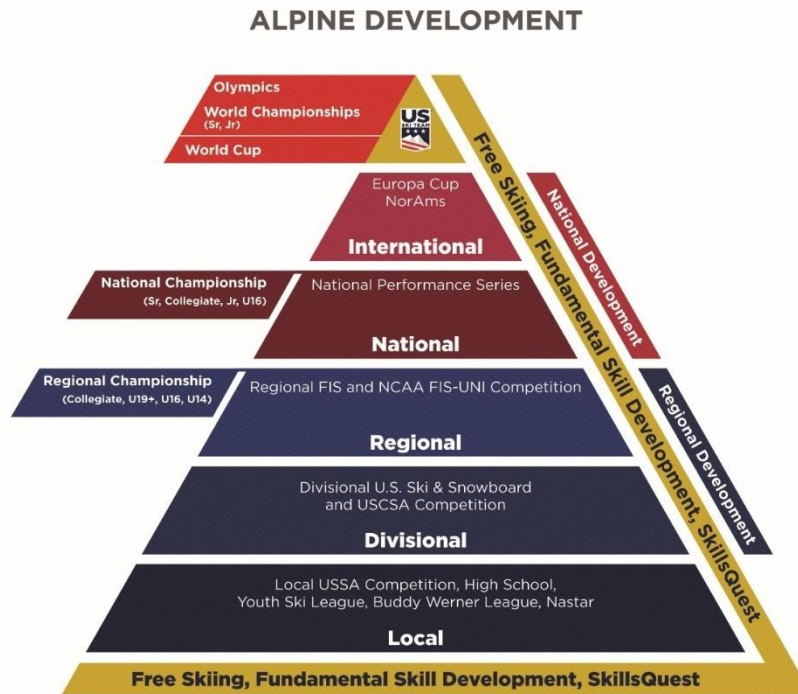


- 1) **USASA Regional Events** are the Entry point for new Competitive athletes in Halfpipe, Slopestyle, Ski cross and Rail Jams.
 - a) For more up to date information on these events please download the TEAM APP and join the USASA South Tahoe Series (and any other series the athlete will be competing in).
- 2) **USASA Nationals** is and athletes first introduction to competing against athletes from all over the country. Athletes will need to do well in the USASA regional competitions to get an invitation to USASA Nationals.
- 3) The **Futures Tour** events are a collaboration between USASA and USSA, and they are a bridge between the USASA regional events to the higher-level ones.
 - a) Athletes will receive USASA age class points but be scored on an open range.
 - b) Athletes under the age of 13 are not eligible to compete.
 - c) Athletes must hold a current Competitor membership, FIS license and USASA membership.
- 4) The **NorAm Tour** is a series between the US and Canada.
- 5) The **U.S. Revolution Tour** is a series of events designed to serve as a qualifying pathway to elite level events.
 - a) Athletes must be 13 or older to compete and entry is based in criteria that pre-qualify athletes into each competition tier.

- b) This tour awards the top athletes with and invite to compete in U.S. Grand Prix, Junior Worlds, USASA Nationals and participate in Project Gold Camps.
- 6) The **FIS World Cup** is a high-level international series.
 - a) To be considered eligible for a World Cup event, an athlete needs a minimum number of FIS points, information that can be found at www.fis-ski.com

Alpine Racing Competitions

- 1) The **Tahoe Race Series** is a series of events designed to be an accessible development steppingstone to life-long fun and friendship in ski racing.
 - a) All athletes must hold a valid U.S. Ski & Snowboard and Far West competitor's license.
 - b) All Tahoe Race Series registrations run individually through Admin Ski.
 - c) Athletes are required to use a team assigned bib that can be rented from Sierra Competition Services for the season.
 - d) Hard-Ear helmets are required for all athletes and forerunners as listed in the U.S. Ski & Snowboard ACR.
 - e) For information about this series, please follow this link:
 - i) <https://fwskiing.org/content/tahoe-race-series-results>
- 2) The **Far West** races are a more competitive series for those athletes who want to get more exposure to Alpine racing and start getting points to qualify for championship and invite only events. U10 & U12 race are run as USSA, non-scored events, and U14+ up races are run as USSA sanctioned, scored, events.
 - a) All athletes must hold a valid U.S. Ski & Snowboard and Far West competitor's license.
 - b) Registration for these events are online on the US Ski and Snowboard Website
 - c) For more information about this series, please follow this link:
 - i) <https://fwskiing.org/>
 - d) The International Ski Federation (**FIS**) is the governing body for international skiing and snowboarding.
 - e) For FIS events, athletes must qualify to participate in these events. Qualifications are based on the current U.S. Ski & Snowboard points list.



Travel Policy

We believe that having a coach at events with athletes is important for their safety and success. Generally, we will have a coach travel to events when 5+ athletes are participating. Each athlete will need to pay a separate coaching fee per day depending what competition they are attending:

- 1) **Competitions in the Lake Tahoe Basin:** We will send a coach with no extra fee.
- 2) **Competitions outside of the Lake Tahoe basin:**
 - a) Sierra at Tahoe will cover the cost of coaches:
 - i) Wages
 - b) Parents will be responsible for all additional coach expenses:
 - i) Travel Costs – Flight, Car Rental, Shuttle, Parking, Gas
 - ii) Lodging
 - iii) Per Diem
 - iv) Etc.

- c) Coaches will collect receipts to track cost of trip.
- d) Parents will be invoiced once all receipts have been collected and processed.
 - i) Families will split the cost of coaches travel evenly between each athlete traveling.
 - ii) **If payment is not completed after 10 days following the event, the athlete's pass will be turned off until fees are paid.**
- e) **USASA Nationals and Camps**
 - i) A Coaching Fee will be determined and communicated out to families before the trip depending on the when, where, how long the event is, and how many athletes are expected to attend.

Foundation's Support

The Foundation provides scholarships by application to eligible SEF member athletes registered with a Sierra Competition Team to help offset the extra costs associated with competing, whether it be at local, regional, or even national competitions. The total award amount varies from year to year depending on the number of applicants and the success of our fundraising efforts from the previous year.

To apply for an award of financial support, please complete the following form: [Scholarship Application](#)

Sierra Educational Foundation

The Sierra Educational Foundation (SEF) is a non-profit 501(c)(3) corporation (EIN: 68-0398268) whose mission is to educate and support youth ski and snowboard athletes registered with a Sierra Teams program. We believe that every Sierra Teams youth athlete deserves the opportunity to pursue their passion and achieve their full potential, regardless of their economic or social circumstances. For that to happen, though, we need your support.

- a) **Foundation Dues:** Each season we ask that athletes registered with a Sierra Teams program become dues paying members of our foundation. Members of the Rippers program are asked to annually pay \$50 dues, members of the Development Team are asked to pay \$75 dues, and members of a Competition Team are asked to pay \$100 dues. Moreover, for any family with

more than one athlete on a Sierra Teams program, you can register additional participants after the initial registration for only \$35. And, as an added convenience, you can now register and pay your dues here: [2025-2026 SEF Member Registration](#).

- b) Scholarship Applications:** SEF scholarships help offset the extraordinary costs associated with competing. Applications for this season will be accepted starting December (TBD). To be eligible to receive an SEF scholarship, you must:
- i) Be registered with a Sierra at Tahoe Competition Team at the time of application
 - ii) Be a member of SEF (if you haven't paid your dues at the time of scholarship disbursement, the associated dues amount will be deducted from your scholarship award)
 - iii) Complete and submit the application on or before 5 p.m. December (TBD)
 - iv) We anticipate making our scholarship decisions and to begin disbursing funds on or before the first full week of January. Please email us at info@sierraeducationalfoundation.org with any questions.
- c) Team Jackets:** The Team jackets are produced and sold by the Sierra-at-Tahoe Education Foundation. They are ordered in small batches and are distributed on a first come/first serve basis when they arrive. No deposits are required and no reservation available. The Foundation will communicate when the jackets are available. Please reach out to info@sierraeducationalfoundation.org for any questions regarding the jackets.