

JUNIOR 3, 4, 5 PROGRAMS

INTRODUCTION

Welcome to the competition season. The following is an explanation of the Tri-State Alpine Ski Racing Association Junior Racing Program, and rules to help you understand our program. This program has been developed for the tremendous young athletes we have in **Tri State**. Good luck to our J345 group in your racing, ski fast, and have fun this season.

The J345 Program is run by the Tri-State Children's Committee. The Children's Committee is chaired by the J345 Chairman and includes the Chairmen from each of the three Tri-State regions. For the **2009-2010** Tri-State season, the children's committee is as follows:

Title	Name (club)	Email
Competition Chairman	Bob Zuber (Bousquet)	rjzuber@gmail.com
Western Mass chairman	Chris Gagne (BEAST)	maple@aol.com
Eastern Mass chairman	Rick McCowan(Wachusett)	rick.mccowan@verizon.net
Connecticut chairman	Steve Nelson	SNelson@stanleyworks.com

We take as our responsibility as parents, coaches, and Tri-State leaders, that the Tri-State Junior Race Program provide a safe, friendly, challenging, rewarding, and fun arena for our junior athletes to compete in. Our program is designed to "challenge and reward at every level."

We are a part of the USSA system including our talented and dedicated Tri-State member coaches at our member ski areas. We promote the recommendations of USSA in the development of ski racing fundamentals and have designed our program to follow the safety and level of challenge recommended for junior racers. It is the primary responsibility of the coaches to provide a challenging and rewarding atmosphere for their athletes to learn and exercise their ski racing skills.

This competition system is designed to keep an athlete competitive and comfortable with their peers and surroundings, without exposing them to unnecessary pressure.

J345 PROGRAM DESCRIPTION

Regional Competition

Athletes will compete within their respective region. There are three regions within the Tri-State Ski Racing Association: Connecticut, Eastern Massachusetts, and Western Massachusetts. Each region sets its own format and structure and elects a chairman to coordinate competitions. Special agreements between regions of Tri-State for cross-regional competition may be developed in the future, but currently the only opportunity is at the Tri-State championships, **and at selected J1,2 races that are open to 2nd year J3's (see schedule)**. Tri-State Post-Season Championships for our top J3 and J4 racers are cross-regional within Tri-State. Competition outside of Tri-State is by invitation within the USSA system based on a Tri-State "quota" basis. If you have any questions pertaining to regional competition, contact your Regional Chair.

Age Classifications

J3	–	Ages 13 and 14
J4	–	Ages 11 and 12
J5	–	Ages 10 and under

Age is determined as of December 31 of the current competition season. Tri-State athletes compete within their respective age groups.

Membership and Eligibility

All athletes planning to compete in Tri-State Junior Racing Program must:

1. Be a valid member of Tri-State Alpine Racing Association
2. Be a member of USSA.
 - J3 athletes must hold a valid USSA Competitor's License
 - J4 and J5 athletes need only a valid USSA Youth Membership

Code of Conduct

Tri State supports the Competition Regulations of USSA which provide a framework in which the various ski programs are developed and operated at all levels. It particularly endorses the policy for sportsmanlike conduct which states that competitors, coaches, officials or other personnel may be reprimanded, disqualified or suspended for conduct at USSA events that is prejudicial to the sport, as recommended by member organizations and so determined by a Division's Board of Directors.

While affiliated with Tri-State and attending or competing in any USSA event, athletes, coaches and parents are expected to conduct themselves in an appropriate, sportsmanlike manner. Any athlete, coach or parent that is determined to have violated the Code of Conduct rules as delineated in the USSA Competition Guide may face disciplinary action or suspension of their athlete at the determination of the Tri-State Board of Directors.

Out of State Training

Post-season teams and regional competition quota spots are available to qualified athletes that are affiliated and **"actively training"** with a program in the Tri-State region. Any athlete regularly conducting their training with a program that is not a recognized Tri-State member program is not eligible for Tri-State post-season teams and quota spots.

It is recognized that some athletes may choose to pursue early-season training opportunities with other programs. These training activities must be completed by December 31st of the competition season, or a review of the activity may be conducted by the Eastern office and/or the Tri-State Competition Chair. If the training activities are deemed in violation of the USSA rules governing such activity, further disciplinary action (up to and including suspension from competition) may be taken by the Tri-State Board of Directors at the recommendation of the J345 Competition Chair.

Other athletes may have opportunities to visit out-of-state programs during the competition season. Tri-State does not discourage these activities. However, the J345 Competition Chair must be notified of the location and duration of the training in advance. Notification MUST be made to the J3,4,5 competition chairman by email (rjzuber@gmail.com) in advance of attending the training camp an example of this type of training might be attending a FLEX session at GMVS, or a FAST week at SMS. Training activity that is in violation of the USSA rules may result in a review of the activity by the Eastern office and/or the Tri-State J345 Competition Chair. If the training activities are in violation of the USSA rules, further disciplinary action (up to and including suspension from competition) may be taken by the Tri-State Board of Directors at the recommendation of the J345 Competition Chair.

Any athlete found to be a simultaneous member of any other state organization will be disqualified from eligibility for any Tri-State quota spot or post-season team.

Tri State Membership Deadline for Quota Selection or Post-Season Eligibility

December 1st for renewal members
December 31st for new members

Athletes must renew their USSA and Tri-State memberships before the selection deadlines to be eligible for quota selections.

USSA Elite Athlete Events

USSA sponsors events during the season for athletes that achieve top level success at the regional level. Junior athletes and parents are reminded that some current U.S. Ski Team members have not achieved top level success as junior racers and future elite level success in ski racing may occur as athletes mature.

For some events the athletes are selected by the Tri-State Children's Committee and forwarded to USSA – East by the J345 Chairman. Tri-State athletes invited to attend these elite events are selected according to the process described in each event section. Further information is available on the USSA website.

The USSA Elite events for the 2009–2010 season are listed in the table below.

Event	Date	Location	Selection	T-S Quota
NDS Junior Development Camp	Nov.7-14	Loveland, CO	Eastern Selection	
J4 Elite Fundamentals Camp	Dec.4–7th	Sunday River, ME	State Quota	5
J3 Elite Fundamentals Camp	Dec.13-15th	Burke, VT	Eastern Selection	3
Regional J3 Series ERS (SL,GS)	January 23-24	Okemo, VT	State Selection	7
J3 Elite Speed Camp	February 8-10	Sunday River, ME	Eastern Selection	
Eastern J3 Finals	March 4-7th	Sunapee, NH	State Quota	22
Eastern J3 Olympics	March 13-16th	Sunday River, ME	State Quota	14
Eastern J4 Future Stars Festival	March 21-23	Waterville, NH	State Quota	22

J4 Elite Fundamentals Camp

The Tri-State Quota = 5 athletes including boys and girls. The USSA J4 Elite Fundamentals Camp will be held at Sunday River, ME on Dec.4 – Dec. 7. Selected athletes will be contacted by a Tri-State representative by November 13, 2009. Athlete registration must be received by the USSA East office by November 27.

J3 Elite Fundamentals Camp

The Tri-State athletes will be selected by USSA-East. The USSA J3 Elite Fundamentals Camp will be held at Burke Mt., VT on Dec. 13 – 15. Tri-State may submit the names of qualified athletes to the USSA for their consideration. All states will be granted a minimum of 3 athletes if submitted. Tri-State must submit these requests by Nov 13th; therefore, any coaches wishing to nominate an athlete must contact their regional chairman well in advance of Nov 13 so that the proper consideration may be given to the request. Selected athletes will be contacted by a USSA or Tri-State representative by November 20th. Athlete registration must be submitted to the USSA East office by December 1st.

Eastern Regional J3 Series

The Tri-State Quota = 7 athletes including boys and girls and will be selected by the Tri-State Children's Committee. Additional athletes will be considered based on "skills assessment" from J3 Fundamentals camp. The number of boys vs. girls that are selected will be based on the number of registered J3 athletes in Tri-State as of 12/1/09. This race series is intended for the upper level J3 athletes who are likely to be competitive at the Junior

Olympics and will benefit from elite level competition. Only current season J3 athletes are eligible. All selected participants must realize that this is a 2 day event. The selection of Tri-State racers will be based upon the following criteria and in the following order:

1. J3 athletes who qualified for the previous year Junior Olympics;
2. The top two (2) J4 boys and top two (2) J4 girls selected to the previous year's Future Stars. In the event that a 1st year J4 finished 1st or 2nd at the previous year's J4 TSC, the next best finisher will be chosen to participate in the ERS event.
3. Any J3 athlete who had a top 15 finishes at the previous year J3 Finals.
4. All Tri-State racers which utilize a Tri-State quota spot are ENCOURAGED TO FULLY COMMIT TO PARTICIPATE BOTH DAYS OF THE EVENT. In the event that a selected athlete wishes to attend the event, but does not intend to commit to both days, they are required to notify the Tri-State children's committee of their intended schedule.

In the event that all available quota spots are not filled by the above outlined procedure, other nominees may be considered for participation. Interested athletes must be nominated to the J3 competition chairman by their Head Coach. Nominations may be made to the Tri-State J3 Chairman no later than 45 days prior to the event. Selections for available quota spots will be made by the Children's Committee. Please limit nominations to those athletes who could reasonably be expected to be competitive and be a good representative of Tri-State at the JO's. If the list of nominations exceeds the number of available quota spots, the Tri-State children's committee will use the previous year's J3 TSC results to prioritize the list. The selected athletes will be contacted by a Tri-State representative by **January 19th**.

****All skiers invited to attend "ERS" must complete a "Quota Request Form" This form will include skiers name and the coach who will attend and be responsible for that athlete during the event. Skiers who do not have a covering coach will not be able to attend.**

J3 Elite Speed Camp

The Tri-State athletes will be selected by USSA-East. The USSA J3 Elite Speed Camp will be held at Sunday River, ME. on **February 8-10**. All states will be granted a minimum of 3 athletes if submitted. The children's committee will accept nominations from head coaches and program directors until **Jan 19, 2010**. Selected athletes will be contacted by a USSA or Tri-State representative in mid-January. The USSA selections will be announced by **January 26th**. Athlete registration must be **received at** USSA East office by **February 2**.

TRI-STATE POST SEASON EVENTS

Each competition season, Tri-State will sanction championships races for the J3 and J4 age groups. Each of these age groups will have a separate competition. Each respective championship will consist of two (2) runs of slalom and two (2) runs of giant slalom. Start times, etc. will be announced 2 weeks in advance of each respective competition. Any desired changes to the proposed scheduling, calendar, program or procedures for these championship series must be proposed in writing and ratified by the 3 regional chairs and the current Tri-State Alpine Officials Chair no less than 7 days prior to the original program.

Tri-State Championship Schedule for **2010**

Event	Date (2010)	Location
J3 TSC GS	Sat. 2/13/10	Berkshire East
J3 Banquet	Sat.2/13/10	Eaglebrook
J3 TSC SL	Sun. 2/14/10	Eaglebrook
J4 TSC SL	Sat. 2/20/10	Bousquet
J4 Banquet	Sat. 2/20/10	TBA
J4 TSC GS	Sun. 2/21/10	Jiminy Peak
J5 Festival	March 6 & 7th	Blandford

Entering the Championships

If you are selected for the Tri-State Championship races, please submit race entry fees to the Tri-State Office at least two weeks prior to the race events. The address is:

Tri-State Alpine Ski Racing Association
320 Stage Road
PO Box 239
Cummington, MA 01026-9646

Quotas to Tri-State Championships

The method of allocating quota slots for the Tri-State Championships is as follows;

J3 Championship Quotas:

1. 100 General Entries:

The percentage of the 100 general entries will be allocated to each Tri-State region based on of active memberships in each region on December 1st for the current season.

- a. The minimum quota for any region is 25 slots regardless of the percentage of Tri-State members from that region.

- b. If any region membership is less than 25% of total Tri-State membership, the 25 slots allocated to that region will be subtracted from the 100 general entries and the remaining 75 spots will be allocated to the two remaining regions on a prorated basis of their memberships in Tri-State.
2. "Automatics": In addition to the 100 general entry athletes, the following 22 athletes will be selected for the J3 Championships:
 - a. Returning J3's:
 - i. The top 10 boys and the top five girls from the previous year's J3 Championships.
 - ii. Any returning boy or girl that achieves a top 25 result at previous year J3 Finals.
 - b. J4's from the previous year's J4 Championships that are moving to the J3 category:
 - i. The top four boys
 - ii. The top three girls

J4 Championship Quotas:

1. 100 General Entries:

The percentage of the 100 general entries will be allocated to each Tri-State region based on of active memberships in each region on December 1st for the current season.

- a. The minimum quota for any region is 25 slots regardless of the percentage of Tri-State members from that region.
 - b. If any region membership is less than 25% of total Tri-State membership, the 25 slots allocated to that region will be subtracted from the 100 general entries and the remaining 75 spots will be allocated to the two remaining regions on a prorated basis of their memberships in Tri-State.
2. "Automatics": In addition to the 100 general entry athletes, the following will be selected based on the results of the previous year's J4 Championships:
 - a. The top 8 Boys
 - b. The top 7 Girls.

Unused regional quota slots will be distributed to the other Tri-State regions on a rotational basis. The order shall be updated each season to reflect the seeding rotation (see below) for the current competition season, and the order of rotation will stay the same.

Regional Chairs must notify the J345 Chairman, as soon as possible regarding racers who are selected but who will not attend the championships and identify alternates, if any, who would take their place.

Tri-State Championships Races Seeding

Each of the three regions of Tri-State, Western Massachusetts, Eastern Massachusetts, and Connecticut will submit a seeded list of its entries by gender to the Junior Chair for each of the J3 and J4 championship series based on the respective regions qualification procedures. The seeding lists will be combined to form the start order that will be used for both the Slalom and Giant Slalom events. The start order will be provided to the host ski area one week prior to the event.

Each of the top seeded racers from each region (seed of 3) will be followed by the second seeded racers (seed of 3) from each region, and so on. For the 2002-03 season, the order of seeding within each group will be Connecticut, followed by Western Massachusetts, followed by Eastern Massachusetts. The order shall be updated each season to reflect the current competition season, and the order of rotation will stay the same. **For the 09-10 season the order will be CYSL, WM, EM.**

"Automatic Invitees" to the Championships will be seeded based on their current season results and respective qualifying order within their region. "Automatics Invitees" who do not appear on their regional selection list within the current competition season will be seeded following all athletes who do appear on the regional selection lists.

The seed list will then be separated into Run Groups labeled "A", "B", "C" and "D". There will be a rotation of Run Groups in each run of the championship weekend. This rotation of Run Groups has been used in Tri-State for a number of years to ensure an equal opportunity for all seeded athletes to run near the front of the order during the championship weekend. The rotation will be as follows:

Run 1 Run 2 Run 3 Run 4
 A-B-C-D B-C-D-A C-D-A-B D-A-B-C

Designation of Run Groups will be done at the time of seeding and will be dependent on the gender breakdown of athletes. The separation of Run Groups will be done on a percentage basis of athletes. i.e., the first 25% of seeded athletes will be designated Run Group "A", the second 25% will be designated Run Group "B", and so on.

DQ's and DNF's from the first run of each day will run the second run in their seeded order.

Selection Procedures for Tri-State J3-4 Quota Teams for USSA Post Season Events

At each designated Tri-State Championship race, all participating athletes will compete in up to four (4) scheduled runs/races. For each run/race within gender, place points will be awarded, corresponding to the racer's actual finish place within that run/race. 1st = 1, 2nd = 2 and so on. Each athlete will be scored using the sum of the best two finishes (on a place point basis) for the four runs. In the event that four complete runs cannot be contested in the championship weekend due to weather or any other circumstance, the selection method will be as follows:

1. best two (2) results of three (3) contested runs, or
2. best single (1) result of two (2) contested runs.

In the event that the necessary number of runs is not able to be held, the Children's Committee will convene to determine appropriate selection criteria for post-season quota teams.

In case of selection order ties, a racers best scoring result will be considered. For continued ties, the racers next best finish not used for scoring will be used. This process will continue until a ranking order can be determined. In the case of an unbreakable tie using this system, race points will be calculated for each run, and the competitor with the single lowest race point result will be ranked ahead of his/her fellow competitor. Ski Areas hosting a Championship event shall provide the results for each individual scoring run/race to a team captain from each participating team. The official results from all Championship races shall be used for selection purposes. Tri-State Quota Teams seed orders submitted to USSA shall correspond to the final selection ranking orders from the Tri-State Championships.

Announcement of J3 and J4 Selections for Post Season USSA Events

Tri-State Quota selections to USSA Post season Events will be announced following the official scoring of the final event of the Tri-State Championship event. If for any reason the announcement is not practical on the final race day, the selected athletes will be notified and selections will be posted on the Tri-State website as soon as possible. Appeals of selections may be made to the Children’s Committee through the Children’s Committee representative for the athlete’s region.

USSA POST SEASON EVENTS

Event	Date (2010)	Location	Selection	T-S Quota
Eastern J3 Finals	March 4-7	Sunapee, NH	T-S Recommendation	22
Eastern J3 Olympics	March 13-16	Sunday River, ME	T-S Recommendation	14
Eastern J4 Future Stars Festival	March 21-23	Waterville Valley, NH	T-S Recommendation	22

Eastern Region J3 Finals

Tri State Quota = 22. The girl and boy allocation of the quota will be equal to the percentage of J3 boy and girl Tri-State members as of December 1. The boy and girl quotas will be filled using the same ranking list as the Jr. Olympic team selections, filling the quota with the next ranked athletes who were not selected to the Jr. Olympics. All selected participants must realize that this is a four consecutive day event that includes 2 days of Super-G training/racing. All Tri-State racers which utilize a Tri-State quota spot are ENCOURAGED TO FULLY COMMIT TO PARTICIPATE IN ALL 4 DAYS OF THE EVENT: **SL on Thus., GS on Fri., SG training on Sat. & SG race on Sun.** In the event that a selected athlete wishes to attend the event, but does not intend to commit to all 4 days, they are required to notify the Tri-State children’s committee of their intended schedule.

Alternates: The next ranked athletes listed on the selection board following the J3 Finals Team will be named alternates in the order of their championship ranking.

**** Quota request form required for this event**

Eastern J3 Junior Olympics

Tri-State Quota = 14. The girl and boy allocation of the quota will be equal to the percentage of J3 boy and girl Tri-State members as of December 1. The boy and girl quotas will be filled in ranking order from the top of the Tri-State J3 Championship race results. All selected participants must realize that this is a four consecutive day event that includes 2 days of Super-G training/racing. All Tri-State racers which utilize a Tri-State quota spot are ENCOURAGED TO FULLY COMMIT TO PARTICIPATE IN ALL 4 DAYS OF THE EVENT: **SL on Sat., GS on Sun., SG training on Mon. & SG race on Tues.** In the event that a selected athlete wishes to attend the event, but does not intend to commit to all 4 days, they are required to notify the Tri-State children’s committee of their intended schedule.

Alternates: In ranking order, athletes selected to the Eastern J3 Finals in the current competition season will be considered alternates to fill any unused quota slots for the Eastern J3 Jr. Olympics. No alternates will be named to the J3 Jr. Olympics beyond the J3 Finals Team selection list. Participation in the J3 Finals in the current competition season will nullify alternate selection to the Jr. Olympics.

****Quota request form required for this event.**

Eastern J4 Future Stars

Tri-State Quota: 22. The girl and boy allocation of the quota will be equal to the percentage of J3 boy and girl Tri-State members as of December 1. Quotas to the Eastern J4 Future Stars will be filled in ranking order from the top of the Tri-State J4 Championship race results.

Alternates: The next ranked athletes listed on the selection board following the J4 Future Stars Team will be considered.

USSA POINT OPPORTUNITIES FOR SECOND YEAR J3’S

All second year J3 athletes may earn points for the USSA Classification System at any open, scored USSA event in any national region, provided the race takes place after the completion of the Eastern J3 Olympics and J3 Finals. All points will be withheld until the following season.

If entering an “open” race out of state, racers must enter themselves in each race they plan to attend by sending a USSA Alpine Entry Timing Card and a check for the proper amount to cover the entry fee as listed to the Race Secretary for that race at least 15 days before the race. If you do not include the entry fee with your timing card, your entry may not be accepted.

An entry card can be found in the USSA comp. booklet or on the USSA web site.

In addition to the above, under Eastern USSA rules, Tri-State is "allowed" to schedule 4 points races which can take place before the Eastern J3 Olympics at which points may be obtained by Tri-State second year J3's. For the 2009 -2010 season the scheduled races are as follows:

1/10/10	Wachusett		GS	All 2 nd year J3's
1/16/10	Blandford	SL		All 2 nd year J3s.
1/24/10	Berk East	GS		All 2 nd year J3s. (see Below)
1/31/10	Bousquet	SL		All 2 nd year J3s.

**Berkire East race is only open to 2nd year J3's who qualified for last season's J3 championships.

**The above listed series of races that are open to 2nd year J3's will now be referred to as the AVS Series in memory Al Vinatier and his lifelong involvement in youth ski racing.