

THE SUMMIT FOUNDATION CUP BRECKENRIDGE 2021



Pro-Tip #1

Be Early!

All ski and snowboard competitions rely on their athletes being on time! As many of you know, chairlifts can stop, parking can be surprisingly full, or the bus can be late. It's best to always give yourself extra time.

Organizer Tips

Our goal is to host an competition that is fair for everyone!

Stay up-to-date by visiting our website:
<https://teamsummit.org/SummitCupBreckCross>

Pro-Tip #2

Your time doesn't define you.

Are you sick? Do you have a test tomorrow? These are all things that can affect one's score. Just remember it's one day. A growth mindset gets you to the highest levels. It forces you to improve for the next time and there are always more competitions.

Bibs

Bibs must be returned before the end of the competition or families face a \$100 Lost Bib Fee.



WELCOME

We hope this message finds you well!

The Summit Foundation Cup is an exciting introduction to competitive skiing and snowboarding! We have created this document to help answer several of our most common questions Athletes and Parents might have regarding the competition.

Included below are three sections:

- General Competition Information (aka Fact Sheet)
- Information for Athletes (and Parents)
- Information for Parents

Thank you so much for participating in this competition! These are incredible opportunities to have a great time, meet new friends, and show off what you've learned.

If you have any questions, please feel free to reach out to Phil K at 703.678.3187 or events@teamsummit.org.

The Summit Foundation 2021 Series

Cross Course

Breckenridge

Wednesday, Feb. 24th, 2021

DESCRIPTION Join us for our annual Cross Competition at Breckenridge Ski Area on Wednesday, February 24th. The competition is free to anyone age 15 or under, courtesy of The Summit Foundation.

All information is available at: <https://teamsummit.org/SummitCupBreckCross>

All information is subject to change

KEY DETAILS	Competition	The Summit Foundation Cup - Cross Course Competition	
	Course	Freeway	
	Participants	Boys and Girls, Ski and Snowboard (All SNB) age 15 and under **This is an competition for athletes without a USASA or USSA License	
	Age Class	Ski: U16, U14, U12, U10 & U8 // Snowboard: U16, U12 & U8	
	Entry	Sign up online https://www.eventbrite.com/e/the-summit-foundation-cup-2021-ski-cross-and-boardercross-comp-registration-139139348537	
	Entry Fee	Free	
	Deadlines	Registration closes Monday, February 22nd, 2021 at Noon	

SCHEDULE	Tuesday at 4:00pm	Parent and Athlete Meeting	tinyurl.com/TSFCBC Code: 3080
	Wednesday 8:00am - 8:30am	Athlete check In	Gondola Parking Lot
	8:30 - 9:00am	Load the Gondola with Coaches	Gondola
	9:45am - 10:15am	Course Inspection	Freeway
	10:15 am	Race 1	Freeway
	11:00 am	Race 2	Freeway
	5:00 pm	Awards	Zoom (see website)

ADDITIONAL INFO	Athlete Lift Tickets	Use your season pass, or a complimentary lift ticket will be provided by Breckenridge Ski Resort and the Epic Promise for the day.
	Family Lift Tickets	NO Spectating. Tickets are not available for the 20/21 season. We expect Friends and Family tickets to return for the 21/22 season.
	Volunteers	This is your opportunity to help and watch the competition Sign up to be a volunteer and receive: - 1 Volunteer Lift Ticket - Lunch [Click Here] or email events@teamsummit.org to volunteer
	Parking	Paid parking is available at the Gondola Lot Free Parking is Available at the Airport Lot and accessible via Bus

THE SUMMIT FOUNDATION CUP BRECKENRIDGE 2021



Athletes (& Parents)

Schedule

8:00 am- 8:30 am

Athletes meet with their assigned coaches

9:45 am - 10:15am

Course Inspection (30 minutes)

10:15 am

Race One commences (Starting with U8 Girls Ski)

11:00 am

Race Two commences (Starting with U8 Girls Ski)

Format:

All Girls Ski will go first, followed by All Snowboard, followed by All Boys Ski.

We will run the competition from Youngest to oldest within each division.

Please plan appropriately. *ie. Girls Ski, please be ready to load the lift early...*

Athletes are responsible for:

- Staying with their assigned group!
- Having all necessary equipment on prior to meeting their coaches
- Staying with your coach, and telling them when you're hungry or need to use the bathroom.
- Arriving to the start EARLY!
- Telling your coach about any allergies or medications you are taking.
- Taking their lunch, snacks, and layers on hill with them. (Pocket Snacks are always great.)
- Returning bibs (a bib bag is located by the exit corral).
- HAVING FUN!!!

What is?

[Ski Cross]

*This videos show the highest level of competition

Inspection

Inspection is the time you have to look at the course. Go down slow with your coach. This is not the time to race.

Start Order

You will be given a bib at registration. Usually, you will follow the bib number in front of you. So if you're bib 34, you are going after bib 33 and before bib 35.

Start Structure

Your starter will tell you when you can go down the course. Please wait for their signal.

Prescreen Form

<https://forms.gle/PoVhoeckKSs17XX447>

Prescreen forms are required to be completed 24 hours prior to each competition.

THE SUMMIT FOUNDATION CUP ARAPAHOE BASIN 2021



Spectator Tickets

No Spectating is allowed

Prescreen Form

[https://forms.gle/
PoVhoeckSs17XX447](https://forms.gle/PoVhoeckSs17XX447)

Prescreen forms must be completed within **24 hours** of the start of the event to for athletes to compete

Allergies/ Medications

Please communicate any Allergies/medications or special needs to your child's coach.

Updates

We will use WhatsApp to communicate updates:
[https://chat.whatsapp.com/
CYGdoxlX1oV8CL3D4reig2](https://chat.whatsapp.com/CYGdoxlX1oV8CL3D4reig2)

Timed Event

Please remember this is a Timed event. Thus each athlete must make it around each gate and through the finish or get a DSQ.

COVID-19

The following are required for all participants:

- Facemasks
- Physical Distancing
- [Prescreen Form](#)

Parents

General Information

All information can be found on our website:
<https://teamsummit.org/SummitCupBreckCross>

Schedule

Tuesday February 23rd at 4:00pm

Q&A with the ITS Head Coach and Event Organizer
tinyurl.com/TSFCBC
Code: 3080

Wednesday, February 24th

8:00 am - 8:30 am

Athlete Drop Off at the Gondola Parking Lot

11:20 am - 12:30pm

Athlete Pick Up at the Gondola Parking Lot

3:30 pm

Awards Via Live Stream

Follow the day with WhatsApp:

<https://chat.whatsapp.com/CYGdoxlX10V8CL3D4reig2>

Parking:

Paid Parking is available in the Gondola Lot

See <https://www.breckpark.com> for more information

Registration & Check-in/Bib Collection:

Completion of the Prescreen form within 24 hours of the competition counts as your final registration.

<https://forms.gle/PoVhoeckSs17XX447>

Once completed, your athlete can pick up bib's and tickets from their assigned coach.

Parents are responsible for:

- Completing the Prescreen form

- Packing layers, lunch, and snacks into a backpack for your athlete to take on-hill
- Check out with the Coach before picking up your kid. (Otherwise conduct lost child procedures aka lock down)
- Communicate allergies, medications and/or special needs to your child's coach early
- Returning Bibs - there is a \$100 lost bib fee if not returned.

What a Summit Foundation Cup Competition Looks Like



Registration

You can register your athlete as soon as it becomes live on the web page.

Day-of registration is not available for the 20/21 season

All resorts require waivers. In some cases you will be able to fill out waivers electronically if you register on-line. You can always fill out waivers during check-in the day of the event.

Checking-In

Everyone must check in virtually within 24 hours of the start of the competition.

Use the following link to register: <https://forms.gle/Gu8HmN9gExJDDuKr6>

Once completed, your athlete will be handed a bib and a ticket (if needed) by their coach.

Lift Tickets – athletes receive a free lift ticket at check-in

Family Lift Tickets – NO Spectating is allowed during the 20/21 competition season due to restrictions surrounding COVID-19.

Foot Traffic/Uphill Traffic – Unavailable for the 20/21 season.

Coach Assignments

You can choose to ski with your athlete during the competition day though we strongly recommend your athlete join their assigned team.

If you choose to ski with your athlete, **YOU** are responsible to ensure your athlete is where they need to be, when they need to be there. This includes having them lined up in bib order for course inspections and well before their start times.

If your athlete wants to ski with a Team Summit coach, they will be assigned a coach after check-in is complete. The coaches will be holding signs with age groupings so you will need to know what age group your athlete is in. There is no guarantee your athlete will be skiing with their “normal” ITS coach.

Your athlete will need to bring their normal backpacks with extra gear, lunches, water and snacks when they leave with the coach. [Click here to see our recommended packing list for a competition day.](#)

Parent Etiquette

Please be patient and flexible throughout the day. These competitions are FREE and are primarily supported by parent volunteers.

- Ask the right questions - ie “did you have fun,” instead of “did you win”
- Learn the Sport and Culture
- Understand your athletes goals
- Give Ownership to both your athlete and their coach

What Your Athlete Can Expect

Each competition starts with a course inspection/practice. During this time, the athlete will have an opportunity to check out the course and prepare for their run. For detailed information on where and when inspection will take place please refer to the competition fact sheet.

Athletes only get one competition run for most Summit Cup competitions so it is imperative they do not miss their start.

Parents... please be patient throughout the day! These competitions are meant to be fun for the kids but are primarily run by parent volunteers.

Your athlete needs to be prepared to do a lot of waiting around throughout the day. This means they need to have their packs with them, bladders empty and hand warmers ready to go at any time. This is NOT exclusive to Summit Cups, this is at all levels of competitive skiing/riding. They need to be at the start early and wait patiently for their turn.

It can be difficult for the coaches to lap between runs as they need to ensure all of their athletes are where they need to be, when they need to be there.

Have More Questions?

Email the competition organizer
or ask your personal coach

www.teamsummit.org



“Comp Day” Gear & Needs

Outerwear/Innerwear

- ☐ Socks (recommendation: buy all the same sock so you don't have varying thicknesses...which affects boot fit)
- ☐ Pants (thermal pants underneath)
- ☐ Team Jacket and Extra Layer
- ☐ Gloves
- ☐ Liners
- ☐ Hand warmers
- ☐ Helmet
- ☐ Goggles
- ☐ Facemask (Required)
- ☐ Sunscreen

Water, Food & More

- ☐ Face masks are required
- ☐ Suitable Backpack for Skiing & Riding (lunches, water bottles and extra layers can be stored in the backpack)
- ☐ Water Bottle
- ☐ Lunch
- ☐ TWO Snacks
- ☐ Personal needs such as Epipen, Medication, etc.
- ☐ (if your child needs medication during training, please communicate with their coach)