

THE SUMMIT FOUNDATION CUP - KEYSTONE 2020



Pro-Tip #1

Be Early!

All ski and snowboard events 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 event that is fair for everyone!

Think back to what your 1st grade teacher would say about snacks during class: "Did you bring enough for everyone?"

Competitions run the same.

Pro-Tip #2

Your score 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 awards 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 Event

Included below are three sections:

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

Thank you so much for participating in these events! 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 do not hesitate to reach out to Phil K at 703.678.3187 or phil@teamsummit.org.

DESCRIPTION Join us for our annual Giant Slalom (GS) and Stubby Slalom (SL) at Keystone Resort on Sunday, January 12. The event is free to anyone age 15 or under, courtesy of The Summit Foundation.
Register here: <https://www.eventbrite.com/e/the-summit-foundation-cup-2020-gs-and-stubby-slalom-registration-64324528396>

KEY DETAILS

Event Giant Slalom (GS) and Stubby Slalom (SL) - 10am

Course Epic Mix Race Arena - Top of the Gondola

Participants Boys and Girls age 15 and under
This is an event 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-2020-gs-and-stubby-slalom-registration-64324528396>

Entry Fee Free

Deadlines Friday, January 10, 2019 at Noon

| SCHEDULE | | |
|----------|-------------------------|--|
| | 7:00 am- 8:30am | Registration/Check-In Open Warren Station |
| | 8:30 am | Racer's Meeting Warren Station Lift Opens |
| | 9:00 am - 9:45am | GS Course Inspection (45 minutes) Epic Race Arena |
| | 10:00 am | GS Run Epic Race Arena |
| | 11:30 am | SL Course Inspection (30 minutes) Epic Race Arena |
| | 12:30 pm | SL Run Epic Race Arena |
| | 3:30 pm | Awards Warren Station |

ADDITIONAL INFO

Athlete Lift Tickets Use your season pass, or a complimentary lift ticket will be provided by Keystone Resort for the day.

Family Lift Tickets \$60 Lift ticket with a voucher from Registration/Check-In. No foot traffic is allowed.

Volunteers Volunteers are always in demand!
Sign up to be a volunteer and receive:
- 1 Volunteer Lift Ticket
- Lunch
- Volunteer hours (as applicable)
[\[Click Here\]](#) or email phil@teamsummit.org to volunteer

Parking Free parking is available at River Run Lot near Warren Station

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Athletes (& Parents)

Schedule

7:00 am- 8:30am

Registration Open at Warren Station

8:30 am

Racer's Meeting at Warren Station

9:00 am - 9:45am

GS Course Inspection (45 minutes) at the Epic Race Arena

10:00 am

GS Run at the Epic Race Arena

11:30 am

SL Course Inspection (30 minutes) at Epic Race Arena

12:30 pm

SL Run at Epic Race Arena

3:30 pm

Awards at Warren Station

Format:

Two Courses

Blue course will be all Boy's Ski

Red course will be Girls Ski and Snowboard

1 run of GS at 30 second intervals

1 run of SL at 30 second intervals

*remember you're racing the clock, not the person next to you

Athletes are responsible for:

- Registering as early as possible (7:00am).
- Having all necessary equipment on before the Athlete Meeting at 8:30am. (This means your boots are on!)
- Staying with your coach, and telling them when you're hungry or need to use the bathroom.
- Arriving to the start EARLY!
- Stay for awards (This makes you an amazing team player!)
- Tell your coach about any allergies or medications you are taking.
- Take your lunch, snacks, and layers on hill with you.
- Returning bibs (a bib bag is located by the exit corral).
- HAVING FUN!!!

What is GS & SL?

<https://my.ussa.org/alpine-programs/parents/ski-racing-101/events>

Inspection

Inspection is the time you have to look at the course. Go down sideways and stay 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.

GS Start Time:

[Fill in your time]

SL Start Time:

[Fill in your time]

Coaches Name:

[Fill in your Coach]

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Spectator Tickets

\$60 with a voucher from registration

Foot Traffic

No Foot Traffic is allowed on-hill due to safety concerns.

Allergies/ Medications

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

Pick-Up

Check out with your coach before taking your child for the day.

Terms

DNF - Did Not Finish

* Athlete did not go through the finish

DSQ - Disqualified

* DSQ's can be handed out for a variety of reasons ranging from missing a gate to being a jerk. Missing a gate is the most common!

Parents

Schedule

7:00am-8:30am

Registration Open at Warren Station

8:30am

Racer's Meeting at Warren Station

9:00am-2:30pm

GS then SL Races at the Epic Mix Arena

3:30 pm

Awards at Warren Station

Parking:

Free At River Run

You can easily walk to Warren Station from there.

Warren Station:

164 Ida Belle Dr, Keystone, CO
80435



Registration & Check-in/Bib Collection:

Registration is at Warren Station from 7:00am - 8:30am.

It will close sharply at 8:30am as we will need to conduct our Athlete Meeting.

If you are late, you run the risk of not being able to participate!

Parents are responsible for:

- **Being early to Warren Station!**

- Packing layers, lunch, and snacks into a backpack for your athlete to take on-hill

- Staying outside of the venue! The venue is for the athletes, not parents. You can watch your kid from the side of the venue.

- 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

-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 also possible provided there is still space available

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 at the Registration Desk the morning of the event. The Registration Desk will have your bib, and lift tickets. Your athlete will not be allowed to participate in the event without a bib.

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

Family Lift Tickets - parents can buy a discounted lift ticket voucher at check-in. You will need to take the voucher to the ticket window to exchange the voucher for a lift ticket. See the event Fact Sheet for specifics on prices etc.

Foot Traffic/Uphill Traffic - Some Resorts allow foot traffic, some don't. (Foot Traffic means you access the course by walking off the chairlift and to the course.) Same goes for those looking to skin during hours. Check the fact sheet or contact the resort for more information.

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 events 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

Have More Questions?

Email the event organizer or ask your personal coach

www.teamsummit.org

Coach Assignments

Each event 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 event fact sheet.

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

Parents... please be patient throughout the day! These events 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.



“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
- Sunscreen

Water, Food & More

- 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)