



**Expectations for Athletes and Parents at Travel Team Races**

- **Meet your team mates and coaches in the Day Lodge at 7:45 AM.**
- **Be ready to leave the lodge ski by 8:00. Some USSA races start earlier than is. Please see the fact sheet and be ready to leave for warm-up runs when the lifts open.**
- **Parents need to work with the volunteer coordinator to get assignments for the race.**
- **Warm-up with your age class group and coaches on practice courses. Warm-ups include stretching and runs on the practice courses. Complete as many warm-up runs before course inspection, leaving time for at least two course inspections.**
- **Inspect the course at least 2 times, listening attentively to you coaches as he/she describes the course and the tactics to use. Ask questions if you're not sure how to ski the course or are confused by the gate set.**
- **We encourage free skiing at race venues but always check with your coaches to be sure you don't miss a scheduled start.**
- **Line up when called by the assistant starter. Moms and dads are a big help to the coaches with younger (J4, 5, 6 athletes).**
- **If an athlete is obstructed while going down the course by another racer, a course worker, lost equipment or other objects he or she should pull out of the course and ask the finish judge or last gate judge for a rerun. DO NOT cross the finish line. Return to the start for a re-run.**
- **When on the course, if the athlete misses a gate or is told by a gatekeeper that they have not successfully made a gate, the ONLY person they should take direction from is the gatekeeper.**
- **Stop at the end of each run to listen to your coach's advice.**
- **Help your team mates by carrying parkas and race pants. This is especially important on cold days.**
- **Cheer for you team mates and friends on other teams.**
- **Check with your coaches often. Courses are reset throughout the day and a second or even third inspection is required for safety.**
- **Free ski with your friends and coaches to improve your skills on all types of terrain.**
- **Make every effort to attend the awards ceremony to cheer their fellow racers on. You'll make lifelong friends from all over the country.**
- **Have Fun and always be a good sport.**