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1.0 INTRODUCTION

Welcome parents and athletes to the Milton Heights Racing Club. This Parent & Athlete Handbook has been prepared to provide our community with relevant information needed to get the most out of the racing season at Glen Eden.

If you are new to racing, this book will be helpful. It provides an overview of our club, race program, club roles and responsibilities, policies and how parents and athletes can get involved to support the club.

Enjoy the season, ski fast, ski safe, and have fun!

2.0 VISION, MISSION AND GUIDING PRINCIPLES

OUR VISION – “To be Southern Ontario’s best recreational alpine racing club”

OUR MISSION – “Empower and enable passionate ski and snowboard athletes to reach new heights through great coaching and mentorship, community and convenience.”

OUR GUIDING PRINCIPLES - Milton Heights Racing Club (MHRC) is a volunteer, not-for-profit organization that offers competitive, high quality ski-racing and snowboard programs in the GTA. MHRC is a grass roots organization. Its goal is to provide opportunities for athletes to raise their alpine ski / snowboard racing skills to a higher level of excellence by promoting participation in a program based on the skill level of the athletes.

MHRC encourages personal growth through an emphasis on good sporting conduct.

MHRC operates out of Glen Eden Ski and Snowboard Centre and is a member of both Alpine Ontario South Division and the Association of Ontario Snowboarders.

2.1 ORIGINS OF THE CLUB

Since the 1970s, MHRC has been nurturing a shared joy of skiing and snowboarding, team spirit and good sporting conduct. With approximately 250 racers, our club offers racing programs for ages 6-21 and a popular adult racing program. The MHRC operates out of its own clubhouse, situated between the East and West Lodges at Glen Eden and operates its own volunteer operated canteen. All registered athletes and parents are welcome to use the clubhouse.

2.2 PARENT INVOLVEMENT & ITS RESULTS

Ski racing is an activity that is successful when parents volunteer to help run races and organize activities. We can only run a successful program if all parents get involved. You will get to know your club family, make new friends and have a lot fun. As a cooperative, we require that all families get involved and volunteer in some way.

The saying “many hands make light work” was never truer than at MHRC. Glen Eden remains a great host, they provide us with coaching that is second to none, but your participation as a parent is what makes the winter truly an event to remember for you and the athletes.

Communication is important within such a varied program. Because weather is a major factor in our sport, plans can change quickly. Please make monitoring communication your priority. The manager/coordinator of your athlete’s team is your prime source of information. Along with club communications, talking to parents who are already involved is great way to find out more about how racing works. Better still, GET INVOLVED!

Please join in for a great winter of racing and winter fun!!

3.0 REVIEW OF ORGANIZATION – WHO IS WHO?

The club's management is composed of the following roles:

BOARD OF DIRECTORS

- President
- Past-President
- Vice-President
- Treasurer
- Secretary
- Race Directors
- SBX Development
- Communications/Technology
- Marketing/Sponsorship/Social Media
- Operations
- Registration
- Volunteer Co-ordinator

Directors names will be posted in the Clubhouse each year. MHRC conducts an Annual General Meeting each spring, at this meeting, there is a forum to elect new Directors that will replace outgoing Directors. If you would like to volunteer for a Director role, we encourage you approach one of our current board of directors and make it known. We always need the help and encourage your participation!

THE RACE COMMITTEE

Objectives

The Race Committee assists, supports, promotes and encourages organized ski racing through the MHRC at Glen Eden. It achieves this by fostering a sense of community, spirit, good sporting conduct and oversight of the racing program to serve the best interests of the athletes and MHRC.

Organization Structure

The Race Committee consists of elected club members as well as the team managers for the current season and meets regularly during the racing season.

The sport at this level is a very “parent intensive” activity on race day. While our coach staff takes care of the on-hill activities, everything else that takes place directly involves parents like

you. This includes such things as taking on race official duties, bib collecting, gate keeping, course maintenance and coat running. The goal is to “keep it fun, keep it fair, and keep it safe”.

Some parents have enjoyed extended involvement in organizations such as Alpine Ontario to make sure our race program keeps abreast of activities occurring at the provincial level.

RACE COMMITTEE

- Race Director – Scott Robb/Scott Thompson
- Head Coach – Brian Opitz
- Race Administrator – Juliette Lamb
- SBX Team Manager – open
- JDL Team Manager – open
- U10 Team Manager – Lisa Baxter
- U12 Team Manager – Christoph Ott
- U14 Team Manager – open
- U16/19 Team Manager – Sherry Westfahl
- Adult Racing Team Manager – Greg Weeks

4.0 ROLES & RESPONSIBILITIES

4.1 MHRC ROLE

MHRC is a volunteer run organization that manages and provides the soft equipment for the race program (poles, nets, timing equipment). Glen Eden provides the administration, coaches, hill space, and hard equipment (storage facilities and start ramps) to support the program. MHRC hosts and runs races.

4.2 MHRC BOD / RACE COMMITTEE

This group organizes parents to run the home races at Glen Eden, provides a liaison between MHRC the parents and athletes and organizes various fund raising and social events for the club.

MHRC Race Committee provides the “face” to other ski clubs and sponsors when they come to Glen Eden for races and represents the club with Alpine Ontario who manages and operates the ski race program across Ontario. The committee works with Glen Eden on behalf of the athletes and their parents to enhance the program.

4.3 TEAM MANAGERS

Each team will have a team manager or coordinator appointed by the MHRC BOD / Race Committee. The manager’s role is of vital importance to your racer’s team and is as follows:

- Organize parents to run a home race
- Score all races for their respective team
- Organize a team “get to know each other event”
- Communicate information to the parents
- Provide administrative support
- Assist team coaches as required
- Represent team parents on the Race Committee

Communication is executed by the Team Managers via TeamSnap and commences mid – December. Please download TeamSnap if you have not already done so. It is available in both IOS and Android versions. Once downloaded, you will receive an invite to join your team at the beginning of each season.

4.4 RACE ADMINISTRATOR

MHRC hires a Race Administrator (Juliette Lamb) to assist in administrating all race programs. The role of the Race Administrator includes:

- Be the official contact with Alpine Ontario for all races
- Be responsible for tabulating all results and insuring that they are forwarded to Alpine Ontario
- Assist team managers to set up races, including bibs on race day and be central point of contact for visiting and home teams
- Be available to MHRC on Saturday and Sunday during the race season
- Communicate any necessary information to all our club managers and members as required
- Provide administrative assistance to the Head Coach and Race Director related to the on hill program

4.5 PARENTS

As a member of the race club, all families are required to provide one parent to work at all home races and volunteer to assist in club related activities, when required, i.e., fundraising, year-end banquet, administration, etc. The rule is for every racer on the team, one parent on the hill.

Parents are responsible for getting their athletes to the hill on time for training and races. Families do car-pool athletes to share travel commitments, but ultimately you are responsible for your own athlete.

During those car rides home from training and race events parents play an important part of the athletes’ enjoyment of the sport by:

- Point out something good that your child did and good behaviour they exhibited in training or in the race
- Avoid criticizing or correcting mistakes
- Ask questions like:
 - Did you have fun?
 - Did you give it your best effort?
 - What did you learn from the training or race?
- What was your best moment and how did it make you feel?

We all need to work together to create a rewarding, safe and respectful environment. Here are some things to consider:

- Encouraging your child's participation - don't force it
- Praising their efforts
- Being proud of them
- Children love to have adults at their races, if you can't be there, let them know why
- Talking to your child about what they want from racing
- Ensuring the first question you ask is NOT "did you win?" Instead ask, "did you have fun?"
- Getting to know the coach and his/her coaching philosophy – be sure to ask if they don't tell you!
- Offering children support in different ways like: free ski with them if you can, organize equipment with them and support the time it takes to tune skis as they get older
- Encouraging your child to ski in their free time away from their ski clubs, or try a family ski vacation
- Not using guilt on your child to make them "perform better" i.e. do not use guilt as a 'motivator' for your child
- Not living your athletic dreams through your child
- Not losing perspective - not every child will be an Olympian nor will talent necessarily mean they love what they are doing
- Watch your child closely to gauge what makes them happiest

Remember it is more important to be a good person than to be a good athlete. 70% of kids QUIT SPORT by the age of 13 because they stop having fun! The most common reason why PARENTAL BEHAVIOUR. (Source - Respect in Sport for Parents)

4.6 ALPINE ONTARIO ALPIN (AOA)

Alpine Ontario Alpin is a not-for-profit provincial sport organization responsible for compliance and regulations in Alpine ski racing, Para-alpine racing and Ski Cross racing as stipulated by its governing bodies Alpine Canada Alpin (ACA) and The Fédération Internationale de Ski (FIS) based in Switzerland. This organization runs the Ontario race program, finds sponsors, officially administers the provincial race program, maintains a web site, establishes the provincial racing rules and schedules, etc. The web site address is: <http://www.alpineontario.ca/>

5.0 TEAM MANAGERS

Team managers are the key to the success of every race season. Every team must have a manager, preferably an assistant manager, to be the organizational and communication lead for their team.

The manager's principal functions are:

- Organize parent volunteers for home races
- Maintain on-going communication between racers, coaches, parents and the MHRC Race Committee

While it may seem a bit daunting, it is the very best way to increase your enjoyment of the race season and make many new friends. The many experienced managers are a great support as you learn.

Please give your name to the race administrator or a member of the Race Committee if you are interested.

TEAM MANGER - NON-RACE ACTIVITIES

- Promoting and supporting the True Sport movement and Code of Conduct
- Being familiar with the racing schedule and ensure that each racer is also informed of schedule revisions
- Communicating with the coaches and parents to ensure information is circulated and that everyone is fully informed and up to date
- Supporting the coaches by talking to parents about issues and deal with any issues that can be dealt with at the manager level (you can escalate issues to your league coordinator or race director as required)
- Reporting to the race director any coaching issues
- Helping ensure the canteen is staffed on designated days
- Encouraging parents, racers, coaches to nominate individuals for club awards
- Ensuring photos and video clips are sent to the Social Media Coordinator throughout the season
- Arranging for a Coaches' gift
- Promoting the Annual Banquet (may include selling tickets)

TEAM MANAGER - RACE ACTIVITIES

The number of races scheduled for the season varies per team and can change depending on the weather.

One (or more) of these races may be held at home (Glen Eden). Details regarding hosting races will be discussed directly with those managers that will need to host races.

Away races

Race activities are broken down into pre-race, race, and post-race; the team manager is responsible for ensuring all activities are carried out either by doing it themselves or by delegating. We highly recommend you delegate where appropriate.

Pre-Race Activities

- Ensuring that parents know where they are going (distribute hosting notes)
TIP: parent volunteers can take on this role
- Ensuring that all the athletes have a transportation
- Coordinating the all-important pot luck
TIP: parent volunteers can take on this role

Race Activities

- Checking in with the race host, getting and distributing tickets, bibs, and start list
TIP: use any extra tickets to discount the tickets that need to be purchased for parents (usually one per racing family) by pooling these tickets with the number that need to be purchased and dividing the total cost by the number of tickets.
- Helping to get racers on the hill
- Delegating parents to help with race day tasks (recording, running jackets, organizing parent tickets, etc.)
- Advising team of timing and location of post-race awards presentation

Post-Race Activities

- Emailing pictures and results to Race Directors/Communication Director for weekly blog

6.0 TEAM COMPOSITIONS

SNOWBOARD CROSS

Snowboard cross (often called boardercross) is a type of snowboard race in which several competitors (usually four to six) negotiate a custom-made course over various types of terrain and obstacles in a bid to be the first across the finish line; think of motocross on snow. The event has been growing quickly in popularity with both spectators and snowboarders and every year more hills are building courses and more riders are signing up for snowboard cross races.

- Snowboard Cross Development Team (ages 8 – 18)

Snowboard racing is the way to take riding to the next level. This program introduces snowboarders to racing disciplines and develops turning and air skills with speed.

This is an ideal introductory program for competent recreational boarders who are interested in competitive cross events. Boarders will work on the fundamentals to learn the technical aspects of riding beams, pumping rollers and executing jumps to promote confidence and love for the sport. Some travel may be required to attend events located in Barrie, Collingwood and/or Haliburton.

- Snowboard Cross Race Team (ages 8 - 18)

This program is for boarders who are focused on performance boarding and refining their tactical racing skills to execute on race day. Training is in a team-based athletic environment designed to master the technical skills required to achieve performance on demand outcomes at events. Boarders will develop their skills through a wide variety of training activities and competitive that promotes confidence, self-esteem and a love for the sport. Up to 4 competitive events, including some training, are held in the Barrie, Collingwood and Haliburton areas; lift tickets, invitational (both provincial, national and New York State) races/camp fees are extra to this program.

TUESDAY NIGHT TRAINING (T.N.T.) - ADULT LEARN TO RACE PROGRAM

Whether or not you have raced before...here is your opportunity to tune up your skiing skills with some great coaches and try the gates...if you choose. For Master's racers, gate crashers and intermediate skiers, who want to explore and refine skiing gates. Our TNT evenings are as competitive as you want in a friendly and relaxed atmosphere. We combine race training with skill improvement in both slalom and giant slalom disciplines and further transition skiers into the gate skiing environment.

This adult learn-to-race and race program is always a challenge by choice and a fun opportunity to socialize with other MHRC members...without the kids!

Masters Competitive Racing

This adult Masters' racing program is an add-on program to the TNT for experienced racers. This program encourages athletes to continue their skill development in different racing disciplines and environments through a variety of racing opportunities. This program participates in the Druxy's race circuit and includes a variety of race events at various locations.

JUNIOR DEVELOPMENT LEAGUE (JDL) (AGE 7 – 13)

This program is designed to introduce young skiers to the competitive side of the sport. It is geared for intermediate skiers who have completed Snow School Level 3 and have an interest to explore the racing environment.

Coaches work with young skiers in a variety of fun training environments to improve fundamental skiing technique and promote confidence, self-esteem and love of skiing. Participants will be introduced to racing by preparing for and participating in 2 competitive skills events that combine both open slalom and obstacle elements in a fun environment.

PERFORMANCE PROGRAMS

U8 / U10 (AGES 6 – 7 & 8 - 9)

A foundation program focused on developing strong fundamental skiing skills in a wide variety of fun and challenging training activities to promote confidence and the desire to ski. Young skiers are introduced to competitive skills environments designed to build the competitive spirit. There are 2 competitions held at Glen Eden and up to 2 away events (U10 only) with minimal travelling requirements. Skiers in this program should be graduates from either the Snow School or MHRC JDL program with intermediate ability and able to independently and confidently ski any hill at Glen Eden and ride any lift with minimal assistance.

U12 (AGE 10 - 11)

This program is an introduction to performance racing that refines effective skiing technique to develop dynamic, athletic turns within a focused competitive environment. Ideally for graduates of the U10 Ski Racing Program, MHRC JDL Program or exceptional recreational skiers, skiers will have fun participating in a variety of competitive Kombi skills events and get introduced to Slalom and Giant Slalom racing disciplines. Travel to 3 races is required (within approximately 1.5-hour radius of Milton) along with 1 race at Glen Eden.

U14 (AGE 12 - 13)

This program is for serious skiers/athletes who demonstrate a passion for competition in a fun, team-based environment and welcomes the opportunity to develop physical and psychological skills. Training is focused on refining ski technique, increasing confidence and competence with speed, pitch and variable terrain along with transferring tactical skills into the performance on command competitive environments in Slalom and Giant Slalom disciplines. Participants should be a graduate of the U12 Program, MHRC JDL Program or demonstrate exceptional recreational skiing ability with a multi-sport background. All 4 competitive events, including some training, are held in the Barrie and Collingwood areas.

U16 / U19 (AGES 14 – 15 & 16 – 18)

This is a train to race competitive program where racers are focused on performance skiing and refining their tactical racing skills to execute on race day. Training is in a fun, competitive team-based environment with a greater focus on enhancing confidence and competence with speed, pitch and all terrain environments along with continued psychological development for success in competitive Slalom and Giant Slalom disciplines. Participants should be a graduate of the U14 program or have exceptional recreational skiing ability with a competitive multi-sport background. All 4 competitive events, including some training, are held in the Barrie and Collingwood areas.

7.0 SCHEDULES

The following is an overview of the season with all details being updated and maintained per team via TeamSnap.

Pre-Season Travel and SBX teams Tremblant Camp

- 3 & 5 days – December 11th to 15th
- 3 Day Camp December 13th to 15th - Arrive at Tremblant on Dec 12th
- 5 day Camp December 11th to 15th - Arrive at Tremblant on Dec 10th

Christmas Camp

- December 27-31 – Glen Eden 8:30-2:30

Season Starts

- January 4th and 5th – Alpine Competitive and SBX teams begin
- Tuesday January 7th – Adult TNT program begins
- Saturday January 11th – Junior Development program begins

Training Days

- Tuesday nights - TNT – Tuesday Night Training - Adult Racing
- Wednesday nights – U16/U19/SBX
- Thursday nights – U14
- Saturday - U8/10/12/SBX
- Sunday – U8/10/12/14/16/19

Race Schedule - will be circulated by each of the Team Coordinators. Parents & Athletes of Performance Programs should also check the AOA website during the season (<https://www.alpineontario.ca/2019-sod-cup-schedule/>)

Extras Offered

- Friday – offered on fee basis several times throughout the season during school holidays
- SOD Invitational – Extra races offered throughout the season often with limited spaces available per clubs.

8.0 TEAMSAP

The club has adopted TeamSnap for all communication to racers, scheduling and event registration and payment. As noted above, Managers will invite all athletes to join by mid-December. Please download TeamSnap if you have not already done so. It is available in both IOS and Android versions. Once downloaded, you will receive an invite to join your athlete specific team.

9.0 HOW RACES ARE RUN

AOA sanctions all races and establishes race schedules in the province. Once AOA gets all team lists from various clubs, they set the schedule and allocate home races. Each Wednesday during the season, the race administrator sends AOA start list which they aggregate and send to the host clubs. On race day, the host club runs the race, registers each team, hands out the bibs and ski tickets.

The race is controlled by the Chief of Race, who has final say over all aspects of the race. The course is set by the Race Crew under the direction of the Head Coach of the club.

The balance of the race workers, the Chief of Course, Chief of Gates, gatekeepers, starters, recorders, timers, and course workers are also made up of parents. The home team managers organize this part of the race.

At the end of the race, all managers of teams racing that day, meet and score the race, after which scores and times are announced. The host club race secretary will then send the results to AOA, who posts them on their web site.

10.0 RACE OFFICIALS

Depending on the type of race and level of individual responsibility for the race, AOA requires volunteers to have passed certain courses. For most who volunteer, this is not an issue, but the more you know about racing, the more enjoyment you get out of participating. AOA sponsors and provides Race Officials Courses during the year.

The Race Committee tries to schedule one of these courses during the race season, watch for more information from your managers.

11.0 SAFETY

MHRC takes Parent and Athlete safety very seriously; we follow 3 major guiding principles. They are:

- ✓ Skiers Responsibility Code
- ✓ Alpine Ontario Safe Sport
- ✓ Rowans Law

11.1 SKIERS RESPONSIBILITY CODE

There are elements of risk that common sense and personal awareness can help reduce. Regardless of how you decide to use the slopes, always show courtesy to others. Please adhere to the code listed below and share with others the responsibility for a great outdoor experience.

1. Always stay in control. You must be able to stop, or avoid other people or objects.
2. People ahead of you have the right-of-way. It is your responsibility to avoid them.
3. Do not stop where you obstruct a trail or are not visible from above.
4. Danger comes from above. Before starting downhill or merging onto a trail, look uphill and yield to others.
5. If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
6. Always use proper devices to help prevent runaway equipment.
7. Observe and obey all posted signs warnings.
8. Keep off closed trails and closed areas.
9. You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
10. You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.

The policy is subject to change. Please consult the MHRC club website for the latest version of the policy.

11.2 APLINE ONTARIO SAFE SPORT

MHRC adopts Alpine Canada and Alpine Ontario's Safe Sport principles. Safety in particular is paramount to many of the Alpine Canada, Alpine Ontario and MHRC policies and procedures. These policies include items such as Responsible Coaching and policy regarding Abuse, Harassment and Bulling. These policies as well as others can be found on the link below.

11.3 ROWAN'S LAW (CONCUSSION AWARENESS)

MHRC adopts Alpine Canada and Alpine Ontario's Rowan's Law guidelines, protocols and procedures. What is Rowan's Law? More information can be found on the government of Ontario's website below.

<https://www.ontario.ca/page/rowans-law-concussion-safety>

For further information regarding both SAFE SPORT and ROWAN'S LAW, We encourage you to visit the AOA Website and continue to check in as this section is frequently updated. The link is:

<https://www.alpineontario.ca/safesport/>

We also encourage you to visit:

<https://parachute.ca/en/>

To learn more about how you can prevent injuries.

12.0 MILTON HEIGHTS RACING CLUB – CODE OF CONDUCT

TRUE SPORT LIVES AT MILTON HEIGHTS RACING CLUB.

True Sport is a social movement powered by people who believe that sport can transform lives and communities...if we do it right. MHRC embraces this notion and is committed to sport that is healthy, fair, inclusive and fun. As a **True Sport** member, we are against cheating, bullying, aggressive parental behaviour, and win at all cost thinking.

In addition, values of TEAMWORK, GOOD SPORTING CONDUCT AND RESPECT are complimentary and further support MHRC's essence of.... Living well through sport. MHRC members believe that the way we play together shapes how we live together. Sport falls short of its potential when negative behaviour gets in the way of the positive things sport can teach

us about working together, respecting each other's efforts and handling both victory and defeat like a champion.

MHRC's Code of Conduct reflects the values and principles of **True Sport**. The rules, expectations and consequences outlined are to ensure each racer and/or member has the opportunity to benefit from their experience with MHRC. Coaches and Co-ordinators will refer to the following to decide on a consistent and fair system of consequences if and when infractions occur.

RULES/EXPECTATIONS AND CONSEQUENCES FOR RACERS

Minor Infractions: These infractions are seen to have a limited impact on the athlete, other athletes or individuals and/or the program:

- Use of inappropriate language
- Failure to participate in the designed program
- Disrespect to fellow athletes, club members, volunteers or general public
- Disrespect to coaching staff (this will be dealt with more serious than the above)
- Disrespect to the home club or visiting club environment, i.e. not cleaning up after yourself, etc.
- Continued inattentiveness or disruptive behaviour during team training
- Leaving skis/boards/bikes on hill rather than placing in racks provided

Consequences: Range from a general caution by Coach and/or Manager to the suspension of racing privileges. These can be determined by the Coach except for suspension of more than the current session, (the race or training session at the time of the infraction) which will be determined by the Co-ordinator and Head Coach.

Major Infractions: These infractions are seen to have a serious impact on the athlete, other athletes or individuals and/or the program:

- Substance use (i.e. drugs, alcohol, cigarettes, vaping) during program time
- Harassment of a sexual, physical or mental nature. If it hurts another person or it would be normal to expect it would hurt another person, then it is HARASSMENT and unwelcome.
- Vandalism, the willful destruction of property or ski equipment through physical damage or graffiti.
- Trespassing into the train track area is a major infraction and can lead to arrest.
- Training in a Terrain Park without a Certified Coach

Consequences: The consequences would be a minimum suspension of 2 sessions (race/training) or termination from the program without a refund. These

consequences are to be decided by the Race Committee. There would be a mandatory review of application to re-apply to enter the program the following year.

ANY ATHLETE CAN APPEAL THESE PUNISHMENTS THROUGH THE COORDINATOR WHO WILL PRESENT BOTH SIDES TO THE RACE COMMITTEE.

EXPECTATIONS OF RACER'S PARENT

- The Milton Heights Racing Club realizes that many parents of our racers are accomplished skiers/riders and racers themselves that have many views on training. Our coaches are some of the best in Ontario and have various levels of training based on national standards and are certified by the Coaching Federation. Therefore, it is requested that parents NOT involve themselves in the training of the racers. If the parents have different opinions in training, these issues should be addressed to the Manager who will escalate them to the Head Coach.

NOTHING IS MORE UNPRODUCTIVE THAN PARENTS COACHING CHILDREN DURING A RACE. TWO DIFFERENT OPINIONS WILL ONLY CONFUSE YOUR CHILD.

- It is expected that the parents have their athletes at the races/training sessions on time with all the necessary equipment. This may seem common sense but if racers arrive late and are rushed to the race course there are huge safety issues as they may not have inspected the race course, missed important pre-race training and may not be mentally prepared. If the racer is late it will be left up to the Coach and Manager to decide if this racer participates in the race. This is not a punishment but a safety issue. On race day there is a mandatory training session. These need to be attended as it is necessary for the racers to have their skills advance equal to the other team members. Racing is a very strenuous sport, hydration and healthy lunches are important.
- While we do encourage parents to volunteer in race operation, non-officiating parents are requested NOT to interfere with the running of the race including speaking with Officials/Coaches of the race. If someone believes there has been an infraction, please approach your Coach/Manager who will communicate these immediately to the proper Official. Race Officials and Organizers are volunteers, please treat them with respect.
- MHRC is a well-respected organization and welcome at our home hill (Glen Eden) and all other private clubs in Ontario. All racers, parents and guests that ski/ride require proper lift passes.

REMEMBER TO BE POSITIVE. RACING IS FUN FOR YOU AND YOUR CHILD.