



# Rowmark

SKI ACADEMY

## Handbook 2020

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# Rowmark

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## Director's Letter

Rowmark Ski Academy is one of the premier ski academies in the United States. Founded in 1982 as a division of Rowland Hall by Olle Larsson and Dr. Carl Kjeldsberg, Rowmark takes its name from a contracted form of *Rowland Hall St. Mark's School*. Since its beginning, Rowmark has prided itself in maintaining a rigorous, year-round racing program coupled with an extraordinary academic experience, and has turned out many Olympians, World Champions and NCAA All-Americans.

Rowmark, as part of Rowland Hall, has developed over time an exceptional and highly unique alpine ski-racing program. Here you find an unparalleled combination of academics and athletics. Although we strive for achievement and success on and off the race course, our principle goal is to promote personal growth, social responsibility and independence; attributes that our athletes take into adulthood and to any and every career path. That is why the adults who surround and support our students form an energetic team of role models, teachers and guides. This handbook is for everyone involved in the Rowmark effort—student athletes, their parents, teachers, coaches, host families, school officials—and it is meant to help all of us advance our goals and aspirations in the best way possible.

As mentioned above, our main goal is for each Rowmarker to learn and develop responsible independence. We realize that student-athletes may need more support and guidance in their first year in our program but as they mature we expect them to slowly but surely begin to make sound, independent decisions. This is above all a process, a time of trial and error, a time to learn from mistakes, a time to learn how to win, and learn how to lose. As a team, as a community, we work together to support and advance this essential goal. Open and clear communication is a critical factor for success. That's why our door is always open. In addition to a willingness to communicate, you'll find in our program a sense of patient awareness around the entire process of student athletes learning and gaining true independence. It is an exciting journey with no shortage of challenge and joy. The experience is worth every bit of blood, sweat and tears along the way.

In the pages that follow, I think you will find valuable information. I urge you to read this handbook carefully and to keep it handy as you move through the program. And by all means, don't hesitate to call me with any questions or concerns.

Sincerely,  
Todd Brickson  
Rowmark Ski Academy Program Director

## **Rowmark Ski Academy Mission Statement**

The mission of Rowmark Ski Academy is to provide the best possible program for our athletes to develop their potential as elite ski racers, engaged students, positive role models, and contributing members of society.

### **Rowmark Honor Code**

(compiled from a Rowmark athlete workshop September 2017)

1. Respect and treat others as I would like to be treated. Be Inclusive, supportive, kind and empathetic, regardless of age or ability. If I don't have something nice to say to someone, don't say it.
2. Lead by example. Be a role model.
3. Give full effort. Push myself. Be dedicated. Don't give up. Have perseverance.
4. Be Positive. Have Fun!
5. Be a great sportsperson. Be Honest. Follow Rules. Do not cheat.
6. Listen well. Be attentive, never disruptive.
7. Always be prepared and organized.
8. Represent the team the best I can. The team's reputation is upheld by each individual.
9. Take time to help someone in need. Be supportive and kind.
10. Be humble and keep my composure during both successes and failures.
11. Be accountable. Own my mistakes and learn from them.
12. Prioritize academics. School comes first.
13. Be on time. Being late burdens the team.
14. Rise to the challenge. Be brave, courageous, and confident.
15. Respect and follow all school, team and USSA/FIS rules, mountain rules, slow zones, skier responsibility code.
16. Be thankful to those who help me; parents, coaches, teachers, volunteers, race officials, ski area workers, ski patrol...
17. Strive to be the best teammate I can be. Honor the "What Makes a Great Teammate" document we created last year.
18. Be helpful.
19. Respect and communicate well with my coaches and teachers.
20. Take care of my ski equipment.
21. Be dependable.
22. Take care of my body. Eat healthy.
23. Do not use alcohol, recreational or performance enhancing drugs.
24. Always look for ways to improve.
25. Take Advice. Ask for help when needed.
26. Cooperate. Work together as a team.
27. Realize that my actions reflect directly upon my character.
28. Don't let a bad performance ruin my day or others' day.
29. Respect and take care of places we stay and use; team rooms, hotels, condos ski lodges,...
30. My actions speak much louder than my words.

## **What Makes a Great Teammate?**

(Compiled from a Rowmark athlete workshop September 2016)

1. Supportive, Empathetic, Encouraging regardless of outcome
2. Leads by example
3. Tries his/her hardest in all activities
4. Respectful of teammates and coaches
5. Excellent Sportsperson
6. Motivates others to be better, Raises team morale
7. Gracious in defeat
8. Works well with teammates and coaches
9. Strong, Positive even during adversity
10. Humble
11. Selfless, Acts for the best of the team, doesn't need individual glory
12. Looks out for the struggling, younger or new members
13. Kind, Caring, Compassionate
14. Inclusive
15. Listens to others
16. Good communicator to teammates and coaches
17. Accountable
18. Positive, Happy
19. Cheers everyone on
20. Supports others to get through challenges
21. Dependable, Reliable
22. Helpful
23. Inclusive, does not judge others
24. Won't put up with other's negative behavior or poor sportsmanship
25. Disciplined
26. On time
27. Shares experiences and encourages younger or new teammates
28. Patient
29. Willing to give constructive criticism
30. Team player even if having a bad day

## **Expectations**

(compiled from a Rowmark athlete workshop September 2018)

### **What I expect from myself:**

- Follow the Honor Code. Do not participate in any activities that break school or team rules.
- Respect my peers, regardless of age or ability, to foster a supportive and unified team environment.
- Be a positive role model and lead by example through communication, effort, mindset and attitude to promote a positive team culture.
- Push my limits and give full effort in both athletic and academic endeavors.
- Act with integrity. Be truthful, accountable and responsible to myself and others through my actions.
- Hold myself to high standards both academically and athletically. As a student-athlete, academics is 51%, skiing is 49%.
- Be on time, attentive and prepared for the task at hand with well cared for gear and equipment.
- Take care of my body for peak performance in training and competition.
- Be receptive to constructive criticism.
- Look at failure as an opportunity to improve.
- Have fun! It's ski racing.

### **What I expect from my teammates:**

- Follow the Honor Code. Do not participate in any activities that break school or team rules.
- Be respectful, supportive and considerate. Be inclusive of all of our peers and maintain a strong working relationship with everyone.
- Always give our best effort and be dedicated and push others to do the same.
- Do the same things I expect from myself.
- Be responsible and reliable.
- Be on time, prepared and focused.
- Make the most of our time with each other. Seize the moment and live in it. Good vibes only!

### **What I expect from my coaches:**

- Push us to our fullest potential. Hold us to the highest standards of effort, dedication, respect and rule following.
- Communicate and listen well. Be candid and confident with constructive feedback. Make sure we understand what we are being asked to do.
- Be supportive, encouraging and patient to help us be our best selves.
- Be honest with us.
- Give all athletes equal attention.
- Help us to be a cohesive team. Be aware of the social dynamic and address issues that arise.
- Help us work through adversity.
- Create a safe environment.
- Be on time, organized and prepared.
- Motivate us. Help us to be positive and to have fun.

## **Drug, Alcohol and Nicotine Policy**

As a team and as a school, we are committed to honesty, integrity, and dedication to healthy lifestyles. We believe in clear-headed participation in both academic work and athletics. And since alcohol, drugs and nicotine create mutual distrust and undermine performance in all aspects of life, we require that Rowmark student-athletes and their parents understand and adhere carefully to the following policy.

Possession or use of illegal drugs or alcohol in any quantity or the abuse of legal drugs by Rowmark student-athletes while representing Rowmark Ski Academy or Rowland Hall (including Rowmark summer ski camps and USSA Ski Camps or Western Region Camps) will result in disciplinary consequences, including the possibility of suspension or expulsion from Rowmark Ski Academy and/or Rowland Hall. Professional counseling and drug testing may also be required, depending on the circumstances.

Drug dealing on or off campus during school hours or at school functions will result in automatic expulsion.

Attending school or any school-sponsored functions under the influence of drugs or alcohol likewise results in severe disciplinary consequences. Students should also be aware that in some situations, behavior outside of school can result in significant disciplinary action, including expulsion.

Students may not possess, use, or distribute nicotine or tobacco.

Because of the health hazard accompanying the use of tobacco, nicotine and associated chemicals, Rowland Hall and Rowmark Ski Academy prohibits the possession, use, and distribution of all nicotine delivery systems or tobacco products, including but not limited to e-cigarettes and vaporizers. Decisions on disciplinary action are made by Rowmark Ski Academy personnel, the Rowland Hall Disciplinary Committee and/or School Administration.

## **Rowmark Guidelines: Expectations, Attendance, Tardiness**

Probably the greatest challenge facing our student athletes is successful time management. Learning and adopting time management skills is not easy, but the program demands quality effort and timely performance. So student athletes must establish priorities, organize their initiatives, and make good choices each and every day. To get everything done, and done well, means less time is spent texting or talking on the phone, playing video games, or indulging in other social distractions. We realize all these things are part of a teenager's life, but we also know that modern technology is for young people literally a "time sponge" that soaks up important hours. So we stress a higher level of awareness around time spent on Facebook, texting or in front of any screen. In other words, don't get lost in some video game while real life goes on around you.

It's critical that each Rowmarker enjoy a certain amount of quiet time, and a lot of sleep each day (a minimum of eight hours/night and in many cases more is needed). We know there is usually not enough time in the day for most of these "non-essential" activities. If you are on our team you are making a choice to pursue academics and ski racing at a very high level on a daily basis. Look at it this way if you seek extraordinary experience, you have to have an extraordinary schedule. To be a Rowmark athlete some choices have to be made that are different from those made by other students. Student-athletes who struggle in this area often need additional support and skill development from parents, coaches, the Rowland Hall academic support counselor, possibly tutors. (Tutoring is offered but at additional expense so for some this may not be the best first option). But with that said, the ultimate responsibility lies with the student-athlete.

### **Be There.**

Rowmark activities are mandatory. Our philosophy is simple. Students will not be excused from a Rowmark activity just as they would not be excused from English class because, for example, they had math homework. We value all of our activities equally and Rowmark student-athletes, by joining the Rowmark program, are agreeing to participate fully. This means that activities such as conditioning, team meetings, video review, educational lectures, etc.... are just as important as a day of ski training. And a day of free skiing at Snowbird is just as important as a day of gate training at Park City. It is all of these activities that contribute to the growth and development of a Rowmarker, and all need to be viewed with the same commitment.

### **Be Prompt.**

It is very important, for the respect of other's time and for the smooth running of our activities, that athletes be on time. Athletes should wear watches. Coaches will not wait for late athletes and when transportation is involved, athletes need to show up at least ten minutes in advance of departure for loading. Coaches cannot be expected to accommodate an athlete who shows up moments before or at the departure time.

Excusals from participation need to be cleared by the athlete's coach, Team Manager or Program Director and may need confirmation from the athlete's parents or Host Family. Valid excuses include illness and injury. It is not acceptable to miss a Rowmark activity because of homework unless cleared by the Team Manager or Program Director. Often this is in conjunction with the teacher or school administration.

### **Be Prepared.**

It is the athlete's responsibility to always show up to the activity with the proper equipment in proper working order. This means you need to come to conditioning with the proper shoes and clothing, and you must come to the hill with skis tuned and waxed properly for the conditions. You must always have screws and screwdriver for your SL face guard, dry ski boots, helmet, back-protector, the correct ski poles..... For some this takes a lot of pre-planning and increased effort in organization. Equipment issues need to be dealt with a head of time; the day before if possible. Coaches cannot be expected to fix problems that should have been dealt with at an earlier time. Of course there will be always true last minute problems, which the coaches will do their best they can to help. But remember that, "a lack of preparation is not someone else's emergency".

### **Be Positive and Give Your Best.**

We ask that you do the best you can each day. This is all that you can ask from yourself and your team-mates. Some days will be better than others. Those that stay positive, work hard and are supportive of others will have the most success, the most fun and are the best teammates.



## **Academic Program and Potential Class Tracks**

Rowmark athletes enjoy the unique opportunity to attend a premier ski academy and to pursue a rigorous college preparatory curriculum at Rowland Hall, one of the top schools in the Intermountain West.

In partnership with the student and the student's parents, the Rowmark Director and the Upper School Assistant Principal at Rowland Hall work together to develop a course of study that positions the student for both academic and athletic success.

Full-time students at Rowland Hall typically take five academic core courses per year – English, Math, Science, Social Studies, and World Language. The Rowmark schedule dictates that student/athletes attend school full time in the fall and spring trimesters while scaling back to four classes in the winter. Thus, Rowmark athletes can enroll in a maximum of four yearlong core courses. Rowmarkers typically take art, health and other trimester requirements during the 1<sup>st</sup> and 3<sup>rd</sup> trimesters.

Enrollment in Rowmark may result in limiting certain options for the academic program. The school cannot guarantee that skiers will have access to every core class offered, but we promise to make available all credits needed to graduate.

### **Rowmark and Online Learning**

#### **Online/Independent Study – Apex Learning Virtual School**

Rowmark students need to complete online course work by the fall of their junior year in order to fulfill the Rowland Hall graduation requirement. The course is typically a history class although some Rowmark students prefer to pursue a world language class online and remain in a history course at Rowland Hall. Rowland Hall recommends the [Apex Virtual Learning](#).

#### **History Options**

If students are taking a history class online, we suggest the following to fulfill Rowland Hall's three year requirement of a social science.

9th Grade: [World History to the Renaissance](#)

10th Grade: [Modern World History from 1450](#)

Rowmark students take United States History at Rowland Hall in their Junior or Senior year.

#### **World Language Options**

If students are taking a World Language class online, we suggest two years of the same language online (Level one and Level two) to fulfill Rowland Hall's two year world language requirement.

Please see the World Language Offerings [here](#).

These online courses are best taken outside of the ski season, as balancing the demands of four courses and the ski schedule is usually enough during the winter. Students are expected to maintain enrollment in a minimum of four core courses for all semesters.

#### **APEX Transcripts**

It is essential that the Rowmark Office and the Rowland Hall registrar receive the APEX transcripts before a student's junior year. These transcripts not only demonstrate that a Rowmark student has fulfilled their graduation requirements, they are also included with a student's application to college or university. Please know that the Rowland Hall transcript only contains Rowland Hall classes and the APEX transcript is a separate document that accompanies the Rowland Hall transcript.

\* If a Rowmark family is interested in alternative online schools or alternative coursework, please speak with the Assistant Principal.

Admission to a handful of colleges with the most prominent ski programs, like Dartmouth, Middlebury, and Williams, continues to be most highly selective. Student-athletes who hope to be competitive applicants at such colleges must be top performers in the classroom, on college entrance tests like SAT and/or ACT, and on the ski race course.

The most selective skiing colleges typically admit fewer than one-quarter of the students who apply, and they frequently deny admission to students with strong, and even outstanding, grades, test scores, and skiing point profiles. Rowmarkers considering these colleges should plan to surpass the minimum Rowland Hall graduation requirements in as many academic disciplines as they can, particularly in their areas of academic strength and/or interest, and should strive to perform at the very highest level in the classroom, on college entrance tests, and in skiing.

Below are both graduation requirements and suggestions for potential credit distributions to accommodate skiing and academic commitments. Rowland Hall's graduation requirements are followed by a more competitive credit distribution for college admissions. Again, these are suggestions, not recommendations.

## Graduation Requirements for Rowland Hall

4 English	Plus Ethics,
2 Science <sup>1</sup>	World Religions,
3 Math <sup>2</sup>	Health & Fine Arts
3 History <sup>3</sup>	to meet graduation
2 Language	requirements

## Suggested Credit Distribution

4 English	Plus Ethics,
3 Science <sup>1</sup>	World Religions,
4 Math <sup>2</sup>	Health & Fine Arts
3 History <sup>3</sup>	to meet graduation
2 Language	requirements

<sup>1</sup> 3 science recommendations are Biology, Chemistry, and Physics

<sup>2</sup> Math recommendations is up through Pre-Calc (Algebra II for graduation)

<sup>3</sup> It is graduation requirement that one history be US History

### Equal Distribution Track: 4 English, 4 Math, 3 Science, 3 History, 2 Language

Grade	English	Math	Science	History	Language
9th	x	x	x		x
10th	x	x		x	x
11th	x	x	x	x	
12th	x	x	x	x	

**Math & Science Track with 2 years Language 10th/11<sup>th</sup>:** 4 English, 4 Science, 4 Math, 2 History, 2 Language. The student must take at least one history course during summer/online under this model, but additional history courses are encouraged.

Grade	English	Math	Science	History	Language
9th	x	x	x	x	
10th	x	x	x		x
11th	x	x	x		x
12th	x	x	x	x	

**Math & Science Track with 2 years Language 9<sup>th</sup>/10<sup>th</sup>:** 4 English, 4 Science, 4 Math, 2 History, 2 Language. The student must take at least one history course during summer/online under this model, but additional history courses are encouraged.

Grade	English	Math	Science	History	Language
9th	x	x	x		x
10th	x	x	x		x
11th	x	x	x	x	
12th	x	x	x	x	

**History Track:** This track allows a student to take two history courses in their senior year.

Grade	English	Math	Science	History	Language
9th	x	x	x	x	
10th	x	x		x	x
11th	x	x		x	x
12th	x		x	x x	

**Language Track (3 years): 4 English, 4 Math, 3 Science, 2 History, 3 Language.** The student must take at least one history course during summer/online under this model, but additional history courses are encouraged.

Grade	English	Math	Science	History	Language
9th	x	x	x		x
10th	x	x		x	x
11th	x	x	x		x

12th	x	x	x	x	
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**Language Track (4 years):** The student must take at least one history course during summer/online under this model, but additional history courses are encouraged.

Grade	English	Math	Science	History	Language
9th	x	x	x		x
10th	x	x		x	x
11th	x	x		x	x
12th	x		x	x	x

## Rowmark/ Rowland Hall Academic Policy

**Objective:** Set clear guidelines to define Rowland Hall / Rowmark Academic Expectations.

### Goals:

- Define academic expectations for Rowmark students.
- Help Rowmark parents understand the academic expectations for their children.
- Define the role of Rowland Hall / Rowmark administration in enforcing the academic contract.
- Define Rowland Hall teachers' role in working with Rowmark/ Rowland Hall students.
- Academic Coordinator Responsibilities

### Rowmark Academic Standards:

- A Rowmark / Rowland Hall student with one F or two or more D's, or who have a GPA below 2.0 on his/her most recent progress report will not be eligible to miss school for a Rowmark activity. Students could be reinstated between terms if he/she returns to acceptable grade levels and with administrative approval.
- Rowland Hall administration will monitor progress throughout the grading period and if grades do not meet these criteria, a skier cannot miss school to participate in ski training / ski racing until grades are improved.
- Rowland Hall administration reserves the right to pull a Rowmark skier out of training or racing for any reason (i.e. teacher raises academic concern, student is missing assignments, student did not follow through on expectations, etc.) even if grade criteria are met.
- Rowland Hall administration will determine when a student needs support/ structure to improve academic success even if grades meet criteria. When a student is flagged as needing extra support, the administration will:
  - 1-propose mandatory/ supervised study-hall (at school and on the road) and / or
  - 2- establish close monitoring by Rowland Hall administration and / or
  - 3- strongly encourage / recommend hiring a tutor.
- These measures are set in place in order to help Rowmark athletes succeed academically and athletically.

### Rowmark Academic Coordinator:

The Rowmark Team Manager will serve as the academic coordinator from 6<sup>th</sup> – 12<sup>th</sup> grade. The Academic Coordinator will work with Middle School and Upper School administrations in regards to Rowmark students. The coordinator will handle all school excusals for Rowmark and manage the pre-travel, during travel, and post-travel Rowmark student-athlete academic policy, which occurs for school absences caused by Rowmark camps and race trips. There will be a designated coach at the FIS level and U16 level to serve as Academic Facilitators when travelling. The Facilitators will organize study halls and assist the coordinator when necessary. The bulk of this work occurs during the winter trimester.

In conjunction with the above, the Academic Coordinator will work with Rowland Hall teachers during the year to understand their different curriculums and their expectations of Rowmarkers during travel.

### **Rowmark / Rowland Hall Student:**

A Rowmark / Rowland Hall student is responsible for his / her own academic achievement:

- Student will communicate with teachers about an up-coming absence ahead of time (one week in advance is recommended).
- Student is encouraged to identify a note-taking buddy and communicate with this person in order to get information about missed class.
- Student is responsible to hand-in homework & assignments in a timely manner upon return from a Rowmark related activity (time frame should be agreed upon with teacher before departure absence and student will be responsible to turn in work at this designated time).
- Student will monitor own progress by looking at Canvas regularly.
- Student will check email and teacher website to know what was done in class during absence.
- Student who does not meet academic standard will take responsibility for his/ her own achievement and set a plan / schedule in place with teachers in order to bring grades up to Rowmark academic standard.

### **Rowmark Parents:**

- Rowmark parents understand the responsibility of the Rowmark / Rowland Hall students and will support them in their academic achievement and support Rowmark / Rowland Hall in its policies.
- Parents will not call Rowland Hall teachers to lobby for a change of grades if academic standard has not been met.

### **Rowland Hall Administration:**

- Rowland Hall administration is responsible for making a final decision about a student's eligibility to participate in Rowmark activity.
- Rowmark administration will send an email to Rowland Hall teachers one week prior to a ski race / training camp to inform teachers of Rowmark skiers' absence. (*teachers will follow up and notify administration of any students in poor academic standing.*)
- Administration will monitor students' grades throughout the season (we encourage students and parents to do so as well) and touch base with teachers to get feedback about student performance in the classroom.
- Administration will check grades 2 school days prior to departure for a ski race / ski camp. Any grades not meeting the Rowmark Academic Standard outlined above will automatically make a student non-eligible to participate in the ski race. At this point, a student may not approach a teacher and ask to correct work, or give extra credit assignment in order to raise grade to Rowmark standard.

### **Rowland Hall Teacher:**

- Upon notification of an upcoming absence, teacher should notify Rowmark / Rowland Hall administration about any academic concerns regarding Rowmark students.
- Teacher is responsible for communicating with the administration about student academic standing, but not responsible to change grade or do extra work for a student when this student does not meet academic standing.
- It is helpful if the teacher is up to date in grading. In the case that a student has done all his/ her work on time, but the teacher is not up to date with grading, Rowmark / Rowland Hall administration and the teacher will make a final decision on student eligibility to attend Rowmark activity regardless of what is indicated in Canvas.

## **Rowland Hall Consultation Day Policy**

**When students miss time for a school-approved activity, consultation days are granted for major assessments such as tests, papers, or projects. For most events, time exists for students to complete their daily assignments. When circumstances preclude students from completing work (an athletic contest runs late or a bus breaks down), the coach or leader of the activity will notify faculty.**

**1 or 2 school days missed = 1 Consultation Day**  
**3 or 4 school days missed = 2 Consultation Days**  
**5 or 6 school days missed = 3 Consultation Days**  
**7 to 10 school days missed = 4 Consultation Days**  
**11 or more school days missed = Individual Educational Plan**

**Partial Day missed = No Consultation Day**

*Example: A student misses Monday and Tuesday for a debate tournament or ski race. He will have Wednesday to consult with his teachers before taking a test or handing in a major paper or project.*

**Partial Missed Days:**

When a student misses part of a day, said student must proactively communicate with teachers during time at school. The student is responsible for work due the next day, including major assessments.

*Example: A student misses first period for a dental appointment. When he returns to school, it is his responsibility to meet with the first period teacher, turn in any work due that day, and prepare for any major assessment the next day.*

**Missed Examinations:**

If during a partial day missed for a school-approved event, the student misses a test or quiz, he must take the test or quiz **the next day**.

*Example: The baseball team leaves at noon on Tuesday to play an away game. The student misses a test during 6th period. He must make up that test before the end of the day on Wednesday.*

**Always Be Prepared:**

On some occasions, a sporting event is postponed by weather or other circumstances. Since the student is in class, he is responsible for any work, including a major assessment, due that day.

*Example: The baseball team is scheduled to leave at 1:00 for an away game on a day when his French class is to take a test last period of the day. The game is rained out. The student is to attend class and take the test that day.*

**Multiple Absences:**

While rare, occasionally a student will go away on successive trips. The length of the longer absence determines the number of consultation days.

**Example:**

*A skier misses 10 days due to race #1; she is granted four consultation days. She returns for only one day and then misses another three days for race #2. She is granted a total of four consultation days. Since she spent one day at school, she has three consultation days remaining after trip #2. All major assessments should be completed by the fourth day after trip #2.*

**Missed Examinations:**

If during a partial day missed for a school-approved event, the student misses a test or quiz, he must take the test or quiz the next day.

*Example: The baseball team leaves at noon on Tuesday to play an away game. The student misses a test during 6th period. He must make up that test before the end of the day on Wednesday.*

## **Rowmark Mandatory Study Hall Policy**

During the winter trimester, Rowmark students will have a mandatory supervised study hall each Monday as well as the first school day after returning from a ski racing trip where school has been missed. Study hall dates and times will be listed in the training schedule. One goal of the mandatory study hall is for teachers to be able to meet with groups of students in one classroom and to assist students in organizing missed homework and test.

## Physical Conditioning Program

**A. Attendance and effort-**As discussed in our Guidelines, All Rowmarkers are expected to Be there, Be on time, Be prepared, Be positive and Give your best effort.

**B. Summer conditioning Program-** Each Rowmarker will receive a summer training manual that will detail the daily workouts through the summer. Each athlete will need to have access to a quality weight room in order to complete the weight lifting workouts which are generally about three times per week. New Rowmarkers should direct any questions to one of the conditioning coaches. If you are able to find a training partner that can condition with you, you will find that you will probably work harder and have more fun as well. Some Rowmark families do hire personal trainers, which can be very productive but this step is certainly not necessary.

**C. School Year Conditioning Program and Physical Testing-**During the fall and spring trimesters, we will generally have a workout session each Monday-Friday starting around 3:20 PM. The duration of the session depends on what activity we are doing. Generally, workouts last about 1.5 to 2 hours. We will have physical testing twice each year. The first testing will be at the beginning of the school year in early September and the second test will be near the end of the competition season in mid to late April. **Rowmark Physical Testing Record Holders are located on page 37.**

**D. What to Bring-**good running shoes, shorts, t-shirts, sweatshirt and sweatpants, roller blades. We encourage having weight lifting shoes.

**E. Locker room locker-**each athlete will be assigned a combination locked locker in the school locker room for keeping your workout clothing. It is important to take the clothing home at least once a week to be washed.

## Rowmark Ski Equipment Policy and Guidelines

Brian Morgan is the Rowmark Equipment Manager and he constructed the following ski equipment policy and guidelines. It is very important that all athletes and parents follow this policy for a smooth and effective operation of a very important part of our program.

- Contact with company representatives regarding individual equipment needs must be originated and maintained through Rowmark staff.
- Equipment Managers submit, track, and receive initial order for the upcoming season.
- Equipment Managers will organize ski mounting “in-house” as equipment arrives.

- Equipment Managers will organize clinics to educate athletes in these areas
  - a. Initial ski preparation
  - b. Ski maintenance/Race preparation
  - c. Race wax selection
    1. Swix or Holmenkol
- The Equipment Manager will coordinate all ski preparation through Podium Race Service in Park City, UT. Initial ski preparation is vital to the proper function of all new race skis, and it is generally best left to specialists.
- The athlete's primary coach is responsible to resolve any equipment problem that arises after the initial order by any of the following:
  - d. Independently solving the problem (boot buckle, basket and ferrule, etc.)
  - e. Organizing a solution with the Equipment Manager (boot punching/grinding, ski prep assistance, etc.)
  - f. Directly contacting the company representative (broken skis/boots, delayed equipment order, etc.)
- No equipment problems will be resolved the DAY BEFORE departure to a camp or competition: two exceptions
  - g. NECESSARY, ordered equipment arrives on the day before departure, or
  - h. NECESSARY equipment is broken during training on the day before departure
 (It is the responsibility of each athlete to properly prepare and maintain their equipment and to expeditiously attend to any breakage or customization issues.)
- The equipment manager will organize equipment for testing during Rowmark camps, will assist coaches in performing a test, and maintain communication with the respective company representatives.
- Our supporting manufacturers have typically viewed the completion of the US National Championships to be the beginning of the equipment test period. If a sponsored athlete (at any level of sponsorship) uses equipment (skis, boots, helmets, goggles, poles, etc.) from another company or tests without proper notification to their company representative, the company has the right to take back any or all of the equipment the company has lent to the athlete. Sponsorship equipment remains the property of the sponsoring company, unless other agreements have been made. Demo-ing equipment requires the same notification protocol as an official test. You must also discuss any desire to demo equipment with your primary coach. Adapting to new equipment takes time. As the time on snow is limited during a camp, demo-ing equipment during a camp can inhibit the athlete's ability to progress. If an athlete believes that their own equipment inhibits their progress, then the athlete must first initiate a conversation with their primary coach. The primary coach has the final word on equipment testing or demo-ing.

**Rowmark Speed Ski Loan Program** – To help with athlete costs, Super G and/or DH skis will be offered for seasonal loans at a minimal cost (~\$150). These are quality skis that Rowmark will manage and will be age appropriate for U16 and FIS athletes. Athletes will be responsible for care of skis during season.

## **A. Ski Equipment Ordering, Ski Preparation, Athlete Tuning and Wax Needs...**

### **FIRST TIME SKI PREPARATION:**

Podium Race Service in Park City will do the following:

\*Skis need to be ground if necessary (factory grinds often are not flat)

\*Skis need to be "shaped;" this is the process of tapering back the vertical sidewall in the tip and tail of the skis to allow for the tune of the ski to be consistent through the running length of the ski. THIS IS DIFFERENT FROM REMOVING SIDEWALL.

\*FIS age Athletes: DH and SG skis get a hard 1degree base bevel, GS a .7 degree base bevel, SL a .5 base bevel and 3 degree side bevels for all skis. Please do NOT set a different bevel without first talking to your primary coach.

\*U16 Athletes: SG skis get a hard 1degree base bevel, GS a 1degree base bevel and SL a .7degree base bevel and all skis get a 3degree side bevel. Please do NOT set a different bevel without first talking to your primary coach.

Ski bases need to be waxed multiple times. Deep penetration of the base via base prep wax is vital to the effectiveness of the base and its ability to retain wax in subsequent waxing's (think of it as a new cell phone battery, it needs to be fully charged before the first use). Put simply, it is the scraping and brushing of the skis that actually makes them fast. The brushing process helps open up the base and bring the fibers up with the wax removed. Scraping then trims and removes fibers extending up from the base of the skis and makes the ski faster. This process needs to be repeated at least 4-5 times prior to starting to wax the skis to actually use them. After the base prep, you should wax harder waxes along the edges of the base on all your skis with a moderate temperature wax in the middle of the ski for the speed skis and cold wax under foot for the tech skis. This will help in getting some harder wax in places affected easily by base burn. This process should be repeated about 3 times before then prepping the skis for the conditions of each day.

The First Time prep of skis is a very large undertaking and parts of it cannot be done by the athlete

(ie; stone grinding). VERY experienced athletes may be able to shape sidewalls and set edge bevels with supervision. If you decide to do this work on your own and are new to Rowmark, please do so in the Rowmark tuning room and meet with me to make sure that each step of the process is correctly done. Otherwise Podium Race Service completes all facets of initial ski prep.

#### IN SEASON TUNING:

\*Athletes at this level need to be taking care of and learning to take care of their own equipment. That means that parents are off the hook. Relax, sit back and enjoy another hour or two a day for yourselves!

\*Athletes will be responsible for touching up their skis AND waxing them EVERY TIME they are used, NO EXCEPTIONS.

\*A tuning room is provided for all the athletes at the school and should be used. The athletes need to spend 10-15 minutes after each training session in the ski room to get the skis ready for the next day. The ski room can be accessed at any time during the school day with the proper code for the door lock and for the ski room alarm. I will be in the ski room after most training sessions. If I am traveling, another coach will usually be there to help out with any issues.

\* All Athletes should have a tuning box with the following (Check with Primary Coach before purchasing):

1. Tuning Box
2. 1 degree base bevel (all)
3. .7 degree base bevel (all)
4. .5 degree base bevel (FIS Age)
5. sidewall planer with Skyver tool (may be able to share Skyver tool w/other athlete)
6. one 3 inch panzer file
7. one box of 8 inch chrome ski files please use ski files and not just a file from hardware store)
8. file clamp
9. 3 degree side bevel
10. box of fine grit sand paper
11. 5 inch piece of PVC 1 1/2 inch piping
12. medium diamond stone
13. hard and true hard Arkansas stone
14. gummy stone
15. clean rags
16. brass, horsehair, and stiff nylon brushes
17. cheap paint brush and toothbrush (file cleaner)
18. Wax: Talk to Brian about what you need based on what you like to use.

Athletes should NOT have a ski shop tune their skis prior to a competition. Everybody tunes skis a little differently, and when the skis feel different all of a sudden because they were tuned by someone else, the athlete is often negatively affected. Most the time the skis end up coming back too sharp and different from what the athlete is used to.

We will schedule tuning clinics that will usually be a hands-on experience. You can also schedule some time with me to get more comfortable with how simple and basic and easy tuning is.

#### OVERLAY WAXES:

Your Rowmark tuition covers the cost of overlay waxes (usually highly fluorinated specialty race waxes) that may be needed at some races depending on snow conditions and level of the race. The Rowmark coaches will determine if this is necessary / advantageous or not. If so, the coaches will apply the overlay wax to the skis.

#### BOOTS:

Rowmark recently formed a partnership with Park City Boot and owner Matt Schiller. Matt will be working in conjunction with Rowmark Equipment Manager for initial boot set up, including canting, alignment and grinding at a reduced cost. Any follow up work will also be at a reduced rate.

#### MOUNTING SKIS:

We have the ability to mount all skis here at school and set the bindings appropriately

### **B. Ski Equipment Needs-Jacket Ordering, Ski Clothing, Accessories**

We encourage all new Rowmark students to purchase a team jacket. In addition, below is an INCOMPLETE list of ski clothing/accessory needs for each team member. Most of these items can be purchased at a Rowmark discount at the Sports Den in SLC.

Ski Clothing/Equipment Needs:



1. Generally, U16's only need one pair of SL, one pair of GS, and sometimes one pair of SG skis. As athletes become FIS age and older, they use two pairs for SL, two pairs for GS, and one pair for SG. Some of the older, more experienced Rowmark athletes will also have one or more pair of DH skis. If you have questions, speak with your primary coach to determine your needs.
2. Ski Straps-three straps for each pair of skis.
3. Boots-one pair for most athletes is sufficient. We recommend custom foot beds (mentioned above). We feel that flex, fit, alignment/canting issues are best addressed by our coaches and equipment manager.
4. Poles-one pair for SL with SL guards, one pair for GS with a GS bend, one pair of SG/DH poles with a speed bend.
5. Helmet-Required for all skiing. One helmet is sufficient for most if it has a removable SL bar that can be taken off for GS/SG/DH training. In their backpack all athletes should carry a screwdriver and extra screws for the SL bar as these screws are easily lost in taking the bar on and off. The helmet needs to be examined regularly for cracks, dents, and should be replaced if any are found, or if the helmet has been subject to a hard impact even if it appears OK on the outside.
6. Mouth guard- We recommend a mouth guard for SL training and racing in addition to a SL bar. It is our experience that athletes who choose to not wear a SL bar or a mouth guard will sooner or later suffer a very painful and often expensive loss of teeth or other facial injury.
7. Shin guards are necessary for all SL training and racing.
8. Competition Suit-one non-padded suit is sufficient for younger athletes. Older athletes sometimes have a second padded suit for SL and GS. Some high-level athletes will have a third suit that they use only for races.
9. Stealth-we recommend that all athletes have a padded "stealth" arm/upper back protector that they wear under their competition suit for SL and GS.
10. Back Protector-we strongly recommend that Rowmark athletes wear a back protector for all ski training and racing.
11. Goggles and lenses. We recommend that athletes have two pairs of goggles with extra lenses for different light conditions and in a protective bag/case. The second pair is often important at training and races when the first pair gets wet and begins to fog.
12. Clothing-Warm winter jacket and zip-off warm up pants are necessary. In addition, a lighter shell jacket for training is recommended. SL shorts are optional but can be functional. On days where we train early morning SG (usually once per week or two), we ask that all athletes bring extra jackets and pants so that they can strip to their competition suit for each run and have extra clothing at the bottom of the lift for the ride back up.
13. Ski Specific Socks. Usually the best socks are very thin, polypropylene socks. It is highly recommended to carry extra pairs of socks in your backpack that can be exchanged when the original socks get wet. This is critical to keep feet warm.
14. Boot Heaters. Highly recommended for any athletes that have had frostbite problems in the past or for any reason have trouble with circulation or keeping feet warm.
15. Boot Dryers. The Rowmark ski room has a boot-drying unit that will accommodate a lot of boots. However, it is necessary for all athletes to have portable boot drying units for travel. It is critical that ski boots are bone dry each day before skiing and this is very difficult to achieve without good boot dryers.
16. Gloves/Mittens – having two pairs is important. We recommend one pair of cold weather gloves/mittens and one pair of spring weight that should be kept in the backpack in case other gloves are misplaced.
17. Sun Block- at altitude and with the reflection off of the snow, the sun is very intense even when it is cloudy. Therefore, we highly recommend that all athletes always wear sun block (SPF 30+) when skiing and should keep a supply in their backpacks at all times.
18. Snacks and water bottles. In their backpacks, all athletes should have two bottles of water or sports drink, and snacks (like energy bars or gel, gummy snacks, etc.) in order to hydrate a little each run as well as eat periodically during the training session.

### **C. Rowland Hall Ski Room and Park City Team Room**

The Rowmark Ski Room at Rowland Hall and our Team Room at Park City Mountain Resort are for use by all Rowmark Ski Academy athletes and coaches. It is critical that these spaces are treated with the greatest respect and kept clean at all times.

### **Important Dates Rowmark Ski Academy 2019-20**

June 8-17

Rowmark Ski Camp #1 2019 – Mammoth Mtn. – Return late June 17<sup>th</sup>

June 8-15	Rowmark Jr. Program Camp – Mammoth Mtn. – Return late June 15 <sup>th</sup>
June 20 – Aug 8	Rowmark Summer Conditioning Program 2019
Aug 9-18	Rowmark Ski Camp #2 – Mt. Hood (return on 19 <sup>th</sup> if driving)
Aug 21	Rowland Hall First day of classes and Rowmark fall conditioning begins
Aug	Rowmark Fall Physical Testing at 3:15 pm. (Two Days)
Sept 2	No School – Labor Day
Sept 7-8	Rowmark Orientation Weekend – Green River
Sept 17-20	Ninth Grade Fall Trip
Sept 27-Oct 11	Rowmark Fall European Camp #3 (FIS only)
Oct 3-7	No School - Rowland Hall Fall Break and Professional Development day
Oct 29	Tuesday - Rowmark Fall BBQ, Slide show 6:30 pm – McCarthey Campus
Oct 31-Nov 1	No School - Rowland Hall Parent-Teacher Conferences
October (TBA)	USSA Western Region Physical Testing-Park City
Nov 15-24	Rowmark Ski Camp #4 - Tentative - Site TBD
Nov 27-Dec 1	No School - Rowland Hall Thanksgiving Break
Dec 2	Monday - Winter class rotation begins
Dec 3	Possible first day of ski training at PCMR (depends on snow conditions)
Dec 16-18	First Semester Finals
Dec 21-Jan 5	No School - Rowland Hall Winter Break
Dec 20-25	Rowmark Holiday Break (no organized ski training)
Dec. 26- 31	Continued Rowmark ski training during Winter Break
Jan. 1, 2020	New Year’s Day (no organized ski training)
Jan 7	Rowland Hall classes resume
Jan 20	No School - Martin Luther King Day

Feb 17	No School - President's Day
<b>Feb 18-23</b>	<b>No School - February Break</b>
March 9	No School – Professional Development Day
March 26-27	No School – Parent-Teacher Conferences
March 30	Spring class rotation begins – full school day
<b>April 4-12</b>	<b>No School – April Break</b>
April 20-21	Spring Physical Testing (tentative)
April 30	Thursday - Rowmark Spring Awards Banquet and Slide Show (tentative)
May 18-22	Interim
May 25	No School – Memorial Day
May 30	12 <sup>th</sup> Grade Graduation
June 1-3	Final Exams
June 4	8 <sup>th</sup> Grade Commencement
<b>June 6 -15</b>	<b>Rowmark Ski Camp #1 2020 - Mammoth - late evening return</b>
<b>June 6 -13</b>	<b>Rowmark Jr. Program Camp – Mammoth - late evening return</b>
<b>June 22-Aug 13</b>	<b>Rowmark Summer Conditioning Program 2020</b>
<b>Aug 14-23</b>	<b>Rowmark Ski Camp #2 2020 - Mt Hood (tentative) - return on 24th</b>
<b>Aug 26</b>	Rowland Hall First day of classes

**Typical Weekly Schedule – Fall, Winter, Spring**

Rowland Hall is on a semester system. Below is a schedule for a typical school week. This does not apply to vacation weeks, ski camps or race periods.

**Semester 1 – August 21 to December 21, 2019**

Monday – Friday:

8:15 AM – 3:05 PM	Academic periods 1-7 (rotating)
3:20 PM – 5:00 PM	(approx) Rowmark Conditioning

Weekends: Varies, but typically Rowmarkers will have conditioning activities that they will be expected to complete on their own.

**Winter Class Rotation – December 2, 2019 to March 30, 2020**

Monday:

8:15 AM – 12:10 PM	Academic periods 1-4 (rotating)
1:00 – 3:00 PM	Mandatory Study Hall

Tuesday - Friday:

8:15 AM – 12:10 AM	Academic periods 1-4 (rotating)
12:25 PM	Depart for ski training
5 – 5:30 PM	Return to Rowland Hall. Tune and wax skis for next day

Weekends: Varies, but typically Rowmarker will have ski training in the morning one or both days and return to Rowland Hall around 1pm.

**Semester 2 – January 5 to June 3, 2020 (Winter class rotation ends March 25, 2020)**

Monday:

8:15 AM – 3:05 PM	Academic periods 1-7 (rotating)
3:20 PM – 5:00 PM	(approx) Rowmark Conditioning

Tuesday – Friday:

8:15 AM– 3:05 PM	Academic periods 1-7 (rotating)
4:00 PM – 6:30 PM	Rowmark Ski Training
7:00 PM – 7:30 PM	Return to Rowland Hall
	Tune and wax skis for next day

Weekends: Varies but typically Rowmarkers will have ski training in the morning one or both days and return to Rowland Hall around 1pm.

**After ski season ends in early April to end of school;**

Monday – Friday:

8:15 AM – 3:05 PM	Academic periods 1-7 (rotating)
3:20 PM – 5:00 PM	(approx) Rowmark Conditioning

Weekends: Varies, but typically Rowmarkers will have conditioning activities that they will be expected to complete on their own.

**Traveling home for school breaks and holidays**

We encourage our out of town Rowmarkers to identify opportunities to travel home to spend time with their families. We realize that the school year is long and arduous and these breaks are very important for most. We have found that

Thanksgiving and Christmas breaks in particular are good times for this. February and April break is typically not a good time to travel home as the Rowmarkers generally have important training or races scheduled during this time.

For Thanksgiving typically the ski areas are just opening with just a few trails and are very crowded. Therefore, we have not found this to be a productive time to have organized ski training or free skiing with our team. This makes this a good time to travel home.

For Winter Break we do train throughout the period with the exception of the four days around Christmas and New Year's Day. Some families may want to extend their child's time at home and often times this makes sense. In this case, please contact the Program Director and/or the athlete's primary coach to discuss the best plan. The right answer usually needs to take into consideration the individual's family, his/her ability to ski while at home, his/her race plan, and other factors.

## **Goal Setting and Race Plans**

### **A. Race less, Train More Philosophy.**

At Rowmark we strongly believe that training (on snow and on dryland) forms the basis of strong race performances. If an athlete is racing too much, he/she is not training (and resting) enough. The athlete gets tired physically and mentally, and typically doesn't take advantage of the race at hand as it is too easy to think, "I will have another chance in my next race". Excessive racing also is very costly and means that the student-athlete is probably missing more school.

### **B. Goal Setting**

It is very important for each Rowmarker to set clear goals for the season. The athlete will complete a goal setting form in September, then meet with his or her primary coach to review. The athlete and coach will discuss the goals and adjustments will be if necessary. An individual race plan will then be formulated for the athlete that will be in line with the goals. This process needs to be completed by October 1<sup>st</sup>.

### **C. Race Plans**

Around mid-October (when the final race schedules typically come out) the coach will present the athlete and parents with a race plan for the season based on the athlete's goals, current ability and age. It is important to realize that this plan may very well change as the season progresses to adjust for changes in level of competitiveness, for cancelled races, or other reasons. Therefore, it is important that parents use caution when making travel plans to see their student-athlete race or when making vacation plans. Please consult with the Program Director or primary coach if you have any questions. Parent input is welcome on race plan decisions but Rowmark reserves the right to make the final decisions as to which races the student-athlete attends. It is important for all to realize that it is not always best for an athlete to go to a "lower penalty race" especially if the athlete is starting near the end of that race. It is often better for an athlete to go to races where he/she will be competitive (vying for a podium finish or a top 15 for example). Of course "skiing up" on occasion to get an experience at the next level is also important. All of these factors are taken into consideration by the coaches when making a race plan.

### **D. "Chasing Points"**

Rowmark does not believe in "chasing points" which means traveling (sometimes long distances) to go to races because they have lower penalties than the races on their race plan. These efforts are almost always not productive, and usually costly in dollars and in amount of school missed. In fact most ski racers actually get their best race point results in races of higher penalties where they are competitive. It is sometimes difficult for parents to understand this, but experienced coaches have learned this clearly over the years (usually by making these mistakes themselves in the past).

### **E. Race Entries**

The Rowmark staff will submit all of the race entries that are due prior to a race series. In Western Region the "Intent to Compete Out of Region" form is due on the first day of the month before the month that the race occurs (for example, an out of region race in January, an intent must be entered on December 1<sup>st</sup>). So a lot of pre-planning must occur. Therefore, it is important that the Rowmark staff reserves the right to make all race entries decisions.

## **Athletic Evaluations**

The Rowmark coaches will evaluate the athletes several times a year with written evaluations that will be sent to the athlete and the parents via email. In many cases, the athlete's primary coach will also go over the evaluation in person with the athlete. Parents should feel free to call the primary coach or Program Director if they have any questions, concerns or additional feedback. Expect to receive these evaluations within two weeks of the completion of the following Rowmark activities:

1. June Rowmark Ski Camp
2. Fall Physical Testing
3. October Ski Camp (snow permitting)
4. November Ski Camp
5. Mid-Season Competition Evaluation
6. Year-End Competition Season Evaluation
7. Spring Physical Testing

### **Rowland Hall Physical Education Credit and Grades**

Rowmarkers will receive one Rowland Hall physical education credit each year and grade for their participation in the Rowmark Ski Academy. These credits will fulfill the physical education graduation requirements for Rowland Hall. Attendance is required at all Rowmark dryland conditioning and on-snow training as well as meetings or any other Rowmark activity. Excused absences must be validated by a parent, host-parent and/or Rowmark coach. Rowmarkers who attend all Rowmark activities without unexcused absences give their best effort each day, and exhibit daily behavior consistent with the Rowmark Honor Code will receive an "A" grade for Rowmark on their report card. Unexcused absences, less than best effort and/or behavior issues may result in a lesser grade.

### **Host Family Program**

The Host Family Program is offered to Rowland Hall students whose families live out of state. A majority of these students are Rowmark athletes. The Rowmark student often has a non-conforming schedule with early departures

and late arrivals all days of the week. Besides the regular school schedule, Rowmark students have a full, often demanding schedule of training and racing throughout the school year.

For the 2019-20 school year, the host family fee is \$1,000 monthly.

Compensation consists of nine monthly payments starting September 1. The Host family term will include the few days between the August ski camp and the first day of school in late August, and the few days in early June between the end of the school year and the departure of the June ski camp. The extra days in August and June make up for the days the students are away from school during the November camp, winter break and spring break. Below is an agreement detailing expectations of the Host Family and the guest student.

### **Host Family/Student Agreement:**

#### **1. Student's room and furnishings**

**Host Family** will provide all bedding and towels, desk for area of studying, laundry detergent and laundry facilities

**Student/Parents** will provide all personal toiletries, any medications/health items

#### **2. Meals**

Students requiring special diets, by choice or otherwise, will pay an additional amount

**Host Family** will provide breakfast, lunch and regular "sit down" dinners all days.

**Student/Parents** will provide supplemental funds for any additional restaurant or "fast food" meals

#### **3. Transportation** (Not applicable if student has vehicle)

The Host Family will provide transportation to and from school. Host Family will also provide transportation to and from school for any Rowmark related activities weekdays and weekends. This often includes early morning (~6:30 am) drop off and late night pick-ups. During fall and spring trimesters, Rowmarkers have dryland training following school that typically ends between 5-6 pm.

#### **4. School Breaks**

Guest student will be required to find alternative housing for school breaks unless agreed upon in advance by the Host Family.

#### **5. Miscellaneous**

Parents will provide their own lodging and transportation when they are in town visiting their child. The Host Family and parents need to address basic rules of student behavior in the host home (curfew, guests, TV programming, etc.). With regards to school attendance, the Host Family adult is responsible for notifying the RH office of excused absences or tardiness due to illness, doctor appointments or other reasons. Similarly, only the Host family adult may retroactively excuse an absence or tardy.

#### **6. What if...**

We match student and Host Families as best we can. If the student and Host Family living arrangement is not working out, the Host Family Coordinator needs to be informed immediately. Steps will be taken to remedy the situation with all parties. A last resort will be the possibility of relocating the student to a different Host Family.

### **Rowmark Injury Protocol**

For injuries that limit full participation in Rowmark activities, Rowmark requires a medical doctor's diagnosis, clearance and return to sport protocol.

### **Think Head First Concussion Screening**

Rowmark Ski Academy is in its fifth year of implementing a new concussion management program called THINK HEAD FIRST / ImPACT concussion screening. ImPACT a nationwide program that is currently being used by the U.S. Ski Team as well as over 1,00 high schools, 300 colleges, 250 sports medicine centers, and professional sports teams across the country.

**CONCUSSION** is a common injury, but is often difficult to diagnose and treat. Is one of the most serious and prevalent medical problems at the high school level. Think Head First provides your sports medicine clinician with information that can help take the guesswork out of concussion management and promote safe return-to-play decisions for your athletes.

**PROPER MANAGEMENT** of concussion is the best form of prevention of serious injury.

#### **WHAT IS IMPACT?**

ImPACT is a sophisticated, research-based computer test developed to help clinicians evaluate an athlete's recovery following concussion. The program begins with a 20-minute test battery administered in the preseason for a baseline, and includes puzzles and tasks that measure a variety of factors. When a concussion is suspected, a follow-up test is administered to see if the results have changed from the baseline. This comparison helps to diagnose and manage the concussion. Follow-up tests can be administered over days or weeks so you can continue to track the injury.

**THE THINK HEAD FIRST PROGRAM** evaluates and documents the ImPACT test including multiple aspects of neurocognitive functioning, including memory, attention span, brain processing speed, reaction time, and post-concussive symptoms. The user-friendly injury documentation system enables you to track the injury from the field and through the recovery process.

#### **WHY USE THINK HEAD FIRST / IMPACT?**

Think Head First can help answer difficult questions about an athlete's readiness to return to play, protecting them from the serious consequences of returning too soon. While traditional neurological and radiologic procedures such as CT, MRI, and EEG are helpful in identifying many serious concerns (e.g. skull fracture, hematoma, contusion), they are not as useful in identifying the effects of concussion. As a result, doctors often must rely on subjective observations or a patient's self-reporting of symptoms to diagnose and track a concussion. This is where Think Head First / ImPACT can help.

**USING THINK HEAD FIRST** to implement ImPACT baseline and post-injury neurocognitive testing can help you objectively evaluate the concussed athlete's post-injury condition and recovery to prevent the cumulative effects of concussion. And in the event that baseline testing is not possible, Think Head First has a normative database of thousands of non-injured athletes, which can also be used for effective comparison.

**WHO IS BEHIND THINK HEAD FIRST?** Mark Lovell, PhD, ABPN, Joseph Maroon, MD, and Michael Collins, PhD, founded Think Head First in 2002. These professionals are world leaders in the field of concussion management and are committed to the ongoing development of advanced concussion management tools. Think Head First team members have dedicated the past 15 years to the scientific study of sports-related concussion and the clinical application of this knowledge throughout professional and amateur sports.

#### **Brief Introduction prior to Baseline Testing**

Concussion or Mild Traumatic Brain Injury (MTBI) is defined as an injury to the brain induced by traumatic biomechanical forces to the head or body that cause the brain to move inside the skull. In mild forms of injury there is no damage to the anatomy or "structure" of the head/brain (no bleeding or fracture). However, recent research has shown there is damage to the brain metabolism or the biochemical make-up in the tissues and thus, impairment of brain "function" or its cognitive ability.

- Clinical signs and symptoms and cognitive ability mostly reflect the *functional* NOT structural changes in the brain.
- CT and MRI test for anatomical injury to brain or skull but do not assess the *functional* aspects of the brain which can be affected while structural aspects are normal



- Think Head First / ImPACT neurocognitive testing assesses the *functioning* of the brain through verbal and visual memory, verbal processing and reaction time.

**Why do we use Neurocognitive testing as an additional tool for clinical evaluation of recovery and return to sport decision making?**

- Provides improved mechanism over pen and paper sideline evaluation because it measures subtle changes in brain function that are not evident with sideline screening
- **Quantifies injury** severity and tracks recovery by measure of brain cognitive function
- Provides **individual objective** data regarding the function of the brain
- Parents/Coaches appreciate the information that can be provided by neurocognitive testing to help in understanding their athlete's recovery

**COST?**

The pre-concussion screening cost for our Rowmark team is \$25/athlete, which is billed to your Rowmark account. The post-concussion screening charges can be billed to your insurance (normally ~\$150 but this amount varies due to the circumstances of the concussion). We feel that this is a very important service and are hopeful that our all of our academy athletes will participate.

## Especially For Parents

**A. Note about communication with Rowmark Staff.** We believe that there are no dumb questions, so please be proactive with your questions and concerns. Feel free to contact your sons' or daughters' primary coach, or Rowmark Administration. Our sport is rather complicated with regards to things like training/race plans, equipment, conditioning, injuries, travel, expenses, etc... and there is a lot to understand. We work as a team-athlete, coach, and parent, so a high level of communication is welcome. We do ask that you respect our staff's private lives and limit "after hours" calls to only those that are in the "emergency" or "extremely important" categories. Email is often the most effective way to begin communication and we have a staff policy to get back to phone or email messages within 24 hours if at all possible. The Rowmark staff contact list is found in the following chapter.

**B. Protocol for parents attending training and races.** We know that some parents like to attend as many of their son or daughter's races, some don't and some can't. We have learned that it is not always best for a parent to attend "the more important" races especially if they don't attend the "less important" races as it often creates undue pressure on the racer. We have a few important rules for parents that attend races. These rules are in place to help instill athlete independence and for the most effective interaction between athlete and coach, as well as for safety.

1. If you attend, be there to support and cheer as a parent.
2. Let the Coaches coach! Trust what they are doing even if you don't understand. Feel free to ask a coach in private why they are doing something a certain way but not in front of athletes.
3. Parents are not allowed inside the race venue including the start area unless they are working at the race. If there is safety netting (B-nets) on the hill, this means standing behind the netting, and need to make sure that they are never standing near a "fall zone". Whether there is netting or not, parents should not be on the race trail and should not be involved in the slipping of the courses unless they are asked.
4. Parents should not assist their racers to carry their skis or clothing. This instead will be taken care of by the athletes themselves, or their teammates or coaches.
5. During the day of the event, parents should leave ski preparation activities including tuning, waxing and over-lay waxing to the athlete and coaches.
6. Presence just below or outside the finish area is encouraged. Just make sure that you give time and space for the athlete and the coach athlete interactions. It can be an emotional time for an athlete just after completion of a race run (both positive and negative) and parent support there can be very helpful as long as it is appropriate.

## **Rowmark Ski Academy Estimated Tuition and Expenses 2019-20**

**2019-20**

Rowland Hall Tuition 9 <sup>th</sup> – 11 <sup>th</sup> Grade	\$ 24,200
Rowland Hall Tuition 12th Grade	\$ 24,725
Rowmark Ski Academy Tuition	\$ 15,030
Tuition Refund Insurance (Rowmark)	\$ 240.48
Convenience Fees (estimate)	\$ 850

Includes: Textbooks, summer reading, lab fees for science and fine arts, activities and yearbook.

Laptop and Computer bundle (estimate)	\$ 1427
School Lunch	\$ 7 - \$10/day (optional)
Host Family Live-In Program (boarding)	\$ 9,000 (\$1,000/month)

### **Estimated Ski Camp Expenses**

June Mammoth camp	\$ 2,200 (\$1896 with Ikon pass)
August Mt. Hood Camp	\$ 2,050
Colorado Fall Camp	\$ 2,200
Fall European trip – FIS only	\$ 3,000 (plus airfare)

### **Estimated expenses for Competition Period-travel, race entries, lifts, lodging, food, etcetera**

U16	\$ 3,050 - \$5,000
FIS	\$ 3,700 - \$6,500 plus

**Estimated Equipment expenses:** Varies greatly due to level of support from ski companies. Support ranges from retail cost, to pro-form prices, to sponsorship determined by ski companies and Rowmark Equipment Manager.

U16	\$ 1,000 - \$5,000*
FIS	\$ 3,000 - \$8,000*
Rowmark Speed Ski Loan Program (new)	\$ ~ \$150/season

\*Assuming SG/DH skis are retained for multiple years

### **Other expenses:**

Park City Mountain Pass (Teen)	\$ 409 – <a href="http://www.epicpass.com">www.epicpass.com</a>
Ikon base pass	\$ 499 – <a href="http://www.ikonpass.com">www.ikonpass.com</a>

### **D. Tuition Refund Insurance**

Both Rowland Hall and Rowmark offer Tuition Refund Insurance via an independent insurance company. Due to the nature of ski racing and the potential for season ending injuries, as well as the relative low cost, this insurance is highly recommended.

**For 2019-20** the cost for this insurance for the Rowmark portion of the tuition is \$ 240.48. In the case of a medical absence or withdrawal, the student would receive 75% of the unused tuition provided that an injury or illness forces the student to withdraw from the program, or if a medical absence last for 31 or more consecutive days. In the case of non-medical withdrawal, the student would receive 60% of the unused yearly tuition provided the student has attended more than 14 consecutive days of class. In the case of a dismissal, the student would receive

60% of the unused yearly tuition provided the student has attended more than 14 consecutive days of class. Families will receive more detailed information on this program with the initial contract packet.

### **E. Global Rescue**

We are going into our seventh year of offering Global Rescue to the Rowmark families. This is an independent service provided at lost cost, ~\$250 year, which provides the finest emergency medical, aero-medical, security and evacuation services available. To summarize, if a Rowmark athlete, while traveling and is more than 160 miles away from home, has an injury that requires hospitalization, global rescue will coordinate and evacuate the athlete back to the hospital of your choice in the area or at home for no additional cost, even if the athlete is in a foreign country. This service can potentially save a family thousands (or tens of thousands) of dollars. For more information on the service visit [www.globalrescue.com](http://www.globalrescue.com) and we will be distributing updated information on this program each fall.

### **F. Fund-Raising**

Because tuition alone does not cover the costs of running the Rowmark program, we engage in fund raising efforts to help meet ongoing financial needs, especially need-based financial aid for qualifying families. The Rowmark Scholarship Fund Challenge was established in May, 2014, and has risen over \$120,000 to date for financial aid. Please contact Rowmark Administration if you have the financial means or volunteer time to contribute to this critical event.

**G. Billing** – All Rowmark Tuition and expenses are billed through the Rowland Hall Business office. Families will be invoiced at the beginning of each month starting July 1. Any questions on Rowmark expenses please contact Rowmark Team Manager.

## **College Admissions**

Rowland Hall and Rowmark students who hope to continue their skiing career at the college or university level have a wide range of opportunities from which to choose. The two main organizations that govern college skiing are the **NCAA** and the **USCSA** (US Collegiate Ski and Snowboard Association).

Most NCAA sports except for skiing, fencing, rifle, and water polo are contested at three distinct and different levels, known as Divisions I, II, III. Most NCAA member colleges and universities compete at one of those levels for all of their varsity sports, but even colleges that are members of NCAA Division III for all of their athletic programs, like Middlebury, Williams, Bates, and Colby, compete at the Division I level of skiing. Most of the smaller schools choose not to award athletic scholarships, consistent with their NCAA Division III philosophy and practice.

The NCAA Skiing Championship results, in most years, showcase the most storied and prominent Division I skiing colleges, including Colorado, Dartmouth, Denver, New Mexico, Utah, and Vermont. Many of the skiers competing for those programs are on full athletic scholarships, except at Dartmouth, where no athletic scholarships are offered, consistent with Ivy League philosophy and practice. Many of the athletes at the “big time” skiing schools are national skiing champions for their home country, often Austria, Italy, Norway, Switzerland, and others. Most NCAA ski programs have full-time coaches and budgets for travel and equipment.

The tables on the following pages were designed to help guide you toward colleges with NCAA skiing programs that might be a good match or “fit” for you as a student, and as a competitive skier. First, remember that it’s not about choosing a school for its athletic reputation, but for its overall “fit” both academically and athletically. The athletic “fit” for you should be how you see yourself “fitting” the ski program at a specific college and what you think you would add to that team.

Research the colleges that interest you, and where there might be a good “fit” for you. Try to envision yourself on that campus, with its academic majors and programs, its location and setting, and its own college or university culture. Look closely at the ski team and athletic program at the colleges you’re considering, and remember that, should you matriculate there, you’ll be spending many hours with those coaches and athletes over your four years in college.

Remember that you have only four years to compete in college skiing, so there isn’t much time for development. When looking for your “fit” ask yourself “What sets me apart?” and “What do I bring to the team and program?” You want to find a college program where your talents will be appreciated, and where you won’t be hidden behind a string of ex-foreign national team athletes. It may be great to be admitted to CU or DU or UVM, but not making their carnival team and having no opportunity to compete at the NCAA Championships may be a big letdown.

You're probably not going to college to be on a team where you spend four years sitting on the bench. You ultimately want to find a college that will provide the most competitive skiing opportunities and a chance to compete on the regional or national stage, be that at the NCAA or the USCSA Championships. Colleges that already have several "big fish" on their ski team may well "eat you up." Instead, find a college that will allow you to be or become one the "big fish" at that school in that program.

Conduct further research, beyond the basic information presented in these tables, to find complete team rosters, program history, coaches, biographies, ...by going to the websites for these colleges and universities with NCAA skiing programs.

## **NCAA vs. USCSA Comparison (Alpine and Cross-country skiing)**

There are currently two organizations that are involved with collegiate ski racing. This brief comparison will assist you with understanding the differences. [www.collegesnowsports.com](http://www.collegesnowsports.com)

### **National Collegiate Athletic Association (NCAA)**

- The nation is divided into 3 Regions: East (EISA), Central (CCSA) and Rocky Mountain (RMISA).
- Maintain about 15% of the snowsport programs in the United States.
- Schools are Division I, II, III NCAA institutions.
- Varsity funded activities (to varying degrees).
- All schools are 4-year institutions.
- Division I and II offer athletic scholarships; Division III is need-based financial aid; Ivy League programs are Division I but do not offer athletic scholarships.
- Alpine and Cross Country, Men and Women.
- Scoring is as a team.
- Qualification to Nationals is as an INDIVIDUAL.

### **United States Collegiate Ski & Snowboard Association (USCSA) [www.uscsa.com](http://www.uscsa.com)**

- The nation is divided into 6 Regions; Eastern, Mid-East, Mid-Atlantic, Mid-West, Far West and West.
- The 6 Regions are split into 11 conferences: Eastern, Mid-East, Allegheny, New Jersey, Southeast, Midwest, Southern California, Northern California, Northwest, Rocky Mountain and Grand Teton.
- Maintain about 85% of the snowsport programs in the United States.
- Many schools are Division I, II, III NCAA and NAIA institutions but are also USCSA members and chose to compete in the USCSA. They may compete in NCAA events and attempt to qualify *individuals* to the NCAA Nationals. These teams may also compete in USCSA races and attempt to qualify a *team* for the USCSA Nationals.
- Teams may be varsity (fully funded or partially funded) or club sports or individuals. If a school of your choice does not offer skiing (alpine or cross country) as a varsity or club sport, you can start a program.
- 4 year and 2 year institutions compete in the USCSA.
- Some offer athletic scholarships, however, most do not.
- Alpine, Cross-Country, Ski Jumping, Snowboard, Freestyle, Men and Women.
- Scoring is as a team.
- Qualification to Regionals and Nationals is as a TEAM. The top female & male in each discipline not on an already qualifying team also qualify.

### **NCAA Alpine Skiing Programs, EISA (Eastern) [www.eisaskiing.com](http://www.eisaskiing.com)**

<b>Bates College</b>	Lewiston, ME	<a href="http://www.bates.edu">www.bates.edu</a>	<a href="#">Bates Alpine Skiing</a>
<b>Boston College</b>	Newton, MA	<a href="http://www.bc.edu">www.bc.edu</a>	<a href="#">BC Eagles Ski Team</a>

<b>Colby College</b>	Waterville, ME	<a href="http://www.colby.edu">www.colby.edu</a>	<a href="#">Colby Ski Team</a>
<b>Colby Sawyer College</b>	New London, NH	<a href="http://www.colby-sawyer.edu">www.colby-sawyer.edu</a>	<a href="#">Colby-Sawyer Ski Team</a>
<b>Dartmouth College</b>	Hanover, NH	<a href="http://www.dartmouth.edu">www.dartmouth.edu</a>	<a href="#">Dartmouth Ski Team</a>
<b>Harvard University</b>	Cambridge, MA	<a href="http://www.harvard.edu">www.harvard.edu</a>	<a href="#">Harvard Ski Team</a>
<b>Middlebury College</b>	Middlebury, VT	<a href="http://www.middlebury.edu">www.middlebury.edu</a>	<a href="#">Middlebury Ski Team</a>
<b>University of New Hampshire</b>	Durham, NH	<a href="http://www.unh.edu">www.unh.edu</a>	<a href="#">UNH Ski Team</a>
<b>Plymouth State University</b>	Plymouth, NH	<a href="http://www.plymouth.edu">www.plymouth.edu</a>	<a href="#">Plymouth Ski Team</a>
<b>St. Lawrence University</b>	Canton, NY	<a href="http://www.stlawu.edu">www.stlawu.edu</a>	<a href="#">St. Lawrence Ski Team</a>
<b>St. Michael's College</b>	Colchester, VT	<a href="http://www.smcvt.edu">www.smcvt.edu</a>	<a href="#">St. Mikes Ski Team</a>
<b>University of Vermont</b>	Burlington, VT	<a href="http://www.uvm.edu">www.uvm.edu</a>	<a href="#">UVM Ski Team</a>
<b>Williams College</b>	Williamstown, MA	<a href="http://www.williams.edu">www.williams.edu</a>	<a href="#">Williams Ski Team</a>

### **NCAA Alpine Skiing Programs, RMISA (Rocky Mountain) [www.rmisaskiing.com](http://www.rmisaskiing.com)**

<b>University of Alaska</b>	Anchorage, AK	<a href="http://www.uaa.alaska.edu">www.uaa.alaska.edu</a>	<a href="#">UAA Ski Team</a>
<b>University of Colorado</b>	Boulder, CO	<a href="http://www.colorado.edu">www.colorado.edu</a>	<a href="#">CU Ski Team</a>
<b>University of Denver</b>	Denver, CO	<a href="http://www.du.edu">www.du.edu</a>	<a href="#">DU Ski Team</a>
<b>Montana State University</b>	Bozeman, MT	<a href="http://www.montana.edu">www.montana.edu</a>	<a href="#">Montana Ski Team</a>
<b>University of New Mexico</b>	Albuquerque, NM	<a href="http://www.unm.edu">www.unm.edu</a>	<a href="#">UNM Ski Team</a>
<b>University of Utah</b>	Salt Lake City, UT	<a href="http://www.utah.edu">www.utah.edu</a>	<a href="#">Utah Ski Team</a>
<b>Westminster College</b>	Salt Lake City, UT	<a href="http://www.westminster.edu">www.westminster.edu</a>	<a href="#">Westminster Ski Team</a>
<b>Colorado Rocky Mtn. College</b>	Glenwood Springs, CO	<a href="http://www.coloradomtn.edu">www.coloradomtn.edu</a>	Colorado Mtn. College Ski Team

### **United State Collegiate Ski and Snowboard Association (USCSA)**

The **United States Collegiate Ski and Snowboard Association** ([www.uscsa.com](http://www.uscsa.com)) is the sports federation for collegiate team ski racing and snowboarding in America. USCSA skiing programs range from “club “ level teams that have little or no budget and are self-coached and self-administered by the student participants, to varsity level teams that are fully supported by the college or university, with full-time coaches, athletic scholarships, and generous budgets for travel and equipment. Some colleges like the University of Colorado, Boulder maintain programs in both NCAA and the USCSA, but most college ski programs compete in one association or the other. NCAA Skiing includes Alpine and Nordic skiing only, while the USCSA offers competition in snowboarding and freestyle skiing in addition to the Alpine and Nordic and events.

USCSA fields some 4,200 men and women, alpine, Nordic, freestyle and snowboard athletes in over 300 race events annually. The organization offers [Alpine skiing](#), [Nordic skiing](#), [Ski Jumping](#), [Freestyle skiing](#) and [snowboarding](#).

#### **USCSA Alpine Skiing Programs**

Recent graduates of Rowland Hall have matriculated at, and competed for the skiing programs at several of these colleges including Babson, Brown, MIT and Smith. Remember that the varsity ski coaches at some institutions that compete in the USCSA may have as much influence with their admissions office as their counterparts at NCAA programs. Contact the coaches at the colleges that may interest you, preferably by email with an attachment of your skiing resume, and let them know of your interest. Ask questions about the college, the ski program, and how well your strengths and interests might “fit” that school.

#### **USCSA Skiing Programs – East**

#### **USCSA Skiing Programs, Mid-Atlantic**

Amherst College, Amherst, MA  
Babson College, Wellesley, MA  
Boston University, Boston, MA  
Brandeis University, Waltham, MA  
Brown University, Providence, RI  
Colgate University, Hamilton, NY  
University of Connecticut, Storrs, CT  
#Green Mountain College, Poughkeepsie, VT  
Hamilton College, Clinton, NY  
University of Maine, Farmington, ME  
University of Maine, Fort Kent, ME  
MIT, Cambridge, MA  
Marist College, Poughkeepsie, NY  
New England College, Henniker, NH  
U. New England, Biddeford, ME  
Northeastern University, Boston, MA  
Paul Smith's College, Paul Smith's, NY  
RPI, Troy, NY  
University of Rhode Island, Kingston, RI  
Skidmore College, Saratoga Springs, NY  
#Smith College, Northampton, MA  
Springfield College, Springfield, MA  
#St. Anselm College, Manchester, NH  
Trinity College, Hartford, CT  
Tufts University, Medford, MA  
Union College, Schenectady, NY  
US Military Academy, West Point, NY  
Vassar College, Poughkeepsie, NY  
Wesleyan University, Middletown, CT  
WPI, Worcester, MA  
Yale University, New Haven, CT  
Alfred University, Alfred, NY  
Appalachian State University, Boone, NC  
Bucknell University, Lewisburg, PA  
Columbia University, New York, NY  
Cornell University, Ithaca, NY  
Duke University, Durham, NC  
Fairfield University, Fairfield, CT  
Ithaca College, Ithaca, NY  
James Madison University, Harrisonburg, VA  
Lafayette College, Easton, PA  
Lees McRae College, Banner Elk, NC  
Lehigh University, Bethlehem, PA  
University of Maryland, College Park, MD  
North Carolina State University, Raleigh, NC  
University of North Carolina, Chapel Hill, NC  
University of Pennsylvania, Philadelphia, PA  
Pennsylvania State University, State College, PA  
Princeton University, Princeton, NJ  
RIT, Rochester, NY  
University of Rochester, Rochester, NY  
Rutgers University, New Brunswick, NJ  
St. Bonaventure University, Olean, NY  
Stevens Institute of Technology, Hoboken, NJ  
SUNY Albany, Albany, NY

SUNY Buffalo, Buffalo, NY  
SUNY Geneseo, Geneseo, NY  
SUNY Morrisville, Morrisville, NY  
Syracuse University, Syracuse, NY  
US Merchant Marine Academy, Kings Point, NY  
US Naval Academy, Annapolis, MD  
University of Virginia, Charlottesville, VA  
Virginia Tech. University, Blacksburg, VA  
West Chester University, West Chester, PA  
West Virginia University, Morgantown, WV

### **USCSA Alpine Skiing Programs, Midwest**

Bowling Green State Univ, Bowling Green, OH  
Carleton College, Northfield, MN  
Clarke College, Dubuque, IA  
Grand Valley State University, Allendale, MI  
Gustavus Adolphus College, St. Peter, MN  
John Carroll University, Cleveland, OH  
Kalamazoo College, Kalamazoo, MI  
Kent State University, Kent, OH  
Kettering University, Flint, MI  
Marquette University, Milwaukee, WI  
University of Michigan, Ann Arbor, MI  
Michigan State University, East Lansing, MI  
Michigan Tech. University, Houghton, MI  
University of Minnesota, Duluth, MN  
University of Minnesota, Twin Cities, MN  
Northwestern University, Evanston, IL  
University of Notre Dame, South Bend, IN  
Ohio State University, Columbus, OH  
Purdue University, West Lafayette, IN  
St. Cloud State University, St. Cloud, MN  
St. Olaf College, Northfield, MN  
University of St. Thomas, St. Paul, MN  
University of Toledo, Toledo, OH  
Western Michigan University, Kalamazoo, MI  
University of Wisconsin, Eau Claire, WI  
University of Wisconsin, Lacrosse, WI  
University of Wisconsin, Madison, WI  
University of Wisconsin, Oshkosh, WI

### **USCSA Alpine Skiing Programs, West and Far West**

Smaller colleges in the West with some of the most successful USCSA programs include College of Idaho, Rocky Mountain, Sierra Nevada, and Westminster. University of British Columbia, Vancouver, BC

California Polytechnic State University, San Luis Obispo, CA  
University of California, Berkeley, CA  
University of California, Davis, CA  
UCLA, Los Angeles, CA  
University of California, San Diego, CA  
University of California, Santa Barbara, CA  
Chico State University, Chico, CA  
Colorado College, Colorado Springs, CO  
Colorado Mountain College, Glenwood Springs, CO  
Colorado School of Mines, Golden, CO  
Colorado State University, Fort Collins, CO  
#University of Colorado, Boulder, CO  
Eastern Oregon University, LaGrande, OR  
Fort Lewis College, Durango, CO  
Gonzaga University, Spokane, WA  
College of Idaho, Caldwell, ID  
University of Idaho, Moscow, ID  
Long Beach State University, Long Beach, CA  
#Montana State University, Bozeman, MT  
University of Montana, Missoula, MT  
Oregon State University, Corvallis, OR

University of Oregon, Eugene, OR  
Pacific Lutheran University, Tacoma, WA  
University of Puget Sound, Tacoma, WA  
Rocky Mountain College, Billings, MT  
San Diego State University, San Diego, CA  
Seattle University, Seattle, WA  
Sierra Nevada College, Incline Village, NV  
University of Southern California, Los Angeles, CA  
Southern Oregon University, Ashland, OR  
Stanford University, Palo Alto, CA  
US Air Force Academy, Colorado Springs, CO  
Utah State University, Logan, UT  
Washington State University, Pullman, WA  
University of Washington, Seattle, WA  
Weber State University, Ogden, UT  
Western Washington University, Bellingham, WA  
Westminster College, Salt Lake City, UT  
Whitman College, Walla Walla, WA  
University of Wyoming, Laramie, WY

### **Rowmark Staff Contact Information**

- A. Please call the office first (801) 355-3943 for any questions. We are happy to help.
- B. Calling staff after hours- We do ask that you respect our staff's private lives and limit "after hours" calls to only those that are in the "emergency" or "extremely important" categories. Email is often the most effective way to begin communication and we have a staff policy to get back to phone or email messages within 24 hours if at all possible.

First Name	Last Name	Position	Cell Number	Email
Todd	Brickson	Program Director/Head U16 Coach	801.652.4413	<a href="mailto:toddbrickson@rowmark.org">toddbrickson@rowmark.org</a>
Wendy	Hare	Rowmark Team Manager – Academic Coordinator	603.369.0524	<a href="mailto:wendyhare@rowmark.org">wendyhare@rowmark.org</a>
Dave	Kerwynn	Head Men's U19-21 Coach Conditioning Coach	970.485.3453	<a href="mailto:davekerwynn@rowmark.org">davekerwynn@rowmark.org</a>
Graham	Flinn	Head Women's U19-21 Coach Head Conditioning Coach	802.578.5317	<a href="mailto:grahamflinn@rowmark.org">grahamflinn@rowmark.org</a>
Lyndsay	Strange	U16 Coach/U16 Academic Facilitator	518.321.9114	<a href="mailto:lyndsaystrange@rowmark.org">lyndsaystrange@rowmark.org</a>
Brian	Morgan	Men's U19-21 Coach Equipment Manager	978.994.9891	<a href="mailto:brianmorgan@rowmark.org">brianmorgan@rowmark.org</a>
Mary	Joyce	Women's U19-21 Coach FIS Academic Facilitator	516.659.1929	<a href="mailto:maryjoyce@rowmark.org">maryjoyce@rowmark.org</a>

## Rowmark Physical Testing Records

	Test	Result	Date of Record
<b>Women</b>			
Liz Baer '16	Vertical Jump	68.6 cm / 27"	May-16
Megan Dingman '16	Box Jumps - 60 sec	71 jumps	Oct-13



Madison Ostergren '15	Box Jumps - 60 sec	71 jumps	Sep-14
Mary Bocoock '22	20M Shuttle run	12.4 level	Oct-17
Mary Bocoock '22	Liberty Run Time Tr.	09:41	Oct-17
Juliette Parke '16	Emigration Bike Time Tr.	33:50	Oct-12
Chirine Njiem '03	Bench press	160 lbs	Apr-04
Hannah West '16	Back Squat	315 lbs	Oct-16
Megan Dingman '16	Hex Jump	25.65 sec	Apr-15
Madison Ostergren '15	5x1 Leg jumps (right)	42'9"	Sep-14
Lauren Samuels '11	5x1 Leg jumps (left)	41'3"	Sep-10

## Men

<b>Carter Louchheim '20</b>	<b>Vertical Jump</b>	<b>83.8 cm / 33"</b>	<b>Apr-19</b>
Nick Fontaine '17	Box Jumps - 60 sec	82 jumps	May-16
Nick Fontaine '17	20M Shuttle run	14.3 level	Aug-17
Tommy Hoffman	Liberty Run Time Tr.	08:47	Apr-18
Bryan Cookson '13	Emigration Bike Time Tr.	29:34	Oct-12
Taylor Vest Burton '08	Bench press	255 lbs	Apr-09
Jon Weibrecht '03	Back Squat	441.5 lbs	Apr-03
Charles Christianson '04	Hex Jump	24.54 sec	Apr-04
TJ Pope '14	5x1 Leg jumps (right)	49'5"	Apr-14
Liam Michael '18	5x1 Leg jumps (right)	49'5"	Aug-17
Liam Michael '18	5x1 Leg jumps (left)	49'8"	Sep-16