



# Rowmark

JUNIOR PROGRAM

## Handbook 2024-2025

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## **DIRECTOR'S LETTER**

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 ski hill, our principal 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.

The Rowmark Junior Program was created to build our own pipeline for developing athletes to progress up into Rowmark Ski Academy. The athletes receive training consistent with the Academy but designed age appropriately for the younger racers. Everything we do is based on the concepts of quality vs quantity, be there, be prompt, be prepared, be positive, and always give your best. By the time our Junior Program athletes reach the point of applying for the Academy they will either be accepted into the Academy or be properly prepared to move on to any other program as a very strong skier. Regardless, they will have learned priceless life lessons they will take with them as they grow up such as teamwork, time management, organizational skills, independence, and work ethic.

I am very proud of the team we have put together which includes our returning coaches and several passionate individuals who view ski racing and coaching not just as a sport but as a career path. Their dedication and enthusiasm promise to be a great fit and with excellent coach to athlete ratios, we are bringing the Junior Program to new heights.

This handbook is for everyone involved in the Rowmark Junior Program effort—student athletes, their parents, teachers, coaches, school officials—and it is meant to help all of us advance our goals and aspirations in the best way possible. In the pages that follow, I think you will find some very helpful information. Please use this as a reference throughout the season as questions come up.

Sincerely,

Andy Hare  
Rowmark Junior Program Director

# **ROWMARK JUNIOR PROGRAM MISSION STATEMENT**

The mission of Rowmark Junior Program 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 PHILOSOPHY AND RULES**

### **ROWMARK HONOR CODE**

(Compiled by Rowmark athletes)

- 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.
- Lead by example. Be a role model.
- Give full effort. Push myself. Be dedicated. Don't give up. Have perseverance.
- Be Positive. Have Fun!
- Be a great sportsperson. Be Honest. Follow Rules. Do not cheat.
- Listen well. Be attentive, never disruptive.
- Always be prepared and organized.
- Represent the team the best I can. The team's reputation is upheld by each individual.
- Take time to help someone in need. Be supportive and kind.
- Be humble and keep my composure during both successes and failures.
- Be accountable. Own my mistakes and learn from them.
- Prioritize academics. School comes first.
- Be on time. Being late burdens the team.
- Rise to the challenge. Be brave, courageous, and confident.
- Respect and follow all school, team and USSA/FIS rules, mountain rules, slow zones, skier responsibility code.
- Be thankful to those who help me; parents, coaches, teachers, volunteers, race officials, ski area workers, ski patrol...
- Strive to be the best teammate I can be. Honor the "What Makes a Great Teammate" document we created last year.
- Be helpful.
- Respect and communicate well with my coaches and teachers.
- Take care of my ski equipment.
- Be dependable.
- Take care of my body. Eat healthy.
- Do not use alcohol, recreational or performance enhancing drugs.

- Always look for ways to improve.
- Take Advice. Ask for help when needed.
- Cooperate. Work together as a team.
- Realize that my actions reflect directly upon my character.
- Don't let a bad performance ruin my day or others' day.
- Respect and take care of places we stay and use; team rooms, hotels, condos, ski lodges, bus ...
- My actions speak much louder than my words.

## WHAT MAKES A GREAT TEAMMATE?

(Compiled by Rowmark athletes)

- Supportive, Empathetic, Encouraging regardless of outcome
- Leads by example
- Tries his/her hardest in all activities
- Respectful of teammates and coaches
- Excellent sportsperson
- Motivates others to be better, Raises team morale
- Gracious in defeat
- Works well with teammates and coaches
- Strong, Positive even during adversity
- Humble
- Selfless, acts for the best of the team, doesn't need individual glory
- Looks out for the struggling, younger or new members
- Kind, Caring, Compassionate
- Inclusive
- Listens to others
- Good communicator to teammates and coaches
- Accountable
- Positive, Happy
- Cheers everyone on
- Supports others to get through challenges
- Dependable, Reliable
- Helpful
- Inclusive, does not judge others
- Won't put up with other's negative behavior or poor sportsmanship
- Disciplined
- On time
- Shares experiences and encourages younger or new teammates
- Patient
- Willing to give constructive criticism
- Team player even if having a bad day

## PROGRAM STRUCTURE

The Rowmark Junior Program serves Rowland Hall students ages 6-14 (first grade through eighth grade). Our athletic development pipeline includes 5 team options offering a natural progression of increased commitment and focus on competition as skills improve. The Rowmark Junior Program schedule is built around Rowland Hall's academic curriculum. Harmony between the two schedules allows skiers to pursue both academic and ski racing goals.

The Rowmark Junior Program is dedicated to nurturing ski racing development while instilling a lifelong passion for alpine skiing, all within the framework of Rowland Hall school values.

### **Team Name:** U8 (Previously Love to Ski)

- Head Coach and Assistant Coach
- Ages: 6-7 (1st - 3rd grades)
- Days on Snow: ~15
- Weekly schedule:
  - Saturday Free skiing IKON/UOP/Woodward 9:00 – 2:30pm
  - December 26 and 27 Holiday camp IKON/UOP/Woodward 9:00 – 2:30pm
- Transportation included so please add approximately 45 minutes of travel time to and from training if using transportation except local races.
- Team Fee: \$2,200
- Race Series: Inter-Team racing, Youth Sports league (YSL) in some cases
- Prerequisite: Need to be comfortable on blue terrain, and able to ride the chairlift independently.
- Extra Costs: USSA Membership, YSL race entry fees, IKON full pass ~\$369, UOP Hyeway Pass ~\$216, Woodward pass TBD.

### **Team Name:** U10 YSL 30 (FIRST YEAR U10 ONLY!)

We recommend all U10 athletes attend the 45-day program but the 30-day has been made available for younger U10's (Previously All Mountain Rippers – 30-Day)

- Head Coach and Assistant Coach
- Ages: 8-9 (3rd – 4th grades)
- Days on Snow: ~30
- Weekly schedule:
  - Off Season Dryland training will take place Monday and Wednesday 3:30 – 5:30pm, Sept 4 – Nov 22 (weather dependent)
  - Wednesday night at UOP for Gate/drill/competition training 4:00 - 6:30 pm
  - Winter Sports Fridays (Jan 17 - Feb 14) Free skiing PC/IKON 12:00 - 4:00 pm

- Either Saturday UOP/PC for Gate/drill/competition training 9:00 - 11:30 am
- OR**
- Either Sunday Free skiing PC/IKON 9:00 - 2:30 pm
- Transportation included so please add approximately 45 minutes of travel time to and from training if using transportation except local races.
- Team Fee: \$3400
- Race Series: Blend within Youth Ski League (YSL) and South Series (SS)
- Prerequisite: By coach's recommendation, using an internal skill evaluation system. New athletes must have prior racing experience.
- Extra Costs: USSA Membership, Race entry fees, UOP Ski Pass ~\$210, Park City Mountain Youth Pass ~\$389, IKON Full ~\$369

**Team Name:** U10 YSL 45 (Previously All Mountain Rippers – 45 Day)

- Head Coach and Assistant Coach
- Ages: 8-9 (3rd – 4th grades)
- Days on Snow: ~45
- Weekly schedule:
  - Off Season Dryland training will take place Monday and Wednesday 3:30 – 5:00pm, Sept 4 – Nov 22 (weather dependent)
  - Wednesday night at UOP for Gate/drill/competition training 4:00 - 6:30 pm
  - Winter Sports Fridays (Jan 15 - Feb 12) Free skiing PC/IKON 12:00 - 4:00 pm
  - Saturday UOP/PC for Gate/drill/competition training 9:00 - 11:30 am (2:30 if at PC/Canyons)
  - Sunday Free skiing PC/IKON 9:00 - 2:30 pm
- Transportation included so please add approximately 45 minutes of travel time to and from training if using transportation except local races.
- Team Fee: \$5000
- Race Series: Blend within Youth Ski League (YSL) and South Series (SS)
- Prerequisite: By coach's recommendation, using an internal skill evaluation system. New athletes must have prior racing experience.
- Extra Costs: USSA Membership, Race entry fees, UOP Ski Pass ~\$210, Park City Mountain Youth Pass ~\$389, IKON Full ~\$369



**Team Name:** U12 SS (Previously All Star)

- Head Coach and Assistant Coaches
- Ages: 10-11 (4th – 6th grades)
- Days on Snow: ~60
- Weekly schedule:
  - Off Season Dryland training will take place Monday and Wednesday 3:30 – 5:30pm, Sept 4 – Nov 22 (weather dependent)
  - Wednesday night at UOP for Gate/drill/competition training 4:00 - 6:30 pm
  - *Note: Middle School U12 athletes to train with U14s Gate/drill/competition training 1:30 - 4:00 pm during Winter Sports Wednesdays (Jan 15 - Feb 12) and not participate in Wednesday night training*
  - Winter Sport Friday, Lower School, (Jan 15 - Feb 12) Free skiing PC/IKON 12:00 - 4:00,
  - Saturday UOP/PC for Gate/drill/competition training 9:00 - 11:30 am (2:30 if at PC/Canyons)
  - Sunday Free skiing PC/IKON 9:00 - 2:30 pm
- Transportation included so please add approximately 45 minutes of travel time to and from training.
- Team Fee: \$6,911
- Race Series: South Series (SS)
- Prerequisite: U10 YSL Graduate and/or U10 YSL who has shown competitive results within the YSL. Coach recommendation from previous program. New athletes must have prior racing experience.
- Extra Costs: USSA Membership, Race entry fees, June Ski Camp ~ \$TBD, Big Sky November ski Camp \$TBD, UOP Ski Pass ~\$259, Park City Mountain Youth Pass ~\$390, IKON Full Pass ~\$369

**Team Name:** U14 First year (Previously Academy Prep 1, AP1)

- Lead Coach, Assistant Coach, and Part Time Seasonal Coach
- Ages: 12-14 (6th – 7th grades)
- Days on Snow: ~80
- Weekly schedule:
  - Off Season Dryland training will take place Monday through Friday 3:30 – 5:30pm, Aug 26 – Nov 22.
  - In Season Monday Dryland and Sports Psychology 3:30 – 5:30pm
  - Wednesday night (Dec 4 - Jan 8 and Feb 19 - March 25) at UOP for Gate/drill/competition training 4:00 - 6:30 pm,
  - (November)~\$750, Big Sky Ski Camp (November)~ \$2,500, UOP Ski Pass ~\$259, Park City Mountain Youth Pass ~\$389, IKON Full Pass ~\$1000

- Winter Sports Wednesday (Jan 15 - Feb 12) training at UOP/PC/IKON for Gate/drill/competition/freeski training 1:30 - 4:00 pm
- Thursday Night session at UOP Gate/drill/competition training 4 - 6:30pm
- Saturday, and Sunday UOP/PC/IKON for Gate/drill/competition/freeski training 9:00 - 11:30 am (2:30 if free skiing) there, there will be days for free skiing weekly throughout the season but will be based on the weather and conditions.
- Transportation included so please add approximately 45 minutes of travel time to and from training
- Team Fee: \$8,170
- Race Series: South Series and/or U14 Series
- Prerequisite: By coach's recommendation, baseline using IMD selection boards. New athletes must have prior racing experience!
- Extra Costs: USSA Membership, Race entry fees, MT Hood Ski Camp (June) ~\$2,200, Mt Hood Ski Camp (August) ~\$2,000, Colorado ski Camp (November)~\$750, Big Sky Ski Camp (November) ~ \$2,500, UOP Ski Pass ~\$259, Park City Mountain Youth Pass ~\$389, IKON Full Pass ~\$1000

**Team Name:** U14 Second year (Previously Academy Prep 2, AP2)

- Head Coach, Assistant Coach, and Part Time Seasonal Coach
- Ages: 13-14 (Must be a 2nd year U14 (7th or 8th grade)
- Early school release from after Thanksgiving break to late March
- Days on Snow: ~120
- Weekly schedule:
  - Off Season Dryland training will take place Monday through Friday 3:30 – 5:30 pm, Aug 26 – Nov 22.
  - In season Monday Dryland and Sports Psychology 3:30 – 5:30 pm
  - Tuesday – Friday early release UOP/PC for Gate/drill/competition training 1:30 – 4:00 pm
  - Saturday and Sunday UOP/PC for Gate/drill/competition training 9:00 - 11:30 am (2:30 if free skiing) there will be days for free skiing weekly throughout the season but will be based on the weather and conditions.
- Transportation included so please add approximately 45 minutes of travel time to and from training
- Team Fee: \$12,135
- Race Series: U14 Series and IMD Open Series
- Prerequisite: By coach's recommendation, baseline using IMD selection boards for new athletes.
- Extra Costs: USSA Membership, Race entry fees, MT Hood Ski Camp (June) ~\$2,200, Mt Hood Ski Camp (August) ~\$2,000, Colorado ski Camp

# **ROWLAND HALL WINTER SPORTS PROGRAM**

## **HOW DOES THIS AFFECT ROWMARK ATHLETES TRAINING PROGRAM?**

In the 1960s, Winter Sports began as a physical education program. The tradition continues today as our Winter Sports program allows students to connect with seasonal physical and athletic pursuits, some of which take advantage of Salt Lake City's geography, climate, and unique setting as a metropolitan area with immediate and extensive wilderness access and/or the resources available as a former Winter Olympics host city in 2002.

Our goal is to expose students to new sports and recreational activities that may become lifelong pursuits and, in turn, improve physical and emotional well-being. All Winter Sports courses include guided instruction for skill development and enhancement and are designed to keep students physically active throughout the course. All Winter Sports options are selected to maximize student physical and emotional safety and have been determined by the school to be of educational value.

Lower School and Middle School students participate in the Winter Sports program, which begins in mid-January and continues for five Wednesday and Friday afternoons. New for this year the Lower School will participate on Fridays and the Middle School on Wednesdays. The academic schedule is shortened on these days so students can participate in activities such as downhill skiing and snowboarding, ice skating, cross-country skiing, backcountry skiing, curling, yoga, tennis, squash, SCUBA training, and rock climbing.

As Rowmarkers we take advantage of these days to gain an additional 5 days of training in the 12:00pm to 4:00pm time block with first year U14, U12 and U10 groups on the respective days. Note that U12 students in the Middle School will train with the first year U14 on Wednesday afternoons. U8 students are encouraged to participate in the sport of their choice on these days and if it is skiing, they can take the Lower School bus to Solitude and experience a traditional group ski lesson with their peers.

# GUIDELINES AND EXPECTATIONS

## ATTENDANCE

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 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 a "time sponge" that soaks up important hours. So, we stress a higher level of awareness around time spent on social media, texting or in front of any screen. In other words, do not get lost in some video game while real life goes on around you.

It is 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 choosing to pursue academics and ski racing at a high level daily. Look at it this way: if you seek extraordinary experience, you must 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, and 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 our activities equally and Rowmark student-athletes, by joining the Rowmark program, agree 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 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 particularly important to respect others' 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 must show up at least ten minutes before 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. 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 screwdrivers 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 ahead of time, the day before if possible. Coaches cannot be expected to fix problems that should have been dealt with earlier. Of course, there will always be true last-minute problems, which the coaches will do their best 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 of 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.

## **BEHAVIOR AND DISCIPLINE**

Respect for self, respect for others, and respect for property form the cornerstones of Rowland Hall and Romark's behavior expectations. Courtesy and consideration for the feelings of others are the foundation for acceptable conduct in all situations, both on and off campus.

Efforts are made at school to help students develop skills in making responsible behavior choices and, if necessary, to help a student modify inappropriate choices.

## **BEHAVIORAL CONCERNS**

All children are learning appropriate behavior and at times make mistakes. Coaches work closely with parents to help students learn what is expected when participating in Rowmark activities, which sometimes takes time. If you encounter behavior of children that is troubling to you, please ask the coach or the Rowmark Junior Program Director directly about the situation.

If your child is involved in a challenging situation, work directly with the coach or the Rowmark Junior Program Director to obtain all the information. Children are not always good historians; relying on a young child's interpretation of events, although accurate from the child's perspective, may not be the complete picture. You will gain greater insights by learning about an incident from the coach's perspective.

## **CODE OF CONDUCT**

We expect all student athletes to behave appropriately and respect the school and our community. Non-compliance with the school and Rowmark Rules and Code of Conduct will result in consequences with disciplinary actions. Consequences will vary depending on the infraction, but first offense will be a firm warning and parent consultation, second offense result in removal from current activity and parent consultation, and third offense will result in not being able to attend the next upcoming event regardless of what it is, training, race, camp, activity etc. and parent consultation.

- Student-athletes are expected to treat teammates, other competitors, coaches, officials, and all adults with kindness and respect.
- Student-athletes are expected to treat the school buildings, furniture, restrooms, campus, buses, training facilities, camp facilities, and all school equipment with respect and care.
- Student-athletes must always follow the bus rules (posted in the bus).
- Any weapon-like toys are never allowed anywhere.

- Student-athletes should use the restrooms when they arrive at the resort or during break. Having to take a bathroom break in the middle of a training session disrupts the training.
- Profanity and other inappropriate language are not permitted anywhere.
- Student-athletes in the Lower School and Middle School may not chew gum or eat candy in school or on the bus. We ask that you avoid candy, gum, and soda for snacks after school and weekend training sessions.
- Lower School student athletes must leave personal electronic devices at home. This includes smart watches on the Rowmark bus. Exceptions will be made with approval from the Junior Program Director.
- Student-athletes must treat their ski racing equipment with respect. Ski poles are not to be dropped from the chairlift nor be used as swords and/or weapons at any time. Immediate removal of the ski poles will take place on the first incident and will remain off limits to the student athlete(s) for the remainder of the training session.
- Student-athletes will not participate in snowball fights or mischievous behavior at the start of any race or training location.
- Student-athletes will not participate in mischievous and disruptive behavior during any dryland training or ski training/races.
- Student-athletes must keep the Rowmark meeting spaces clean and clear of debris. This includes the foyer and locker rooms in the Lower school gym.
- Student athletes U10, U12 and U14, are expected to pack and carry their own equipment and should not blame a parent for packing the wrong skis and/or wrong helmet and protective gear.

## **SERIOUS BEHAVIOR INFRACTIONS**

The consequences for serious behavior infractions go to a zero-tolerance policy. See below for Disciplinary actions.

- Willfully destroying or abusing school property and property of others, including vandalism.
- Possession of a gun, knife, matches, or potentially dangerous items.
- Leaving training without permission.
- Being in an off-limits area.
- Bullying, harassment.
- Threatening or inflicting bodily harm on another person, fighting.
- Hiding from adults, not responding when called.
- Repeated non-compliance with Rowmark, school and classroom rules.
- Hacking or accessing another person's student folder, accounts, email, or other electronic files.

- Sharing photos, videos, or other content about teammates, coaches, or others without express consent

## **DISCIPLINE**

We are committed to fostering a safe, inclusive, and respectful training environment for all our student athletes. Disciplinary actions are not intended as punitive measures but rather are designed to promote self-reflection, personal responsibility, and growth. Our approach to discipline is rooted in empathy, understanding, and a commitment to helping students make choices that consistently contribute to a positive learning environment.

Potential disciplinary actions in response to serious or repeated behavior infractions include:

- In-Rowmark Suspension: A temporary removal from the regular training setting while the student reflects on their actions and works on a plan for improvement.
- Out-of-Rowmark suspension: In more serious cases, a temporary suspension from Rowmark activities, during which the student is expected to reflect on their behavior and take steps towards positive change while at home may be required.
- Behavior Contracts: In cases of repeated or significant behavioral concern, a student may be placed on a behavior contract. Typically, both parents and students are asked to sign these documents which clearly outline the school's and Rowmark's expectations as well as potential consequences for further behavioral infractions.
- Exclusion from School Programs including Rowmark: In some cases, continued or severe misconduct may lead to dismissal from the school program.
- Referral to Outside Support Services: When deemed necessary, the school may recommend or require the involvement of external support services, such as counseling or therapy to address underlying concerns contributing to the behavior.

Disciplinary responses will vary based on the unique circumstances surrounding each incident and, as such, this list is not exhaustive. Factors such as the nature of the event, whether it is an isolated or repeated behavior, and the needs of the individual student and community will be considered when determining the appropriate course of action.



## **ROWMARK BUS RULES**

- The bus is an extension of the classroom. All Rowland Hall school rules and expectations apply to all Rowmark Athletes while riding a Rowmark bus. Please see the parent/student handbook for school rules and expectations.
- Rowmark Athletes are expected to follow the driver's instructions the first time asked.
- Rowmark Athletes are expected to show respect toward adults, other students, and school bus property.
- Rowmark Athletes must always wear properly fastened seat belts.
- Rowmark Athletes are expected to sit in their ASSIGNED seats and face forward while the bus is in motion.
- Rowmark Athletes are expected to talk quietly, using appropriate language.
- Rowmark Athletes are expected to keep hands, feet, and objects to themselves and inside the bus. Rowmark Athletes must never throw anything out of the bus windows.
- Electronic devices (Phones, Tablets, Computers and Watches) are not allowed while riding the bus to and from local training.
- Rowmark athletes are responsible for picking up all their belongings, trash and are responsible for cleaning their seat, and the area around their seat including on the floor before exiting the bus, every time!
- Don't lose your bus privileges, keep OUR bus safe and clean!

If a child is not following the above guidelines the following consequences will occur.

The initial infraction will be an opportunity to have a dialogue with the student about their inappropriate behavior. The student(s) will receive a warning and be advised to change their behavior.

If the inappropriate behavior continues after the initial warning, parents will be contacted. Consequences for continuing and/or serious infractions may include loss of bus privileges.

## EQUIPMENT

For your athlete's equipment please use this information as a guideline. It is not one size fits all in ski racing as there are many factors that come into play.

We recommend you take advantage of ski shop Fit Days to get feedback from your athletes coach, manufacturer reps, and get the most appropriate equipment for the racing season.

Rowmark Fit Day TBD!

<b>Equipment Recommendations by Program</b>			
<b>Class</b>	<b>SL</b>	<b>GS</b>	<b>Boot</b>
U8	Kombi		3-4 buckle boot
U10 1st year	125-130	135-145	60 flex/4 buckle
U10 2nd year	130-135	145-155	65 flex/4 buckle
U12 1st year	135-140	145-155	70 flex/4 buckle
U12 2nd year	140-145	160-175	75 flex/4 buckle
U14 1st year	145-150	160-175	80 flex/4 buckle

## EQUIPMENT DESCRIPTION

### Skis

- Kombi (Combi) - A combination of a Slalom ski and Giant Slalom ski typically used for younger ski racers
- SL - Slalom
- GS - Giant Slalom
- SG - Super Giant Slalom (speed skis for U14)

### Poles

- GS – The pole has a curve to hug the body when skier is in a tuck position
- SL – The pole is straight
- Hand Guards – For Slalom racing and training, the guards attach to the grip of the pole to protect the skier's hand from the gate.

### Helmet:

- Hard-eared helmets are required by US Ski and Snowboard for all athletes.
- Chin guards are required for SL racing and training and easily attach to a hard-eared helmet.

## NOTES ABOUT EQUIPMENT

**Helmets MUST have hard shell plastic over the ears for additional safety.** Make sure there is a chin protector bar for Slalom training and racing. The bar needs to be easily removed for GS and freeskiing.

**Goggles:** choose a goggle that fits into the helmet comfortably (no goggle gap) and protects the eyes from sun, wind, snow, and harsh conditions. Please try on helmets and goggles in store to make sure of the correct fit and size.

**Protection (U10, U12, and U14):**

- SL Pole Hand Guards – full hand protectors for SL skiing
- SL Shin Guards – full shin protectors for SL skiing
- Back Protector – POC/SHRED back protector (*recommended but not required*)

**Soft goods/clothing (All Programs):**

- Ski Gloves / mittens (mittens are warmer) – waterproof gloves preferred.
- Ski Pants / Training Shorts – Ski pants and shorts with zippers on the sides for easy on and off while training/racing in GS Suit. (*Regular ski pants for U8 skiers, GS suits are not recommended for this age group*).
- Ski Socks – wool or blended ski socks that are moisture wicking (cotton socks are not recommended for skiing). Longer socks that pull over calves are recommended.
- Long Underwear – thermal top and bottoms, moisture wicking or wool is recommended.

**Additional recommended items:**

- Gear bag / boot bag for above-mentioned equipment.
- Ski straps for skis
- Sunscreen
- Neck warmer (BUFF)
- Hand warmers

## EQUIPMENT RECOMMENDATION BY PROGRAM

### U8

Skis (multi-event ski), boots, poles (one pair straight), helmet, goggles, and soft-goods - gloves/mittens, ski socks, long- underwear, neck warmer, speed suit (*optional*) ski

pants, and team jacket. Soft goods should fit in a daypack and be easily carried by the child on their own.

### **U10**

Skis (SL race & Powder), boots, 2 sets of poles (GS bent and SL with Gate Guards), helmet, goggles, tuning equipment (introduction kit), and soft-goods -gloves/mittens, ski socks, long-underwear, neck warmer, speed suit, ski pants, and team jacket. Soft goods should fit in a daypack and be easily carried by the child on their own. Optional ski: GS race. General recommendation for the U10 is a SL ski that comes just below their nose and an all-mountain ski that comes forehead range in size is good and can be a bit shorter or longer depending on ability of skier. Waist between 78-82 mm is ideal for their all-mountain ski.

### **U12**

Skis (GS race, SL race, and Powder), boots, poles (GS bent and SL with Gate Guards), helmet, goggles, tuning equipment, body armor/protection (SL hand & shin guards, back protector, padded undershirt), GS speed suite, gloves/mittens, ski socks, long-underwear, neck warmer, ski pants, and team jacket. Soft goods should fit in a daypack and be easily carried by the child on their own.

### **U14**

Skis GS race (1 Pair), SL (2pair) race, Powder, and SG race), boots, poles (GS bent and SL with Gate Guards), helmet, goggles, tuning equipment, body armor/protection (SL hand & shin guards, back protector, padded undershirt), GS speed suite, gloves/mittens, ski socks, long-underwear, neck warmer, ski pants, and team jacket. Soft goods should fit in a daypack and be easily carried by the child on their own.

## **GENERAL GUIDELINES FOR FITTING EQUIPMENT**

**Boots:** Take liner out of boot and step foot into shell. Slide toes to touch the front of shell, fit 2 fingers between the heel and the shell. If there is more room than this the boots may be too big and if there are less than 2 fingers, the boots may be too small. Try the liner without the shell and find the big toe; big toe should not be too tight in the liner. For more competitive athletes, we look for a tighter fit, but skiers should still be comfortable to ski an entire day in boots without taking the boots off. Skiers must be able to buckle their own boots.

Flex of boot varies depending on weight. It is important for skiers to be able to flex boots when in a standing position. U10 athletes should look for softer 60-70 flex. U12 athletes should look for stiffer boots, but not exceeding 80 flex. U14 should be in a 90-110 flex, please work closely with our coaching staff prior to buying your boots.

**SL skis:** should be between chin and mouth however can be shorter or longer depending on the athlete's ability, size, and weight. U8 can use a Kombi ski that works for both SL and GS and should measure at eye level.

**GS skis:** measured at 5 cm above the head for U10 and U12, and 10 cm above the head for U14's, however, can be shorter or longer depending on the athlete's ability, size, and weight.

## **U.S. SKI AND SNOWBOARD U12 AND YOUNGER EQUIPMENT RECOMMENDATIONS**

U12 and younger athletes should limit skis based upon the recommendations in the US Ski and Snowboard Alpine Training System and the Course Setting matrix: U12 - two pairs (SL, GS), length ski/size appropriate, one pair of all mountain skis is recommended. U10 - One pair of SL skis and one pair of all mountain skis is recommended. ***PLEASE NOTE: For U12 and U10 sanctioned races, only one pair of skis is allowed within the race arena to be used for both inspection and competition. For example, if you inspect on your all-mountain skis, you must race on your all-mountain skis.***

## **U.S. SKI AND SNOWBOARD SKI WAX AND SKI PREPERATION**

U.S. Ski & Snowboard has prohibited wax products containing fluorocarbons from use in all sanctioned competitions. ***For U14 and Younger sanctioned competitions, no wax benches are allowed in the race arena, which is defined as the areas between the fences and including the start and finish areas. Also, no waxing application is allowed in the competition venue, which is defined as the ski resort***

If you have questions or issues with the above equipment definitions, recommendations and/or rules, please feel free to contact the Director of the Rowmark Junior Program or your athlete's Rowmark Junior Program Coaches.

## **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 does not 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 is also very costly and means that the student-athlete is missing more school.

### **B. Goal Setting**

It is 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 in line with the goals.

### **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 canceled 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 Junior Program Director or primary coach if you have any questions.

### **E. Race Entries**

Athletes are responsible for completing all race entries, usually via [admskiracing.com](http://admskiracing.com).

## **ATHLETE 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.

# **PARENT SUPPORT**

## **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 child's primary coach, or Rowmark Administration. Our sport is complicated with regards to 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 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 as possible, while others do not, or cannot. We have learned that it is not always best for a parent to attend "the more important" races especially if they do not 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 help instill athlete independence and for the most effective interaction between athlete and coach, and 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 do not 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 or training venues including the start area unless they are an alpine official or volunteering at the race. If there is safety netting (B-nets) on the hill, you must stand behind the netting, and need to make sure you 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 a race official or an approved volunteer.
4. Parents should not assist their racers by carrying their skis.
5. During the event day, parents, coaches, and athletes may not tune their skis in the race venue.
6. Presence just below or outside the finish area is encouraged. Just give time and space for the athlete and 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 below the finish area can be helpful if it is appropriate.

As we prepare for another Rowmark Junior Program season I would like to share some key information.

## **DRYLAND SCHEDULE**

### *Middle School Students*

- Starting Monday, August 26
- 5 days per week - Monday thru Friday. *Rowland Hall offers a late bus for Park City student-athletes that departs the Middle School at 5:35 pm Monday – Thursday. There is no late bus on Fridays so Park City students will need to be picked up from the school that day (excluding holidays and breaks).*
- 3:30-5:00 pm
- August 29-30 will be mandatory physical fitness testing. This is only for internal uses to get a baseline at the beginning of the season and again in the Fall and Spring.
- Middle School dryland will include any Rowmark athletes in 6<sup>th</sup>-8<sup>th</sup> grade.
- We meet at the 4-square area outside the Middle School commons at 3:30 pm
- Training will be held on the Middle School Field.

### *Lower School Students*

- Starting Wednesday, September 4
- 2 days per week, Monday, and Wednesday (excluding holidays and breaks)
- 3:15-4:45 pm, *Pick-up is at 4:45 pm or let us know if your child will be going to the Rowland Hall Extended Care program from dryland training, and please sign up for Extended Care in advance through that program.*
- Lower School dryland will include any U10 and U12 Rowmarker
- We will meet on the parking lot side of the McCarthy Campus Sparrow Fieldhouse
- Training location is TBD given the construction of the new campus

## **WHAT'S NEXT?**

- Submit your team contract to Wendy [wendyhare@rowlandhall.org](mailto:wendyhare@rowlandhall.org)
- Renew/Register your child's US Ski and Snowboard membership by July 1 [www.usskiandsnowboard.org](http://www.usskiandsnowboard.org)
- Purchase the required ski passes for the season now for the best prices.
- Attend Dryland training!
- Product Fit Day TBA.