

MEMORANDUM

TO: Ski Championship Teams & Individuals
FROM: MPA Ski Committee
Ted Hall, Chair
DATE: February 6, 2015
SUBJECT: State Ski Championships

Congratulations and welcome to the schools and individuals that will be competing in the upcoming ski championships! Below please find some general information that should help answer some of your questions. Please share this information freely with your coaches, athletes, and parents. If you have any questions, please don't hesitate to contact Ted Hall at Yarmouth High School (846-5535 or ted_hall@yarmouthschools.org) or Mike Burnham at the MPA office (622-0217, ext. 25 or mburnham@mpa.cc).

2015 SKI SCHEDULES: Attached to this memo you will find updated championship schedules. We have made some minor adjustments to the schedule since this was originally posted online. ***The start time for the Alpine championships at Big Rock will now begin at 8:30am.***

QUALIFYING FOR INDIVIDUAL EVENTS: For the 2015 championships, athletes competing in the championship races must have competed in at least one meet in the event during the regular season. Waiver requests for skiers who were NOT able to ski in one meet must be submitted to the MPA office. Skiers may be entered as competitors for skimeister if they are entered as part of their team in at least two other events. Again this year each school may enter one additional male and one additional female candidate as a "skimeister-only" competitor even if that individual is not competing as one of the top six competitors in any discipline.

ENTRY FEES: Fees this year remain at \$375 per team (Alpine and Nordic) and \$125 per individual if you don't have a full team. There will be an additional lift fee of \$20.00 per skier per day from Big Rock. That bill will be sent directly from the mountain.

COACHES' ELIGIBILITY: Any coach that is working with athletes must be listed on the MPA coaches' eligibility form submitted by the school. Any coach listed as an eligible coach may be issued a coaches' bib (Nordic) or coaches' lift ticket (Alpine).

COACHES' MEETINGS: The coaches' meetings held each day are very important to get directions from the officials. Please make sure that at least one coach from your team attends these meetings.

ENTRY FORMS: These must be submitted to the MPA office on or before **February 11, 2015**. Any athlete competing as an individual must use the standard entry form and must include a coach who meets eligibility standards and accompanies the athlete to the meet. Individual skiers compete in the class of the school they attend.

Memorandum to Ski Championship Teams and Individuals

February 6, 2015

Page – 2 –

RULES: All championship meets are governed by the Maine Interscholastic Skiing Rules and the MPA Ski Bulletin. Copies of the 2014- 2015 ski rules and the 2014-2015 Ski Bulletin may be found on the MPA website (<http://www.mpa.cc/interscholastic-activities-committees/skiing.html>).

SPORTSMANSHIP: All competitors and coaches are expected to conduct themselves in a respectful and sportsmanlike manner. Swearing or other unsportsmanlike behavior will cause a competitor to be disqualified and to lose any points earned during the meet. Sportsmanship voting will take place prior to the state meets. This year we will be issuing a sportsmanship banner in both alpine and Nordic so each school is asked to vote for the top three teams in each event.

GATE KEEPERS: Because of the difficulty in securing gatekeepers, and not having enough coverage on the mountains, schools will no longer be required to provide volunteers to serve as gatekeepers. Each mountain will hire sufficient gatekeepers to work at the alpine championships. Each school will be charged a \$100.00 fee to help offset the cost of the gatekeepers. If a school has anyone that would like to work as a paid gatekeeper please forward the names and contact information to the MPA and we will forward that to the mountains.

LODGE SPACE / CONCESSIONS: Space is limited in all of the ski lodges. Each lodge has their own concession stand where food will be available. Tailgating (including the use of electrical appliances) in any of the lodges is **not permitted** and schools and/or families are asked to occupy no more than one or two of the available tables in the lodge. Teams wishing to tailgate may do so in the parking areas. ***Please share this information with any ski booster/parent groups well in advance of the championship events.***

BIBS: All bibs must be worn outside of the clothing and must be clearly visible with the numbers showing. MPA eligible coaches will be issued bibs for course access in the Nordic races. In a Nordic race coaches with bibs will be allowed to run on the side of the course with their athlete for up to 30 meters.

HELMETS: Undamaged downhill or super GS helmets must be worn for all slalom and giant slalom races.

WAXING: Only those ski coaches meeting MPA Coaches' Eligibility Standards and parents of athletes listed on the ski team roster may wax skis at the ski meet. A competitor may wax his/her skis during the race without assistance from another person.

INSPECTING THE COURSE: Training (skiing the course) is not allowed in Alpine races under penalty of disqualification. Athletes may inspect the course by side slipping down the outside of the course. Specific instructions regarding slipping the course will be provided at the coaches' meeting each morning.

LIFT PASSES: Only those athletes that will be competing in the races will be issued lift passes. Should an alternate be entered into an event, then that person shall receive a pass. All other lift passes will need to be purchased by the team or individual.

T-SHIRTS: Action Screen Printing t-shirts and sweatshirts will be on sale at all state championship sites.

VIDEO: No video evidence will be allowed during a protest.

DIRECTIONS:

MT. ABRAM SKI RESORT
(308 Howe Hill Road, Greenwood)

From the South - Take the Maine Turnpike to Exit 63 at Gray. Go north from Gray on Route 26 for 45 miles. Mt. Abram is on your left in Greenwood/Locke Mills.

From the North - Take I95 to Exit 157 at Newport. Go west on Route 2 through Rumford to Route 232 south. Turn right and travel north on Route 26 to Greenwood. Mt. Abram is on your left.

From the West - Take Route 2 east to Route 26 south to Greenwood. Mt. Abram is on your right.

From the East - From Augusta, take Route 202 west to Route 133 to Route 219 to Route 26 North to Greenwood. Mt. Abram is on your left.

STARKS HILL
(Fryeburg)

STARK'S HILL TRAILS:

Entering Fryeburg on Route 302 from Bridgton:

Fryeburg Academy will be on the left as you enter town. Go straight, through the traffic light and take the "first left onto Oxford Street at the Norway Savings Bank. Oxford Street will immediately fork, bear right onto Smith Street and follow to the end (at a sharp turn).

At the turn:

Teams, Buses & Drop O# will head toward B & C Collision Center and continue toward the trailhead (it will not look like you are going to a ski course). Parents & Spectators will turn left and park in one of the designated areas around the industrial buildings.

FRYEBURG ACADEMY FIELD HOUSE:

Located on the Fryeburg Academy campus on Bradley St.

BIG ROCK SKI AREA

(37 Graves Road, Mars Hill)

To get directions to Big Rock Ski Area is go to www.bigrockmaine.com and on the bottom left hand side there is “Get Directions”. All you will have to do is put in your address and it will give you directions to Big Rock Ski Area.

NORDIC HERITAGE CENTER

(Rt. 167, Presque Isle)

From Bangor take Interstate 95 north until you come to Houlton Exit 295. Take route one 42 miles north to Presque Isle. Travel through Presque Isle until you reach the Aroostook Centre Mall, just before the bridge over the Aroostook River. Turn right at the Aroostook Centre Mall and take Route 167 east for 5 miles. Just past Quoggy Jo downhill ski area (on your left), there is a lighted Nordic Heritage Ski Center sign on the left, take a left onto the Nordic Heritage access road and continue one mile to the parking lot and lodge.