

TEAM HANDBOOK

2017-2018



MAD ALPINE

WELCOME!

Mad Alpine is one of the Midwest's premier Alpine Racing Programs based out of Madison, Wisconsin. Our team draws athletes from all over Dane County, and the surrounding areas. Mad Alpine has a culture of excellence coupled with a history of achievement. Athletes and alumni of Mad Alpine have competed and trained nationally and internationally. They have gone on to compete at ski academies for colleges across the country in club programs, USCSA and Division 1 NCAA schools.

Mad Alpine offers ski racing programs for close to 100 athletes annually. The team benefits from the tireless efforts of its volunteer base and support from the generous corporate community.



MISSION

Developing Athletes. Supporting Dreams

Our goal is to foster a lifelong passion for skiing and ski racing. With a fun, supportive and challenging environment, we help athletes reach their ski racing goals and dreams. We work with each athlete and family, individually, to develop a progression track that aligns with his or her goals.

ABOUT US

Mad Alpine offers a wide range of programs from introductory to elite to meet the various needs of athletes. Our experienced, professional coaching staff has a passion for the sport that is infectious.

Mad Alpine is a proud member of USSA – US Ski & Snowboard Association. US Ski & Snowboard is the national governing body of ski racing, which splits the country into geographic sections. Mad Alpine competes with Region II of the Central Division, which includes Wisconsin, the western U.P., eastern Iowa, Illinois and Missouri. Region II typically hosts 5-6 races each season during weekends between December and March.

USSA racing is generally more competitive than junior racing leagues such as WJR, and offers opportunities to participate in out-of-division racing and post-season competitions against other Regions and Divisions across the country.

In addition to USSA racing, Mad Alpine offers access to and coaching at regional non-USSA events throughout the season to our junior athletes. This is an important part of our program as many of these athletes eventually develop into higher level USSA racers or top high school racers. Mad Alpine also supports and trains a large group of high school athletes that participate in local, statewide and national high school racing.

To review details on all of our programs visit our website www.madalpine.com.

OVERVIEW OF PROGRAMS

Mad Alpine offers a variety of programs to meet the needs of various athletes. Below is a recap on each program. Please reach out to us if you have any questions on the programs. For the most up to date program offerings, please visit www.madalpine.com and click the programs tab at the top of the page.

With all of our programs, athletes will receive:

- A high level of support and attention
- A professional, high energy, experienced coaching staff
- A low athlete-to-coach ratio at training and races
- Video analysis & timed training*
- Goal setting assistance and individual track planning*
- Access to holiday training camp*
- Dryland training each fall to prepare for season*

**Exception of the Mountain Explorers Program*

MOUNTAIN EXPLORERS (AGES 5-8): This program is all about exploring the mountain, learning new skills, becoming stronger skiers, and introducing kids to ski racing in an fun, support environment. We have three program options within this program.

WISCONSIN JUNIOR RACING (AGES 5-18): Wisconsin Junior Racing also known as WJR, is our introductory racing program. The focus is still on building strong fundamentals at training practices twice per week (especially in the U14 & under group). Athletes are then able to compete in a fun recreational league against other kids their age throughout Madison and Milwaukee. There are two WJR programs available one for U14 and under athletes and another listed under our High School programming for U16 and up athletes.

HIGH SCHOOL: High School ski racing is a huge part of Wisconsin! We offer training opportunities two evenings per week to high school athletes looking for extra training during the season. In addition, we have a program option that allows athletes to compete in our

to highly experienced USSA certified coaches and ski next to the USSA athletes each evening.

US SKI PROGRAMS (AGES 6-22): Mad Alpine is a US Ski and Snowboard (USSA) member club and offer programs for all age levels, U10-U19 primarily. Athletes in this group train three evenings per week and have a more extensive travel schedule where they compete in USSA Region 2 races throughout the Midwest. Athletes in the U14, U16 and U19 age groups have the opportunity to qualify and participate in championship events at both the Divisional and National levels.

FIS TEAM (U19+ ATHLETES): The FIS team is an extension of our US Ski Programs for athletes in the U19 age group and up. Athletes in this group compete in FIS (International Ski Federation) events throughout the Midwest, nationally and can even compete internationally. This is an elite program for our highest-level athletes many of whom are looking to compete in the college or have aspirations for making the US Ski Team.

MAD ALPINE TRAINING PROGRAMS

All training takes place at Tyrol Basin. Times and evenings vary based on the program, please see our website for these details.

Please make sure that your athletes arrive on time to the best of your ability. We realize schedules are busy, but it is important to utilize the entire training block. Arriving early, prior to practice start time will allow athletes to get on their equipment and take a couple of warm-up runs. This will set the athletes up in the best possible way to make the most out of each practice session.

Mad Alpine endorses and follows the USSA Alpine Training Systems (ATS) approach when it comes to athlete development. The next section outlines information on the ATS system. In addition, you will see a chart that shows our program progression chart.

ATS OVERVIEW

The Alpine Training System provides an optimal developmental blueprint for ski racers. It has been designed to ensure that all athlete, coach and parent members of the USSA have the best possible opportunity to fulfill their athletic dreams and talent. It is based on a **long-term athlete development model (LTAD)** for skiers that emphasizes **age-appropriate** training and competition.

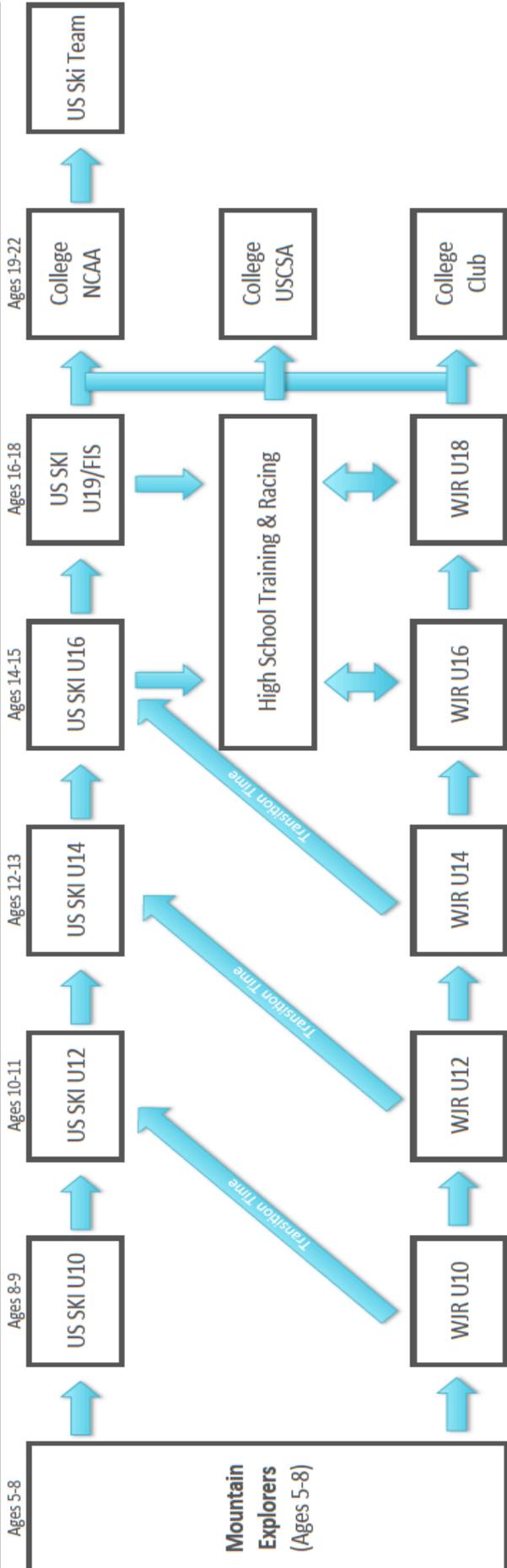
The USSA Alpine Training system is a vital tool to help parents, coaches, and athletes focus on the right things at the right time to maximize their improvement, long-term potential and enjoyment in skiing.

At its most basic level, LTAD is about doing the right things to prepare athletes for **long-term success and enjoyment**. In many cases, traditional training and competition programs are designed around short-term success to the detriment of long-term potential. While the United States has developed many international stars in alpine ski racing, there is great opportunity to increase the competitive density. At the same time, while skiing is an inherently enjoyable and thrilling sport, too many skiers drop out at young ages. The USSA Alpine Training System helps address both of these concerns.





Program Progression



LIFE LONG LOVE OF SKIING, FAMILY SPORT
 No matter where your exit is on the competition track, we hope that you will find the enjoyment of this sport for a lifetime.

MAD ALPINE COACHING STAFF

We have an amazing coaching staff. All certified through US Ski & Snowboard, have a love for this sport, impressive coaching and skiing backgrounds and all who have a passion for helping athletes become their best. Please take a look at their profiles on our website to learn more about each of them.

MEMBERSHIP LICENSE REQUIREMENT

In order to participate in any Mad Alpine program, you need to register with US Ski & Snowboard. Go to www.ussa.org to obtain the membership prior to signing up for the Mad Alpine program of your choice. This membership provides a variety of benefits (see USSA.org for membership benefits) including insurance and discounts on products. For USSA, Metro Cup or FIS athletes, you will need to register for a Competitors License (fees vary by age). For WJR, High School and Mountain Explorers, you may simply register for a General Membership, the fee is \$20 for the season.

USSA & FIS ATHLETE REQUIREMENTS

1. Register (as noted above) with USSA for a Competitors License. If you are FIS athlete you will also need a FIS license, which can be obtained through USSA.
2. Register with our local USSA, Central Division Region 2, by going to www.region2cussa.com.

Both the USSA and Region 2 sites provide resources for families. We highly encourage you to visit these sites frequently for the latest information on race schedule, race sign up, parent resources, rules and regulations, news and much more!

HOW TO REGISTER FOR A USSA RACE

Athletes are required to register in advance for the races they would like to attend. We encourage athletes to register for events they plan to attend a month prior to the event occurring. This helps us to plan for staffing each race adequately. In order to register for a race, you will need to log into your my.ussa.org account to register an athlete for a specific event. The process is fairly easy if you remember two things 1) first select your athlete, 2) then click on the “Athlete Event Registration.” The site will then generate a list of available events based on the age and gender of the athlete selected. Each race event has an individual entry fee and the fee varies depending on whether the race is a “scored event” or a “non-scored event”. Typically USSA Region 2 sponsored non-scored events are \$16/race, and scored events are \$27/race. Athletes that are U14 and under will sign up for non-scored events while athletes U16 and older will sign up for scored events. Note that there are a few select events during the season where a U14 athlete will sign up for scored events, these will be communicated on the R2 calendar.

If you have any questions regarding USSA registration, please do not hesitate to ask your coaches.

HOW TO REGISTER FOR A WJR RACE

When you sign up for one of our WJR programs, you will automatically be registered for all WJR races during the season. The WJR race fees are included as part of the WJR program. Each athlete will be assigned a bib for the season. It is your responsibility to bring your bib to each competition. If a bib is lost, a fee will be charged.

AGE GROUPS

Athletes at all USSA, WJR and the majority of local races are grouped by age in the “U” system which means “under”. Below is an outline of age groups for your reference. Athletes only move out of an age group when they age out. For instance, an 8 year old athlete is considered a U10 as the athlete is under 10 years old but over 8. This athlete will stay in the U10 category for two seasons before being old enough to ski in the U12 category.

| Category | Age in Season (as of Dec. 31) | Birth Year |
|----------|----------------------------------|------------|
| Seniors | 21 & Older | 1995 |
| U21 | 20 | 1996 |
| | 19 | 1997 |
| U19 | 18 | 1998 |
| | 17 | 1999 |
| U16 | 16 | 2000 |
| | 15 | 2001 |
| U14 | 14 | 2002 |
| | 13 | 2003 |
| U12 | 12 | 2004 |
| | 11 | 2005 |
| U10 | 10 | 2006 |
| | 9 | 2007 |
| U8 | 8 | 2008 |
| | 7 & Younger | 2009 |

MAD ALPINE EQUIPMENT RECOMMENDATIONS

Mad Alpine adheres to all USSA equipment recommendations and requirements. The most updated USSA rules on ski length and radius by age group outlined on our website.

General Observations – Ski selection, both model and length are personal and to a large degree a subjective decision. Optimal ski length is determined by ability, weight, and strength. We have a general guideline for equipment recommendations by age group on our website under the parent resources section. A version of this is shown on the next page.

EQUIPMENT SELECTION

Finding the right equipment fit for your athlete is very important. Although we understand athletes are growing at this age, it is not recommended to purchase equipment to grow into equipment that is too big or boots that are too stiff will make it difficult for the athlete to execute at their best level. If you have any questions, please contact one of your coaches. We are more than happy to help you find the right fit.

In addition to finding the right fit, it is important that athletes take good care of their equipment. Tuning and waxing your skis after each practice and prior to each race will ensure that your equipment stays in good shape and lives a long life. The more you wax, the faster your skis will become! Tuning is equally as important. If your skis are tuned the same on race day as they are in training, it will ensure consistency so the athletes are comfortable and are able to execute to the best of their ability.



Equipment Recommendations



| US Ski Training Phase | Phase 1 | Phase 2 | Phase 3 | Phase 4 | Phase 5 | |
|----------------------------|---|--|--|---|--|-----|
| Biological Age | Early Childhood | Early Childhood | Pre-puberty before growth spurt | Puberty and growth spurt | Post Puberty after Growth Spurt | |
| Chronological Age | 2-6 years old | 6-10 years old | Girls: 9-13 Boys: 10-14 | Girls: 11-15 Boys: 12-16 | Girls: 12-17 Boys: 14-18 | |
| Time in Sport | 1-4 years in sport | 2-5 years in sport | 4-7 years in sport | 5-8 years in sport | 6-11 years in sport | |
| Program | Mountain Explorers | U10 | U12 | U14 | U16 | U19 |
| Ski Recommendation | Ski should be about chest high with a variation based on height, weight and ski level. One pair of all mountain skis is adequate. | One pair of skis is sufficient for this group. Ski should be about head height with a variation based on height, weight, and skill level. Introduce ski preparation. | Athletes should now have Slalom and Giant Slalom skis. Develop tuning skills. | Slalom and Giant Slalom skis. Further understanding of wax types and ability to get edges sharp. Skis must conform to USSA regulations for any athlete skiing a USSA race during the season. | Slalom and Giant Slalom skis. USSA athletes should also have training skis. Tuning skills continue to improve. Confident in ability to tune for a variety of conditions. Skis must conform to USSA regulations for any athlete skiing a USSA race during the season. | |
| Boot Recommendation | Proper boot fit with soft forward flex for ankle movement to facilitate a balanced athletic stance. For proper sizing, place child's foot in plastic boot shell (with liner removed). Have place their toes as far forward in the boot as possible then see how much space is between the back of their heel and the back of the boot. Anywhere around 2 fingers space is acceptable. Over 3 is too much space and 1 is likely too tight. | Proper boot fit with soft forward flex for ankle movement to facilitate a balanced athletic stance. For sizing, place child's foot in plastic boot shell (with liner removed). Have place their toes as far forward in the boot as possible then see how much space is between the back of their heel and the back of the boot. Anywhere around 2 fingers space is acceptable. Over 3 is too much space and 1 is likely too tight. | Proper boot fit (see phase 1) and flex are critical for performance. Boots facilitate interaction with the ski. | Proper boot fit (see phase 1) and flex are critical for performance. Boots facilitate interaction with the ski. Performance considerations may include flex, cant, forward lean, ramp angle, and foot beds. | Proper boot fit and flex are critical for performance. Boots facilitate interaction with the ski. Performance considerations may include flex, cant, forward lean, ramp angle, and foot beds. | |
| Protection | Helmet required at all times. | Helmet required. Older athletes may need shin guards. | Head, hand, and shin protection recommended based on event. | Head, arm, hand, back, teeth (mouth guard) and shin protection recommended based on event. | Head, arm, hand, back, teeth (mouth guard) and shin protection recommended based on event. | |
| Poles | Optional-introduce at older levels as skill level develops. | Standard length = forearm horizontal with pole tip in snow. | Giant Slalom-standard length. Slalom-pole guard for blocking and protection, pole may be slightly shorter in this event. | Giant Slalom-standard length. Slalom-pole guard for blocking and protection, pole may be slightly shorter in this event. | Giant Slalom-standard length. Slalom-pole guard for blocking and protection, pole may be slightly shorter in this event. | |

MAD ALPINE HELMET RECOMMENDATIONS

Mad Alpine adheres to all USSA Helmet recommendations and requirements. General Observations – Equipment is the responsibility of the athlete and in the case of a minor, their parents or guardians. Equipment must be maintained and utilized in accordance with the manufacturer's instructions.

USSA & FIS HELMET REGULATIONS

During the USSA Congress in May 2015, the Alpine sports Committee passed regulations updating the requirement for U14 and older athletes related to the use of helmets for GS, SG and DH meeting the new FIS standards. Following are the complete USSA helmet regulations including those changes as published in the Alpine Competition Guide.

Equipment is the responsibility of the athlete and in the case of a minor, their parents or guardians. Equipment must be maintained and utilized in accordance with manufacturer's instruction.

In FIS competitions, international competition rules will apply.

Helmets designed and manufactured for the particular event of ski racing being contested are required for all competitors and fore-runners in all USSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98.

U14 and older must use helmets that meet the new FIS standards for all USSA GS, SG and DH competitions.



In Kombi competitions, beginning in season 2015, athletes must use the helmet that meets the standards for the faster discipline being contested.

Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the event being contested, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted on helmets used in SL.

NOTE FOR WJR RACES: Soft ear helmets are not permitted in any event, hard shell only.

Helmet mounted cameras are not allowed on helmets in official training or competition.

USSA does not wish for officials to disqualify, or deny entry or starts to an athlete because the athlete has personalized his/her helmet with stickers, glitter, helmet cam mounts or other applications.

USSA does not specify nor recommend nor make any warranties as to the fitness for use of any particular ski helmet, design or brand name. USSA undertakes no responsibility, liability or duties to any competitor in connection with the requirement that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing.

Caution: Age and use affect the protective qualities of all safety helmets. Some older helmets and any helmets that have been damaged either in a racing fall or from other impact may no longer provide sufficient protection - even if there are no visible indications of damage.

Anyone with questions regarding their helmet should contact the manufacturer for any specific guidelines regarding its safety or use.

YOUR RESPONSIBILITY AS A MAD ALPINE ATHLETE

Becoming a Mad Alpine Athlete is a choice that will affect your daily life and the decisions you make. Having chosen to be a member of the Mad Alpine community, you are also committing to a lifestyle choice. This lifestyle is one that encompasses the attributes of a leader and positive role model in the community and world at large. The lifestyle will also be one that is free of poor behavior and decision-making. This is a big responsibility and is not to be taken lightly. When you become a Mad Alpine athlete, all club policies (including, but not limited to behavior, skier safety, weapons, drugs, alcohol, tobacco, harassment/bullying, etc.) must be adhered to at all times. This means that when you enroll with Mad Alpine, you will be upholding lifestyle decisions that will affect your behavior both inside and outside the Mad Alpine environment year round. You never stop being a representative of Mad Alpine and a positive role model in the community. This is your responsibility at all times.

All Mad Alpine athletes are expected to represent themselves, Mad Alpine and our community in a responsible and positive manner. Athletes must obey all rules regarding skier safety and courtesy while on our home hills and while traveling to competitions, eating at restaurants, and whenever participants are representing Mad Alpine in any way. This responsibility also extends to your daily life outside of Mad Alpine (at home, on vacation, etc.) If any of the Mad Alpine policies are violated at anytime, anywhere, the incident will be considered “Conduct unbecoming a Mad Alpine Athlete” and relevant action will be taken according to “Rules Violations and Discipline Procedures” outlined in this document. Failure to abide by any of these policies, guidelines and follow procedures of consequences may result in dismissal from Mad Alpine with no refund of program fees

ATHLETE HONOR CODE

Mad Alpine is dedicated to our axiom of "Developing Athletes and Supporting Dreams" and has a special system of trust, principles and goals to achieve these standards. I understand that we are all members of the team, and I will respect and be courteous to my teammates and fellow team members. Even though there are limited specific rules, I understand that I am trusted to act in the best interest of my own athletic and personal goals, and in the best interest of the Mad Alpine community. I support the standards of the Mad Alpine community as set forth by the membership, the director and the staff as stated in the Athlete Handbook. I pledge my commitment to live by these standards while on the hill, at any Mad Alpine function, and whenever or wherever I may be identified as a Mad Alpine athlete. I understand that my personal support of these standards is important to the strength, openness and trust of the entire Mad Alpine community. I further understand and agree that my fellow teammates, by their acceptance of membership in Mad Alpine, have also agreed to these standards, and my expectations of them are the same as those of myself. I agree that I will look out for others and for the entire organization, and I will take responsibility and appropriate action if violations occur. I acknowledge

that failure to uphold these standards shall be just cause for my dismissal from Mad Alpine. As a result of my commitment and that of my teammates, Mad Alpine prospers in an environment where drugs, alcohol, lack of respect, dishonesty, and other substandard values are not tolerated and where everyone has the opportunity to develop as individuals, athletes, and members of the community.



MAD ALPINE CODE OF CONDUCT

Mad Alpine requires all athletes to adhere to the United States Ski & Snowboard Association (USSA) Code of Conduct. This Code of Conduct will be upheld, should any infractions occur.

USSA Code of Conduct (as printed in the USSA Competition Guide)

Membership in the United States Ski and Snowboard Association is a privilege, not a right. All USSA members (athletes, coaches, and officials) when participating in any USSA activity must agree to conduct themselves according to USSA's core values of Team, Loyalty, Integrity, Respect, Perseverance, and Accountability and abide by the spirit and dictates of this Code of Conduct. All members must agree to conduct themselves in a sportsmanlike manner, and are responsible for their actions while attending or participating in all USSA activities (including but not limited to camps, competitions, and projects). Sportsmanlike conduct is defined as, but not limited to: respect for competition officials, resort employees, skiing and snowboarding public, facilities, privileges and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol or banned drugs. While participating in any USSA activity:

1. USSA members shall be subject to the jurisdiction of the International Ski Federation Statutes, the United States Olympic Committee Bylaws, the USSA Bylaws, and the USSA Code of Conduct.

2. USSA members shall conduct themselves at all times and in all places as befits worthy representatives of the United States of America, the United States Olympic Committee, USSA, their region, division, state or club and in accordance with the best traditions of national and international competition.

3. USSA members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the USSA national teams, camps or other projects when participating in such.
4. USSA members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for the physical and emotional well-being of others, and courtesy and good manners.
5. USSA members shall abide by USSA rules and procedures while traveling to and from and participating on official USSA activities.
6. USSA members shall abstain from illegal and/or immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official USSA or event organizer function.
7. No USSA members shall violate the customs, travel or currency regulations of a country while traveling with a USSA group or on a USSA ticket.
8. No USSA member shall commit a criminal act.
9. No USSA member shall engage in any conduct that could be perceived as harassment based upon gender, age race, religion or disability.
10. USSA members will avoid profane or abusive languages and disruptive behavior.
11. USSA members agree to abide by anti-doping rules and procedures established by WADA, USADA, and/or FIS.

Failure to comply with any of the above provisions may lead to disciplinary action by the appropriate team or competition leader.

Disciplinary action may include:

- Removal from the team trip or training camp
- Suspension from training and/or competition
- Elimination of coaching, travel and other benefits
- Forfeiture of USSA membership

USSA is committed to principles of fairness, due process and equal opportunity. Members are entitled to be treated fairly and in compliance with USSA's Bylaws, policies and procedures.

Members are entitled to notice and an opportunity for a hearing before being prevented from participating in protected competition as that term is defined by the USOC Bylaws. Information on the



processes for grievances, suspensions and appeals is available at www.ussa.org. Nothing in this Code shall be deemed to restrict the individual freedom of a USSA member in matters not involving activities in which one could not be perceived as representing USSA.

In choices of appearance, lifestyle, behavior and speech while not representing USSA, competitors shall have complete freedom, provided their statements and actions do not adversely affect the name and reputation of the USSA. However, in those events where one is representing or could be perceived as representing USSA, USSA demands that its members understand and agree to behave in a manner consistent with the best traditions of sportsmanship and USSA's core values.

MAD ALPINE PARENT CODE OF CONDUCT

The success of Mad Alpine depends upon positive involvement and support from the parents. Constructive feedback on programs and staff is welcomed and will help the organization further improve its programs. Please take time to understand the following items in the Parent Code of Conduct. While in attendance at races or events, parents are requested to abide by the USSA and Athlete Codes of Conduct as outlined below:

1. I will remember that children participate to have fun and that the event is for youth, not adults.
2. Parents shall not be permitted on a racecourse unless designated as a coach or specifically requested by a coach or race official to slip or otherwise maintain the course, or act as an official or gatekeeper.
3. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
4. I will teach my athlete to play by the rules and to resolve conflicts without resorting to hostility or violence
5. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
6. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
7. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as inappropriate comments; refusing to shake hands; or using profane language or gestures.
8. I will respect the officials and their authority during events and will never question, discuss, or confront coaches at an event, and will take time to speak with coaches at an agreed upon time and place.
9. I will demand a sports environment for my athlete that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.

10. I will refrain from coaching my child or other athletes during races and practices, unless I am one of the official coaches of the team.
11. During scheduled coaching sessions, no parent shall act as a coach without the expressed invitation of the appropriate program director.
12. Parents shall subjectively relate concerns regarding programs, staff, their child or other athletes to the appropriate program head or coach.
13. When addressing issues within a program, parents are requested to adhere to the following lines of communication for resolution of that issue: Coach, Head Coach (i.e., if an issue is not resolved through discussions with a coach, then the issue should be brought to Sydney Koop.)

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following;

- Verbal warning by official, head coach, and/or head of league organization.
- Written warning.
- Parental race suspension with written documentation of incident kept on file by organizations involved.
- Parental season suspension.



MAD ALPINE CONCUSSION POLICY

Mad Alpine adopts the USSA stance and policy on concussion and adherence to this policy will be strict. Any USSA athlete suspected of having sustained a concussion must be removed immediately from participation in USSA sporting events (e.g. sanctioned training, practice, camps, competitions or tryouts), by the Technical Delegate or USSA member coach overseeing such sporting events. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in USSA sporting events by a qualified health care provider trained in evaluation and management of concussive head injuries. The health care professional must certify to USSA in the clearance letter that he/she has successfully completed a continuing education course in the evaluation and management of concussive head injuries within three years of the day on which the written statement is made. Upon removal of an athlete from participation for a suspected concussion/traumatic brain injury, the USSA TD or member coach making the removal must inform USSA Competition Services. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to USSA Competition Services in order to be permitted to participate in USSA sporting events.

ABOUT CONCUSSIONS

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a "mild" brain injury because concussions are usually not life threatening. Even so, their effects can be serious.

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