



Parent-Athlete Handbook

North Series

2019-2020



Welcome Message

Dear North Series Parents and Athletes,

Welcome to the 2019-2020 season! We are excited to have you on board.

This season, athletes continue to work on the technical and tactical aspects of alpine ski racing through training, drills, free skiing and Intermountain Division races. The coaches work hard to create a team-oriented atmosphere that supports a fun and supportive learning environment.

We hope this handbook serves as a resource for your family throughout the season as you navigate the athletic journey with your child.

If you have any questions or concerns, don't hesitate to reach out.

Sincerely,

Scotty, Will and Josie



Scott McGrew
Executive Director
scott@svsef.org
208-720-3829



Will Brandenburg
Alpine Program Director
wbrandenburg@svsef.org
208-481-7269



Josie Brownell
Alpine Team Manager
jbrownell@svsef.org
208-726-4129 x208

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INTRODUCTION

Mission

To provide exceptional snowsport programs for the youth of the Wood River Valley thereby enabling each participant to reach his/her athletic potential, while developing strong personal character through good sportsmanship, strong values and individual goals.

Values

Sportsmanship. Citizenship. Character. Teamwork. Creativity. Passion. Perseverance

Philosophy

Strong Minds, Strong Bodies, Strong Futures

Vision

To create the best junior snowsports development program in the nation.

REGISTRATION & FINANCIAL AID

REGISTRATION

All registration for teams, camps and trips happens on SVSEF's online database – Ski Club Pro. To access this site, go to svsef.org and click on the link titled My Account in the top righthand corner of the homepage. When first using Ski Club Pro, you will be prompted to create an account where you will set up your household profile and add your children as participants. Once your household profile is complete, you must choose a team and proceed through check out in order to complete the registration process.

Registration for all teams opens on July 1.

When registering for ski team, you can choose to pay the program fee in full or make a \$100 deposit. If you do not pay in full, the first 50% of tuition was due on September 9, 2019 and the remainder is due November 4, 2019.

FINANCIAL AID

SVSEF believes every athlete should have the opportunity to participate in our programming. Thanks to the generosity of our community, SVSEF is able to provide \$340,000 in need-based financial aid to qualified athletes.

SVSEF subscribes to School and Student Service for Financial Aid (SSS). SSS evaluates the financial information provided by parents based on a nationally accepted formula used by independent schools. Please visit the financial aid page on the website for more information:

<https://svsef.org/registration-financial-aid/>

For returning families, the financial aid deadline is August 12, 2019.

PROGRAM DESCRIPTION

NORTH SERIES

Program: Alpine

Team: North Series

Head Coach: Adele Savaria

Age: U12s: 2008 + 2009 YOB. U14s: 2006 + 2007 YOB.

Group Cap: 35 athletes

Athlete-to-Coach Ratio: 6:1

Overview (+ Location): The program's primary focus is to work with motivated and developing athletes in the under-12 (U12) age range targeting the development of solid technical and tactical fundamentals. The North Series Team is designed and staffed by coaches who are committed to making the training atmosphere fun, challenging and relevant to the current and future potential of the athlete. Improving, honing and refining basic skills and fundamentals is a key focus as we work to ensure our athletes progress when moving on to the next competitive team within the SVSEF progression. The North Series Team introduces our young athletes to the finer points of traveling to ski races and we strive to equip our racers with the requisite tools to continue to develop their athletic ability, independence, creativity and social skills.

Winter Schedule: Train primarily on Bald Mountain, four days per week; Wednesday, Thursday, Saturday and Sunday from early December through the end of March. Select Fridays throughout the season in preparation for events. Includes Christmas Camp – approximately 10 sessions over the holiday break. When available and appropriate, we will train on Dollar Mountain and at Rotarun in Hailey.

Additional Training: Dryland begins in early October, and runs Monday, Wednesday and Thursday, 4-5:30 p.m. The group typically meets at the base of Dollar Mountain. Details TBA by North Series head coach.

Competition: The core training plan revolves around the North Series races held in the Intermountain Division (Idaho/Utah/Wyoming). Races in the IMD Series are qualifying events for the Division Championships at season's end.

PROGRAM SCHEDULE

TRAINING TIMES: Wednesday and Thursday afternoons, Saturday, Sunday

DAILY TIMELINE:

8:45 am — Meet at the Training Center

9:00 am — Start skiing

2:00 pm — End at Training Center

**** 2:00-4:00 pm** — Wednesday and Thursday afternoon training

IMPORTANT DATES:

October 14 - November 20 –dryland training

November 15 – Wild Game Dinner at the Limelight Room in Sun Valley (SVSEF Fundraiser – purchase tickets at svsef.org or call 208-726-4129)

November 23-27 – Pre-Thanksgiving Training Camp on Baldy (optional)

December 7 – First Day of North Series on Baldy

January 11-12 – IMD Race at Grand Targhee

February 1-2 – IMD Race at Bogus Basin

February 29-March 1 – IMD Monroe Cup at Sun Valley (races held on Greyhawk)

March 13-15 – Intermountain Championships at Bogus Basin

March 29 – Gary Black Jr. Memorial Race (Devo, MWC, North Series athletes) – Last day of ski team – awards and BBQ following the race

April 3-5 – Janss Pro-Am (SVSEF Fundraiser)

COACH ROSTER

Name

Phone

Adele Savaria
(head coach)

asavaria@svsef.org

208-720-3455

Josie Brownell

802-371-9285

Skip Merrick

Matt Murphy

Wes Powell

Claudia Stern

USSA LICENSING & HEALTH INSURANCE REQUIREMENTS

USSA License

All SVSEF athletes, coaches and officials are required to have current USSA licenses. Registration is done by going to the USSA website:

[<http://my.ussa.org/membership/start>].

Athletes must have current USSA licenses before attending any session (dryland included).

Type of License to Purchase:

- *Alpine Competitor* – for athletes competing in US Ski & Snowboard events
 - Competitor U12 + Under (\$75)
 - Competitor U14 (\$100)

Health Insurance Requirement

All SVSEF athletes, coaches and officials are required to have proof of health insurance.

EQUIPMENT

These are general guidelines for the North Series age group (U12/U14). Sturtevant's, PK's and Formula Sports all offer season-long lease packages for younger SVSEF athletes. Visit the shops before the start of the winter season and their staff can guide you to the correct equipment. **Please put your name on all your equipment!**

Skis – 2 pairs (1 slalom/1 giant slalom)

Slalom – 1 pair measuring between the nose and mid-forehead

GS – 1 pair from top of head to an inch or two above the head

It is suggested that athletes have a pair of rock skis (maybe last year's skis) for skiing in moguls, bowls and when there is little snow in the beginning of the year.

Boots – 1 pair that flexes easily in cold weather

The fit of a boot is directly linked to a skier's performance, regardless of their age. It's important that the athlete has a proper fitting boot every season. The staff at Sturtevant's, PK's or Formula Sports can help with boot fitting before the start of the season. Softer flex is best at this age.

Poles – 1 pair

Make sure your athlete has poles that fit. Generally, a good rule of thumb is to have forearms parallel to the ground when holding your poles (with skis and boots on).

Helmet + Goggles

The most important piece of body protection equipment is the helmet. Helmets are required for all athletes participating in SVSEF programming. A helmet must be worn at every on snow training session. All athletes should have a good pair of goggles that fit over the helmet and block the sun. We recommend race-specific helmets and goggles with double lenses.

Slalom Gear – Chin Guard, Pole Guards, Shin Guards

Athletes will need this equipment specifically for slalom training and racing. Please ask coaches if you have questions about this equipment.



CLOTHING -

Mittens/Gloves: Make sure a quality set of mittens or gloves is chosen, which will keep your child's hands dry and warm. Hand warmers are also really helpful on cold days!!

Neck Gator: A micro fleece neck gator is important to keep your child warm and protect against frostbite, especially on those windy days.

Jackets & Pants: SVSEF sells team jackets through Sturtevant's. You can go to Sturtevant's on Main in Ketchum to try on different sizes and learn more about pricing in the fall. Head coaches will have more information on this at the beginning of each season. SVSEF jackets are optional, but please make sure your child has a good, warm jacket.

Same thing goes for ski pants – make sure they're warm and insulated. If you choose to have a race suit, full side zippers are ideal.

Race Suit: worn at training and races

Long underwear & ski socks: Wear warm layers.

Come prepared for a day outside!

CODE OF CONDUCT

SVSEF requires all athletes to adhere to the SVSEF Code of Conduct. This Code of Conduct will be upheld should any infractions occur. By registering an athlete for any SVSEF team, camp or trip, the parent is acknowledging that he/she has read, reviewed and discussed the athlete's code of conduct summary with each child registered.

"In keeping with the SVSEF vision to create the best junior snowsports development program in the nation, SVSEF requires athletes, parents, guardians, and staff to read, understand and abide by the following Code of Conduct (referred to simply as the Code). The purpose of the Code is to encourage athletes to perform to the best of their ability, to encourage athletes, parents and guardians to take action that positively reflects on SVSEF, and to provide a procedure for SVSEF to review and address alleged conduct that SVSEF determines, in its sole discretion, negatively impacts SVSEF. This Code of Conduct extends to SVSEF athletes', staffs', parents' and guardians' actions all year round and in all venues. As long as an athlete is a member of any SVSEF program, all conduct is within SVSEF's jurisdiction, unless and until an athlete is no longer an SVSEF athlete. Violations of the Code of Conduct are considered serious offenses and will be addressed appropriately."

Expectation of Parents: Parents and coaches work together to provide a positive athletic experience for their children. So long as they understand their respective roles and communicate well with each other, positive outcomes for the athletes will be the result. On the other hand, our athletes suffer when there is poor parent/coach communication or worse, conflict. SVSEF expects its parents to heed the following:

- Provide your athlete with unconditional love and support regardless of results.
- Allow SVSEF coaches to coach and do not provide conflicting advice to your athlete, particularly in the presence of SVSEF coaches and other athletes.
- Communication with coaches should never take place during training or competition events. Take the time after such activities to voice your concerns in a courteous and professional manner.
- If a situation has you emotionally charged, wait 24 hours before engaging in any dialogue with your athlete's coach to better insure a clear, concise, and constructive conversation.
- Repeated abusive interactions with coaches or any other SVSEF staff member may result in expulsion of family from participation in SVSEF programming as determined by the Disciplinary Action Committee.

Summary:

- I am an SVSEF Athlete and will represent SVSEF to the best of my ability.

- *I must be self-disciplined to succeed.*
- *I serve as a role model for younger athletes, my teammates, and members of the community.*
- *I will give my maximum effort to achieve the best grades possible in school.*
- *I promise to respect my teammates, coaches, family, Sun Valley Co. employees, guests, and other community members.*
- *I promise to be on time to all team meetings and training sessions and will notify my coach if I am going to be late or absent from training.*
- *I understand that I may not be allowed to participate in training if I arrive late.*
- *I will be prepared to show my lift pass every time I enter the lift line.*
- *I promise to respect SVSEF equipment and property as well as equipment and property belonging to others.*
- *I agree not to use alcohol, illegal drugs, or tobacco.*
- *I agree to follow all of the rules of Sun Valley Co., Blaine County Recreation, and abide by all local, State, and Federal laws.*
- *I agree to abide by the USSA Code of Conduct and all rules set forth by USSA/FIS and of any venue where I might train or compete.*
- *I have read, understand, and will follow the Skier's Responsibility Code as outlined by the National Ski Patrol.*
- *I understand that SVSEF has a disciplinary procedure that is outlined in the Program Agreement and that while many behaviors considered misconduct are met with a warning, certain behaviors may lead to my immediate dismissal from the Program.*
- *I understand that SVSEF is a drug free Program and that all Athletes agree to random drug testing.*

The entire Code of Contact can be found on the SVSEF website.

Attendance

SVSEF works under the assumption that because a participant has enrolled in one of our programs, he/she is committed to maximizing the benefit of the program. Therefore, we expect each athlete to attend training every day the program meets. When an athlete is going to be absent, please make a phone call or send an email to the head coach. Any participant who wishes to leave training early **MUST** notify their head coach.

INJURY RESPONSE PROTOCOL

Medical Emergency

- Breathing cessation, severe bleeding, concussion with loss of consciousness, suspected neck or spinal injury, fracture, dislocation, eye or face injury, heat related illness, any other injury or illness resulting in poor vital signs such as decreased blood pressure, weak pulse, or signs of shock.
- Coach will assess the situation & follow programmatic situational protocol as outlined by Alpine Program Director.
- Call Ski Patrol 208-622-6262
- Stabilize subject & stay calm.
- Provide Ski Patrol & EMS with information. Coach will stay with athlete until parent/guardian arrives.
- Report incident to Head Coach > Program Director > Executive Director immediately.

NON-EMERGENCY

- Sprains, strains, concussion [with no loss of consciousness], illness, abrasions, minor cuts, contusions.
- Coach will assess the situation & follow programmatic situational protocol as outlined by Alpine Program Director.
- Call Parent AND Head Coach or Program Director.
- Stabilize subject & provide appropriate first aid.
- Report incident to Head Coach > Program Director > Executive Director immediately.

FOLLOW UP

- Report all incidents regardless of severity to Head Coach > Program Director > Executive Director.
- Respect subject confidentiality.
- Discuss return to training or service protocol with Head Coach > Program Director > Executive Director.
- Follow up on subject's condition as outlined by programmatic protocol until subject returns to training or work.

Who's RESPONSIBLE?

- Program Director is responsible for training all Head Coaches on programmatic & site-specific protocol. Head Coaches are responsible for making sure employed coaches, staff & volunteers follow protocol.
- All coaches are responsible for reporting accidents, incidents, or injuries to Head Coach > Program Director > Executive Director.
- In the event that an injured person is transported, the coach will stay with the team and allow EMS to do their job.

A Fact Sheet for YOUTH SPORTS PARENTS



This sheet has information to help protect your children or teens from concussion or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to* or *after* a hit or fall.

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



Plan ahead.

What do you want your child or teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.



You can also download the CDC *HEADS UP* app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

Revised 12/2015



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

To learn more, go to www.cdc.gov/HEADSUP

START THE SEASON OUT RIGHT – 5 FIRST DAY TIPS FOR PARENTS

by Jon Nolting, Former USSA Sport Education Director

The first day of the season is fast approaching. It should be a day of excitement and fun for your skier, something they've been looking forward to ever since the leaves started changing. The first days of ski team are very important in many aspects for your child. Whether you are new to a ski program or have been at it for many years, these tips will help you prepare your child to have a successful start.

Be ready with the right gear. Don't hesitate to ask your head coach for guidance. These tips will generally always apply:

- a) The boots are a very important piece of equipment. **Proper fit and flex** are essential. Don't fall into the trap of buying boots that are a size larger than your child's feet for them to grow into. A serious loss in performance, and often in comfort, is the result. Boots will pack out some with wear, so they should be tight to begin with. Let your child walk around the house before the first day to get their feet used to the boots. Also be sure to have the bindings of their skis adjusted to the new boots before they show up for training.
- b) Make sure your child dresses warmly. Not only will your child have an unpleasant day if they are underdressed, but the whole group will be impacted as the coach ends up spending more time in the lodge with the group than skiing. Avoid these common mistakes: cotton socks, gloves with little insulation or waterproofing and goggles that fit poorly in the helmet leaving a gap of exposed forehead. Don't forget to put your child's name and phone number on everything. It will get left somewhere over the course of the season and you'll want to have a chance to get it back!
- c) Have a **quality helmet**. You want your child to train hard, so they need to wear a quality helmet that meets competition regulations. As with boots, a snug fit is important for proper function and comfort. Take care of those helmets. Don't let your child carry it outside their bag, pack it inside to decrease the chance it will hit hard on the floor to keep it from losing its ability to protect your child in a crash.
- d) Get your season pass before the first day of training and arrive on time.

Boost your child's energy. The first day for your child usually involves an early wake up and a long day outside. Ensure your child gets enough sleep by having things ready the day before. Encourage hydration by having your child drink

plenty of fluids the day before, and before 6:00pm. Prepare a healthy dinner with plenty of carbohydrates. In the morning, allow time for a healthy breakfast. Have your child pack some easy to eat snacks in their pockets that won't freeze in the cold weather. Even though your child may not sweat in the cold, they will become dehydrated. A water bottle is good to keep with them.

Set expectations and ground rules for your child's participation. Identify what your child's responsibilities are when it comes to getting ready for ski practice. They should take on more and more responsibility as the season goes on. Help by making a list of what your child needs to have packed for the day and have them post it somewhere they can check each day. Discuss the other expectations you have of your child to participate in their sport – keeping grades up, working on their fitness, eating right, staying hydrated, helping out around the house, etc. Come to an agreement before the first day of training. It is also important to understand what your child's goals and motivations are for their skiing so you can support these over the course of the season.

Get involved. Demonstrate an interest in your child's involvement in skiing. Talk to them about it, watch them at events (and training), and get to know their coaches. A great way to learn more about the sport is to volunteer at races. Find out how you can help out, stay informed and connect with other families.

Ask the right questions. There are two parts to this. First is asking the right questions of your child's coach or the SVSEF office. Get your child's competition schedule and find out how to register for events. Ask about your child's attitude and progress. Ask about things you can help reinforce at home. Learn when your coach is truly available. You are more likely to get good answers to your questions later in the morning from the SVSEF office or after training from your coach. The second part is asking the right questions of your child. Ask them about training. Find out what they are learning. Ask them what they think is fun, what is challenging, what they don't like. Many times as parents we get caught up in how they did, what place they got or whether they beat so-and-so. Instead, from the first day of training, show more interest in what they are doing to get better than in their outcomes. This way you won't be inadvertently adding pressure to them in competitions, and you can help them keep competition in perspective. Praise them for their effort, not their abilities, and they will have the best chance for success and enjoyment.

10 TIPS FOR SPORTS PARENTING

1. Love your child no matter what.

Be sure your child believes that they are loved whether they win or lose and that if they do not have a good performance, you are not disappointed in them.

2. Let the coach do their job.

Even if you don't like the coach or agree with their strategy. Refrain from coaching your child right before, during or on the way home from the mountain.

3. Let your child have fun.

Teach your child to enjoy competition, whether they win or lose. In other words, lighten up on results.

4. Be realistic about your child's abilities.

Always be a fan. But take off the rose-colored glasses. It's okay if your child doesn't go pro.

5. Volunteer as we need your help.

Find something you can do to help out the team/the foundation, no matter how minor you may think it is. If enough parents do this, things get done.

6. Don't relive your athletic life through your child.

Let your child carve their own path, being his/her own person.

7. Never compare your child's abilities or attitudes with anyone else's.

Let them focus on their own performance, instead of trying to be like someone else, including older brothers and sisters.

8. Be supportive and grateful.

Be sure you tell the coach "thanks" when the season is over. He/she has put in a lot of time and energy to develop your child, and they deserve appreciation.

9. Support the whole team.

As a spectator, cheer for everyone on your child's team, not just your kid.

10. Embrace the big picture.

Remember that youth sports are not the end in itself. Sports should be fun, and can bring opportunities for the future, but nothing is more important than who you and your child become in the process.

WAYS TO GIVE

Program fees only cover roughly 60% of SVSEF's operational expenses.

Donations and volunteering help keep SVSEF programming affordable.

- Cash, check, credit card, money order, stock
- In-kind (goods or services)
- Matching gifts – check with your employer about this possibility
- Sponsorships (SVSEF has a sponsorship packet outlining opportunities.)
 - Competitions
 - Uniforms
 - Vehicle branding
 - And more!
- Amazon Smile – every time you buy on Amazon
- Events – attend and support SVSEF at the Game Dinner and the Janss Pro-Am

You can mail your donation, call the office or use SVSEF's online donation form. Please visit this link for more information on giving: <https://svsef.org/support-svsef/>

Contact Director of Development, Cynthia Knight, with any questions:
cknight@svsef.org or 208-726-4129.

SVSEF IS A 501(C) 3 NONPROFIT ORGANIZATION - Our EIN number is: 82-0264946

WHERE YOUR DOLLARS CAN GO:

SVSEF'S ANNUAL FUND – The Summit Challenge: Each and every donation to the annual fund goes towards supporting our athletes, coaches and overall programming. Help us reach this year's goal of \$500,000!

PROGRAM-SPECIFIC GIVING: Your donation can be designated to support a specific program.

ENDOWMENT FUND: SVSEF has a legacy endowment fund intended to support its operating budget over time. Your contribution to the endowment fund is a long-range investment in the success of SVSEF.

ESTATE PLANNING - LEAVING TRACKS: Please consider making a lasting legacy with the *Leaving Tracks Society*.

VOLUNTEER – GIVE TIME: SVSEF's goal is to have 100% volunteer participation from parents. At 52 years strong, we are one of the oldest non-profit organizations in the Wood River Valley, and the largest youth organization. SVSEF relies heavily on the generosity of volunteers to help with fundraisers and various ski team events.

SVSEF is hosting a number of alpine events this season. Please contact our Alpine Events Director, Riley Berman, (riley@svsef.org) or visit the volunteer page on the SVSEF website (<https://svsef.org/volunteer/>). We need your help – please sign up!

CONTACT SVSEF

Mailing Address: P.O. Box 203 Sun Valley, ID 83353

Physical Address: 215 Picabo Street, Suite 302 Ketchum, ID 83340

Phone: 208-726-4129

Fax: 208-726-3548

Website: <https://svsef.org>

Don't forget to follow SVSEF on Instagram and Facebook!