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History and Overview

Silver Run Race Team (now Silver Run Skiing Foundation, SRSF) has been in existence since 1939 and is one of the longest continuously operating alpine ski race teams in the country.

Mission and Goals

Our Mission:

Develop a team environment that fosters lifelong excellence through snowsports.

Silver Run Ski Team now operates as a 501c3 non-profit based in Red Lodge serving athletes from Montana, Wyoming, North Dakota and South Dakota . We strive to provide quality alpine skiing, freeride skiing, nordic skiing and snowboarding opportunities to anyone with interest. Scholarships, equipment inventory and transportation are available to make skiing accessible to anyone regardless of economic means.

Silver Run strives to develop competitive skills within our athletes, however that is merely the beginning. Community, self confidence, relationships and friendships, physical and mental wellness, goal setting and productive use of time are the pillars of which competitive skiing and snowboarding is built upon in Silver Run's programs. We aim to limit barriers and expand access to snowsports, ensuring that young athletes from all backgrounds have the opportunity to be a part of our ski community.

Our Strategic Goals:

- Athlete Growth and Retention
- Increase gates and skates per hour
- Align coaches fee schedule to appropriate/competitive pay rates
- Improve Board of Directors relationships with donors and sponsors.

Organizational Structure of SRSF

SRSF is organized and run by volunteers who make up the Board of Directors, and administered by the Education Director (ED)-Pam Tucker-Kopp, Program Coordinator (PC)-Bridgett Stiegemeier and Head Coaches (HC) Masters-Lisa Ballard, U14+ Mark Selby, YSL-Derek Stiegemeier, Devo-Kim Bednarz, Freeride/Snowboard-Ben Daly, Nordic-Eric Dye who hold paid staff positions. Full-time and part-time seasonal coaches are hired, and work with the HC to plan and implement dry land conditioning and on-snow training, assist racers with goal setting and equipment, travel to races with the team and coordinate other responsibilities and expectations.

Parent Participation

SRSF is a non-profit organization with no paid staff other than our coaches and PD. Therefore, parents play a vital role in the successful operation of the SRSF organization. Without parents, of course, there would be no athletes. Without parents as *volunteers*, there would be no SRSF organization. Each family is required to volunteer 15 hours and pay the \$300 volunteer deposit. We ask that 5 of the 20 hours be completed at off snow activities such as a fundraiser. If the hours are not fulfilled, SRSF will keep the \$300 deposit.

The majority of funds used to support SRSF and our programs come from fundraising efforts in which parent involvement is key. Fundraising supports ALL aspects of the organization, and it is the policy of the Board of Directors that all team parents help throughout the year in our fundraising efforts.

SRSF may be granted the opportunity to host home ski competitions as well. Many on and

off-hill volunteers are needed to make an event of this magnitude a success. Again, it is the expectation of the Board that team parents help. Home ski comps benefit SRSF financially, and like fundraising, there are many volunteer opportunities available to fit each individual's comfort level.

Communication

It is ultimately the responsibility of the parents and the athletes to keep informed concerning upcoming events, activities, schedules, etc. SRSF Monthly Newsletter comes out via e-mail on a regular basis, and it is recommended that you check your e-mail every day during the on-snow training season. It is crucial that each family provides their e-mail address on their athlete's registration form, and informs the ED or HC of any changes.

SRSF also has a Website; it is www.silverrunski.com. The PC/ED email address is silverrunski@gmail.com. The team also uses the "sports you" app for communication. An invitation will be sent when you join the team for this app from either a coach or the ED/PC. Both kids and parents can have access to the app.

For general questions about SRSF, you may contact the ED or PC, any Board member or coach. All parental concerns with respect to adequacy of training, competency of coaching staff or other problems with SRSF programs are to be handled through the ED/Head Coach. **All contact information for coaches and board members can be found on the website.** Please communicate directly with your coach regarding day to day circumstances.

Coaches post daily announcements and useful information for the team so see on the app. Team members can also post appropriate sport related information for the team to see. Please note that this app is for communication that relates to the athletes of all ages, and posts of personal opinions and information that is not related to skiing are not allowed.

Training Programs for Alpine teams

A Typical Training Day for Alpine

On-snow training begins the day RLM opens (normally the Friday after Thanksgiving), and continues until the day the mountain closes in mid-April.

9:00 AM – SRSF groups generally meet at the base to start the day. This location may be changed depending on where the coach would like to meet the group.

11:30 AM – Lunch is 45 minutes. Athletes are responsible for their own lunch; they may meet their families, or eat with other team members. Coaches will release the athletes at 11:30,

and kids will be expected to know where to meet their parents for lunch. Coaches do not supervise kids over lunch. Kids are expected to know where to meet their coach after lunch.

3:00 PM – Meet your athlete at the bottom of the Triple Chair Lift. You may arrange to meet your child elsewhere, but the coach needs to be informed. Coaches are not responsible for athletes after 3:00 PM.

Please try to arrive early and have your child ready to go on time; late arrivals must find the team on the hill. It really helps to have your coach's number in your phone! Athletes must come prepared with a lift ticket or pass, and proper equipment and clothing. **If you know ahead of time a day your child cannot attend, please inform the program director or one of the coaches.**

Although the structure of training can vary from week to week and depend on the snow conditions, generally our days consist of free skiing drills and gate training (for racers). During the early season, we will be primarily free skiing and working on a variety of drills to develop technical skills. Gate training and competition is introduced gradually, and as races near, we will run gate more often. Children entering the program must have already learned basic skiing skills. SRSF offers the following training programs:

DEVO Team– Developmental Program

Ages 6–12 | Saturdays | 12 Weeks | 9:00 AM–3:00 PM

Every Silver Run skier starts with Devo.

Devo is our foundational alpine program for young skiers ages 6–12. Over 12 Saturdays, athletes build the technical skills, confidence, and versatility they need to become strong all-mountain skiers — while discovering just how much fun they can have on skis.

Throughout the season, our coaches get to know each athlete, evaluate their skiing, and help families understand when they're ready to take the next step into **Alpine Racing or Freeride**.

The goal isn't to specialize early. **It's to build a great skier first.**

Program includes, at no additional charge, dry land conditioning and home Hancock Cup races.

YSL Team

(Ages 7-18)

Silver Run's Youth Ski League is for young athletes who have built strong foundational ski skills and are ready to begin focusing on **Alpine race training and competition**.

Skiers train Saturdays and Sundays with certified coaches dedicated to this group. Training is **fun first**, combining free skiing, skill-based drills, and race courses to help athletes become

stronger, more confident skiers and racers.

Program includes, at no additional charge, dry land conditioning, home races (Hancock Cup), and Christmas Camp.

Competitive Program - Multi Days per Week

(12-19 years of age)

Silver Run's U14 Competitive program is for athletes who are ready for a greater commitment to Alpine racing and have been approved by their coaches to progress into the program.

Athletes train multiple days each week with **US Ski & Snowboard-certified coaches**, developing their skills in Slalom (SL), Giant Slalom (GS), and Super-G (SG) in a fun, supportive team environment.

Training follows the US Ski & Snowboard Alpine Training System and includes time both in and out of the race course. Coaches use drills, free skiing, **video analysis, and timed training runs** to help athletes understand their skiing and continue progressing throughout the season.

Masters Team

Silver Run Alpine Masters brings adult skiers together for coached training, skill development, and a great community on the mountain.

Whether you're a longtime racer, want to become a stronger skier, are looking for time in the gates, or simply want to ski regularly with a group of like-minded people, Masters gives you the coaching and flexibility to make the program your own.

Freeride Teams

Freeride Prep

*Ages 11–15 | Saturdays | December 5–Second-to-Last Weekend of the Season | 9:00 AM–3:00 PM**

Freeride Prep is the next step for Silver Run athletes who are ready to take their strong skiing foundation into **big mountain and freestyle terrain**.

New this season, Freeride Prep bridges the gap between Devo and Freeride Comp. Athletes continue developing strong all-mountain skiing while adding the technical skills, confidence, mountain awareness, and freestyle progression they'll need to eventually join the Freeride Comp team.

This is where strong skiers begin learning to become **freeride athletes**.

Freeride Comp Program

Silver Run's Freeride Comp program is for strong, experienced skiers who are ready to challenge themselves on **steep, ungroomed terrain and in the terrain park** while preparing for freeski and freeride competition.

Athletes train with certified coaches who focus on developing the technical skills, confidence, terrain awareness, and competition experience needed to progress as freeride athletes.

Placement in Freeride Comp is based on **skiing ability, athlete readiness, and coach approval**.

Train for the Mountain & Competition

Training prepares athletes for both **big mountain and terrain park competition**, with time spent developing strong skiing across varied terrain, natural and park features, and competition-specific skills.

The program also includes opportunities to train away from the home mountain. Occasional training trips to other ski areas should be expected during the season.

Nordic Team

Stronger Skiers. Great Friends. A Lifelong Love of Nordic Skiing.

From first-time skiers discovering Nordic to competitive athletes chasing their next goal, Silver Run offers a place to learn, grow, challenge yourself and keep skiing for life.

Penguin League

A fun, welcoming introduction to Nordic skiing where beginners learn the basics, build confidence and discover the joy of skiing over 4 weeks.

Powder Seekers

A full-season program for developing skiers ready to build their skills, challenge themselves and explore the excitement of competition.

OG Older Development Team

A competition-focused program for experienced Nordic athletes ready to train with purpose, improve performance and pursue bigger racing goals.

Adult Masters

A supportive program for adult skiers who want to improve their technique, build fitness and challenge themselves—with the option to compete.

Christmas and Summer Camps

SRSF hosts a **Christmas Camp (CC)** on RLM that generally runs during the school break. This camp is included in some program fees, and may be attended by non-SRSF members for a nominal fee.

SRSF may host a **Summer Camp and fall camp**. Coaches from other ski teams may join some of the SRSF coaches for this camp. A typical day may include intensive on snow training, video analysis and “chalk talks”, and afternoon dry land training and group activities. Members and non-members of SRSF are welcome; dates and fees to be announced in advance of the camp.

School Ski Days

Several Red Lodge area schools offer a ski day as part of their curriculum. If there are 2 or more students on the team skiing in the school, in place of taking the required lesson from RLM staff, athletes may ski with a coach on these days. Training will be from 9:00 a.m. to 11:30 a.m. (or as announced). According to school policy, students must either take a lesson or ski with a coach. Any truancy will be reported to the school.

Registration and Program Payment Policy

Unless prior arrangements have been made, SRSF Program fees are payable at registration, and must be paid and waivers signed before the athlete may participate in any on-hill training or dryland. SRSF uses online registration. The platform Ski Club Pro is available on the SRSF website. You must create a profile in order to sign up. The Mike Mills Scholarship is available, with the application due September 30th.

All invoices will be sent out through Ski Club Pro for rentals, travel, lodging and/or coaches fees. Invoices must be paid in full promptly, when paying there will be a processing fee when using credit cards, debit cards and ACH.

Equipment

All SRSF athletes **MUST** wear full helmets manufactured for skiing when skiing, gate training, and for competitions. For the race team, helmets must cover the ears, and be FIS approved when applicable. Mouth protection is highly recommended for all gate training and competitions; most race helmets accommodate a slalom bar attachment to protect the athlete's face. SRSF adheres to all race equipment regulations enforced by US Ski and Snowboard.

Proper equipment (boots, bindings, skis and poles) is imperative to learning modern ski technique and to maximizing the skiing potential of each athlete. It will also greatly increase the athlete's enjoyment of the sport. However, new equipment is not necessary. Buying well

maintained, used equipment is an excellent way to provide growing athletes with equipment that will meet their needs and encourage their success and continued participation in the sport.

SRSF will facilitate the sale and purchase of used equipment between athletes to make skiing more affordable and more accessible to all athletes. Silver Run owns a small amount of equipment that can be rented for the season for \$45. SRSF athletes may be eligible for special pricing on new equipment through manufacturer and/or local shop programs established to support youth athletes competing in the sport.

Athletes and their parents are strongly encouraged to consult with coaching staff before purchasing equipment. The HC has information from most of the manufacturers regarding equipment specifications and athlete programs.

Code of Conduct

SRSF members, including athletes, coaches, officials, volunteers and parents are expected to conduct themselves in a sportsmanlike manner, and are responsible for actions in training, going to and from competitions, at competitions, while at areas hosting training and/or competitions, and during fundraising functions.

SRSF members are, at all times, to display the utmost respect for themselves and others including teammates, fellow competitors, competition officials, ski area employees, ski patrol personnel and the skiing and snowboarding public. SRSF members are to show courtesy and good manners, responsible behavior, mature conduct, respect for property and facilities, privileges and operating procedures, and respect for closed areas. SRSF members are to abstain from illegal use or possession of alcohol, drugs and/or tobacco, and from using profane or abusive language.

All of this is in accordance with the United States Ski & Snowboard (USSS) Code of Conduct. Here is a link to the USSA parent code of conduct [Parent code](#) and the athlete code of conduct [Athlete code of conduct](#)

Social media plays a large role in getting information out. Many athletes use Social Media as a way to connect with others, share skiing and riding videos, and showcase their love for the sport.

While social networking is fun and valuable, there are risks to keep in mind when using these tools. We expect good judgment to be used when posting any Team content to social media platforms. Be respectful to the SRSF name and all team members in regards to social media.

Discipline Policy

Failure to comply with any of the Code of Conduct can lead to disciplinary action against athletes, coaches, officials, volunteers and parents. For athletes, disciplinary action could include suspension or dismissal from the team.

Disciplinary action will be made by the SRSF Board of Directors, based solely upon the nature of the infraction. Any subject of a disciplinary action has the right to present his/ her case to the Board.

Concussion Policy

Silver Run adheres strictly to the US Ski and Snowboard concussion policy. Concussions and even suspected concussions are taken very seriously, and our coaches and officials must follow protocol as directed by USSS. The concussion policy can be found here:

<https://www.us skiandsnowboard.org/governance/policies/concussion-policy>

In short, athletes are to be pulled from competition and training until medically cleared. All athletes who purchase a USSS membership must agree to the concussion policy.

Silver Run officials and staff are all trained to recognize the signs of concussion. Silver Run's partnership with Billings Clinic provides us with the "Impact test" which is a tool that is helpful in determining if an athlete is ready to return to activity. All athletes aged 13 and older can take the baseline test at no cost each fall. The test is to be re-taken every other year. Please contact the education director for more details.

Injury Policy

As with any sport the possibility of injury is present in skiing. If an injury occurs, the parent will be notified as soon as possible. If the athlete is treated by a physician, they will not be able to ski again with the team without written permission from the physician. Any instructions or restrictions from the physician should be communicated to the coach through the parents.

Safe Sport/ Background checks

All Silver Run coaches and officials in compliance with US Ski and Snowboard, must abide by the safesport code. Training is required every other year. Safesport regards the following: "U.S. Ski & Snowboard prohibits the following conduct:

- Sexual Misconduct
- Physical Misconduct
- Emotional Misconduct
- Bullying, Threats and Harassment

- Hazing
- Willfully Tolerating Misconduct

Any member of U.S. Ski & Snowboard who is appointed to a position of authority over, or who has frequent contact with athletes must clear criminal background screening and complete SafeSport training every two years with a refresher required every other year. This includes U.S. Ski & Snowboard members holding a U.S. Ski & Snowboard coaching license, U.S. Ski & Snowboard members holding a U.S. Ski & Snowboard officials license...”

Sexual Harassment

Sexual harassment is defined as any unwelcome physical or verbal sexual conduct where:

1. Submission to the conduct is either an explicit or implicit term or condition of participation in the program.
2. Submission to or rejection of the conduct is used as a basis for participation that affects the person doing the submitting or rejecting.
3. The conduct has the purpose or effect of unreasonably interfering with an individual's participation in the program or creating an intimidating, hostile or offensive environment.

An athlete or coach who believes they have been subjected to harassing conduct should immediately contact the Program Director or the president of the Board of Directors. Please refer to the grievance policy below.

Grievance Policy

Silver Run is aware that there may be times when members need to file an official complaint about unjust treatment, harassment, and/or health and safety concerns while partaking in our program. This policy was created to clearly outline the process for these instances to ensure that all members are heard and treated equally. A report can be handled with either a phone call or email to the President of the Board of Directors or to the Program Director. The matter will be promptly investigated and addressed.

General Race Information

United States Ski & Snowboard (USSS)

The United States Ski & Snowboard (USSS) sanctions competitive ski racing in the United States. SRSF is a club member of the Western Region of the USSA. The Western

Regions are divided into five separate divisions; SRSF is in the Northern Division. More information regarding the Northern Division including schedules and race results can be

found at www.northernussa.org.

Any SRSF athlete, coach, race official, wishing to compete or work in the race arena must obtain a USSA membership. This is an additional expense to the athlete, payable directly to USSA by the deadline of October 15 (to avoid a late fee). USSA membership registrations can be downloaded from www.usskiandsnowboard.org click on membership tools.

Racers over the age of 16 (as of December 31 of the current season) may qualify and/or be selected to compete in races overseen by the International Ski Federation (Federation Internationale du Ski, FIS). Participation in FIS competitions requires a FIS license in addition to the USSA membership. FIS membership registrations can be downloaded from www.usskiandsnowboard.org click on membership tools.

Age Classifications

USSA has an age group classification system which permits athletes of similar ages to compete and be compared to each other. Classification ages are based upon the athlete's age as of December 31 of the current season and works as follows:

SR	21+ years old
U21	18, 19, 20 years old
U18	16 – 17 years old
U16	14 – 15 years old
U14	12 – 13 years old
U12	10 - 11 years old
U10	8– 9 years old
U8	7 years old and younger

Athletes are responsible for all expenses for personal travel, lodging, meals, lift tickets, entry fees, and coaching fees related to attending competitions. Additionally, athletes are responsible for charges that may include gas, ski wax and coach expenses for the event, divided equally among all athletes attending the event.

Expenses (except for personal travel, lodging and meals) will be billed to the athlete by the SRSF ED prior to the event through Ski Club Pro. Payment is expected upon receipt of the invoice. Outstanding travel accounts must be paid within 30 days.

Entering a Competition

Freeride competitions are difficult to get into. They utilize online registration through IFSA, and strict deadlines need to be followed in order to enter. More information on this will be provided by the coach as competition nears.

The Alpine race schedule is posted on the Northern Division Website <https://northerndivision.org/2025-26-race-calendar>. Two weeks prior to a race, an email will be sent to the team to find out who will be participating in the upcoming race. For most races, the athlete is responsible for entering an event. Enter a race via your adminskiracing.com account. Race fees will be paid upon entry. It is possible for an athlete to withdraw from a race in case of an emergency or illness; however, the athlete must notify the program director immediately.

If an entry fee is paid for an athlete and the athlete is not present at the competition, a refund is possible. Please notify the program director if a refund needs to be requested. Registration for sanctioned alpine racing events will happen through AdminSkiRacing: <https://adminskiracing.com/> For Masters racers it is <https://masters.adminskiracing.com/>

Travel and Lodging

U14 and older athletes are eligible to travel to away events with the team unaccompanied by a parent. YSL racers and racers who may choose not to travel with the team, must be accompanied by at least one of their parents; parents may arrange to have another adult act in this capacity. SRSF strongly prefers that the team stays together to facilitate team cohesiveness and the logistics of team meetings, study/homework table, equipment preparation, etc. The information will then be announced via SRSF newsletters or race announcements. It is the responsibility of the athlete's parents to contact the establishment, and secure a room(s) for them. If you need to cancel for a race, it is your responsibility to cancel your room.

Again, travel and lodging expenses, along with meals, are the sole responsibility of the athlete and/or their family when not traveling with the team.

Missing School

If an athlete chooses to compete, there is the likelihood that they will miss school days, and in some cases their absences may exceed the allowed number of days. This is of course a family matter, however, it is expected that the athlete communicates with the school before the absence occurs to make sure that they stay caught up with schoolwork. Please contact the education director if any assistance is needed in validating school absences.

Team Van

The van is intended to be used for team travel to and from races. It's presence at any event promotes SRSF, so all passengers must remember that they represent SRSF. It may only be driven by a SRSF employee on the approved driver's list filed with our insurance company, and the driver and all passengers must abide traffic laws while in it. Space in the van is filled on a first come, first served basis through communication with the education director prior to travel. It is intended for use by athletes traveling without parents. The cost of fuel for the trip will be billed to athletes traveling in the vehicle.