



2026_2027 SEASON

Parent Handbook

POLICIES, SCHEDULES, & CODE OF CONDUCT FOR ATHLETES AND JSC FAMILIES

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MITEY MITES – DEVOS – JUNIORS – FREERIDE

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Welcome to the Juneau Ski Club

Welcome all new and returning Development Team (DEVO), Junior Team (JR), and Freeride athletes! The JSC is delighted you are participating in the program and look forward to seeing your skiing skills and racing abilities develop this coming season. We hope you will continue to have as much fun this year racing, training, and ripping around the mountain as we did last year. Bring on the snow!

Juneau Ski Club

JSC began in 1935 as a ski racing club and continues to promote free skiing and ski racing as its primary focus. Over the years the club has produced top level ski racers such as Olympic Medalist and World Downhill Champion Hilary Lindh as well as others who have competed in collegiate, national, and international races. It is our goal to provide high quality Alpine Race and Freeride programs needed to enable athletes to excel in ski competition and develop their love of the sport.

Mitey Mites- U8 and U10

The Mitey Mite program is designed for the development of young athletes (ages 6-9) skiing skills and interest in the sport. Athletes are required to be able to load the lift by themselves and be comfortable skiing down moderate terrain (e.g. Motherload trail) accessed by the Ptarmigan lift. Through gate training, development drills, racing, and exploring the mountain this program presents

athletes with an introduction to the ski racing world with peers of their own age and ability. Mitey Mites meet on Saturday 9:30am to 12pm starting Jan 7.

DEVOs- U12 and U14

The DEVO program is a ski racing program for athletes 10-13 years old who want to improve and refine their skiing technique through ski training and racing. The DEVO program provides instruction for young skiers to help them develop skiing skills for all snow conditions, terrain, and to instill confidence in their abilities. Also, to develop and learn with peers of similar age. Athletes must be able to manage their own equipment, load and ski the Ptarmigan lift independently, and must wear a ski helmet at all times. U12 athletes will train on Saturday's and camp days from 9:30 AM- 3:00PM. U14 athletes will train on both Saturday and Sunday as well as camp days from 9:30 AM- 3:00PM. A United States Ski and Snowboard (USSS) membership is required for those who intend to compete in any USSS sanctioned events such as Coca Cola Cup, Alyeska Cup, or other races outside Juneau. See the USSS website for details on obtaining membership.

Juniors- U16

The U16 JR program is a ski racing program designed for athletes 14-15 years old who are interested in advanced ski racing techniques and tactics. This program has a direct focus on skill development, strengthening core skiing fundamentals, and refining skiing and racing tactics. U16 athletes are encouraged to enter USSS sanctioned races locally, divisionally (Alaska Division), as well as any other events they may qualify for.

Juniors-U19

The U19 JR program is a ski racing program designed for athletes 16 and older who are serious competitors and want to race at the local, divisional, and national levels. The U19 JRs is competition based with a direct focus on refining skiing and racing tactics. This program requires a USSS membership as well as a International Ski Federation (FIS) license, depending on the divisional and national racing events entered. See the FIS website for details on obtaining membership.

Freeride- U14-U19

The JSC Freeride program is designed for those athletes ages 12+ who wish to improve their all-mountain skiing skills and technique. Freeride meets Saturdays

at 9:30am until 3:00pm. Athletes in this program should already be comfortable skiing off-piste black diamond runs. Our focus is to improve and refine skiing technique, terrain selection, air awareness, as well as snow safety. We highly encourage Freeride athletes to compete in local, regional, and national level competitions. Membership to the International Freeride and Snowboard Association (IFSA) is required for all competitions for this program. See the IFSA website for details on obtaining membership.

*Required and #Recommended Gear

Each of the programs offered by JSC requires the proper gear to enable the athlete to perform to the best of their abilities on the mountain. Below is a list of the gear needed and recommended for each program. If you have questions or concerns regarding sizing or appropriate gear please contact one of the JSC coaches for advice.

Mitey Mites

*All-mountain skis, *proper length poles, *all mountain or race boots, *helmet

DEVOs U12

*All-mountain skis, *proper length poles, *all mountain or race boots, *USSS race approved helmet

#Giant Slalom or Slalom race skis, #shin guards, #pole guards, #race suit

DEVOs U14

*All-mountain skis, *Slalom skis and poles w/guards, *race boots, *USSS race approved helmet, *race suit

#Giant Slalom skis, #shin guards, #padded training/racing top, #tuning and waxing kit

Juniors-U16

*All-mountain skis, *Giant Slalom skis and poles, *Slalom Skis and poles w/guards, *race boots, *USSS approved helmet, *race suit, *padded training/racing top, *tuning and waxing kit

#Super G skis, #training/racing shorts

Juniors-U19

*All-mountain skis, *Giant Slalom skis and poles, *Slalom skis and poles w/guards, *Super G skis, *race boots, *USSS approved helmet, *shin guards, *race suit, *padded training top, *tuning and waxing kit

#Downhill skis, #back protector, #training/racing shorts

Freeride U14-U19

*All-mountain ski, *proper length poles, *all-mountain boots, *back protector, *IFSA approved helmet

#powder skis

Dryland Training

Starting on Sat, Oct 17, we will meet on Saturdays or Sundays at the downtown turf field 2-3pm, all Devos, Juniors, Freeride for workout/soccer. Coaching staff will vary as several of us will be out of town during the month. While we still have decent daylight in Oct. we will try to meet outside at a field or trail. Sundays beginning Nov 1-Dec 6 at SEAK gym in Lemon Creek by Costco. The gym is reserved for Devos 2-3pm and Devo Pro, Juniors, Freeride 3-4pm. There is no charge for dryland training and all athletes are strongly encouraged to attend. Bring appropriate workout clothes, shoes-no crocks!, water bottle, positive attitude!

JSC Gear Rental Policy

We are fortunate to have a small collection of race skis and various equipment that has been purchased or donated to the JSC. All skis and equipment are on a first come basis and a rental fee will be charged. JSC rental gear is subject to availability and should not be relied upon solely for athletes' equipment needs. We highly encourage our members to exchange or sell skis and equipment that is in good condition so it can be used by the next generation.

2026-2027 JSC Race/Comp and Event Schedule

This is a working DRAFT calendar that is subject to change. There are events that will be added to this calendar as we progress into the ski season. Updates will be

made ASAP and notices will be set out. JSC Board meetings, Fundraising Activities, Dryland Training Schedule will be added soon. Please check the JSC website calendar for updates.

Oct. 6 – Dec. 6	Dryland Training (Various Locations, see section in Handbook)
October 11	Taco’bout the season meeting. Location TBD
November 5-7	Ski Swap Centennial Hall (All Club Members)
November 22-27	Mt. Sima Race Training Camp (Devos, Juniors)
December 12	Opening Day at Eaglecrest?? Devos, Juniors, Freeride
Dec. 21- Jan. 1	Holiday Camp Devos, Juniors, Freeride
January 2	Mitey Mite Opening Day
January 8	Ram Cup Slalom, Hilltop Ski Area, U12-U14, (U14 Qualifier)
January 15,16	Coca Cola Cup Sl, GS, Alyeska Ski Resort (U16 Qualifier)
January 17,18	Coca Cola Cup Sl, GS, Alyeska Ski Resort (U14 Qualifier)
January 21-23	Alyeska Junior Regional Freeride Comp
January 27-29	Alaska Airlines Speed Series, Super G, U12-U18, Alyeska Jan 27-28 U12-U14 (Qualifier), Jan 29 U16 (Qualifier)
January 30	Youth Ski League Race (U8-U12), Eaglecrest Ski Area
February 6	JSC Cash Bash Raffle, Louies-Douglas, AK
February 6	JSC Freeride Practice Comp- Eaglecrest
February 12-15	Alyeska Cup GS-SL U12-U18 (Races dates for age groups TBD) U14-U16 Qualifier, U16 State Champs
February 20,21	Juneau Tech Series GS, SL U12-U16 (U14 Qualifier)
February 27,28	Eaglecrest Freeride Junior 2*/Adult Qualifier 2*
February 27,28	U12-U14 State Champs, Arctic Valley
March 1-5	Freeride Junior National, Alyeska Resort

March 6	Youth Ski League Race U8-U12, Eaglecrest
March 11-14	U16 Western Region Champs, Big Sky, MT.
March 13-16	Tri Divisional Champs U14-U16, Jackson Hole, WY
March 18-21	U14 Western Region Champs, Mt. Bachelor, OR
March 27	JSC Club Race (GS Hilarys), Eaglecrest
April 3	JSC Freeride Invitational, Eaglecrest
April 2-4	Alaska Airlines Spring Speed Series, Super G, U12-U18 Alyeska Resort
April 11	Last Day at Eaglecrest

Parental Involvement

Parental involvement is critical to the success of the individual athletes and the overall programs. Parent volunteers are needed for all JSC races and events, and will be contacted by JSC prior to race/competition days with requests to volunteer. No experience is necessary as we will train all race/competition officials as needed.

DEVO and Freeride parents of younger athletes are encouraged and expected to:

1. Help athletes maintain their equipment
2. Help athletes prepare for all weather conditions.
3. Assist with JSC races in such roles as start crew, gate keepers, and finish crew as their abilities allow.

All program parents are encouraged and expected to:

1. Make sure the athletes are on time to practices and races/comps.
2. Support athletes, especially when they have a hard training or racing day.
3. Encourage open communication between athlete, coach, and parent.
4. Actively participate in JSC fundraising efforts.
 - *Involvement in Annual Ski Sale
 - *Help athletes sell tickets for the Annual Cash Bash
 - *Soliciting and securing sponsorships

*Participating in Bake Sales, Litter Free and various other fundraisers JSC hosts.

Family Volunteer Requirement

Each Juneau Ski Club family is required to complete a minimum of 10 volunteer hours during each season. Volunteer hours may be earned through activities that directly support club operations, races, and fundraising efforts.

Qualifying volunteer activities include, but are not limited to:

- Serving on the Juneau Ski Club Board
- Volunteering at club fundraising events
- Organizing the hosting a fundraising event, such as a bake sale
- Volunteering at races or other club events

The following activities are important to the club but do not count toward the 10-hour volunteer requirement:

- Selling Cash Bash tickets
- Volunteering at the Ski Swap
- Participating in 99 Pledges fundraising

Families are responsible for completing and documenting their required volunteer hours each season.

Attendance

Regular attendance to JSC programs is critical to the success of the athlete. Generally speaking, our training for all programs revolves around a progressive style of coaching. This means once skills are taught and practiced we move on to the next skill set. We understand there will be days of absence that will occur throughout the season but regular attendance is key to achieving goals, improving skills, building confidence, and preparing for competition. If an absence is planned, please notify your JSC program coach in advance.

Code of Conduct

In compliance with USSS and IFSA, the Juneau Ski Club states:

“When participating, we share a core value of team, respect, accountability, integrity, loyalty, and perseverance and abide by the spirit and dictates of this Code of Conduct. All members must agree to compose themselves in a sportsmanlike manner, and are responsible for their actions while attending or participating in all USSS/IFSA/JSC activities. Sportsmanship conduct is defined as, but is not limited to, respect for peers and fellow racers; respect for coaches and parents; respect for competition officials, resort employees, and the skiing and snowboarding public; respect for 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 absence from illegal drugs, tobacco, and alcohol.”

JSC Board Member and Coach Contact Information

Taylor Beard
President
(801) 573-3131
t.sheaffer.ritter@gmail.com

Kevin Stell
Program Director, VP of Alpine
(907) 723-4477
coachkevinJSC@gmail.com

VACANT
VP Communications

VACANT
VP Freeride

Van Swanson
Secretary
(907) 723-1979
Jvan47@hotmail.com

Misty Fitzpatrick
Treasurer
(907) 617-9246
admin@tongasselectric.com

Amanda Behrends Spickler
Board Member, Fundraising Coordinator
(907) 209-7889
spickbehr@gmail.com

Kasen Spickler
Board Member
(907) 723-9330
Kasen_spickler@hotmail.com

David Lowell
Freeride Head Coach
(907) 723-3161
dlowell80@gmail.com

Brock Tabor
DEVO Head Coach
(907) 957-3586
brocktabor@gmail.com

Juneau Ski Club
PO Box 32358
Juneau, AK 99803
(907) 790-RACE
juneauskiclubbod@gmail.com

Please allow 24hrs for email response. If urgent you may text coach Kevin. Thank you everyone for making the Juneau Ski Club the best it can be!



TRAVELING ATHLETE CONTRACT

I, _____, as a traveling athlete representing JSC, Alaska Division Alpine Ski Team, or the State of Alaska, have read, understand, and agree to the following terms and conditions:

- The use of alcohol, tobacco, or any narcotics is unacceptable and reason for immediate dismissal from the event and further sanctions as necessary.
- Athletes are to only travel with the team in team vehicles with a coach or approved chaperone. Leaving the team on a personal excursion is not permitted unless a coach deems it necessary and is notified prior to departure. Seatbelts are to be worn at all times when traveling in team vehicles.
- Unsportsmanlike conduct will not be tolerated. While traveling for competition, athletes will display dignity and sportsmanship both on and off the race venue.
- Athletes are expected to be respectful towards coaches, other athletes, and members of the public at all times.
- Athletes will display self-control, responsible behavior, and consideration for others' well-being, courtesy and good manners in public places. Rowdy activity and behavior not becoming of an athlete is unacceptable.
- Under all conditions: absolutely no abusive, profane or foul language is allowed.
- Athletes will respect all race officials, ski area employees, lift facilities, ski area boundaries, FIS, USSS, and Alaska Division ski racing rules and regulations.
- Use of electronic devices during events, team meetings, and similar group activities is not allowed. This includes handheld devices, smart watches, and earbuds. The following content is forbidden, and any offense will result in a permanent expulsion from the event and an immediate trip home at your family's expense.

•Drug or alcohol use •Sexually-oriented conversations, sexually explicit language, or sexual activity •Comments or images degrading an individual's personal life, social activities, relationships, family issues, or personal problems •Inappropriate or sexually explicit images

Note: Any communication touching on an athlete's personal life, social activities, relationships, family issues, or personal concerns must be transparent, accessible, and professional at all times.

- Inappropriate behavior will not be tolerated and is grounds for immediate dismissal. Warnings may not be given. The offense will result in a permanent expulsion from the event and an immediate trip home at your expense; additionally, it will come under board review for possible expulsion from the club. Inappropriate behavior consists of but is not limited to: swearing, rough-housing, yelling, interfering with a driver, parent, or coach, taunting or teasing other athletes, damaging in any way the interior or exterior of the van/vehicle or any property, refusing to wear your seatbelt, or refusing the instructions of the driver or coach.

I understand that by breaking any of the above agreements, I will be sent home at the earliest convenience at my own expense.

Signed _____ Dated _____
JSC Athlete

Signed _____ Dated _____
JSC Athlete's Parent/Guardian

Signed _____ Dated _____
JSC Coach



Code of Conduct

Name: _____

I am a current member of the Juneau Ski Club and the United States Ski and Snowboard of IFSA Associations, and am participating in the DEVO/JR or Freeride program for the 2022-2023 season.

I agree to the following:

1. I will compose myself in a sportsmanlike manner, and am responsible for my actions while attending and participating in all Juneau Ski Club activities.
2. I will be responsible and respectful to coaches, peers, parents, officials, Eaglecrest staff, and the general public.
3. I will comply with any and all event, team, or specific activity rules (curfew, attendance, schedules, etc.).
4. I will treat the JSC Race Room with respect and will clean up after myself and keep gear and the room in a neat and orderly manner.
5. I will not use and/or possess illegal drugs, alcohol, or tobacco.
6. I will not be destructive of property or violate any local, state or federal laws.
7. If an athlete is suspended or expelled from school for a drug or alcohol related incident, possession, or use, the athlete and parent(s) must immediately inform the JSC Head Coach. The athlete may be subjected to immediate dismissal or suspension from the program.
8. If an athlete violates any law resulting in an arrest or conviction by civil authorities, even if not related to JSC team activities, the athlete and parent(s) must immediately inform the JSC Head Coach. The athlete may be subject to immediate suspension or dismissal from the program.

Any violation of the above may result in my immediate loss of privilege, suspension or dismissal from the program. If dismissal from the program or an event occurs while traveling, I may be sent home immediately at my parent's cost by whatever means is most convenient. No reimbursement of program, event, incurred costs and fees will be made.

Signed: _____ Date: _____

Parent Signature: _____ Date: _____

KIDS SKI SIZE CHART



HEIGHT	BEGINNER	INTERMEDIATE	ADVANCED
3' - 3'1" 36" - 37"	25 9/16" - 29 1/8"	---	---
91.4 cm - 94.0 cm	65 cm - 74 cm	---	---
3'2" - 3'3" 38" - 39"	29 1/2" - 31 1/8"	---	---
96.5 cm - 99.0 cm	75 cm - 79 cm	---	---
3'4" - 3'6" 40" - 42"	31 1/2" - 33 1/16"	---	---
101.6 cm - 106.7 cm	80 cm - 84 cm	---	---
3'7" - 3'8" 43" - 44"	33 7/16" - 37"	---	---
109.2 cm - 111.8 cm	85 cm - 94 cm	---	---
3'9" - 3'10" 45" - 46"	37 3/8" - 40 15/16"	41 5/16" - 42 15/16"	---
114.3 cm - 116.8 cm	95 cm - 104 cm	105 cm - 109 cm	---
3'11" - 4' 47" - 48"	41 5/16" - 42 15/16"	43 5/16" - 44 7/8"	44 1/4" - 46 7/8"
119.4 cm - 121.9 cm	105 cm - 109 cm	110 cm - 114 cm	115 cm - 119 cm
4'1" - 4'2" 49" - 50"	43 5/16" - 44 7/8"	44 1/4" - 46 7/8"	47 1/4" - 48 13/16"
124.5 cm - 127.0 cm	110 cm - 114 cm	115 cm - 119 cm	120 cm - 124 cm
4'3" - 4'4" 51" - 52"	44 1/4" - 46 7/8"	47 1/4" - 48 13/16"	49 3/16" - 50 13/16"
129.5 cm - 132.1 cm	115 cm - 119 cm	120 cm - 124 cm	125 cm - 129 cm
4'5" - 4'6" 53" - 54"	47 1/4" - 48 13/16"	49 3/16" - 50 13/16"	51 3/16" - 52 3/4"
134.6 cm - 137.2 cm	120 cm - 124 cm	125 cm - 129 cm	130 cm - 134 cm
4'7" - 4'8" 55" - 56"	49 3/16" - 50 13/16"	51 3/16" - 52 3/4"	53 1/8" - 53 3/4"
139.7 cm - 142.2 cm	125 cm - 129 cm	130 cm - 134 cm	135 cm - 139 cm
4'9" - 4'11" 57" - 59"	51 3/16" - 52 3/4"	53 1/8" - 53 3/4"	55 1/8" - 56 11/16"
144.8 cm - 149.9 cm	130 cm - 134 cm	135 cm - 139 cm	140 cm - 144 cm
5' - 5'1" 60" - 61"	53 1/8" - 53 3/4"	55 1/8" - 56 11/16"	57 1/16" - 58 11/16"
152.4 cm - 154.9 cm	135 cm - 139 cm	140 cm - 144 cm	145 cm - 149 cm
5'2" - 5'3" 62" - 63"	55 1/8" - 56 11/16"	57 1/16" - 58 11/16"	59 1/16" - 62 5/8"
157.5 cm - 160.0 cm	140 cm - 144 cm	145 cm - 149 cm	150 cm - 159 cm
5'4" - 5'5" 64" - 65"	57 1/16" - 58 11/16"	59 1/16" - 60 5/8"	61" - 64 5/16"
162.6 cm - 165.1 cm	145 cm - 149 cm	150 cm - 154 cm	155 cm - 165 cm
5'6" - 5'7" 66" - 67"	59 1/16" - 60 5/8"	61" - 62 5/8"	63" - 66 9/16"
167.6 cm - 170.2 cm	150 cm - 154 cm	155 cm - 159 cm	160 cm - 169 cm
5'8" - 5'9" 68" - 69"	61" - 62 5/8"	63" - 64 9/16"	64 5/16" - 68 7/8"
172.7 cm - 175.2 cm	155 cm - 159 cm	160 cm - 164 cm	165 cm - 175 cm
5'10" - 6' 70" - 72"	63" - 64 9/16"	64 5/16" - 66 9/16"	66 15/16" - 72 13/16"
177.8 cm - 182.9 cm	160 cm - 164 cm	165 cm - 169 cm	170 cm - 185 cm
6'1" - 6'2" 73" - 74"	64 5/16" - 66 9/16"	66 15/16" - 68 1/2"	72 13/16" +
185.4 cm - 188.0 cm	165 cm - 169 cm	170 cm - 174 cm	185 cm +

Ski Boot Size Conversion Chart

Mondo	Junior	Ladies	Mens
15.5	10		
16.5	11		
17.5	12		
18.5	13		
19.5	1		
20.5	2		
21.5	3		
22.5	4	5	
23.5	5	6	5
24.5		7	6
25.5		8	7
26.5		9	8
27.5		10	9
28.5		11	10
29.5			11
30.5			12
31.5			13
32.5			14

Ski Pole Size Chart

Skier Height in Feet and Inches	Pole Length in Inches	Pole Length in Centimeters
3'4" and shorter	32	80
3'3" to 3'8"	34	85
3'9" to 4'0"	36	90
4'1" to 4'4"	38	95
4'5" to 4'8"	40	100
4'9" to 5'0"	42	105
5'1" to 5'3"	44	110
5'4" to 5'6"	46	115
5'7" to 5'9"	48	120
5'10" to 6'0"	50	125
6'1" to 6'3"	52	130
6'4" to 6'6"	54	135
6'7" and taller	56	140

HOW TO MEASURE



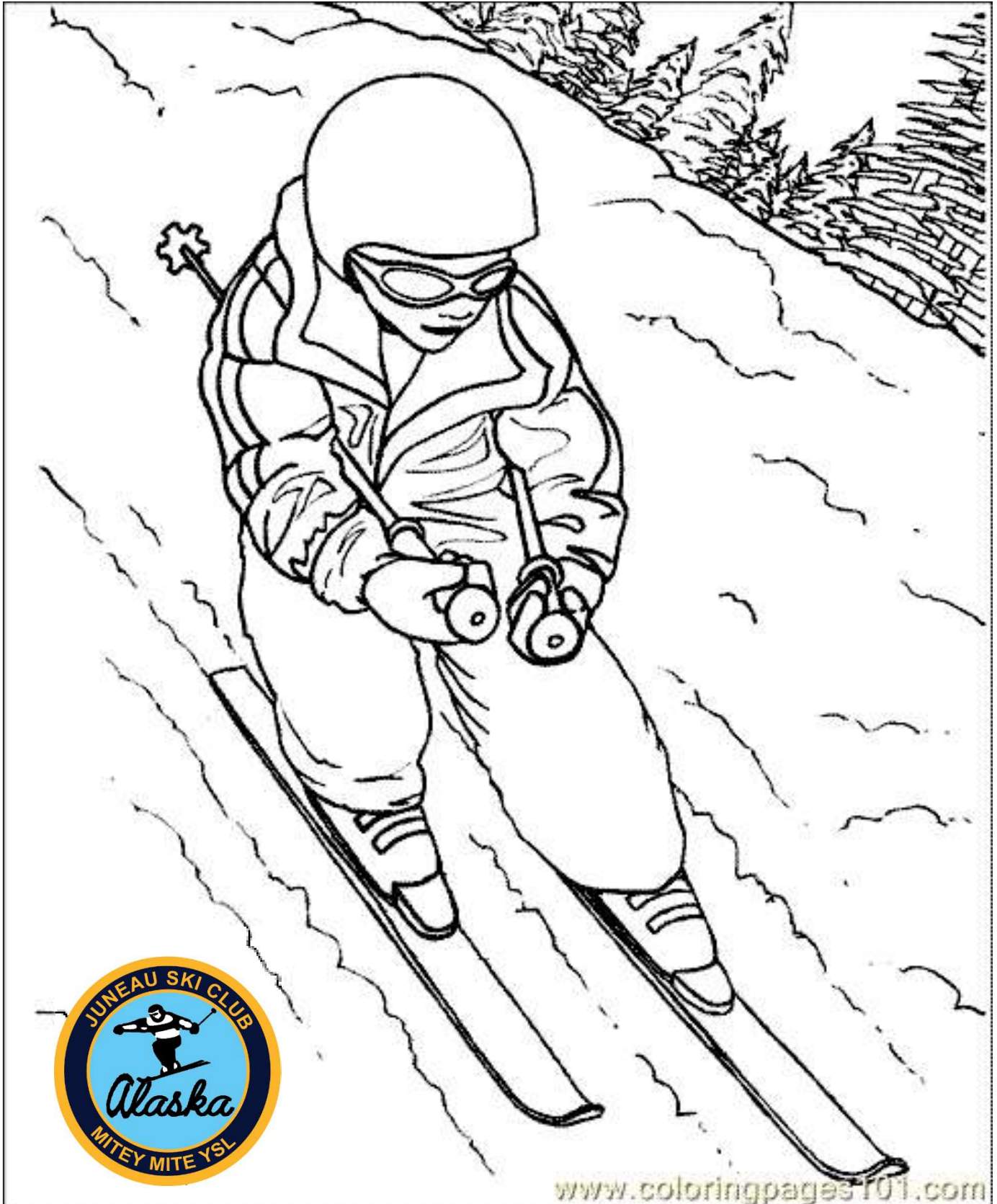
Backcountry Ski Poles:

Backcountry skiers have two important options when it comes to poles. On a tour, you need to be able to adjust your grip between your ascent and descent. When you're going up, you need a shorter pole due to the pitch of the slope. When you're going down, you still want a standard pole length. Rather than carrying two poles, you can choose between an adjustable pole or a fixed pole with an elongated grip.

A fixed pole with an elongated grip also works in place of an adjustable pole. Rather than adjusting you're the pole itself, just adjust your grip! Some skiers prefer fixed poles because, generally, they are more durable and simpler to use.

Name: _____

Circle One: Mitey Mite Devo Junior Freeride



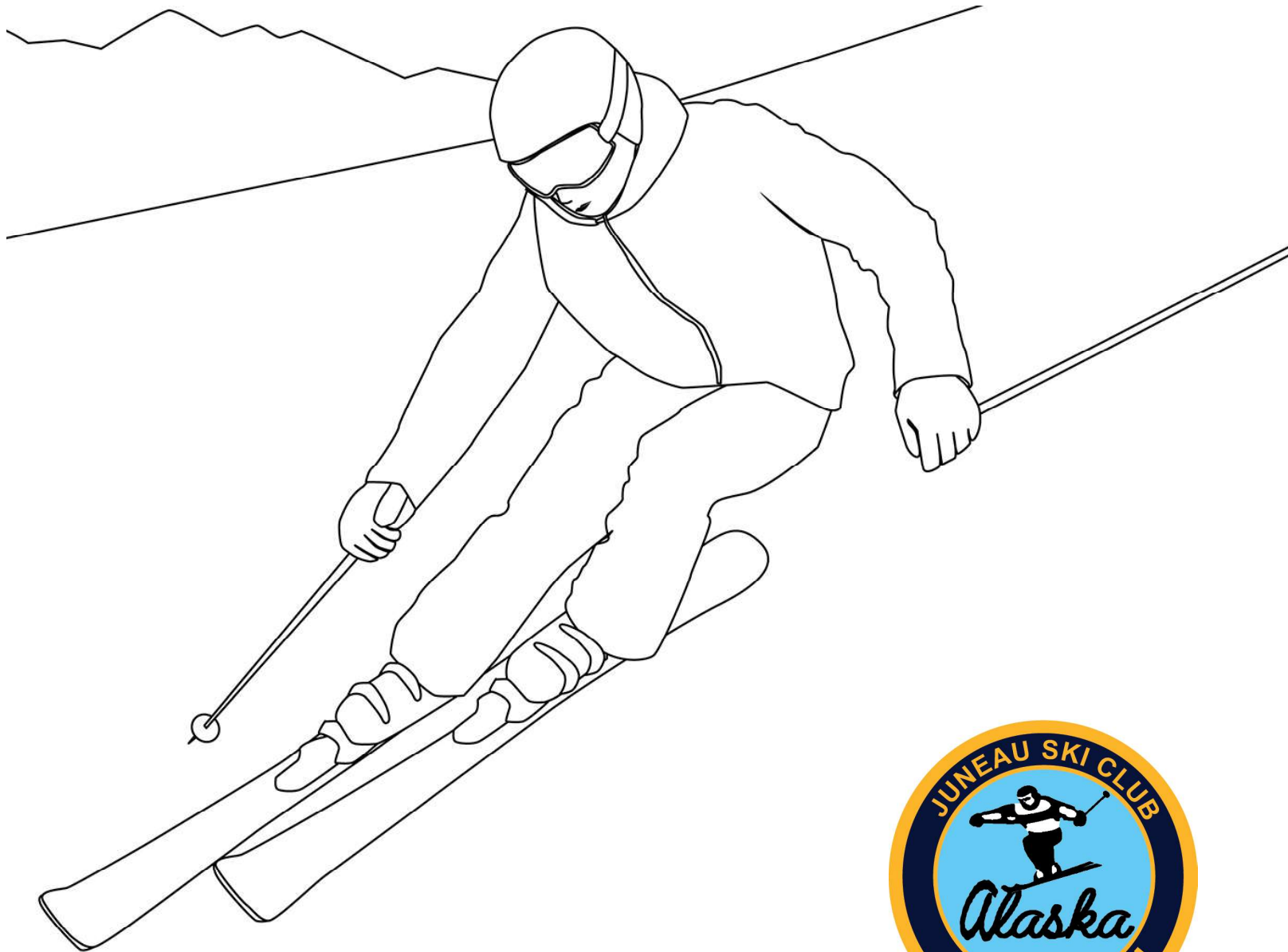
Name: _____

Circle One: Mitey Mite Devo Junior Freeride



Name: _____

Circle One: Mitey Mite Devo Junior Freeride



Name: _____

Circle One: Mitey Mite Devo Junior Freeride

