



**USSA Eastern Division of Freestyle and Freeskiing
Community Handbook**

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Introduction

About the USSA Eastern Division of Freestyle and Freeskiing

The USSA Eastern Division of Freestyle and Freeskiing is a non-profit division of the United States Ski and Snowboard Association (USSA), as sanctioned by the United States Olympic Committee. The Eastern Freestyle Competition Committee (EFCC) administers the Eastern Division. The EFCC is dedicated to the training and development of competitive freestyle and freeskiing athletes. Competition events are hosted at major resorts across the Northeast in Maine, New Hampshire, New Jersey, New York, Pennsylvania and Vermont in the USSA Freestyle and U.S. Freeskiing disciplines of aerials, big air, half pipe, moguls, dual moguls, skier cross, and slopestyle.

Competitions

There are two competition circuits and one open tour: the Eastern Qualifier Series (EQS), the "B" level, and the Eastern Championship Series (ECS), the "A" level and the EASTFREE TOUR.

EQS "B" Level

The Eastern Qualifier Series (EQS) "B" Level offers fun, age-class competition. The EQS, "B" level is designed for entry level skiers, basically 7 to 14 year olds (U7 to U15), though it is open to all age groups. It is where we educate athletes, coaches and officials. It is divided into Western, Central and Eastern Regions so that the young athletes do not have to travel far from their home mountain to compete. The EQS, "B" level events qualify athletes for State Finals and EQS Junior and Young Gun Championships, allowing the young athletes to experience championship-level events. The EQS level requires a USSA youth license, unless the competitor is older than 12. The events in this series are scored to the Eastern Points List, available at www.easternfreestyle.org.

ECS "A" Level

The Eastern Competition Series (ECS) "A" Level is designed for the older, more experienced athlete. The "A" level supports 13 to 18 year olds (U13 to U19) and all veteran skiers, 18+ year olds (V). The ECS qualifies skiers for national level events: Juniors Olympics, Junior Worlds, US Freestyle Championships and the US Selection Events. This division has produced many US Freestyle Ski Team, US Open and X-Game podium winners and Olympic athletes. The ECS level requires a full USSA license. The events in this series are scored to the national points list, the FSP. The FSP is available at www.ussa.org. The athlete and coach should make the decision on which series to ski in. Athletes under 13 must have their coach appeal to the EFCC, Appeals Subcommittee Chair for inclusion in the ECS mogul and dual mogul events.

EASTFREE TOUR

EASTFREE TOUR is a series of freeskiing events, including big air, slopestyle and halfpipe open to all Eastern Freestyle-Freeskiing Division members and guests. These events are scored to the national points list, the FSP, available at www.ussa.org.

How to Get Involved?

Athletes

- Join USSA - Join the USSA at the national and divisional level to gain access to competitions in your sport both in your home area and nationally.
- Join a Club - Join a USSA Competition Club to get the best professional coaching and logistical support.
- Compete - Pick the proper competition programs for your age and ability. You will find registration information on the divisional web sites. USSA's divisional programs (The EQS "B" level) offer introductory 'non-scored' competitions for youth beginning competitors. But for advancement in your sport, make sure to take part in USSA scored competitions, with your USSA Competitor membership, to improve your ranking.
- Eastern Ranking – Compete in EQS "B" level non-scored competitions to gain Eastern ranking on Eastern Points List. (EPL)
- USSA Ranking - Compete in ECS "A" level scored competitions to gain a USSA ranking, which will be used within your divisional program for advancement up the USSA Athlete Development Pipeline.

- FIS Registration - As you advance up the pipeline with your USSA ranking, you may be eligible for ranking on the International Ski Federation (FIS) ranking list. Check with your club coach or divisional contact for more information. FIS registration is simple and can be managed directly with USSA. You can monitor your FIS ranking or print a FIS registration form on the USSA website.
- Team Selection - As you continue to advance, your USSA ranking may qualify you for a divisional team - perhaps to the Junior Olympics or the U.S. National Championships, and eventually the U.S. Ski Team or Olympic Team!

Coaches

- Join USSA - Join the USSA at the national level to become a coach.
- Take a USSA Coaches' clinic – Move through the different levels of certification by attending clinics and completing intern hours.

Parents – Become an Official!

- Getting Started: Why become a USSA judge or official? Taking part as a competition judge or official is exciting -- it brings you into the heart of the action! And it's a way of helping the thousands of young athletes who enter USSA competitions to have fun and to achieve personal goals.
- Join USSA - It's simple to get started. Just join the USSA as an official. And work with your local USSA Division to participate in clinics and to volunteer at an entry-level position.
- Who becomes a USSA judge or official? Oftentimes it starts with parents of young athletes who want to be more actively involved. Former athletes and coaches are also great candidates with their background in the sport. But it can be anyone who has an interest in helping young athletes and playing an important role in their success.
- What Do Judges and Officials Do?
Judges and officials ensure that USSA competitions run efficiently and fairly by the rules. They are responsible for the safe conduct of the event and the accurate timing, judging and scoring. They also play a key role in ensuring that the spirit of the sport and competition is maintained. In the end, judges and officials are responsible for providing the best possible experience for USSA athletes.
- Advancement: Judges and officials are a lot like athletes. Once you start, you'll want to increase your level of expertise. The USSA offers a wide range of local, divisional and regional clinics where you can learn new skills and take on new positions. Various levels of officials' certification are offered by the USSA in each of its sports programs. As you grow in experience as a USSA judge or official, you may want to consider becoming certified internationally as a FIS (International Ski Federation) judge or official. FIS officials work international events domestically, and may be considered for international assignments.

Eastern Freestyle-Freeskiing Scholarships

Eastern Amateur Ski Educational Foundation (EASEF) has two groups of scholarships available. Older competitors (Seniors, J1's and J2's) should apply to the EASEF "SteveK Freestyle Endowment Fund" while J3-J5's should apply for funding from the "Philip T. Holmes Freestyle Fund". EASEF has long been a funding source for all types of amateur skiing sports from Cross Country, Jumping, Alpine, Snowboarding to Freestyle Skiing. Members of the board are from all skiing disciplines and their goal is to support all competitive skiing programs in the East. Support is provided for education, training, and development of athletes and coaches. All support is based on need not success. SteveK Freestyle Endowment Fund, formerly the Freestyle Endowment Fund was renamed in memory of Steve Kenney a long time supporter of Eastern Freestyle, a Past President of Eastern Freestyle Competition Committee, a coach at Stratton Mountain and a friend and supporter to all Freestyle activities until his untimely death. Philip T. Holmes Freestyle Fund is named in memory of a combined freestyle competitor from Waterville Valley. His family and friends wanted to ensure that his memory and his love for Freestyle and competition would be remembered and that the sport would be enriched by his memory. This scholarship is specifically designated to junior athletes and to encourage families to be involved and to support their local programs. In addition to scholarships, grants are also available from EASEF. To apply to either fund, please write to Dick Holmes at dick@HolmesELP.com. Fall is the best time to request assistance for competitors.

Eastern Freestyle-Freeskiing Sponsorships

There are many different sponsorship opportunities available within Eastern Freestyle-Freeskiing. Please contact the Executive Director if you become aware of any interest in this area.

Annual Timelines for Community Members

Here is a timeline of responsibilities and deadlines for the Eastern Freestyle-Freeskiing community members to guide them through the year.

Competition Department Directors/Event Organizers

January: Events

- Stay tuned to Eastern Freestyle-Freeskiing communication and act accordingly.

February: Events

- Stay tuned to Eastern Freestyle-Freeskiing communication and act accordingly.

March: Events and Preliminary Event Scheduling for Next Year

- Send Eastern Freestyle-Freeskiing an email confirmation of the upcoming season's event dates by March 1st.
- Stay tuned to Eastern Freestyle-Freeskiing communication and act accordingly.

April: Agenda Items for EFCC Annual Meeting and Online Reimbursements

- Send agenda items to the Chair by April 1st.
- Ensure that all Online Reimbursements have been received from Eastern Office.

May: Annual EFCC Meeting and USSA Congress

- Send a mountain representative to the Annual EFCC Meeting.
- USSA Congress occurs in May. The Freestyle-Freeskiing Sport Committee (FFSC) meets to discuss governance and rules of the sport. Watch for minutes from the meeting on the USSA web site to read about changes that could affect event budgeting.

June to August: USSA Club Renewals

- Renew your USSA Club membership.

September: Event Budgeting, Event Excessive Fee And Web Site Follow Up

- Finalize event budgeting.
- Send Event Excessive Fee Requests to EFCC Executive Director for approval if necessary, available online and in Appendix of this handbook. See Eastern 4.6 in the Eastern Rules Section for fee limitations.
- If event pricing exceeds the limitations, then the excessive fee request is due by Oct 1st for consideration.
- Be sure mountain's contact, competition coach, and event information are correct on the division website.

October: Schedule Agreements

- Complete USSA Schedule Agreements, available online at USSA.

November: Schedule Agreements, EFCC Fall Conference Call, Updated Community Handbook and USSA Competition Guide

- Complete the USSA Schedule Agreements online at USSA.
- Please note: The Eastern Office will provide payment for all USSA Eastern Division Freestyle and Freeskiing event sanction fees to USSA. These fees will automatically be deducted from a mountain's Event Online Reimbursement.
- A mountain representative must participate in the EFCC Fall Conference Call.

December: Events

- Be sure event information is correct on the division website.

Program Directors/Coaches

January: Events

- Stay tuned to Eastern Freestyle-Freeskiing communication and act accordingly.

February: Events

- Stay tuned to Eastern Freestyle-Freeskiing communication and act accordingly.

March: Preliminary Event Scheduling for Next Year

- Review Eastern Event Prep section in handbook
- By March 1st make sure your mountain's event organizer has sent Eastern Freestyle-Freeskiing an email confirmation of the upcoming season's event dates.
- Stay tuned to Eastern Freestyle-Freeskiing communication and act accordingly.

April: Agenda Items for Annual EFCC Meeting and Online Reimbursements

- Send any agenda items to the EFCC Coaches Sub-Committee Chair by April 1st.

May: Annual EFCC Spring Meeting, Preliminary Event Scheduling and the USSA Congress

- It is recommended that you attend the Annual EFCC Meeting with your mountain's Event Organizer. Remember all mountains are required to send at least ONE representative.
- The USSA Congress occurs in May where the Freestyle-Freeskiing Sport Committee (FFSC) meets to discuss governance and rules of the sport. Watch for minutes from the meeting on the USSA web site to read about changes that may affect athletic management plans.

June to August: USSA Club Renewals and Summer Camps

- Send a reminder to team to renew USSA memberships, as well as, your own.

September: Eastern Freestyle-Freeskiing Web Site Follow Up

- Be sure your mountain's contact, competition coach list, and event information are correct on the division website.

October: Schedule Agreements

- By November 1st make sure your mountain's event organizer has completed USSA Schedule Agreements, available online at USSA.

November: EFCC Fall Conference Call, Competition Coach Lists, Updated Eastern Freestyle-Freeskiing Community Handbook and USSA Competition Guide

- A mountain representative must participate in the EFCC Fall Conference Call.
- Be sure your competition coach list is accurate.
- Find new rules and procedures in the updated Eastern Freestyle-Freeskiing Community Handbook.
- Find new rules and procedures in the USSA Competition Guide (available online at www.ussa.org).

December: Events

- Stay tuned to Eastern Freestyle-Freeskiing communication and act accordingly.

Officials

Jan – Mar: Events

- Stay tuned to Eastern Freestyle-Freeskiing communication and act accordingly.

April: Agenda Items for EFCC Annual Meeting

- Send any agenda items to the EFCC Technical Delegate Sub-Committee Chair by April 1st.

May: Closing the Books, EFCC Annual Meeting and the USSA Congress

- Send any final requests for reimbursement to your respective EFCC sub-committee chair.
- Technical Delegates: By May 1st send TD Sub-Committee Chair any final TD reports.

- The USSA Congress occurs in May where the Freestyle-Freeskiing Sport Committee (FFSC) meets to discuss governance and rules of the sport. Watch for minutes from the meeting on the USSA web site to read about changes to rules.

June to August: USSA Renewals

- Make sure to renew USSA membership.

September: Registering for Officials' Clinics

- Find Officials' Clinic information and register.

October and November: Officials Clinics, Updated Eastern Freestyle-Freeskiing Community Handbook and USSA Competition Guide

- Attend fall clinics.
- Check for new rules and procedures in updated Eastern Freestyle-Freeskiing Community Handbook.
- Check for new rules and procedures in the USSA Competition Guide (available online at www.ussa.org).

December: Events

- Stay tuned to Eastern Freestyle-Freeskiing communication and act accordingly.

Parents/Athletes

Jan – Mar: Events

- Stay tuned to Eastern Freestyle-Freeskiing communication and act accordingly.
- April is for Agenda Items for EFCC Annual Meeting.
- Send any agenda items to the EFCC Executive Director for the Annual EFCC Meeting.

May: EFCC Annual Meeting and the USSA Congress

- The EFCC Annual Meeting and the USSA Congress occur in May where groups meet to discuss governance and rules of the sport. Watch for minutes from the meetings on the division web site to read about changes.
- Make sure to renew your USSA membership.

June to September: Dry-land and Summer Camps

- Check out the division web site for many dry-land and summer camp opportunities.

October and November: Register for Programs, Volunteer Opportunities, Rule Updates

- Be sure to get your registrations for winter programs processed so appropriate staff may be hired.
- Parents should look into volunteer opportunities with Eastern Freestyle-Freeskiing and their home mountains.
- Check for new rules and procedures in the USSA Competition Guide (available online at www.ussa.org) and the Eastern rules addendum, available online at www.easternfreestyle.org.

December: Events

- Stay tuned to Eastern Freestyle-Freeskiing communication and act accordingly.

Rules of the Sport

Please review the USSA Competition Guide and the Eastern Division Rules.

Communication

- Please find the division website at: www.easternfreestyle.org.
- Please sign up for the weekly email and important updates on the division website home page, top menu.
- Please follow Eastern Freestyle-Freeskiing on Facebook and Twitter.

Event Schedule, Registration and Refund Information

Event Schedule, Registration and Refund information can be found on the division website at: www.easternfreestyle.org.