



How-To Instructions and Membership Registration Form

There are three main components of the Deep Creek Winter Sports Team (DCWST) registration process: (1) becoming a USSA and USASA member, (2) signing the DCWST Garrett Sports Inc. Release of Liability Form, and (3) completing a DCWST Membership Registration Form. Below you will find instructions for each component.

Please be aware that *ALL* components must be completed and received by the DCWST prior to participation in any team related activities. If you have questions, please contact information@dcwst.org.

PART 1: USSA and USASA Registration

DCWST is a club team affiliated with the Pennsylvania Alpine Racing Association (PARA) of the United States Ski and Snowboard Association (USSA). These affiliations allow the team to purchase Liability Insurance through USSA under its club program. One of the requirements of the insurance is that all members of each club team must join USSA. As such, all DCWST team members (alpine skiers, freestyle skiers, and snowboarders) must become members of USSA.

USSA membership also allows alpine ski racers to compete in USSA and PARA events. Unfortunately, the USSA membership doesn't provide competition opportunities for freestyle skiers and/or snowboarders as these athletes compete in events organized by the United States of America Snowboard Association (USASA). As such, all snowboarders and freestyle skiers **who wish to compete** must join USASA in addition to USSA.

USSA REGISTRATION (all members)

- A. Go to the USSA website at www.ussa.org. On the right hand side of the page you will find the <Membership Tools> dropdown menu. Choose <Online Registration> from this menu.
- B. **(1) New members** should create an account by clicking the <Create Account> link on the right hand side of the page. **Parents** - create accounts in children's name(s).
(2) Returning Members who created an account prior to May 2011 must create a **new account** this year, due to a system change at USSA. The process is easy and most of the fields will self-populate if, when prompted during the re-registration process, you identify your prior account.
- C. Once you have registered or re-registered and are logged in, follow the USSA instructions as prompted while paying close attention to the supplemental instructions provided below in D thru G (again, for prior

- registrants, most of the fields will self-populate, but you should confirm the information nonetheless).
- D. STATE and CLUB AFFILIATION: When you are asked to choose your state you must choose <Pennsylvania> because DCWST is a PARA club. After selecting Pennsylvania, you should choose <Deep Creek Winter Sports Team> from the club list. Note that if you choose Maryland as your state affiliation you will not have the option to name DCWST as your club, so make sure you have chosen Pennsylvania as your state before you try to select DCWST from the club list. The "Division" should automatically be "Eastern" after "PA" and "DCWST" is chosen.
 - E. SPORT and MEMBERSHIP TYPE: Select from the options below based on the type of competitions you plan to participate in.
 - i. Choose <Alpine> for your sport and then <Alpine Youth> (12 yrs and younger) or <Alpine Competitor> (13 yrs and older) for your membership. If renewing, the "Alpine Competitor" or "Alpine Youth" will be displayed in the "Your Membership Cart" box. You may notice that this also adds a fee to your cart for PARA State Dues. This is correct as all ski racers must join PARA as well, and you will automatically be signed up for it through USSA.
 - ii. *Freestyle Skiing Only*: Choose <Freestyle> for your sport and then <Freestyle Rookie> for your membership type.
 - iii. *Alpine Ski Racing and Freestyle Skiing*: You do not need to register as a freestyle skier! Instead simply choose <Alpine> for your sport and then Alpine Youth or Alpine Competitor for your membership. You may notice that this also adds a fee to your cart for PARA State Dues. This is correct as all ski racers must join PARA as well, and you will automatically be signed up for it through USSA.
 - iv. *Snowboarding*: Choose <Snowboard> for your sport and then <Snowboard Competitor Regional> for your membership.
 - F. MEMBER COMMUNICATION: Check the box titled "Subscribe to your division or state email list for important communications such as schedule and event information".
 - G. You will also be asked to provide "Primary Medical Insurance" information and agree to the "USSA Assumption of Risk and Release of Liability" waiver. Please note and read the concussion policy!
 - H. Once your payment information has been processed, you will see the "Registration Complete" page. Be sure to *PRINT VERIFICATION OF YOUR USSA MEMBERSHIP*, as it must be submitted with your DCWST Membership Registration Form. Lastly, be sure to cut out your USSA card and save it for use when registering for USSA races this season.

USASA REGISTRATION (Note: Only those snowboarders and freestyle skiers who wish to compete in USASA should complete the following steps!)

In order to join USASA, follow the steps below for each person who wishes to register with USASA:

- A. Go to the USASA website at www.usasa.org. At the top of the right hand side of the page you should click the <Join/Login> link.

- B. If you have registered online with USASA in the past, login with your previous username and password. New members should create an account by clicking the <Click Here> link at the top of the login page. Once you have an account and have logged into USASA, you will begin the registration process. For returning members, most of the fields will automatically populate, but you should confirm the information nonetheless.
- C. CHOOSE YOUR REGION: Click on the dropdown menu and scroll down to and select the <Appalachian> region.
- D. CHOOSE YOUR DIVISION: Snowboarders should choose <Snowboarder> and freestyle skiers should choose <Skier>.
- E. Fill in your name and address information and the click <Submit>.
- F. Once your payment information has been processed you will reach the registration verification page. Be sure to *PRINT VERIFICATION OF YOUR USASA MEMBERSHIP*, as it must be submitted with your DCWST Membership Registration Form.

PART 2: DCWST Garrett Sports Inc. Release of Liability Form

- A. Go to the Deep Creek Winter Sports Team website at www.dcwst.org. On the Membership Page, you can download the release form in Part 2.
- B. Print a copy of the form and take the time to read its contents. Then, complete and sign the bottom of the form. **Parents** - you can complete one form for all of your children by listing each of their names/ages on the bottom line of the form.
- C. Submit the completed DCWST Garrett Sports Inc. Release of Liability Form with your DCWST Membership Registration Form.

PART 3: DCWST Membership Registration Form

- A. The DCWST Membership Registration Form is available on the Membership Page of the team website. You should have completed Part 1 and Part 2 above before filling out the form.
- B. Fill out one form per team member and submit all paperwork plus payment to DCWST at the address listed. Registration forms for returning members must be received by November 15, 2011 or a late fee will be assessed. New members must submit registration forms by December 12, 2011.



2011-2012 Membership Registration Form

DIRECTIONS: Please print clearly and complete one form per member.

GENERAL INFORMATION

Member Name: _____

Date of Birth: _____ Sex: _____

Parent Name(s): _____

Home Address: _____

Home Phone #: _____ Mobile #: _____

Emergency Phone # (while at Wisp) _____

Email: _____

NOTE: all communications are via email, please provide an e-mail address you check regularly.

If you do NOT want your contact info to be included on the DCWST team contacts list, check here:

Does your child have any special needs? Explain. _____

MANDATORY MEDICAL/ACCIDENT INSURANCE INFORMATION

Primary Medical Insurance Company: _____

Policy #: _____ Group #: _____

USSA MEMBERSHIP

U.S. Ski and Snowboard Association (USSA) membership is required to become a DCWST member. In order to be a USSA Member, you must have and maintain the medical/accident insurance above for the duration of the membership year.

If you have not already done so, register online with USSA at www.ussa.org.

Upon completion of your USSA registration, attach your USSA Membership Verification to this form and place your USSA number on the space below. Also, make sure you print and cut out your USSA card for use during USSA event registration.

USSA # _____

CONCUSSION POLICY

Please read carefully before signing below.

Any DCWST member athlete under the age of 18 years suspected of having sustained a concussion or traumatic head injury must be removed immediately from participation DCWST-related events (e.g. training, practice, camps, competitions or tryouts), by the DCWST/USSA member coach overseeing such sporting event. The minor athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in DCWST-related sporting events by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to DCWST in the clearance letter that he/she has successfully completed a continuing education course in the evaluation and management of concussive head injuries within three years of the day on which the written statement is made. Upon removal of a minor athlete from participation for a suspected concussion or traumatic head injury, the coach making the removal must inform DCWST. Athletes who have been medically cleared to resume participation must provide such medical clearance (as described above) to DCWST in order to be permitted to participate in DCWST-related sporting events.

About Concussion

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

Risk of Continued Participation

A repeat concussion that occurs before the brain recovers from the first – usually within a relatively short period of time (hours, days, or weeks) – can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

The USSA and DCWST recommend that Members review the Center for Disease Control's resources on concussion awareness at the following link:

http://www.cdc.gov/concussion/HeadsUp/online_training.html

I HAVE CAREFULLY READ AND UNDERSTAND THE FOREGOING AND WILL COMPLY:

Parent

Child – Name and Age

DCWST MEMBERSHIPS

Place a check mark next to the type(s) of memberships the member wishes to hold for the 2011 – 2012 season.

_____ **\$325 General DCWST Membership:** for athletes age 7 to 18 as of 12/31/11. Includes 50+ hours of training (including 4-day Mini-Camp), USSA Insurance paid by DCWST.

Skier: _____ Snowboarder: _____

_____ **\$125 Traveling Ski Team Membership:** members must join as general DCWST members as well. Includes an additional 35+ hours of race training, plus coaching while at USSA regional events.

_____ **\$125 Freestyle Ski Team Membership:** members must join as general DCWST members as well. Includes 35+ hours of freestyle specific training (including during 4-day Mini-Camp), USSA Insurance paid by DCWST.

_____ **\$125 Traveling Snowboard Team Membership:** snowboard members must join as general DCWST members as well. Includes coaching at USASA-sanctioned competitions attended by team and a number of practices at Seven Springs Resort (members must obtain Seven Springs lift tickets on their own).

_____ **\$500 Unlimited DCWST Membership:** for athletes age 7 to 18 as of 12/31/11. Includes training with the Alpine or Snowboard Team, Alpine Traveling, Team, Snowboard Traveling Team and the Freestyle Team at a discounted rate. USSA Insurance paid by DCWST.

PART 5: PAYMENT and FORM SUBMISSION

A. Total Membership Fees Due*: \$ _____

B. Please also accept my generous, tax-deductible donation in the amount of (circle one): \$1,000 \$500 \$250 Other \$ _____

C. I have enclosed a check** in the total amount of \$ _____ for the payment of membership fees, late fees*** and donations.

* Add all amounts checked in the DCWST Memberships section of this form

** Make all checks payable to Deep Creek Winter Sports Team

***If returning members registration is not received by DCWST by the registration deadline of November 15, 2011 a \$100 late fee should be included.

REMEMBER to include **this form** with your **payment**, your **USSA/USASA Membership Verifications** and your **DCWST Garrett Sports Inc. Release of Liability Form**. Once you have included all of the required items listed above, send all paperwork to:

**Deep Creek Winter Sports Team
c/o Team Registration
474 Ezra Savage Road
Swanton, Maryland 21561**

GARRETT SPORTS, INC.
THIS IS A RELEASE OF LIABILITY - PLEASE READ CAREFULLY!

THIS FULL GENERAL RELEASE, is given by the undersigned to GARRETT SPORTS, INC., its directors, officers, members, agents, coaches, volunteers, employees and contractors, whereby the undersigned understands and accepts that skiing, snowboarding and other snow sports and related activities are inherently dangerous and hazardous. The undersigned further understands that competitive racing and related practice, coaching and clinics are often more hazardous than non competitive snow sports and accepts for him or herself, and/or his or her minor child(ren), the increased risks related to such activities. The undersigned freely accepts and voluntarily assumes for him or herself and/or his or her minor child(ren), all related risk of personal injury, death or property damage. Further the undersigned releases GARRETT SPORTS, INC., its directors, officers, members, agents, coaches, volunteers, employees and contractors, on behalf of him or herself individually and as parent or legal guardian, and for his or her minor child(ren), from any and all liability for personal injury or property damage which results in any way from negligence, conditions including but not limited to varying natural and manmade conditions and obstacles as well as other participants or skiers/snowboarders on or about the facility, and from the actions or omissions of Garrett Sports, Inc.'s directors, officers, members, agents, coaches, volunteers, employees and contractors, accepting for the undersigned and /or the minor child(ren) of the undersigned, hereby taking the full responsibility for any and all such damage or injury of any kind which may result.

In the event it becomes necessary, the undersigned does hereby consent to such medical diagnosis and treatment that may be necessary as a result of the activities contemplated by this release and that may be rendered under the general or specific instructions of any physician or hospital. It is understood that this consent is given in advance of any treatment that may be required, and is given solely for the purpose of encouraging the GARRETT SPORTS, INC. directors, officers, members, agents, coaches, volunteers, employees and contractors, hospital staff, and medical personnel to exercise their best judgement as to the requirements of such diagnosis or treatment; further, that the undersigned shall be responsible for the payment of all fees and expenses of physicians, hospitals, ambulances and other charges or expenses so incurred.

This release is given as a condition to participation in any Garrett Sports, Inc. activity, and participation is further conditioned upon the execution of the releases of the Wisp at Deep Creek Mountain Resort and the United States Ski and Snowboard Association. This release is binding upon the undersigned, his or her heirs and personal representatives, and/or the heirs and personal representatives of any applicable minor child(ren), and for all parents or legal guardians of said child(ren).

The undersigned has read and understood this release. The undersigned further understands that execution of this release is a prerequisite to his or her participation, and/or the participation of his or her minor child(ren), in the Garrett Sports, Inc. activities and competitions and in the event the undersigned does not agree to the terms and conditions of this release, then he or she should not execute this release. When signing for a minor child(ren), then undersigned represents that he or she possesses the authority to act on behalf of all of the minor child(ren)'s legal guardians.

Signature _____ Date: _____ Printed Name _____

Address _____ Telephone (____) _____

Age/DOB _____ **NOTE: As Parent or Legal Guardian I am signing for the following minor child(ren):**

(provide name and age): _____