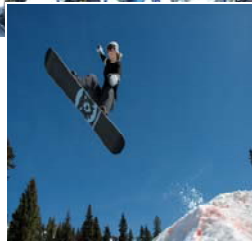


USCSA College Handbook



The Place To Be!



Welcome to the U. S. Collegiate Ski & Snowboard Association!

The USCSA is *the* sports federation for collegiate *team* ski and snowboard competition in America. Sanctioning both alpine, cross country and snowboard competition, the USCSA runs, rules and promotes collegiate competitions coast to coast.

Teams in the USCSA come in all forms, from full varsity to club teams. Varsity programs typically offer full funding to their athletes to include professional coaching, race entry, travel expenses, etc. The club programs usually receive less funding from their schools; however, nearly all club teams receive significant funding, which allows team members to compete with little out of pocket expense.

USCSA member schools offer every possible educational opportunity from Junior College to the Ivy League. If you are interested in a school that does not have a team, the USCSA can help you start one on any campus. The US Naval Academy in Annapolis, Maryland started a club team in 1992 and by 1994 they qualified for the National Championships.

College selection may be the most important decision a high school student may make. There are a number of important facts to consider, most important; you are not going to college to compete in snowsport competitions, but to get a good education. Your academic needs should be most important, but if you want to compete, look carefully at the opportunities on each campus. There are many fine athletes on campuses where they simply have no chance of making the team. You have heard of some powerhouse teams, but may not be aware that there are teams at schools like; Stanford, Princeton, Michigan, Virginia Tech., UCLA, Bucknell. The USCSA has member schools in twenty states.

The USCSA National Office can help you find a contact at each school and answer questions about their conference.

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www.reliableracing.com

USCSA MISSION STATEMENT

'To be the National governing body of team ski & snowboard competition at the collegiate level. To promote and increase awareness of and participation in alpine skiing, cross-country skiing and snowboarding in the United States. To provide competition and development opportunities for student/athletes in a team atmosphere leading toward National titles in each discipline.'

ORGANIZATIONAL PROFILE

The United States Collegiate Ski & Snowboard Association (USCSA) is the sports federation for collegiate team ski racing and snowboarding in America. In excess of 150 colleges from coast to coast, field some 3,800 men and women, alpine, cross-country and snowboarding athletes in over 200 race events annually.

Competition takes place across three progressive tiers. Conference qualifiers determine the participants at the five USCSA regional championships. The Regional Championships are the last step on the road to the annual United States Collegiate Skiing and Snowboard Championships, the showcase event in college racing

Organized as part of a non-profit 501 (C) 3 Educational Foundation, the USCSA believes that student/athletes, of all levels and abilities should have access to a quality and exciting venue of ski & snowboard competition. The USCSA fosters parity, both of representation and ultimately competition, to create and maintain a level playing field and does all it can to raise the level of competition throughout all their programs from the bottom up. The USCSA also recognizes, that for athletes to be truly successful individuals, academics should take priority over ski & snowboard competition. To help foster this, the USCSA stresses education first and offers a variety of academic based awards.

THE FORMULA FOR SUCCESS

The USCSA has grown and thrived due to its unique approach. It is the only collegiate level national governing sports body to foster competition among institutions with varying national sports affiliations. This means that schools who are NCAA, NAIA, NJCAA, or other independent sport bodies can all participate in the USCSA.

Another special feature of the USCSA is that teams can have different institutional status. Teams organized as club sports and varsity sports compete on the same level against one another, making the USCSA the place for everyone!

Team performance is emphasized within the USCSA, a departure from the typical individual or world cup scoring format in skiing. Teams field five racers with the top three performances being used for the team score. Most former USCSA athletes agree that the USCSA's team orientation has been the seed for developing and nurturing a team approach in other aspects of their lives and careers.

Overall team performance is considered separately for each discipline, so a school can field any single or combination of a men's alpine, women's alpine, men's cross-country, women's cross-country, men's snowboard, women's snowboard competition team.

The USCSA follows stringent rules of individual eligibility. This assures equitable standards for all student/athletes.

BASICS OF USCSA TEAM SCORING

ALPINE:

A school enters five competitors. Each competitor is seeded randomly in one of the five seeds. The competitors combined time from two runs is their score. You then combine the team's best three individual scores for a team time. One point is awarded to the winning team, two points for second, etc. The championship is determined by adding team finish points in slalom to that of giant slalom, with the low total being the winner.

The Individual Combined Award:

The total USSA race points are utilized for the slalom and giant slalom events, with the low total being the winner.

CROSS COUNTRY:

Each school may enter up to five competitors in each event. Each competitor will receive a start number based on random seeding within his or her designated seed. Team results for individual races are obtained by adding the point-by-place for the first 3 best performances per team. Relay scoring is as follows: 6 points for 1st place, 15 points for 2nd place, etc. The points are increased by 9 for each team on through the remaining relay results. Overall team results are determined by adding the team scores for the sprint, individual classical, individual freestyle and relay races.

SNOWBOARD:

A school enters five competitors. Each competitor is seeded randomly in one of the five seeds. Team finish places are determined by the sum of placement points of the three best individual team members. Team scoring is accomplished by adding together the team scores of the Giant Slalom, Boarder Cross and the Freestyle event (Halfpipe or Slopestyle based on the venue provided by the host mountain at Nationals). Scoring is a point by place system.

The Individual Combined Award:

The total place points from each of the three events (Giant Slalom, BoarderCross and Freestyle) will be combined to determine the individual combined award.

USCSA MEMBERSHIP

Membership Representation:

The USCSA is a member-based organization, meaning that its members play an integral role in the direction and actions of the organization. Each member conference elects a delegate to the Board of Directors, the Board also selects six Student/Athlete Representatives to serve on the Board of Directors, making sure that the varying needs of USCSA conferences and different types of teams are addressed and met. All USCSA teams are encouraged to take an active role in the decision making process of the USCSA.

Membership Benefits:

Competitor licensing and Eligibility monitoring, Web Site linkups for your team, Newsletter, Discounts available with Reliable Racing Supply , Team listing in USCSA and USSA Collegiate Handbooks, Organizational assistance to teams and conferences, Access to a Regional and National Championships, Rules and Regulation authority, Team and Conference representation at the USCSA Board of Directors annual meeting.

2005-2006 USCSA BOARD OF DIRECTORS

Executive Board:

President	Paul Wojick
Executive Vice President	Mark Sullivan
Vice President of Alpine	Kim Bownes
Vice President of Cross-country	Amy Lane
Vice President of Snowboard	Sam Bachhuber
Vice President of Academic Affairs	Bill Toof
Treasurer	Robin Dzubay
Executive At-large	Andy Rangen
Executive At-large	Eric Millbrandt
President Emeritus	Holger Petersen
Executive Director	Laura Sullivan

USCSA National Office

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www.USCSA.com

USCSA vs. NCAA Comparison (Alpine and Cross Country)

There are currently two organizations that are involved with collegiate ski racing. This brief comparison will assist you with understanding the differences.

United States Collegiate Ski & Snowboard Association (USCSA)

- The nation is divided into 5 Regions; Eastern, Mid-Atlantic, Mid-West, Far West and West.
- The 5 Regions are split into 11 conferences: Eastern, Mid-East, Allegheny, New Jersey, Southeast, Midwest, Southern California, Northern California, Northwest, Rocky Mountain and Grand Teton.
- Maintain about 88% of the skiing programs in the United States.
- Many schools are Division I, II, III NCAA and NAIA institutions but are also USCSA members and chose to compete in the USCSA. They may compete in NCAA events and attempt to qualify *individuals* to the NCAA Nationals. These teams may also compete in USCSA races and attempt to qualify a *team* for the USCSA Nationals.
- Teams may be varsity (fully funded or partially funded) or club sports or individuals. If a school of your choice does not offer skiing (alpine or cross country) as a varsity or club sport, you can start a program.
- 4 year and 2 year institutions compete in the USCSA.
- Some offer athletic scholarships, however, most do not.
- Alpine, Cross-Country, Snowboard, Men and Women.
- Scoring is as a **TEAM**.

National Collegiate Athletic Association (NCAA)

- The nation is divided into 3 Regions: East (EISA), Central (CISA) and Rocky Mountain (RMISA).
- Maintain about 12% of the skiing programs in the United States.
- Schools are Division I, II, III NCAA institutions.
- Varsity funded activities (to varying degrees).
- All schools are 4 year institutions.
- Division I and II offer athletic scholarships; Division III is >need-based= financial aid; Ivy League programs are Division I but do not offer athletic scholarships.
- Alpine and Cross Country, Men and Women.
- Scoring is as an **INDIVIDUAL**.

SUGGESTED STEPS TO THE COLLEGE APPLICATION PROCESS

1. Contact a variety of schools that you are interested in. You should do this the summer before your senior year or earlier. It is never too early.
2. Establish a contact with the coach or team representative.
3. Return your applications as soon as possible before Thanksgiving of your senior year. If you want to go a school but you think you are a marginal student (SAT scores and GPA may not be as high as you had hoped) you may want to consider "early decision". This strategy may work well for you because in November the class has not taken shape yet and you might get in November but not in January or February. Just because a college boasts 1200 SAT scores, does not mean that someone with 1000 is not going to be admitted. These are only targets for the admissions offices. They weight the application/interview very heavily; so spend time making it the best it can be.
4. In January, make sure your parents turn in the FAF and the FAF-SA. You should be able to work on these earlier, but you need current W-2 tax information to complete them. W-2's become available at the end of January.
5. Visit the campuses of your choice during the fall and spring of your senior year. These visits will help you narrow down your decisions. It is recommended that you go on a Thursday, visit classes on Friday and spend the weekend to get a feel for college life. You may not have a chance (nor the desire) to do this at every school, but for your top one or two choices, you should consider it.
6. Make copies of everything (application for admission, financial aid, etc.) In case it is lost in the mail or misplaced at the school. Each school has different guidelines and deadlines for application and financial aid so be aware. If you have any questions, be aggressive. Do not assume anything (for example: the financial forms will not be sent unless you request them).

Probably the biggest turn-off is the increasing cost of higher education. There are options to assist you; it just takes a lot of work to complete the financial aid forms and searching out different scholarships that you may qualify for. Do not be scared off by the high price of tuition. If you want to go to a school and you feel it costs too much it is still worth pursuing because just about every institution offers some form of financial aid. Most schools will not look at your financial aid until you have been admitted.

Think about it

Many junior competitors are frustrated graduating from high school because they are not receiving the much-deserved attention from the college coaches they feel they have earned. Many expect to receive scholarship dollars but discover that those funds are going to European

athletes. Many athletes end up sitting on the bench somewhere, training, but not competing.

Some of you may select a college or university that does not sponsor a snowsport team at all. No matter where you attend college, if you want to compete, you can compete in the USCSA as an individual or team! The USCSA will walk you through the necessary steps to become member of the USCSA. The NCAA unfortunately will not sponsor any team that is not varsity so this option is not available at those institutions.

Remember that academics come first and athletics second in college. Most of the collegiate programs will prepare you for higher levels of competition. You will grow and mature and become a better athlete during those four years in college. You cannot compete forever but the college experience will last a lifetime and you will have a college degree that will assist you in your life time goals.



USCSA HIGHLIGHTS OF ELIGIBILITY RULES

Listed below are the *important points* of the USCSA eligibility rules. *These do not cover all of the rules* and each team is responsible for the eligibility of each of its members.

1. Each athlete must be enrolled as a full-time student during the competition season.
2. Each athlete must maintain a minimum satisfactory GPA.
 - * 1.6 after the first season of competition
 - * 1.8 after the second season of competition
 - * 2.0 after the third season of competition
3. Each athlete must have passed 24 semester hours or 36 quarter hours since the beginning of the last competition season.
4. Each athlete has ten semesters or fifteen quarters of full-time collegiate enrollment during which to use four years of eligibility. This starts with the initial semester or quarter enrolled in school.
5. Each athlete must be making normal progress in a degree program.
6. Freshmen competitors must abide by the NCAA sliding rule.
7. The amount of financial aid awarded to a student athlete is limited to the value of tuition and fees, room and board and required textbooks.
8. Transfer students may only use transfer credits accepted by the institution of which they are competing in determining eligibility.
9. No recruiting from existing collegiate programs is allowed without permission from the school involved. All inquires from students at other schools must be reported to the school from which the student desires to transfer.
10. The following referenced NCAA II rules:
 1. Operating Bylaw, Article 12, Amateurism
 2. Operating Bylaw, Article 13, Recruiting
 3. Operating Bylaw, Article 14, Eligibility: Academic and General Requirements
 4. Operating Bylaw, Article 15, Financial Aid
 5. Operating Bylaw, Article 16, Awards, Benefits & Expenses For Enrolled Student Athletes
 6. Operating Bylaw, Article 17, Playing & Practice Seasons
 7. Constitution, Article 2.3, The Principle Of Ethical Conduct
Article 2.10, The Principle Governing Financial Aid
 8. Constitution, Article 5.2.2, Operating Bylaws
 9. Operating Bylaw, Article 10.1, Unethical Conduct
Article 10.4, Disciplinary Action
 10. Operating Bylaw, Article 11.1.1, Standards Of Honesty & Sportsmanship
 11. Operating Bylaw, Article 18.4.1, Eligibility For Championships - Student Athlete Eligibility
 12. Administrative Bylaw, Article 32.3.6, Disclosure Of Purpose Of Interview

USCSA REGIONS, CONFERENCES and DIVISIONS

Western Region:

Coordinators

Grand Teton Conference

Jerry Wolf: 406.657.1036
wolfj@rocky.edu

Northwest Conference

Ron Bonneau: 208.459.5863
rbonneau@albertson.edu

Rocky Mountain Conference

George Thomas: 970.870.4771
georget@springsips.com

X-country Division

Christi Boggs: 307.742.6485
cboggs@uwyo.edu

Far West Region:

Southern California Conference

Collin Casper: 858.586.9476
collin@sccsc.com

Northern California Conference

Ryan Rodarte: 530.550.9604
RSRodarte@juno.com

Midwest Region:

Midwest Conference:

Robin Dzubay: 952.249.0576
mcsa@skypoint.com

Chicago Division

Andy VanOsdol: 815.777.0482
snapshot@galenalink.net

Lake Superior Division

Mike Dzubay: 952.249.0576
mcsa@skypoint.com

Michigan Division

George Ravell: 616.636.4119
ravell@accessbusinessgroup.com

Ohio Division

Kevin Darago: 330.253.8795
kdarago@att.net

Eastern Region:

Eastern Conference:

Mark Sullivan: 413.634.5766
skicoach@wpi.edu

MacConnell Division

Jim Castrataro: 781.239.5730
Castrataro@Babson.edu

Thompson Division Mark Sullivan: 413.634.5766
skicoach@wpi.edu

McBrien Division Bolan Bigelow:
mubrinedivision@gmail.com

Snowboard Division Sam Bachhuber:
amoskeagfloors@hotmail.com

Cross Country Division Amy Lane: 413.572.4491
ECSC.Nordic@gmail.com

Mid-east Conference:

Empire Division Jeff Egan: 315.655.9044
jegansu@peoplepc.com

Adirondack Division Willi Steinrotter: 315.268.7983
mnsoccer@clarkson.edu

Cross Country Division Amy Lane: 413.572.4491
ECSC.Nordic@gmail.com

Mid-Atlantic Region:

Allegheny Conference Bill Hetrick: 814.446-7309
raceconf@aol.com

New Jersey Conference Bonnie Bartowski
BBartowski@NORUS.JNJ.com

Southeastern Conference Lari Garren, 919.740.8743
southeasternuscsa@yahoo.com

Schools offering scholarships are in **BOLD**.

School	Region / Conference	Division	Alpine Club	Alpine Varsity	XC Club	XC Varsity
Albertson College	W	Northwest		M/W	M/W	
Alfred University	MA	Mideast	Empire	M/W	M/W	
Amherst College	E	Eastern		M/W		
Appalachian State University	MA	Southeast		M/W		
Babson College	E	Eastern	Osborne		M/W	
Binghamton University	MA	Mideast	Empire	M/W		
Boston College	E	Eastern	Osborne		M/W	
Boston University	E	Eastern	Thompson	M/W		
Bowling Green State University	MW	Midwest		M/W		
Brandeis University	E	Eastern	McBrien	M/W		
Brown University	E	Eastern	Osborne	M	W	
Bucknell University	MA	Allegheny		M/W		
C.S.U.Long Beach	FW	S. California		M/W		
Cal Poly, San Luis Obispo	FW	S. California		M/W		
Cal State, Chico	FW	N. California		M/W		
Carleton College	MW	Midwest	L. Superior		M/W	M/W
Clarke College	MW	Midwest	Chicago		M/W	
Clarkson University	E	Mideast	Adirondack		M/W	M/W
Colby-Sawyer College	E	Eastern	Osborne		M/W	M/W
Colgate University	E	Mideast	Adirondack	M/W		
Colorado College	W	Rocky Mtn.		M/W		
Colorado Mountain College	W	Rocky Mtn.			M/W	M/W
Colorado School of Mines	W	Rocky Mtn.		M/W		
Colorado State University	W	Rocky Mtn.		M/W		
Columbia University	MA	New Jersey		M/W		
Cornell University	MA	Mideast	Empire	M/W	M/W	
Duke University	MA	Southeast		M/W		
Eastern Oregon University	W	Northwest		M/W		
Fairfield University	MA	New Jersey		M/W		
Fort Lewis College	W	Rocky Mtn.		M/W		
Garret Community College	MA	Allegheny		M		
Gonzaga University	W	Northwest		M/W		
Grand Valley State University	MW	Midwest		M/W		
Green Mountain College	E	Eastern	Thompson		M/W	
Gustavus Adolphus College	MW	Midwest	L. Superior	M/W		
Hamilton College	E	Mideast	Adirondack	M/W		
Ithaca College	MA	Mideast	Empire	M/W		
James Madison University	MA	Southeast		M/W		
John Carroll University	MW	Midwest	Ohio	M/W		
Kalamazoo College	MW	Midwest	Michigan	M		
Kent State University	MW	Midwest	Ohio	M/W		
Kettering University	MW	Midwest		M		
Lafayette College	MA	New Jersey		M/W		
Lake Tahoe Community College	FW	N. California			M/W	
Lees McRae College	MA	Southeast			M/W	
Lehigh University	MA	New Jersey		M/W		
Linn-Benton Community College	W	Northwest		W		
M I T	E	Eastern	Osborne		M/W	M/W
Marist College	E	Eastern	McBrien	M/W		
Marquette University	MW	Midwest	Chicago	M/W	M/W	
Mesabi Range Community	MW	Midwest	L. Superior		M	
Michigan State University	MW	Midwest	Michigan	M/W		

School	Region / Conference	Division	Alpine Club	Alpine Varsity	XC Club	XC Varsity
Michigan Tech University	MW	Midwest	M/W			
Montana State University	W	Grand Teton	M	W		
New England College	E	Eastern		M/W		
North Carolina State University	MA	Southeast	M/W			
Northeastern University	E	Eastern		M/W		
Northwestern University	MW	Midwest	Chicago	M/W		
Ohio State University	MW	Midwest	Ohio	M/W		
Oregon State University	W	Northwest		M/W		
Pacific Lutheran University	W	Northwest		M/W		
Paul Smith's College	E	Mideast	Adirondack		M	
Penn State University	MA	Allegheny		M/W		
Plymouth State College	E	Eastern	Osborne		M/W	
Princeton University	MA	New Jersey		M/W		
Purdue University	MW	Midwest	Chicago	M/W		
Rensselaer Polytechnic Institute	E	Mideast	Adirondack	M/W		
Rochester Institute of Technology	MA	Mideast	Empire	M/W		
Rocky Mountain College	W	Grand Teton			M/W	
Rutgers University	MA	New Jersey		M/W		
San Diego State University	FW	S. California		M/W		
Seattle University	W	Northwest			M/W	
Sierra College	FW	N. California		M/W		
Sierra Nevada College	FW	N. California			M/W	
Skidmore College	E	Mideast	Adirondack	M/W		M/W
Smith College	E	Eastern	Osborne		W	
Southern Oregon University	FW	N. California		M/W		
Springfield College	E	Eastern		M/W		
St. Anselm College	E	Eastern			M/W	
St. Bonaventure	MA	Mideast	Empire	M/W		
St. Cloud	MW	Midwest	L. Superior	M/W		
St. Olaf College	MW	Midwest	L. Superior		M/W	
Stanford University	FW	N. California		M/W		
Stevens Tech	MA	New Jersey		M/W		
SUNY, Albany	E	Mideast	Adirondack	M/W		
SUNY, Geneseo	MA	Mideast	Empire	M/W		
SUNY, Morrisville	MA	Mideast	Empire		M/W	
Syracuse University	MA	Mideast	Empire	M/W		M/W
Trinity College	E	Eastern	Thompson	M/W		
Tufts University	E	Eastern	Thompson	M/W		
U.S. Air Force Academy	W	Rocky Mtn.		M/W		M/W
U.S. Merchant Marine Academy	MA	New Jersey		M		
U.S. Military Academy	E	Mideast	Adirondack	M/W		M/W
U.S. Naval Academy	MA	Allegheny		M/W		
UC, Berkeley	FW	N. California		M/W		
Union College	E	Mideast	Adirondack	M/W		
Univ. of California, Los Angeles	FW	S. California		M/W		
Univ. of California, San Diego	FW	S. California		M/W		
Univ. of California, Santa Barbara	FW	S. California		M/W		
Univ. of Pennsylvania	MA	Allegheny		M/W		
Univ. of Pittsburgh, Johnstown	MA	Allegheny		M/W		
University of British Columbia	W	Northwest			M/W	
University of Buffalo	MA	Mideast	Empire	M/W		
University of California, Davis	FW	N. California		M/W		
University of Connecticut	E	Eastern	Osborne	M/W		
University of Florida	MA	Southeast		W		

School	Region / Conference	Division	Alpine Club	Alpine Varsity	XC Club	XC Varsity
University of Idaho	W	Northwest	M/W			
University of Maine, Fort Kent	E	Eastern	McBrien	M/W		
University of Maryland	MA	Allegheny	M/W			
University of Massachusetts	E	Eastern	Osborne	M/W		
University of Massachusetts, Lowell	E	Eastern	Thompson	M/W		
University of Michigan	MW	Midwest	Michigan	M/W		
University of Minnesota, Duluth	MW	Midwest	L. Superior	M/W		
University of Minnesota, TC	MW	Midwest	L. Superior	M/W	M/W	
University of Montana	W	Grand Teton	M/W			
University of New England	E	Eastern	McBrien	M/W		
University of North Carolina	MA	Southeast	M/W			
University of Notre Dame	MW	Midwest	Michigan	M/W		
University of Oregon	W	Northwest	M/W		M	
University of Puget Sound	W	Northwest		M/W		
University of Rhode Island	E	Eastern	McBrien	M/W		
University of Rochester	MA	Midwest	Empire	M/W		
University of Southern California	FW	S. California	M/W			
University of St. Thomas	MW	Midwest	L. Superior	M/W		
University of Toledo	MW	Midwest	Ohio	M/W		
University of Virginia	MA	Southeast	M/W			
University of Washington	W	Northwest	M/W			
University of Wisconsin, Eau Claire	MW	Midwest		M/W		
University of Wisconsin, LaCrosse	MW	Midwest	L. Superior	M/W		
University of Wisconsin, Madison	MW	Midwest	L. Superior	M/W	M/W	
University of Wisconsin, Oshkosh	MW	Midwest	L. Superior	M/W		
University of Wisconsin, Stout	MW	Midwest	L. Superior	M		
University of Wyoming	W	Rocky Mtn.			M/W	
Utah State University	W	Grand Teton		M/W		
Utah Valley State College	W	Grand Teton		M/W		
Vassar College	E	Eastern	McBrien	M/W		
Virginia Tech	MA	Southeast		M/W		
Washington State University	W	Northwest		M/W		
Weber State University	W	Grand Teton		M/W		
Wesleyan University	E	Eastern	McBrien	M/W		
West Chester University	MA	Allegheny		M/W		
West Virginia University	MA	Allegheny		M/W		
Western Washington University	W	Northwest		M/W		
Western Michigan University	MW	Midwest	Michigan	M/W		
Worcester Polytechnic Institute	E	Eastern	Thompson	M/W	M/W	
Yale University	E	Eastern		M/W	M/W	

Schools with USCSA Snowboard programs:

East Carolina University	Cal SU, Long Beach
Worcester Polytechnic Institute	UC, San Diego
Sierra Nevada College	U S C
Princeton University	Univ. of Virginia
Fairfield University	Duke University
Simon Fraser University	NC State
Penn State University	Columbia University
Albertson College	Rutgers University
San Diego State Univ.	Marquette Univ.
U C L A	University of North Carolina
Cal Poly, San Louis Obispo	University of Idaho
California, Santa Barbara	Whitman College