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2012 SNOWSPORTS TEAM

We congratulate last year’s 2012 Snowsports Team:

Monique St CLAIR (Co-Captain)
Evy GOMM (Vice Captain)
Elisha CATLOW (Co-Captain)
Shannon GRIFFITHS
Tara SKELTON
FRIENDS OF SNOWSPORTS COMMITTEE - 2013

School Representative: Mr. Chris Phyland (Head of Mellor House)
cphyland@strathcona.vic.edu.au
8779 7534

Committee:

Mrs. Catherine Catlow
cathycatlow@gmail.com
0413 754 318

Mrs. Deborah Griffiths
deborahlee@iprimus.com.au
0412 014576

Mrs. Nadine Goldsmith
nadine.goldsmith@anz.com
0400 101388

Captain – 2013: Miss Elisha Catlow Year 12

Vice Captain – 2013: Miss Shannon Griffiths Year 11

In 2013 Friends of Snowsports are proudly sponsored by Balwyn Fruit Supply

Balwyn Fruit Supply
419 Whitehorse Rd
Balwyn 3103
Ph./Fax: 9836 7004
## STRATHCONA SNOWSPORTS CALENDAR - 2013

### Term 1

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 27th February</td>
<td>Registration and Information Evening @ CPAC 6:30pm – 8:00pm</td>
</tr>
</tbody>
</table>

### Term 2

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday Morning’s</td>
<td>Dry land Training to Commence Term 2 and Term 3 - 7:40am – 8:10 am</td>
</tr>
<tr>
<td>Monday 6th May</td>
<td>Registrations of Interest closes for 2013 Strathcona Snowsports Team</td>
</tr>
<tr>
<td>Friday 17th May</td>
<td>Snowsports Social Evening</td>
</tr>
<tr>
<td></td>
<td>CPAC 6:30pm – 9:30pm</td>
</tr>
</tbody>
</table>

### Term 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 19th – Sunday 21st July</td>
<td>Mount Hotham Family Weekend</td>
</tr>
<tr>
<td>TBA</td>
<td>Victorian Interschools Cross Country Championships at Mt Buller</td>
</tr>
<tr>
<td>Wednesday 14th August</td>
<td>Interschools Breakfast Team meeting @ Mellor House Activities Room 7.30am</td>
</tr>
<tr>
<td>Sunday 18th – Sunday 25th August</td>
<td>2013 Victorian Interschools Championships at Mt Buller</td>
</tr>
<tr>
<td>Wednesday 4th – Sunday 8th September</td>
<td>2013 Australian Interschools Championships at Mt Buller, VIC</td>
</tr>
</tbody>
</table>

### Term 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 11th October</td>
<td>Presentation Evening @ CPAC 6.30pm – 8.00pm</td>
</tr>
<tr>
<td>Thursday 31st October</td>
<td>Strathcona 2014 Business Directory Applications Close</td>
</tr>
</tbody>
</table>
INTRODUCTION AND WELCOME


This booklet is designed to provide you and your parents/guardians with both helpful and relevant information regarding Snowsports at Strathcona.

Strathcona offers Snowsports as a winter sport. We encourage skiers of all abilities who are capable downhill skiers, snowboarders, or cross-country skiers to join the team.

We encourage participation at any level; one of the aspects of the Snowsports team is the opportunity to interact with other snow enthusiasts and families from Strathcona through social events hosted by the Friends of Snowsports. Numerous activities take place in the lead up to the snow season and also on the mountain during Snowsports events.

The expectations of Snowsports participants are simply to participate whilst representing Strathcona, developing your skills in independence, sportsmanship and team spirit and of course to have fun.

The focus of Friends of Snowsports is to support students entering in the Victorian Interschool Championships held at Mt Buller in August each year. We encourage any girl who has the basics of recreational alpine skiing, snowboarding or cross country to participate. You do not need to be an expert skier/snowboarder as this level of competition is aimed at every type of participant from novice to expert racer.

Parents should be aware of additional costs involved in participating in the Snowsports program. These may include, but are not limited to:

- Accommodation
- Equipment Hire
- Transport
- Lift tickets
- Competition entry fees
- Mountain entry
- Uniform (Snowsports clothing available for purchase)

See Page 20 for a more comprehensive guide to costs.

The Committee and Captains meet regularly so if at any time you have any queries please feel free to contact us.
MESSAGE FROM THE CAPTAIN- ELISHA CATLOW

I am thrilled to have been appointed Captain and together with Shannon Griffiths who has been appointed Vice Captain for Snowsports in 2013, we are looking forward to a fabulous year. This year we have fun, fresh and new ideas for our Snowsports Team. We’ve both been a part of the Snowsports Team since coming to Strathcona, and we cannot express how many good times it has meant for us. The friendships made on the slopes are ones we are not likely to forget, and we want every girl in our humble Team to have the same experiences that we were fortunate to have!

This year we have 3 main objectives:

As much as we enjoy the competitive side of Snowsports, we are much more focused on encouraging girls to have fun on the slopes and improve their Snowsports ability. This year one of our main focuses is to unite every member of our team and create the team spirit that our school promotes. This will primarily be accomplished through more social functions outside of the school both on and off the mountain, where both the girls and their parents can come together and have a good time. We are hoping to organise functions such as team dinners on the Hotham family Snowsports weekend and at Mount Buller during the competition week. We would also like to organise a function before and/or after these trips like a celebration evening at Columbo’s! As Captains we feel it is important to be able to share a strong bond with all the girls involved and we hope to have regular morning teas with all the girls on the team at school. This will be a time in which we hope to create to allow girls to make suggestions or comments about the ski team and ways we can improve as a team and organisation. These meetings, as well as the weekly Dry-Land Training, will better include all girls from all year levels in the team! Thus making us a stronger and happier Snowsports family!

Another main objective is to expand our magnificent Snowsports Team by better informing our peers and the wider Strathcona community about Friends of Snowsports. This is a goal we need everyone’s help in achieving. Many students and families are unaware of our team simply because they haven’t heard of Strathcona having a Snowsports Team! We are making it our mission to build as much awareness in the school of the Snowsports Team as we can and we will be advertising in newsletters, the daily bulletin and also making regular speeches at assemblies across all the year levels! We’ve decided that this is the year to make ourselves heard! So spread the word to your friends at school, or students you know who can ski/snowboard! Because we would love to build on our Snowsports family!
Our last objective expands on our first one. We hope to create forums and/or a Facebook page that every student and parent can see and contribute too. This will mean that all families are better able to communicate with one another. This can be used as a communication tool to help with things including lifts up the mountain, catch-ups on the mountain, training schedules, helpful tips and other useful information that all our team should know! That way we can all be better informed and linked throughout the year!

**Training:**

Get ready girls! Dry-Land Training will officially commence in May! However until then we have some exercises you can all start doing at home! Dry-Land Training will be held once a week, and though it will not be compulsory, we encourage all girls to attend because it does provide another opportunity for us to catch up as a team!

Some exercises you can do at home:

Snowsports is all about your leg muscles, so to strengthen them try these simple workouts at home. We encourage you do these exercises as often as possible. They’re so easy you can do them in front of the television!

<table>
<thead>
<tr>
<th><strong>LUNGES:</strong> 3 reps of 10 as often as you can. Take your time with these ones! The slower the better.</th>
<th><strong>SQUATS:</strong> 3 reps of 10 as often as you can. Remember to keep your back as straight as possible!</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>STEP UPS:</strong> 2 reps of 25 on each leg.</td>
<td><strong>CALF RAISES:</strong> 3 reps of 20.</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Snowsports is also about your cardio endurance, and that will mean taking up forms of cardio exercises! Things like running, bike riding or the cross trainer! At Dry-Land training we will go over specific training techniques associated with these forms of cardio. Until then, if you can squeeze it in, try bike-riding once or twice a week. Half an hour sessions are long enough but make sure you work hard during these sessions and you’ll really notice the difference!

Until Dry-Land training starts in May, it is up to you to warm your body up for our exciting winter ahead! If you have any further queries please feel free to talk to us at school or contact us:

| **ELISHA CATLOW - YR 12**
| ecatlow13@strathcona.vic.edu.au
| 0488 210072 |
| **SHANNON GRIFFITHS - YR 11**
| sgriffiths14@strathcona.vic.edu.au
| 0428 582233 |
THE SNOWSPORTS PROGRAM

Program Objectives

The Strathcona School Snowsports Program encourages participation for all and has been established to promote and develop skills in a range of Snowsports activities. The objectives of the program are:

• To give Program participants the opportunity to develop their skills in one or more of the Snowsports disciplines and to participate in competitions in those disciplines, including Alpine Skiing (Giant Slalom) and Freestyle Skiing (Moguls), Snowboarding (Giant Slalom and Boarder Cross) and Cross Country Skiing (Classical and Relay), and Skiercross.

• To prepare participants competently to participate in the Victorian Interschools Snowsports Championships.

• To improve the skill levels of Program participants.

• To educate all Program participants on the fitness, nutrition and safety aspects involved in participating in Snowsports.

Strathcona do not hold trials for team selection. All girls who register are welcome to be part of the Strathcona Snowsports Team. We welcome all ages and all abilities.

Please fill out and return the 2013 Registration Form (See Page 36)
CLOTHING AND EQUIPMENT

When participating in any School Snowsports event, students are required to provide their own clothing and equipment.

With the exception of cross-country events, the wearing of a helmet is compulsory at all times.

Weather conditions in the Alpine environment are unpredictable and extreme. Students are expected to cater for changes by ensuring they have adequate clothing, e.g. Gloves, goggles and waterproof outer garments.

Clothing

Strathcona does not have any compulsory clothing requirements when competing in the Snowsports Competition. Competitors in alpine ski, board, Skiercross and Boarder Cross may race in a special Lycra suit, known as a GS suit. The alternative for alpine events is a pair of ski pants, a skivvy and a polar fleece top. All participants need to wear proper protective clothing before and after a race. This will include the appropriate “layers” of clothing, depending on the weather conditions, and waterproof jacket, gloves and goggles.
Friends of Snowsports have 4 items of clothing available for sale for Snowsports participants, all parents and family members.

<table>
<thead>
<tr>
<th>Clothing Type</th>
<th>Size Range</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snowsports Hoodie</td>
<td>S – XXXL</td>
<td>$40</td>
</tr>
<tr>
<td>Snowsports White Long Sleeved Tee Shirt</td>
<td>S – XXXL</td>
<td>$25</td>
</tr>
<tr>
<td>Snowsports Polo Shirt</td>
<td>S – XXXL</td>
<td>$25</td>
</tr>
<tr>
<td>Snowsports Beanie</td>
<td>One Size</td>
<td>$20</td>
</tr>
</tbody>
</table>

OPTIONAL: Names printed on the Hoodie and Tee is at a cost of $8 per garment.

These items can be purchased through Friends of Snowsports, see clothing order form (Page 35) or contact Cathy Catlow on 0413 754318.

Strathcona also has a navy polar fleece vest, which can be purchased through Dobsons.

Equipment

Each participant must supply her own boots, skis', poles and/or snowboard

The quality and suitability of ski and snowboard equipment will make a significant difference to athlete performance. If you are hiring, you need to hire carefully. If you own your own equipment, you must ensure that it is tuned and ready for the mountain.

Cross Country Skis are of two types, skating and classical. Skating skis have smooth soles, and are used for relay events. Classical skis have scale shapes etched into the soles to prevent the ski sliding backwards during the classical walk/slide motion. If you are competing in both kinds of events, you will need to hire two different pairs of skis. Cross-country skis don’t need tuning the way alpine equipment does, but they do need waxing with a wax appropriate to the prevailing conditions.

Sunscreen and lip balm are also good to have with you.
LEARN TO SKI DAY 2013

In 2013, a Learn to Ski Day will be held at Mount Buller on Friday the 26th of July.

Miss Liesl Woods, Coordinator of Outdoor Education at Strathcona will run the day for any students interested from Years 9 – 12. You do not need to have any experience to participate.

The following is provided:

- Bus transport
- Ski and Boot Hire
- Gate entry
- Lift tickets
- Lesson
- Ski jacket, pants, gloves and beanie (can be hired)

The cost is approximately $140-$200 depending on how many students can attend.

The Itinerary is as follows:

- 4.30am Depart Strathcona
- 6.30am Collect ski hire gear
- 8am Breakfast in Mansfield
- 9.30am Enter Mt Buller
- 11am Ski Lesson
- 12.30pm Lunch on the Mountain
- 2pm Free Supervised Ski
- 4pm Depart Mountain
- 5pm Dinner in Mansfield
- 8pm Return to Strathcona

Further information will be provided closer to the date.
MOUNT HOTHAM WEEKEND

Every year a weekend is organized for interested Strathcona Families to attend a Family Ski Weekend at Mt Hotham. This is open to all Strathcona Families not just for the students competing in the Victorian Interschools Championships.

This year it will be held on Friday the 19th of July to Sunday the 21st of July. Accommodation is at the Wongungarra Alpine Ski Club kindly organized by past Strathcona Family, “The Patterson’s”.

It is a warm and friendly relaxed family atmosphere where guests are welcomed. They are dedicated to providing affordable accommodation on the mountain for all to enjoy a snow experience.

Prime location with easy access - no steps to lug your gear up and down from the car. It is less than a 1 minute walk to:

- the supermarket for those last minute forgotten items
- nearest bar and restaurant
- lift ticket purchase and ski hire

It is a modern, well-appointed, multi level lodge with spectacular panoramic views across the high plains to the rear. During the winter season there is a resident Lodge Manager and professional cleaning. It also is:

- Fully carpeted and centrally heated, with large living areas, featuring cathedral ceilings and warm timber finishes.
- Comfortable accommodation for 47 guests in bedrooms sleeping from 4 to 6 people in a combination of queen size and single bunks.
- Well-appointed dual kitchen equipped with ovens and microwaves ideal for self-catering.
- Excellent drying room and laundry facility.
- Separate downstairs recreational/games area.

Please contact Alistair Patterson if you are interested as bookings close mid March. Also by booking through Alistair there is a 10% discount.

- Ph.: 9553 3673
- Mob: 0419 503023
- Email: alistair@australianstainless.com.au
- Website: www.wongungarra.com.au
MT BULLER

An easy three hour drive from Melbourne (248kms north east of Melbourne), Mt Buller is close enough for a day’s escape yet far enough away for a holiday. Mt Buller has everything you need for the perfect winter experience.

The extensive lift system gives you access to over 300 hectares of skiable terrain, with something to appeal to all levels of ability. The runs range from the wide beginner’s slopes of Bourke St and Burnt Hut Spur, to the challenge of our black runs like Chamois and the back of Summit.

Mt Buller has three terrain parks designed for all skill levels, a half pipe and an ultra cross course, with a dedicated snow grooming team to maintain their condition.

The village toboggan park has its own snowmaking machine to keep the kids happy all winter long. There is a second toboggan park located at Horse Hill Chairlift, where you can then catch the lift up to the Snowtubing Park.

The Mt Buller Village is situated picturesquely at the heart of the mountain, offering ski in, ski out accommodation and a huge range of bars and restaurants. With a wide range of accommodation to suit all tastes and budgets, there is something to cater for all needs.

The ski season at Mt Buller officially runs from the Queen’s Birthday weekend in June until the end of September/early October dependent on snow conditions.

When driving from Melbourne to Mt Buller you will eventually come to Mansfield - the closest major town to the Resort. Pass through Mansfield and follow the signs to Mt Buller.

At the base of Mt Buller (Mirimbah) you will be required to stop at the gate entry point and pay a fee to enter the Resort. Once through the gate entry point, continue up a well-maintained road to Mt Buller.

As the Mt Buller Village is located above the snow line, only a limited amount and type of cars are permitted to drive into the Village. Most cars are required to stop at a car park located approximately 1.5km below the Village. At this point, you will be met by an attendant who will guide you to a parking spot.

From here, you can either jump on a free shuttle bus (for day visitors) that will take you up into the Village centre or take a 4WD taxi (for people staying overnight) which will take you to your accommodation. Once you’re in the Village, there is a free Intra-Village Shuttle Service that features three different routes to get you around the Village during your stay.
Overview

The Victorian Interschools Snowsports Competition will be held at Mt Buller from Sunday 18th August to Sunday 25th August 2013 and attracts approximately 6,050 students from over 150 schools across Victoria. It is the largest multi-discipline Snowsports event in the Southern Hemisphere.

All Strathcona Students must be accompanied by a parent or a guardian while on the mountain. Parents of students will need to organise accommodation and transport to and from the mountain.

In 2013, there will be a new improved timetable with the competition run over 8 days instead of the 6 days it has been in recent years. At the time of printing the timetable had not been published by the School Snowsports Development Foundation.

The Cross-country Competition will also be held at Mt Buller but at the time of printing the School Snowsports Development Foundation had not published a date.

All participants in the Strathcona Snowsports program are both encouraged and eligible to compete in the competition.

As with many co-curricular activities, it is not possible for the School to compete without the active assistance of parents, and in that regard the Strathcona Friends of Snowsports plays a very active support role.

The Friends of Snowsports Committee may contact you to assist in the role of Team Manager or Volunteer Race Official. Your assistance is greatly appreciated.

For further information on Team Manager Duties see Page 25
For further information on Volunteer Race Official see Page 27

For the most current Interschools information, please refer to the Snowsports Development Foundation. Website: www.interschools.org.au.
The Divisions

Participants in the Interschools compete in Divisions. Each Division comprises year levels in accordance with the following table.

<table>
<thead>
<tr>
<th>Division</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Division 1</td>
<td>11 and 12</td>
</tr>
<tr>
<td>Division 2</td>
<td>9 and 10</td>
</tr>
<tr>
<td>Division 3</td>
<td>7 and 8</td>
</tr>
<tr>
<td>Division 4</td>
<td>5 and 6</td>
</tr>
<tr>
<td>Division 5</td>
<td>Prep, 1, 2, 3 and 4</td>
</tr>
</tbody>
</table>

Events and Disciplines

Alpine Ski – Giant Slalom

Competitors ski down a timed course from a race start through gates to a finish line at the other end of the course. The gates are set at a moderate distance apart. Each competitor completes two runs, and receives a time provided she is not disqualified for example, through missing a gate.

Prior to the start of each run, competitors complete a course inspection by side slipping the course. Competitors must wear both race bibs and helmets while inspecting the course and racing.

Athletes will race in bib order in the first run, and reverse bib order in the second run. The times for each run are added together to determine the individual’s place in the competition.

Teams may consist of three or four skiers, with the fastest three times from the first run and the fastest three times from the second run being added together to determine an overall time for the team. The team and the individual with the lowest aggregate time win the competition. Gold, silver and bronze medals are awarded to the fastest three individuals and the fastest three teams.
Freestyle Ski – Moguls

Teams consist of two or three skiers. Participants complete one run down the mogul course, and must execute at least one jump. Prior to the start of competition, competitors are allowed to practice on the course for approximately one hour. Competitors must wear both race bibs and helmets while training and racing. Each competitor is awarded a score, 25% based on time, 25% based on the jump and 50% based on mogul skiing technique. For teams, the highest two scores are combined. The individual with the highest score and the team with the highest aggregate score win the competition. Gold, silver and bronze medals are awarded to the individuals and teams with the best three scores.

Snowboarding – Giant Slalom

Competitors board down a timed course from a race start through gates to a finish line at the other end of the course. The gates are set at a moderate distance apart. Each competitor completes two runs, and receives a time provided she is not disqualified, for example, through missing a gate. Prior to the start of each run, competitors complete a course inspection by side slipping the course. Competitors must wear both race bibs and helmets while inspecting the course and racing. Athletes will race in bib order in the first run, and reverse bib order in the second run. The times for each run are added together to determine the individual’s place in the competition. Teams may consist of two or three boarders, with the fastest two times from the first run and the fastest two times from the second run being added together to determine an overall time for the team. The team and the individual with the lowest aggregate time win the competition. Gold, silver and bronze medals are awarded to the fastest three individuals and the fastest three teams.
Boarder Cross

In Boarder Cross, participants board down a timed course with banks and jumps in groups of two or four. Competitors must wear both race bibs and helmets while inspecting the course and racing. After a round robin, the top sixteen in each division will make the finals. In the finals, groups of four will compete against each other, with the fastest two in each quarter final moving on to the semi finals, and the fastest two in each semi final moving on to the final. The fastest three boarders in the final receive individual gold, silver and bronze medals. Team medals are awarded on combined times.

Skiercross

In Skiercross, participants board down a timed course with banks and jumps in groups of two or four. Competitors must wear both race bibs and helmets while inspecting the course and racing. After a round robin, the top sixteen in each division will make the finals. In the finals, groups of four will compete against each other, with the fastest two in each quarter final moving on to the semi finals, and the fastest two in each semi final moving on to the final. The fastest three skiers in the final receive individual gold, silver and bronze medals. Team medals are awarded on combined times.
Cross Country Skiing – Classical

Cross Country Classical is a cross-country event raced using classical technique with classical skis. Teams generally comprise three participants. These events are conducted at one time over a single course on a mass start, with the first across the line being the winner. The courses are of varying distances, depending on the Division. Division 5 competes on the shortest course, while Division 1 competes on the longest course. Gold, silver and bronze medals are awarded for the fastest three individuals and the fastest three teams.

Cross Country Relay (Skating)

This is a relay event using skating skis. Each team comprises three participants. The first team across the line wins. Gold, silver and bronze medals are awarded to the fastest teams.
COSTS

Please find listed the associated costs for attending the Subaru Victorian Interschools Championships at Mount Buller. **Listed are the costs of competing in 2012, as the 2013 costs were unavailable at time of printing.**

**Event Costs:**
- **Registration Fee:** (per child per event) $52
- **Competitors Lift Ticket:** (per child per day) $37
- **Managers Lift Ticket:** (Per full team entered per event) $37

**Associated Costs:**
- **Accommodation:** Book your own accommodation
- **Mountain Entry:** $37
- **Car Parking:** ADD Per Weeknight (Sun to Thur) $9
- **Per Weekend night (Fri and Sat)** $18
- **Oversnow Taxi Fare:** Adult One Way $18.50
- **Child One Way** $11.50
- **Lift Passes:** Adult Lift Pass $108
- **Child Lift Pass** $59
- **Equipment Hire:** Adult Hire with Lift Ticket (Buller Sports) $55
- **Child Hire with Lift Ticket (Buller Sports)** $45
- **Chains:** All overnight visitors are required to carry chains
  Day visitors check Mt Buller website for requirements
- **Website:** [www.mtbuller.com.au](http://www.mtbuller.com.au)

**Accommodation:**
Families are responsible for their own accommodation during the Victorian Interschools championships.

Generally, parents arrive at Mt Buller the day before the first event and leave after the medal presentations for the last event.
Please book your accommodation early. Accommodation bookings in the Interschools week are extremely heavy, and you may miss out if you leave it too late.

If you wish to make your own arrangements Mt Buller has plenty of accommodation options for all tastes and budgets - from simple, hostel-style accommodation and self-catering apartments to ski club lodges and luxurious alpine retreats. See Page 37 for contact information.
VICTORIAN INTERSCHOOLS SNOWSPORTS
INFORMATION

Race Meeting:

Meet your team manager at the top of the racecourse 15 minutes BEFORE course inspection OPENS.

Helmets:

Helmets are compulsory for all events except Cross-Country Skiing.

Protests:

The rules of the Victorian Interschools Competition permit that the Team Manager is the only person able to lodge a protest. Parents or competitors are not allowed to lodge a protest otherwise the team or School may be disqualified.

Opening Ceremony:

All Strathcona students and families on the mountain are required to join in and participate in representing the School in the official opening ceremony parade and daily presentations.

The Opening Ceremony is held in the evening on Bourke Street. Please check the timetable for more information.
Daily Presentations:

All Medal presentations are at the Latrobe University Sports Hall at the bottom of the La Trobe University campus at 5pm on each day of the competition. All girls are expected to wear an item of the School Snowsports uniform, preferably the polar fleece vest, to identify her with the School at the event. Athletes and parents will also have the opportunity of purchasing athlete competition photos, which are generally on display at the venue.

Closing Ceremony:

All Strathcona students and families on the mountain are required to join in and participate in representing the School in the official closing ceremony parade. The Closing Ceremony is held on Bourke Street. Please check the timetable for more information.

Meeting Points and Times:

Meetings can become difficult in the snow depending on crowds and weather conditions. Please ensure you are at the correct meeting points well ahead of time. Allow yourself enough time to get to the appropriate place on time, it is necessary to take into consideration queues and lift delays.

Strathcona Friends of Snowsports will provide each team member with 2 laminated copies of the team contact details. Keep this handy whilst on the mountain.
When to be at the start:

Prior to the Interschools, updates will be issued with precise information about when to arrive at the start for your event. In general, though, get there early. It is your responsibility to be there on time. If you are staying on the Stirling Track, and you have to get to Burnt Hut Spur, allow at least 30 minutes for the trip. If you need to arrive 15 minutes before course inspection, leave from your accommodation 45 minutes prior to course inspection. The last thing athletes need prior to a race is being in a panic prior to the event, so check the race time, and leave plenty of time to get there. If participating in a moguls event, race training is often well before the start of the race.

Snacks and Drinks:

Interschools racing, particularly alpine skiing events, involves a lot of standing around in sub-optimal conditions, due to the time it takes for a large number of competitors to complete their runs. This can result in athletes getting cold and tired. Athletes should have snacks with them to keep them going during the race period.

Parents – What to do before and during the race:

If you are not a course official, and you are on the mountain, please be at the start to help carry jackets and other gear not needed by athletes during the race from the top to the bottom. Assist team managers or race officials if possible. Try to be at the bottom when your daughter finishes, and provide her with encouragement.
SOCIAL GET TOGETHERS ON THE MOUNTAIN

Social get togethers will be organized for Strathcona families whilst at Mt Buller. Generally the Committee will organize one at each end of the week so that everyone can be involved. In the past dinner has been organized in the evening after the Opening and Closing Ceremonies. More information will be provided closer to the competition.

Grade 5 Ski Free Pass

Grade 5 students can ski FREE at Victoria’s five major alpine resorts of Mt Buller, Hotham, Falls Creek, Mt Baw Baw and Lake Mountain in 2013. The Grade 5 Ski Free Pass entitles Grade 5 students in Victoria one free lift ticket or snow play pass at each of the five resorts so they can ski, ride or play in the snow free.

Fill in your details, at the following website: http://www.mtbuller.com.au/Winter/Passes-Rental/Grade-5-Ski-FREE and get your school to validate and stamp your form, and you’re off to the snow for free!
TEAM MANAGERS DUTIES

Generally, managing a team involves distributing the bibs, ensuring athletes are in the right place at the right time, ferrying unwanted gear to the bottom of the course (on skis or snowboard) and looking after the students before and after the event. Only competent skiers and snowboarders should perform the role of team manager, unless it is possible to walk to the event.

To assist, you may be asked to have the responsibility for a team of students on race day.

You must:

• ski or snowboard so that you can fully accompany the students in your care.

• maintain contact with the Teachers-in-Charge to report any changes/incidents etc.

• be aware of (and prepared to manage) any medical/special needs of their team members. For example, this may include but is not limited to asthma, diabetes, disabilities etc.

• ensure they know the latest timetable for their allocated race, this can be checked with the Victorian Interschools Snowsports Championships SMS hotline. Please register on: (03) 8506 5743, simply call this number from your mobile to register, or SMS "snow" to 0447 100 275. This service is a Premium SMS service and is charged at $0.55 per message received. You can also get up to date information by listening to the Mount Buller radio station. You will need to communicate with your team members if there have been any changes to the program.

• meet team members at a pre-arranged time and place, and to check that team members are wearing their correct race bib for the event.

• accompany team members to the race start area and ensure they all complete course inspection. This includes making sure they know the start time of the first and second runs. They should also take detailed note of the nature of the course, snow conditions, number and placement of gates, start and finish area etc, and make sure team members understand the race procedures for their event.

• understand the rules of the event, including procedures for requesting re-runs, disqualification, protests etc. See page 31 for a synopsis of the race rules.
The full general competition rules can be found at the following website:
www.interschools.org.au

• ensure that team members have a plan once their event has been completed. For example, accompany them to a pre-arranged meeting place where they can meet parents.

• take jackets and pants to the bottom of the race course for their team members.

Team Managers’ Code of Conduct

• Provide quality supervision and instructions for a small group of students.
• Ensure that your team understands and follows the rules and procedures of Interschools events.
• Ensure your team understands that competing by the rules is their responsibility.
• Ensure your team is at the racecourse in plenty of time to complete course inspection and hear relevant instructions from officials.
• Ensure your team acts with integrity, loyalty, sportsmanship and within the values of the Interschools competition.
• Make your team aware of the positive benefits of participation in snow sport activities and being part of a school sporting team.
• Ensure that you and your team are friendly and courteous towards Snowsports coordinators, parents, officials, opponents and mountain staff.
• If you disagree with an official, have your snow sports coordinator approach the Chief of Race who will pursue an acceptable resolution.
• Help your team to understand the differences between the junior competitions in which they participate and elite snow sports.
• Do not interfere with the conduct of any events.
• Respect the rights, dignity and worth of every student regardless of their gender, ability, cultural background or religion.
• Show consideration for the mountain and other users. Respect the rules that resorts have put in place. Your safety and those around you is at stake. Observe the Alpine Responsibility Code.
• Smoking near competitors and racecourses is not acceptable.
INTER SCHOOLS VOLUNTEER RACE OFFICIALS

The event organizers require each school to contribute volunteer race officials. If we fail to provide officials for an event as requested, the teams in that event risk possible disqualification.

Each Volunteer officially rostered to an event is required to have a valid 2013 Lift Ticket. At the start of your event a Ticketing Representative will issue you with a Volunteers Voucher, these will be issued at the time you collect your Official Bib and Clip Board your valid Lift Ticket must be presented for viewing at this time.

This Voucher entitles you to a complimentary One Day Lift Ticket (of equivalent value) for Season 2013 only, or a rebate to the value of the purchased ticket, multiday ticket holders will receive the value of one day from the total purchase price. Your Volunteers Voucher and valid 2013 lift ticket must be presented together at the time of redeeming for either complimentary ticket or rebate.

The rebate is only available from the Saleyards Ticket Office Located at the bottom of Blue Bullet Hours: 8am – 5pm only during the Victorian Interschools week. Volunteer Officials options are not available to Seasons Pass holders, Managers Tickets or Buller Club free day tickets.

Any inquiries, please contact the Interschools Ticketing Department on 57777834.

Officials’ Code of Conduct

- Compliment and encourage all participants.
- Remember that students participate for their enjoyment and benefit.
- Be consistent, objective and courteous when making decisions towards all participants.
- Promote respect for all opponents and sporting behaviour.
- Help students understand that competing by the rules is their responsibility.
- Emphasise the spirit of the game rather than the errors.
- Be a good sport yourself. Actions speak louder than words. Your behaviour and comments should be positive and supportive.
- Place the safety and welfare of the participants above all else.
- Give all participants a ‘fair go’ regardless of their gender, ability, cultural background or religion.
- Respect all the support people involved with Interschools events that enable the event to occur. These include but are not limited to: mountain, shop and lodge staff.
- Show consideration for the mountain and other users. Respect the rules that resorts have put in place. Your safety and those around you is at stake.
- Observe the Alpine Responsibility Code.
- Smoking near competitors and racecourses is not acceptable.
VICTORIAN INTERSCHOOLS EVENTS AND PROGRAM CODE OF CONDUCT

This Code of Conduct has been developed to help everyone involved in Interschools events and programs to promote fair competition and appropriate behaviour. There are codes of conduct for competitors, parents & spectators, school snow sports coordinators, teachers, team managers, coaches, administrators, officials and the media.

By participating in Interschools events and programs, it is understood those involved accept responsibility for complying with the Alpine Responsibility Code and the Interschools Code of Conduct detailed below. Participants also agree to accept the consequences of any breach of these codes. These may include, depending on the nature and severity of the breach:

- Disqualification from an event of an individual, team or school.
- Loss of competition points.
- Rejection of future entries of an individual, team or school.
- Confiscation of lift passes

The Codes of Conduct reproduced in this Handbook have been reproduced from the Interschools website and have been Completed in conjunction with the NSW Interschools and adapted from Codes of Behaviour by the Australian Sports Commission, The Australian Schools’ Sports Council – Fair Play in School Sport and ‘Character Counts’ from The Josephson Institute of Ethics

Competitors’ Code of Conduct:

- Remember that participation in sports is a privilege, not a right, and that you are expected to represent your school, coach and team-mates with honour and dignity at all times.
- Respect all the support people involved with Interschools events that enable the event to occur. These include but are not limited to: mountain, shop and lodge staff.
- Participate and compete by the rules of the event.
- If you disagree with an official, have your Snowsports coordinator approach the Chief of Race who will pursue an acceptable resolution.
- Control your behaviour on and off the slopes. Verbal abuse of officials, sledging or intimidating other competitors, deliberately distracting or provoking an
opponent are not acceptable or permitted behaviour at any event – treat others, as you like to be treated.

- Value and respect honest effort. Work equally hard for yourself and/or your school team. Your team’s performance will benefit, and so will you.
- Be a good sport. Applaud all good performances, regardless of which team they represent.
- Cooperate with your school, coach, team manager, team mates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents, coaches and teachers.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Show consideration for the mountain and other users. Respect the rules that resorts have put in place. Your safety and those around you is at stake. Observe the Alpine Responsibility Code.

Parents’ Code of Conduct:

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not coerce them.
- Provide positive focus on the child’s efforts and performance rather than winning or losing.
- Encourage children to always participate according to the rules. If you disagree with an official, have your Snowsports coordinator approach the Chief of Race who will pursue an acceptable resolution.
- Remember that children learn best by example. Appreciate good performances and skills shown by all participants.
- Support all efforts to remove verbal and physical abuse from on and off field activities.
- Respect the officials’ decisions and teach children to do likewise.
- Respect the rights, dignity and worth of every student regardless of their gender, ability, cultural background or religion.
- Show appreciation and be courteous to Snowsports coordinators, parents, competitors, volunteer coaches, officials, team managers and administrators. Without them, your child could not participate.
- Respect all the support people involved with Interschools events that enable the event to occur. These include but are not limited to: mountain, shop and lodge staff.
- Show consideration for the mountain and other users. Respect the rules that resorts have put in place. Your safety and those around you is at stake. Observe the Alpine Responsibility Code.
- Do not interfere with the conduct of any events.
- Smoking near competitors and racecourses is not acceptable.
Spectators’ Code of Conduct

- Remember that students participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance.
- Respect the decisions of officials and encourage students to do the same.
- Positive comments will be motivational for all participants.
- Condemn the use of violence in any form, whether it is by spectators, coaches, parents, officials or students.
- Show respect for your team’s opponents. Without them there would be no competition.
- Encourage competitors to follow the rules and the officials’ decisions.
- Do not use unacceptable language, sledge or harass snow sports coordinators, competitors, teachers, team managers, coaches, parents or officials.
- Do not interfere with the conduct of any events.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Smoking near competitors and racecourses is not acceptable.
- Respect all the support people involved with Interschools events that enable the event to occur. These include but are not limited to: mountain, shop and lodge staff.
- Show consideration for the mountain and other users. Respect the rules that resorts have put in place. Your safety and those around you is at stake. Observe the Alpine Responsibility Code.
RACE RULES

The following is a synopsis of the major race rules.

1. The boots and ski tips of the racer have to pass between the two poles of the gate or the holes where the poles were.

2. It is permissible to knock a gate pole away, provided the boots and ski tips pass between the place where the pole hole was.

3. A racer must finish with at least one ski attached and one ski stock in hand. This only refers to the last three gates and the finish.

4. Disqualification can be for a number of offences, including false name, false start and being late for the start. The main reasons are:
   a) The boots and or ski tips fail to go between gate poles.
   b) The skier accepts outside help in a race (e.g. after a fall).
   c) The skier unjustifiably requests a re-run.
   d) The skier shadows a course or inspects the course while closed.
   e) For skiing off the designated course (Note: 5 below).
   f) For not wearing a race bib while inside the course area.

5. Re-Runs
   When a racer is hindered while racing by an error of an official, a spectator, or any other obstruction (missing pole), and wants a re-run, he must immediately leave the set course, ski to the bottom within the ropes, find a member of the jury or the finish referee and request a re-run. When skiing down, do not ski through any more gates and do not ski through the finish line.

6. Missed Gate
   When a racer believes he has missed a gate, he may ask the gate keeper which gate was missed and “have I gone back far enough”: so that rule 1. is complied with.

7. When a race is in progress, it is permissible to ski slowly down beside the course, within the ropes. Do not shadow the course or ski when a racer is passing. Do not ski through the finish.

8. When inspecting the courses or when inside the roped off area, the racer's bib/number must be worn.

9. Participants will be permitted to enter all seven disciplines (events) offered in their respective division (age) category. These include Alpine GS, Skiercross, Moguls, Snowboard GS, Snowboardcross, Cross Country Classical and Cross Country Relay.

The general competition rules can be found at the following website:
www.interschools.org.au
ALPINE RESPONSIBILITY CODE

The alpine responsibility code should guide you when you ski or board. It is there for your safety. It is reproduced from www.snowsafe.org.au

Regardless of how you enjoy your snow sport, always show courtesy to others and be aware that there are inherent risks in all snow recreational activities that common sense, protective equipment and personal awareness can reduce.

These risks include rapid changes in the weather, visibility and surface conditions, as well as natural and artificial hazards such as rocks, trees, stumps, vehicles, lift towers, snow fences and snow making equipment.

1. Know your ability and always stay in control and be able to stop and avoid other people or objects. It is your responsibility to stay in control on the ground and in the air.
2. Take lessons from professional instructors to learn and progress.
3. Use appropriate protective equipment to minimise the risk of injury.
4. Before using any lift you must have the knowledge and ability to load, ride and unload safely and always use the restraining devices.
5. Observe and obey all signs and warnings. Keep off closed trails or runs.
6. Give way to people below and beside you on the hill. It is your responsibility to avoid them.
7. Do not stop where you are not clearly visible from above. Look uphill and give way to others when entering/exiting a trail or starting downhill.
8. Always ensure your equipment is in good condition and use suitable restraining devices to avoid runaway skiing/boarding equipment.
9. Do not ski, board, ride a lift or undertake any other alpine activity if your ability is impaired by drugs or alcohol.
10. If you are involved in, or witness an accident or collision, alert Ski Patrol, remain at the scene and identify yourself to the Ski Patrol.

Know the Code. It’s Your Responsibility.

Failure to observe the Code may result in cancellation of your ticket or pass by Ski Patrol or other authorised personnel.

‘RESPECT GETS RESPECT’ - FROM THE LIFT LINE, TO THE SLOPES, THROUGH THE PARK AND THE RESORT.
SKI PATROLS AND RESCUE SERVICES

The following information is reproduced from www.snowsafe.org.au.

Every year people become lost in the mountains and ski areas of alpine country. To care for people in the snow, all major ski resorts maintain skilled Ski Patrols throughout winter months. Ski patrollers can be identified in all resorts by their distinctive blue uniform with yellow Maltese cross or red and black uniform with white Maltese cross. They are highly trained to deal with injured skiers and boarders, both within the resort and beyond resort boundaries. Patrollers open and close trails and runs, and mark hazards. For your safety, as well as that of others, obey the signs that are displayed by the Ski Patrol.

In Case of an Accident

- Approach them from below or the side if the slopes are icy.
- Do not leave the injured skier/boarder alone.
- Do not remove your own skis/board if the slopes are icy.
- If it is safe to remove your skis/board, cross them and place them upright uphill from the injured skier/boarder.
- Do not remove the injured person's skis/board.
- While one person remains with the injured skier/boarder make sure another reports the accident to any ski patroller or the nearest lift operator – say what the person is wearing – there can be more than one accident on the same run at the same time.
- Have someone stand uphill from the accident to give a verbal warning to other snow users when someone, including a Ski Patrol, is attending to the patient.
- Give the exact location of the accident and nature of the injury and wait for the patroller.
- Reassure the patient and keep them warm. Do not move them or attempt to treat them unless you are qualified in first aid.

If a companion becomes lost

- Make sure your companion hasn't just returned home to the ski lodge or car.
- Inform the Ski Patrol as soon as you are concerned.
- Give your companion's name, age, etc and a full description including any details of your skiing/boarding activities.

Remember

- Let someone know before you go.
- Indicate your intended destination and route - this is especially important for cross-country skiers.
- Stick to the planned arrangements.
- If you do not, others will become concerned and call out emergency services.
- This endangers the lives of others searching for someone who is not lost.
ASTHMA AND SNOWSPORTS

The following information is reproduced from www.snowsafe.org.au

Anyone with asthma should be able to venture onto the slopes safely by taking a few precautions. Even people whose asthma is triggered by cold conditions should be able to cope at high altitudes as long as the asthma is well controlled. It is a good idea to have a written management plan, knowing what you need both for prevention and relief of your asthma and what to do for deteriorating asthma. Stock up on all the medication you will require, as well as some extra. A letter from your GP outlining the history and severity of your asthma and treatment would be helpful if medical attention becomes necessary. In freezing conditions, pressurized inhalers may not work properly. They should be warmed (in the hands, for example) before use. It is important to remember to keep taking your medication as directed while you are away. It is recommended you talk to your GP, specialist or the Asthma Foundation as part of your preparation for hitting the slopes.
# FRIENDS OF SNOWSPORTS CLOTHING ORDER FORM FOR TEAM MEMBERS AND FAMILIES

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FRIENDS OF SNOWSPORTS
TEAM REGISTRATION FORM - 2013

Student Information:
Name: -
Year Level and Form: -
Email address: -
Mobile Phone: -

Snowsport Discipline (Please Tick)
Alpine GS
Skiercross
Freestyle Moguls
Snowboard GS
Snowboardcross
Cross Country Classical
Cross Country Relay

Parent(s) /Guardian(s) Information:
Name: -
Contact Details: -
Home: -
Mobile Phone: -
Email address: -

Are you interested in attending the 2013 Mt Hotham Family Ski weekend on 19 – 21st July?
(Please circle): Yes/No
If yes, how many family members: -

Parent/Guardian signature: -
Date: -

Please return this form for attention of Mr. Phyland by Friday the 6th May, 2013.
REFERENCES AND WEB SITES

Please find listed relevant web sites and references if you require further information.

Strathcona:  www.strathcona.vic.edu.au

Interschools: www.interschools.org.au

Interschools Ticketing Department: 57777834

Mountains:  www.mtbuller.com.au

www.mthotham.com.au

Safety:  www.snowsafe.org.au

Accommodation:  Mt Hotham Weekend

www.wongunarra.com.au

Mt Buller  1800 BULLER (1800 285 537)

reservations@mtbuller.com.au

Retail/Chain Hire:  Ski and Board Surrey Hills

449 Canterbury Road, Surrey Hills
9830 1044

www.skiandboard.com.au

EMC – Doug Evans
68 Whitehorse Road, Deepdene
9817 1477

www.snow-ski.com.au

SMS Hotline  (03) 8506 5743

Simply call this number from your mobile to register, or SMS "snow" to 0447 100 275. This service is a Premium SMS service and is charged at $0.55 per message received. The cost per SMS received will be $0.55 and unless there are any delays due to bad weather we hope to only send out one SMS at approx 7:15am. The charge will appear on your phone statement as “SL Interactive”.

This will be the best way to stay up to date with all the latest information on the day. To remove yourself from this service simply call the number a second time.

Every effort has been made to ensure all information is correct at time of printing.