



CBMST FREERIDE TEAM 2022-24: JUST THE BASICS

Welcome to CBMST Freeride 2023-24! Below are a few basics we hope you find helpful.

IFSA & RMFS MEMBERSHIPS

- Become an [IFSA Member](#), \$105
- Become a [Rocky Mountain Freeride Series](#) Member, \$95
- You must hold a membership with both organizations, Competitions for 10+ years of age

USASA MEMBERSHIP

- This sanctioning body hosts regional series across the country for slopestyle, halfpipe, skier cross, rail jams and big air contests.
- USASA is a great starting point for young competitors with many different disciplines to choose from with events all over our state.
- We are in the [SW Colorado series](#). All ages can compete here.
- Become a [USASA Member](#), \$100 annually

REQUIRED GEAR

- Helmets are mandatory when inspecting, competing, or riding within the venue.
- Back Protectors are mandatory during any competition run(s). [CB Sports](#) sells back protectors in Mt. **CB** and offers **Mountain Sports Team athletes 10% off all season**.
- Occasionally, the event organizer may require additional protective and/or safety equipment to include an avalanche transceiver. These can be rented locally.

RECOMMENDED GEAR

- The IFSA strongly recommends additional protective gear when training or competing in Freeride such as but not limited to: hip, knee, and elbow pads, and a mouth guard.

IFSA & RMFS REGISTRATION & COMPETITIONS

Visit [RMFS FAQ page](#) for common registration and competition questions.

National competitions are filled based on athlete seeding. You have a 3-day window to register per event, it is not time stamped. You will be contacted after the registration window closes and can then keep or decline your placement in the competition. Your credit card will be charged at that time.

Regional competitions are filled 50% based on athlete seeding and 50% on time stamp. If you are a lower seeded athlete, register at the start of the window to give yourself the best chance of being accepted to that regional competition.

TRAVEL

cbmstboosters.org



Freeride is a parent supported sport. All travel and lodging needs will fall to the athlete's family to organize. National Events require 4-5 nights lodging pending the location. Regional Events require 1-2 nights lodging pending location. Traveling is a great opportunity for the team to bond, boost the mentoring relationship with coaches and learn from fellow athlete experience. Mandatory homework sessions included!

For Regional Events, CBMST Boosters will post that information on room discounts, where available, on the [CBMST Booster website](#).

For National Events, grouping up with friends and renting a home or condo is generally the most cost-effective option.

WHAT TO BRING TO THE COMP

Parents, most of your day is spent hanging and quick lapping from the base of the competition venue.

Bring a backpack to leave at the bottom of the venue. Things to include:

- Water/Electrolyte drinks
- Snacks/Sandwiches
- Sunscreen/Lip Balm
- Shades/Ballcap
- Extra Layers/Extra Goggles & Gear for your athlete
- Hawaiian Shirt/Costume accessories of any sort
- Candy for Coaches (Sour Patch Kids, Nerd Gummy Clusters, Peanut M&Ms, etc)

TIME AWAY FROM ACADEMICS

CBCS and GHS will work with your athlete's schedule to accommodate the 5-day ski program. CBCS offers a 0.5 highschool physical education credit if paperwork is turned into Jennifer Read prior to the season start.

Highschoolers may think about a heavier load in the fall as they may, on average, spend a combined 3-4 weeks out of class during second semester.

Middle schoolers can discuss schedules with Robin Lakoski at CBCS.

JUDGING AND THE NITTY GRITTY

Freeride is a subjectively judged sport. For a complete understanding of the sport and criteria, please take some time to digest the [IFSA Freeride Handbook](#).

LOST IN THE INFO BLIZZARD??

Registration & Competition Questions: Mark Robbins, CBMST Head Coach, mark.robbins@vailresorts.com

Lodging & Travel Logistics: Rachael Gardner, CBMST Boosters, info@cbmstboosters.org