



September 26, 2018

Dear Volunteer,

The Three Rivers Adaptive Sports (TRAS) Chapter of Disabled Sports, USA (DS/USA) is busy planning for our 29th year of providing Adaptive Alpine Skiing opportunities for people with disabilities, their families and friends.

In order for the 2018-2019 TRAS Ski Program to continue our long history of quality adaptive ski programming, we need your help. TRAS is a totally volunteer organization which relies on the time and talents of many volunteers to make our ski program a success. This year is no different! TRAS is asking you to consider joining us as a skiing or non-skiing volunteer this winter. We can't do it without volunteers on and off the slopes.

For skiing volunteers, no prior adaptive ski experience is necessary. TRAS will provide training and assist you in becoming a qualified adaptive ski volunteer or a certified instructor if you aspire to become one! All we need is a bit of your time, talents, enthusiasm and desire to bring the thrill of skiing to our friends and neighbors with disabilities.

Non-skiing volunteers are also needed to assist with on site skier registration, "boot-loading" at the ski lifts and helping with the adaptive ski equipment. No prior experience is necessary and TRAS will provide the necessary training for non-skiing volunteers as well.

Please complete the attached volunteer registration and release forms and send them to TRAS today.

If you have any questions and/or need additional information, please don't hesitate to contact me by email (mark4tras@comcast.net) or by phone (412-848-8896).

TRAS will look forward to seeing you on the slopes!

Think Snow!

Mark Kulzer
TRAS Adaptive Ski Program Coordinator

"If I can do this, I can do anything"

Three Rivers Adaptive Sports P.O. Box 38235 Pittsburgh, PA 15238 (412) 848-8896 www.traspa.org



**Adaptive Alpine Ski Program
Volunteer Registration Form**

Name: _____ Email Address: _____ Date of Birth: _____

Address: _____

Phone: Home: _____ Work: _____ Cell: _____

Profession: _____ Employer: _____

Emergency Contact: Name: _____ Relationship: _____

Emergency Contact Phone Number: _____

Skiing/Riding Volunteer

Skier: _____ Snowboarder: _____ (Check your preferred snowsport technique)

Beginner: _____ Intermediate: _____ Advanced: _____

Preferred Duties (Check all that apply):

Instructor/Adaptive Skier Support: _____; Ski Buddy: _____; Adaptive Ski Instructor Trainee: _____

Years of Skiing: _____ List any/all prior experience with adaptive skiing:

Non-Skiing Volunteer

Preferred Duties (Check all that apply):

Indoors: _____ (Registration: _____)

Outdoors: _____ (Boot-Loader: _____ ; Equipment: _____ ; Photography: _____)



Volunteers needed TRAS Adaptive Ski Program

TRAS needs a variety of volunteers both on and off the mountain to make our adaptive ski program as safe and successful as possible. No prior experience is necessary. TRAS will provide all interested volunteers with necessary education and training in order to make the volunteers' and adaptive skiers' mountain experience as fun and fulfilling as possible.

Non-Skiing/Riding Volunteers:

- 1) **Registration:** Assist with on site sign in/registration of adaptive skiers, family, friends, instructors and volunteers; assure completion of required release of liability forms and other necessary paperwork; communicating assigned duties to adaptive skiers, instructors and volunteers.
- 2) **Equipment:** Assist with gathering needed adaptive ski equipment from the TRAS equipment trailer; equipment assembly; basic equipment maintenance; transport equipment to/from the equipment trailer to lodge/slopes; “runner” to retrieve needed incidental equipment needed throughout the day.
- 3) **“Boot-Loading”:** Assist instructors and skiing/riding volunteers with helping adaptive skiers in the ski lift lines. This important duty helps move adaptive skiers through the lift line in an efficient and timely manner in order to keep the often crowded lift lines moving as quickly as possible.
- 4) **Photography:** Take individual, action and other ski program photographs throughout the day. Photography skills and own camera/equipment is desirable.

Skiing/Riding Volunteers:

- 1) **Instructor/Adaptive Skier Support:** Assist and support the ski instructor and adaptive skier on the hill throughout the day; assist the instructor with helping the adaptive skier in getting on/off the ski lift in a safe, effective and timely manner; assist with maintaining adaptive skier safety, fun and learning on the slopes throughout the day; provide adaptive skier support, assistance and encouragement as needed in order to make their ski experience as positive and satisfying as possible.
- 2) **Ski Buddy:** Support and act as a companion for experienced and skilled adaptive skiers who don't necessarily need formal instruction. The ski buddy may provide the adaptive skier with a minimal level of assistance, companionship and/or just someone to ski with as needed.
- 3) **Adaptive Instructor Trainee:** Perform the duties of Instructor/Adaptive Skier Support with emphasis on developing the skills and knowledge base to eventually progress to being a certified adaptive ski instructor. TRAS's PSIA Certified Instructors will assist the Trainee in any and every way possible to help them fulfill their personal goal of becoming an adaptive ski instructor.

**For more information and to register as a volunteer contact Mark Kulzer @
412-848-8896 or mark4tras@comcast.net**

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