



BALTIMORE ADAPTED RECREATION AND SPORTS

SKI MASH 2014 *February 20 & 21*

Dear Skiers, thank you for your interest in SKI MASH 2014, it's going to be a fun filled 2 days with some great skiing/boarding! For those of you who are new to the event, SKI MASH is a learn to ski/snowboard clinic for individuals of all ages with disabilities hosted by BARS at Liberty Mountain Resort. You do not have to attend both days, make it fit your schedule. We welcome you to bring your family and friends with you. We have made arrangements for discounts for all who attend on lodging, food, lift tickets, lessons and more.

Below are the specific details:

Snow Skiing

Adapted skiing lessons: adapted lessons are 2.5 hours in length, include use of all necessary adapted equipment (including standard skis/snowboard), your lift ticket and lunch. We have two sessions each day – morning and afternoon.

Thursday 9 – 11:30 and 1:00- 3:30

Friday 9 - 11:30 and 1- 3:30

You can specify your session preference on the registration form; however, lesson times will be assigned in the order in which registrations are received.

Family/friends – discounted lift tickets as well as a lift, rental with optional lesson package are available. You can find the pricing and details on the payment sheet.

Meals

Adapted skiers – lunch is included with your registration on the days that you ski.

Family/friends can purchase lunch through us, or purchase on their own on site. A limited number of lunch tickets will be available on site at a higher cost, so to secure your lunch, purchase in advance.

Thursday night social with live music!

We have arranged to have live music Thursday night after dinner, so bring your dancing shoes☺

Hotel Information

Liberty Resort Hotel

If you are interested in staying at the resort, the hotel is offering the following rate:
Wednesday & Thursday: **\$108 per night plus applicable taxes.** This rate is for two people and includes 2 hot buffet breakfasts. To guarantee this rate, you must make your reservations by **February 8, 2014**

To reserve your room call the hotel at 717-642-8282 ext.3300 and identify yourself as being with BARS.

Gettysburg Travelodge

If you don't mind a short drive, and would like something a bit cheaper, we have reserved a block of rooms here with a room rate of \$59 per night for 2 people plus applicable taxes. Slightly higher for additional people in the room. This hotel is roughly 20 minutes away from the resort.

To reserve your room call the hotel at 717-334-9281

Directions to Liberty Mountain Resort

You can either look on Ski Liberty's web site at www.skiliberty.com or map quest their address:
78 Country Club Trail, Carroll Valley, PA 17320

Questions:

For non-adapted lesson questions contact Sara Kate at sarakate@barsinfo.org

For adapted lesson questions contact Pamela at pam4bars@aol.com or (410) 322-5629

Registration

To complete your registration, you must complete and return the attached forms along with your payment by **February 5**. Please do not e-mail me when you want to ski, you will be put on the lesson assignment sheet once the above is received.

If you have skied with us at Roundtop this year, you do not need to return the entire packet. You only need to return the snow skiing information and payment sheet!!

Payment options:

BARS does not accept credit cards. You can pay via check or money order

Skiing Cancellation/Refund Policy

Refunds will NOT be given **after February 5, 2014**. Cancellations prior to that date will be charged a \$5 fee.

**Skier Registration Form
2014**

REGISTRATION DEADLINE: February 5, 2014

Name: _____ E-mail _____

Address: _____

Phone: (H) _____ (W) _____ (Cell) _____

Age: _____ Date of Birth: _____ Height: _____ Weight: _____

Emergency Contact: Name: _____ Phone: _____

Physician's Name: _____ Phone: _____

Skiers taking adapted lessons, complete the following as thoroughly and accurately as possible.

All others skip to page 4

The more thorough and accurate information we have, the more positive skiing experience we can provide:

Primary Disability: _____ **Date of Onset:** _____

spinal cord injuries - please list level

(Spinal cord injuries less than 1 year will require written physician clearance presented in advance)

Secondary Disability and/or other significant functional limitations. This may include: visual, hearing or cognitive impairments, Autism, developmental disabilities (LD, ADD, ADHD), etc: _____

Do you have spinal stabilization and/or rods? _____ No _____ Yes Type/Length: _____

Do you wear leg braces, AFO's, body brace, etc? _____ No _____ Yes
If yes, type and location: _____

Any assistive device used for communication: _____ No _____ Yes Type: _____

What is your **PRIMARY** means of mobility? _____ Walk unassisted _____ Manual Wheelchair
_____ Cane _____ Power Wheelchair
_____ Crutches _____ Scooter
_____ Walker

Do you have movement or joint limitations? _____

Do you have problems with skin integrity? _____ No _____ Yes Location: _____

Do you have any skin breakdown at the present time? _____ No _____ Yes Location: _____

Do you have decreased sensation to: _____ Pain Location: _____
_____ Cold Location: _____
_____ Pressure Location: _____

Do you have a history of seizures? _____ No _____ Yes Date of last seizure: _____
If yes, type and frequency: _____

Snow Skiing Information

Name: _____

Number of years skiing: _____ Never skied before: _____

Rate skiing ability: _____ Beginner _____ Intermediate _____ Advanced

Method of skiing (check all that apply, star preference) : _____ Mono ski _____ Bi ski _____ Dual ski
_____ Four track _____ Three track _____ Two track (two skis, w/w/o poles)
_____ Snow Board _____ Slider

Name of Equipment used:

- _____ Yetti Mono ski
- _____ Revolution
- _____ Twin Ski
- _____ Bi Unique
- _____ Mountain Man Bi Ski
- _____ Milty Bi Ski
- _____ Slider
- _____ Snow board
- _____ Other _____

List your preference of equipment (if you have one): _____

_____ If available, I would like to be evaluated for snow boarding

Do you have your equipment? _____ No _____ Yes Type: _____
Note, all sit down equipment must have a retention strap

If you have your own equipment, are you independent with loading and off loading?
_____ Yes _____ No (if no, then you need to pay for a lesson)

Stand Up Skiers: Shoe Size: _____ If known, ski length used: _____

Other information you feel we should know: _____

Return form(s) to:

BARS
PO Box 878
Sparks, MD 21152

SKI MASH Payment Sheet

Adapted Lesson Preference time:

Thursday _____ AM (9 – 11:30) _____ PM (1:00 – 3:30)

Friday _____ AM (9 – 11:30) _____ PM (1:00- 3:30)

Lesson preference will be assigned on a first received basis

Item	Cost	Totals
<i>Adapted Lesson: Thursday morning</i>	\$75	\$
<i>Adapted Lesson: Thursday afternoon</i>	\$75	\$
<i>Adapted Lesson: Friday morning</i>	\$75	\$
<i>Adapted Lesson: Friday afternoon</i>	\$75	\$
Friend/Family lift only – Thursday <i>8 hour lift ticket, no rental</i>	_____ people x \$50	\$
Friend/Family lift only - Friday <i>8 hour lift ticket, no rental</i>	_____ people x \$50	\$
Friend/family lift and rental (with optional lesson) - Thursday <i>8 hour lift ticket, rental, optional lesson</i>	_____ people x \$80	\$
Friend/family lift and rental (with optional lesson) - Friday <i>8 hour lift ticket, rental, optional lesson</i>	_____ people x \$80	\$
Friend/family lunch - Thursday	_____ people x \$12	\$
Friend/family lunch – Friday	_____ people x 12	\$
Long sleeved event t-shirt To ensure a shirt, they must be pre-ordered	_____ shirts (S-XL) x 15 _____ shirts (2X-3X) x \$18 Specify # sizes: ____S ____M ____L ____XL ____XXL ____XXXL	\$
TOTAL DUE		\$

Make checks payable to BARS

