

## **WELCOME TO THE ACHIEVERS**

Thank you your interest in joining the Achievers, below is short story on how we started.

The Achievers is the Orange County chapter of Disabled Sports USA (DSOC), we were established in May of 1981 by Jacque Adams. Because her daughter was a victim of Cerebral Palsy, Jacque was interested in finding activities that her daughter could participate in and through her investigations came upon the disabled skiing program at Winter Park, Colorado. Hal O'Leary, who is considered one of the founding fathers of disabled skiing, taught Jacque's daughter how to ski and was instrumental in assisting Jacque to create a similar program in Southern California.

In December of 1980, our instructors began to teach disabled students the basics of skiing. By April of 1981, our first students were either skiing independently or were assisted by their families. The DSUSA - OC goal is to provide a quality, safe, and fun experience for children and adults through monthly weekend programs held at the Mammoth / June Resorts every ski season.

Our program is formulated around two philosophies: One, that a person's abilities far outweigh their disabilities and second, that a mainstreamed lifestyle in recreation can be the catalyst for an overall better quality of life.

Through a process that includes careful, professional medical analysis of the potential student's disabilities and overall condition, equipment modification if necessary, and assignment of personal instructors, the disabled student then begins with an exercise and instructional program specifically designed for his or her needs. The disabled student receives free instruction, club controlled equipment, and free use of the ski area facilities. The only cost involved is membership, accommodation and transportation.

The DSUSA - OC program is comprised of caring individuals - all of whom are volunteers. We do not pay our instructors, administrators, or medical staff for their time or services.

Clinics are conducted by certified instructors trained in adaptive skiing in order to educate our volunteer instructors and upgrade the level of our program. Each instructor is carefully monitored while working with their designated student on the hill. The instructor's performance and the progression of the student is measured constantly by our staff.

If you would like to become a member, a participant, or if you feel you may qualify as an instructor, please visit our website, [www.theachievers.org](http://www.theachievers.org). On the site, you'll be able to download all necessary forms to become a member.

## GENERAL INFORMATION

General meetings are an essential part of our organization and all members are expected to attend as many of these as possible. The meetings take place once a month, usually two weeks prior to a ski weekend. At each meeting, you can turn in the necessary forms and payments for the upcoming trip, get evaluated by the medical staff, meet new students / instructors, review and discuss various adaptive reports, find carpool opportunities and other pertinent information. All members are encouraged to participate in all aspects of the organization.

Even though DSOC is a non-profit organization, each member should be aware of the following costs which need to be paid:

1. Membership Dues - \$40-\$50 (required)
2. Lodging, which is optional, is available through the group – rate is currently \$70.00 per night. As a service to the members, we will make arrangements for those who need accommodations in the town of Mammoth Lakes. These are fully equipped condos and room and bed assignments are done on a first come, first served basis. Please keep in mind that we try to fill the condos as efficiently as possible. Room-mate preferences will be noted, but may not always be possible in order for the group to contain costs.
3. Equipment is provided by the group for all students.

Other requirements are the signing of liability releases before participation can occur, and all students need to be evaluated by the organization's medical / instruction team; all needed forms can be downloaded through our website [www.theachievers.org](http://www.theachievers.org).

When you come to your first meeting please feel free to ask any questions that you may have. **We want you to feel at home.**

As a student or instructor, your Mammoth trip will include an itinerary similar to the following:

**Thursday** – Those who wish to ski on Friday can come up Thursday evening. One of the many benefits of being an instructor is to free ski or participate in clinics toward certifications on Friday. **There are no student instructions on Friday, any exception to this rule must be approved by Brent Kusuhara, VP of Instructions.**

**Friday Night** - Arrive at your own convenience. Please bring snow chains for your car on every trip as the weather can be very unpredictable. Have a safe ride to Mammoth.

**Saturday Morning** - Everyone is responsible for their own transportation to the mountain. We recommend that you car pool with others or take the Redline bus. We meet at the Main Lodge (see directions near the end of this document) on the 3<sup>rd</sup> floor. If you're facing the Main Lodge, we tend to meet on the left side, across from the main restrooms.

We meet at the Main Lodge at 9am, but recommend you get to Main Lodge by 8:30am just in case you need additional time to eat, use the restrooms, and put on your gear. Brent Kusuhara, VP of instructions, will pair up instructors/students and lift tickets will be provided. Please remember lift tickets will be good for the whole weekend. Instructions begin at 9:30 am and continues until about 12:00 pm (Time to Eat)

The Main Lodge has a full service cafeteria, menu price ranges between \$8-15 for a complete meal. You also have the option to bring your own food, they also have a microwave and drinking water for anyone to use.

**Saturday Afternoon** - Instructions in the afternoon are scheduled from 1:00 pm until 3:30 pm, upon agreement between student and instructor. Parent(s) or chaperone(s) will be responsible for the student during lunch and after instructions. It is a good idea to exchange cell numbers between instructors and care givers. Free skiing is available to instructors after assigned instruction is completed at 3:30pm. A meeting (30 minutes to an hour) after the instruction period is set aside for all instructors to discuss their day and progress with their students.

**Saturday Night** - All students, instructors, volunteers and family members are invited to a potluck dinner. Specific food assignments will be made alphabetically and will appear on the condo assignment sheet sent out prior to the trip. We have been meeting at Grace Church (please ask any members for directions) and sometimes have games and raffles after we eat.

**Sunday** - Same as Saturday except with instructions ending at 12nn. Instructors will be able to free ski at the end of the afternoon lessons.

**Parent(s) or chaperone(s) are responsible for the student whenever they are not being instructed.** The purpose of DSOC is to help a family enjoy the sport of skiing as a family. We hope to involve the family in learning the skiing techniques necessary to help their child / family member ski as soon as possible. Lift tickets are provided by the Mammoth Mountain for *students and instructors only*. Due to limited condo space, we ask that only immediate family members plus two guests, not to exceed 8 people, accompany a student on any trip. If you should have more than 8 people or want more private accommodations, we will assist you in making your own accommodations but will not guarantee housing. You are free to make arrangements on your own. **If you decide to make your own arrangements, please notify us prior to the trip reservation date.**

## Key Things to Remember:

- Be sure to save and take the attached contact list in case of emergency. If you have any questions at all, please contact one of the board members.
- Before a student can ski with us, the medical release form needs to be signed by your doctor AND our medical staff will also need to perform a medical evaluation. (You can download the forms at [www.theachievers.org](http://www.theachievers.org). Be sure to communicate any physical limitations to the Trip Coordinator by email [dsoc.trip@gmail.com](mailto:dsoc.trip@gmail.com) regarding accommodation (i.e. if you need a downstairs condo because of a wheelchair)
- Some of the members do carpool up to the Mammoth Lakes, contact the Trip Coordinator and see if any members have room in their car. Please note carpooling is a voluntary process and we do not have a formal process to arrange carpools. We also utilize Facebook to coordinate carpooling, search Disabled Sports Achievers to join.
- Accommodations is usually made through Viewpoint Condo. We usually reserve 1 through 3 bedroom condos. Room assignment will be emailed on Wednesday prior to the trip so be sure to have this information before heading to the mountain. Condos have full kitchen with refrigerator, stove, coffee maker, pots and pans, and silverware. Food is **not** provided but you're welcome to bring as much as you need. There's also a local Vons if you would rather purchase food in Mammoth.
- If you have specific people you want to stay with, please let the trip coordinator know, as every attempt is made to honor these requests. Be aware that you will likely be sharing the condo with other students and instructors that you may not know. This is helpful for questions, getting to know others in the group, as well as to minimize accommodation expenses. If you have accommodation elsewhere, please advise the Trip Coordinator.
- To get from the condo to the ski area (Main Lodge), you can drive or take advantage of the free shuttle bus, which is walking distance from Viewpoint Condo. Main Lodge has disabled parking spaces, as well as VIP parking (appx \$20) that are very close to the Main Lodge, or free parking in the general area.
- There is an elevator inside Main Lodge on the left side, as well as disabled friendly restrooms. Restaurants are located on the 3<sup>rd</sup> floor, and ski shops are located on the 2<sup>nd</sup> floor.
- Be sure to check the weather to determine appropriate clothing. Be sure to bring appropriate ski clothing such as long underwear, ski pants, jacket, mitts or gloves, a neck gator, ski cap, sunscreen, lip balm, sunglasses, and goggles. The group will provide helmets if you don't have one.
- We have a variety of adapted equipment, but we do not stock non adapted equipment. Assigned instructor will be available to take you to the rental dept and assist with rental process. While the group pays for the equipment rental, a parent or guardian must provide a credit card for the deposit.
- Free Lift tickets are given out by Brent Kusuhara (for students and instructors only)

- If you can't find us at Main Lodge, look for our trailer which is normally parked near Ski Patrol at Main Lodge. This is where you should go to get any needed adapted equipment.
- It is a good idea to carry small snacks, sunscreen and lip balm while you're skiing.
- Parents, please be sure to be available near the trailer for your child during lunch and at the end of the lesson (please leave a contact # with the instructor in case of any problems)
- Feel free to bring your own lunch in a bag or backpack, it can be left in a bag at Romas area (most people leave it under the table along the wall) There is drinking water, cups, silverware, condiments as well as a microwave in this area of the cafeteria
- Just to give you an idea of prices in the cafeteria, drinks are \$2-3.00+ soups \$6.00+, sandwiches and hamburgers are \$8.00+, salads, \$8.00+
- Friday evening dinner is on your own or you may want to join others in the group. Check with anyone to get info on restaurants, Vons etc.
- Saturday evening, we usually have a potluck at Grace Church; directions, time and food assignments will be sent via email with condo assignments.

If you should have any further questions or need more information, please feel free to email us at [dsoc.trips@gmail.com](mailto:dsoc.trips@gmail.com)

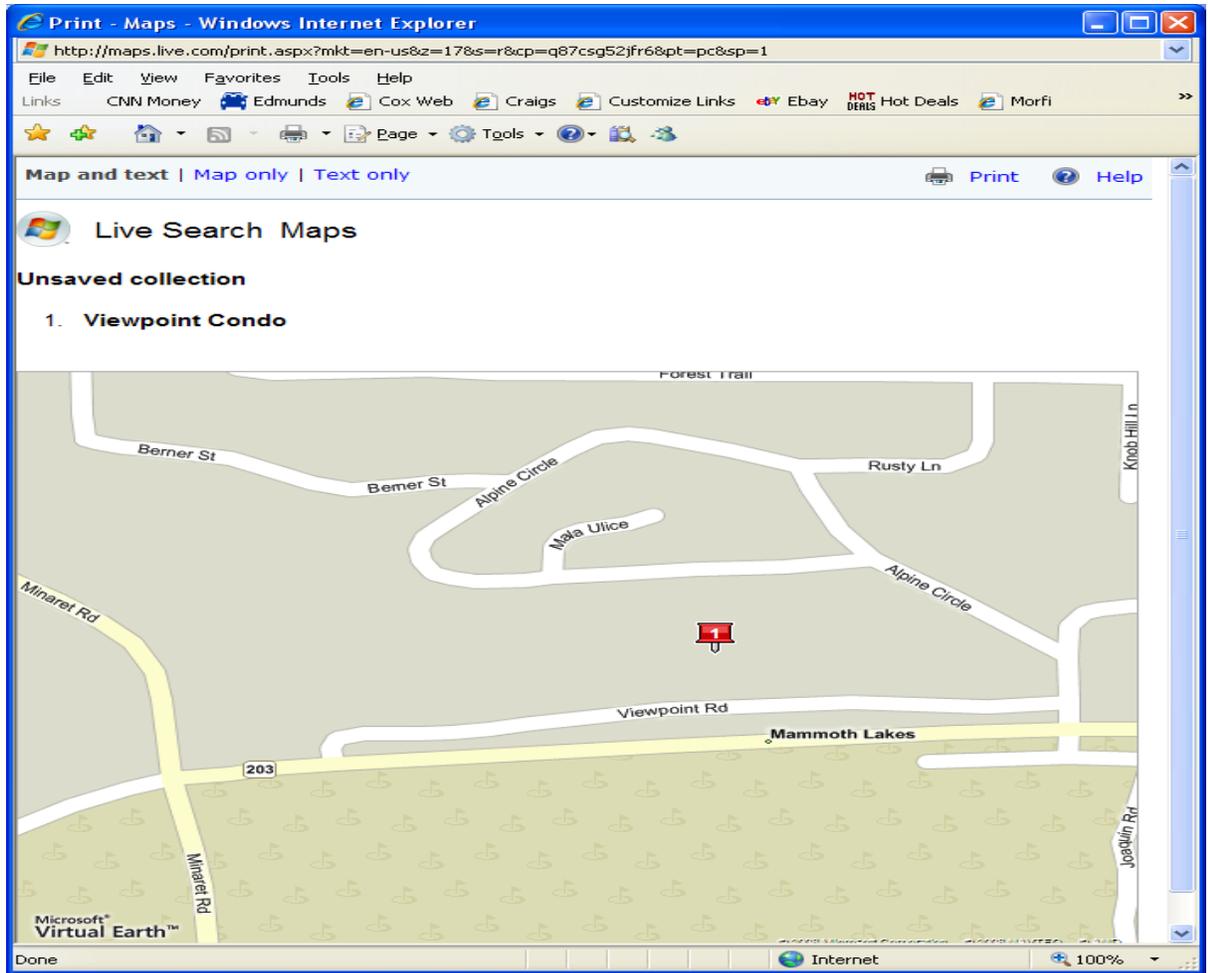
To get to Viewpoint Condo

<http://www.viewpointcondos.com/>

**760-934-3132**

**3852 Main St. Mammoth Lakes CA 93546**

**It's a good idea to map directions using either Mapquest or other mapping software before heading out. The two popular routes are to take the 91 to the 395 to the 203, or take Hwy 14 to 395 to 203. Be sure to bring tire chains just in case you need it, and be sure to pre-size your chains to make sure it fits.**



Once you're on Main Street heading into city of Mammoth Lakes, you will make a right into the last driveway before you hit Minaret Road. After making a right, proceed upward and veer to the left. Go to the main lobby area, and tell them you are with the Achievers. They will provide your room key, please remember you will not have to make any payment for the condo as the group will process payment after the trip.

Drive Safe and Happy Skiing.