



Multnomah Athletic Club Ski & Snowboard

Freeride Ski and Snowboard Competition Team

The MAC Difference

- A 131-year-old [Platinum Clubs of America](#) member, with 20,000 plus members strong, creating subsidy and funding for all competitive team programs and athletes.
- An experienced and nationally certified coaching staff with a demonstrated history of competition and coaching excellence.
- A tight-knit team and small training group ensure that our Comp Team athletes maximize their on-snow training time, and receive the best technical, comp day, equipment, and logistical support possible.
- Athlete Funding for all Freeride Competition Team athletes that travel to competitions. Plain and simple, the backing of the institution that is the Multnomah Athletic Club provides our athletes with unparalleled support and financial assistance. Members pay their Sport Team Fee (club dues not included) for the program either in monthly installments over the course of the season and are never charged again for coaching support on competition travel trips. For Team Travel, members will only pay their portion of lodging and transportation when the Team travels together. The Coaching Staff's travel expenses and wages will NEVER come out of our members' wallets.
 - **Developmental Funding:** Members are reimbursed for ALL competition entry fees and the cost to access the venue (lift tickets) for all events over the course of the season.
 - **Championship Funding:** Members who qualify for Regional and National Championship events will receive additional funding to offset travel, lodging, and meal expenses for qualifying Championship events, as approved by the Athletic Committee.

Athletic Membership

- Not a MAC member? Promising athletes can apply for Athletic Membership to the MAC, giving them full access to the club facilities and a place on the Team where they reap the benefits of our industry leading support at a discounted membership rate.
- Athletic Membership Rates and Benefits as of January 2023:
 - Individual Athletic Membership Rate: \$118.48 per month (regular individual member is \$236.91)
 - Family Athletic Membership Rate: \$236.91 per month (regular family rate is \$338.40)
 - Parents of an A.M. may choose the family rate to gain full access to the club, without waiting in line for the next lottery, or paying the \$6,000 per adult initiation fee, while their child competes for MAC.
 - Athletic Families may choose to initiate the application process and get on the waitlist to join should they want to continue membership after their child has finished competing.
- Interested athletes and families should contact MAC Ski & Snowboard Program Director, Justin Rackley, at JRackley@themac.com, office 503-517-7581, or cell 971-500-1406.
- [Athletic Membership Online Application Form](#)
 - Complete application as the athlete that is applying, not the parent.

MAC Freeride Ski and Snowboard Competition Team

Program	Ages	On Snow Training	Competition	Dates	Program Options
MAC Freeride Ski and Snowboard Comp Team	10 and up	Mt. Hood Meadows Prep Team: Sundays Comp Team 2 Day: Sat/Sun Comp Team 3 Day: Weeknight TBD	USASA and IFSA Competition, USASA National Champs	Dec. - April	Comp Team 2 Day: \$2,008 Comp Team 3 Day: \$2,560

FR Competition Team 2 Day: Designed for athletes looking for a higher number of days on snow, and a desire to compete in various Freeride events. Competition Team athletes are taught all aspects of free skiing and snowboarding, including Slopestyle, Halfpipe, and Big-Mountain freeriding skills. The Coaching staff will work with athletes who are motivated to compete, setting goals, and working to achieve them. Home and away competitions in USASA and IFSA over the course of the season, including USASA National Championships, are all fully supported. Athletes must be advanced skiers and riders able to tackle Black Diamond terrain at Mt. Hood Meadows confidently, on and off piste.

FR Competition Team 3 Day: For athletes looking to take their game to the next level, qualify to USASA Nationals, or master that next big trick that will improve their competition performances, the option to add a third day of training with a focus on terrain park skills and trick progressions is available. This session will be after school on a weeknight under the lights at MHM. Athletes must be advanced skiers and riders able to tackle Black Diamond terrain at Mt. Hood Meadows confidently, on and off piste.

Dry Land Training Program: Strength and Conditioning training to prepare MAC Ski & Snowboard athletes for the upcoming ski and ride season. Sport specific training utilizing plyometrics - explosive and dynamic movements to increase power (strength over time), muscular endurance, and balance. Athletes work in small groups with professional and certified trainers at MAC's world class facility.

Coaching Staff:

- Jack Egan – Head Freeride Ski Team Coach
 - JEgan@themac.com
 - 404-569-0489
- Forrest McGaw – Head Snowboard Team Coach
 - forrest.mcgaw@gmail.com
 - 971-280-2551

