



Multnomah Athletic Club Ski & Snowboard

USSS and FIS Team Programs

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 racing and coaching excellence.
- A tight-knit team and small training group, with a dedicated Head and Assistant Coach, ensure that our USSS and FIS Team athletes maximize their on-snow training time (while large teams stand in line), and receive the best technical, race day, equipment, and logistical support possible.
- Athlete Funding for all USSS and FIS Team members. 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 a one-time payment, or monthly installments over the course of the season, and are never charged again for coaching support on race travel trips. For Team Travel, members will only pay their portion of lodging and van transportation when not flying to events. The Coaching Staff's travel expenses and wages will NEVER come out of our members' wallets.
 - **Developmental Funding:** Members are reimbursed for ALL race entry fees and the cost to access the racing 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.
 - Here are two real examples from a U18 FIS athlete and U14 USSS athlete in the 21/22 season:

Name	Class	2021-22 Program	Sport Team Fee	Total Devo Funds Received	Total Champs Funds Received
Racer	U18	FIS Team	\$3,275	\$(3,172.00)	\$(400.00)
Sender	U14	USSS Team 4 Day	\$2,808	\$(2,401.00)	\$(712.70)

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.

U.S. Ski & Snowboard (USSS) and FIS Team Programs

Program	Ages	On Snow Training	Competition	Dates	Projected 23/24 STF's
USSS and FIS Team	Age 12-18 U14, U16, U18, U21 Post Grad	Mt. Hood Meadows 2 Day: Sat/Sun 3 Day: Wed/Sat/Sun 4 Day/FIS: W/Th/Sat/Sun	U.S. Ski & Snowboard and FIS racing	Dec. – April	USSS Team 2 Day: \$2,056 3 Day: \$2,528 4 Day: \$3,504 FIS Team: \$4,072

USSS Team: This program is designed for experienced ski racers who are interested in a higher level of commitment, competing in Divisional U.S. Ski & Snowboard sanctioned races, and establishing their national point profile. This is the track for U14 and U16 athletes wishing to compete at the Regional FIS level when they become U18's and remains a viable option for U18's wishing to compete at the USSS level only.

FIS Team: This program is for U18 to post-graduate (PG) athletes wishing to pursue U.S. Ski & Snowboard and FIS racing throughout high school and beyond. Athletes compete in the PNW Evergreen Cup and Northwest Cup Series, Western Region Qualifiers, and Western Region FIS events. Team activities begin in early fall with sport specific Dry Land Training, move onto snow at Fall Training Camp (separate fee) in November, continue over the course of the competition season, and conclude with Summer Camps (separate fee). Athletes will benefit from our experienced nationally certified coaching staff, providing holistic support from equipment prep to conditioning and recovery, video analysis, training, and race day support. Athletes may also receive the MAC's generous financial support through Developmental and Championship Funding as it is available, and the athlete meets the Sport Specific Standards.

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:

- Seth Tinker – Head USSS/FIS Team Coach
 - Seth@hoodlandsportandfitness.com
 - 503-313-6056
- Mike Hay – Assistant USSS/FIS Team Coach
 - Uvexrace@yahoo.com
 - 503-819-4637

