

ALPINE PROGRAMS

J1/2 Team: 4, 3, and 2 day. (Ages 15-19)

This is a competitive mid-week and weekend program for those striving to reach their fullest potential. Depending on allotted days, many aspects of competitive skiing will be covered including USSA and possibly FIS racing experiences. Participation in the Vermont Cup (USSA) and possibly Eastern Cup (FIS) race series provides multiple levels of competition for any gifted skier. Mid-week Team members may choose to supplement school during the season with the Smuggler's Notch Tutorial Program. VARA and USSA membership required.

J3 Team: 4, 3, and 2 day. (Ages 13 & 14)

Given a variety of competitive and training situations, J3 racers continue to develop the necessary skills in preparation for J1/2 Team racing. Free-skiing the entire mountain, technical gate training and/or high-speed GS courses are par for any given program day. We mix a combination of fun while teaching strong work ethics and sportsmanship skills. Skiers participate in Northern Vermont season long J3 race series. VARA and USSA membership required.

J1, 2, 3 Training Team: 1 day. (Ages 13-19)

This program is designed for the racer who may not have the time or the resources for a multiple day program and would like to continue training gates and improving skills. In addition, for those participating in high school racing, this Saturday only program will give extra time on the hill and quality coaching to supplement their home school offerings. Participants will have the option of competing in 2-4 at home Club competitions.

J4 Team: 3, 2, and 1 day. (Ages 11 & 12)

A goal oriented program that teaches many new skills through a variety of progression models and competitions. This is an action packed program. Each week there is something challenging, fun, and new for all participants. Program highlights include all mountain free-skiing, gate training, gate drills, free-ski skills, bumps, and more! Skiers have the option to compete in the Northern Vermont Council J4 race series. Competitions require VARA and USSA membership.

J5/6 Team: 3, 2, and 1 day. (Ages 7 to 10)

The J5/6 group is our entry-level program to skill building, goal setting, and competition. With the main focus being on fun, participants are exposed to a variety of learning situations designed to give them success and the desire for more! Free-skiing, gate drills, gate training, and T-Bar loops are part of any practice. Participants will have the option of competing in the Northern Vermont Council race series and/or 2-4 at home Club competitions. Northern Vermont competitions require VARA and USSA membership.

Development Team: 1 day. (Ages 7-10)

This program seeks to improve each child's free-skiing technique and develop the necessary skills for the J4, 5, 6 programs or our alpine FreeRide program. The main emphasis is fun while creating a skill-building environment. Skiing abilities improve rapidly through exposure to all mountain free-skiing, terrain courses, and GS and SL drill courses. Children should be able to ride the Sterling lift, ski the upper mountain, and be proficient in stopping and turning. Participants will have the option of competing in 2-4 at home Club competitions.

Ski Meister Team: 1 day. (Ages 5-7)

This is an entry-level program for children who have some alpine skiing experience, can stop, turn, and ski intermediate trails. Each child is placed in a group of similar age and ability and stays with the same coach all season. Children will need current alpine skiing equipment. Participants will have the option of competing in 2-4 at home Club competitions.

Masters: 1 day mid week. (Age 20 & Up)

This program is for the adult skier who has free mid-week afternoons and wants to jump in a few gates and drill courses for personal skiing pleasure or to be more competitive in the Vermont Masters race circuit. This masters group will have some very unique training opportunities doing the same daily progressions as our top skiers. Masters will have the option of competing in 2-4 at home Club competitions or the USSA Masters circuit.

Masters: 1 day Saturday. (Age 20 & Up)

This is an organized training program to build technical skiing skills and improve gate racing times. A daily run would include free-ski drills in the morning and gate training in the afternoon. This is a fun supportive group that will have you smiling and skiing like never before! Masters will have the option of competing in 2-4 at home Club competitions or the USSA Masters circuit.

Team FreeRide. (Ages 11-17)

Team FreeRide is an alpine-based program exploring the outer boundaries of free skiing and the newest of gravity sports. FUN is the main emphasis here, at the same time gaining confidence and improving overall free-skiing technique. Athletes will learn basic techniques involved in varying free-ski encounters like steeps, powder, and crud while also training on jumps, rails, and in the halfpipe. Competitions TBA.