

Ages.....11-17
Head Coach:Jack Lemieux
Start-End DatesDec 8 – Mar 9 Saturdays and some holidays
Training Hours Weekend:9:00am – 4:00pm, Saturday
Program Offerings:↓

Program Days per Week	Weekly Schedule	Number Days On-Snow	Number On-Snow Sessions	Comp Levels	Number Comps	Event Work Days Required
1 day	Saturdays	14 +	14 +	USASA+	0-4	1

Philosophy

FreeRide is an alpine-based ski program, which explores 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 a variety of free-ski encounters like steeps, powder and crud while also training in the halfpipe, slopestyle, and terrain park.

Technical Goals

To primary goal is to develop better all-mountain skiers capable of skiing all types of terrain in every kind of snow condition. Secondly, aerials, tricks in the terrain park, and riding the half pipe.

Competitions

At this point FreeRide does not have an established organization for FreeRide competitions. Although there are several renegade competitions throughout Northern Vermont which we actively pursue. The Head coach will pass on more information on these competitions as they develop.

Methodology

Highlights of the Program’s curriculum are listed below.

- All-mountain Freeskiing
- Freeskiing drills
- Bump progressions
- Slopestyle elements
- Video analysis
- Half pipe training
- Mogul training
- Equipment preparation

Equipment Requirements

All mountain skis, boots, poles, goggles, helmet, warm / all weather clothing.

Membership Requirements

SNSC Individual (\$80) or Family (\$165). USASA if competing.

Event Work Events

Please refer to the handbook and the above listed Program Offerings.

Coaches’ Travel Expenses

In the event that FreeRide coaches travel with the group to a race or camp, his/her meals/travel expenses are divided up equally between all athletes on the trip.

Communications/Questions

SNSC Hotline: 644-1077 and group email are common pathways. Other inquiries should be addressed to the Coaches, then the Program Coordinator, and lastly the Executive Director.

*****Please note: Programs have a minimum number of participants for them to be offered.**