

Category:Senior, Jr 1 and J 2
Ages.....15-19
Program Coordinator:Travis Widger
Head Coach:Travis Widger
Assistant Coach:.....Mike Palchak
Start-End DatesDec 1 – March 30
Training Hours Mid-Week:1:00pm – 4:00pm, Thursday & Friday
Training Hours Weekend:8:00am – 4:00pm, Saturday & Sunday
Program Offerings:↓

Program Days per Week	Weekly Schedule	Number Days On-Snow	Number On-Snow Sessions	Comp Levels	Number Comps	Event Work Days Required
4 day	Thurs - Sun	50	85	FIS/USSA	25-35	3
3 day	Fri - Sun	35	65	FIS/USSA	15-25	3
2 day	Sat/Sun	28	54	FIS/USSA	15-25	3
1 day	Sat	18	35	USSA	Optional	1

Philosophy

SNSC creates a fun learning environment that challenges the athlete both physically and mentally. It is our desire and responsibility to instill sportsmanship as a foundation from which our athletes can build towards achieving their personal best.

Technical Goals

Technical aspects will focus on line, balance and dynamic movement. The technical goals will differ for every athlete

Competition Goals

Each SNSC athlete is given the chance to compete at the highest level their ability will allow. We are here to produce athletes who love the sport of ski racing, as well as winners at every level.

Competition

Most racers will attend USSA races in Vermont and Eastern US throughout the year. Some racers may get the chance to race in regional and national FIS races as well. The USSA athletes will remain mostly in Vermont with some out of state travel required. FIS athletes should be prepared to travel anywhere in Eastern US and Canada on a regular basis. They may also have opportunities to travel to the Western US and Europe.

Methodology

The following provides overview highlights of the Program's curriculum. Should a more detailed curriculum be desired, please contact the Head Coach.

- Conditioning: Fall training focusing on anaerobic endurance and strength.
- Freeskiing: As much as humanly possible.
- Freeskiing drills: The early season will focus on Freeskiing Drills before we get into gates, then throughout the season as needed on an individual basis.
- Gate drills: Will be used frequently throughout the season.
- Speed skills: jumping, tucking
- Gate training: Will occur almost daily.
- Video analysis: Will occur as needed. The athlete will watch video of themselves, however, the need for the athlete to develop the ability to feel their skiing, and not become dependent on video is critical.
- Mental skills training: Daily. Any athlete in any sport who wishes to be the best they can be needs to spend time with mental skill training. Imagery, focus, and especially attitude will be addressed daily.

- Equipment preparation, maintenance. All athletes will be trained in race ski preparation and they shall be responsible for maintaining their own equipment

Equipment Requirements

SL skis, GS skis, SG skis, (DH skis and some SG's are loaned out for \$40 from the club's speed stock.) Helmets, protective gear (shin guards, pole guards, forearm guards)

License/Membership Requirements

SNSC Family membership (\$165) or SNSC Independent membership (\$80).

All SNSC members and participants must have a SNSC membership.

USSA Comp. License (\$125 before 10/15/05 after \$150), VARA (\$35 before 10/15/05 after \$45),

FIS (optional). Competitors not entering FIS races do not need FIS licenses.

Work Events Requirements

Please refer to the Handbook and the above Program Offerings. Required work events are for SNSC events only, this excludes High School races.

Race Schedules/ Rules/Entry fees

For race schedules, entry fees, rules, seeding, place points, prizes, and other information, please visit: www.ussa.org; www.vara.org or www.fissski.com

Coaches' Travel Expenses

Coaches' travel expenses (room and meals) are to be shared equally by all athlete families attending any given race. The parents of traveling athletes will make travel accommodations and arrangements, coordinating with coaches.

Communications/Questions

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

Parent Involvement On-and-Off Hill Other Expectations

- Program orientation meeting at beginning of year and awards at end of year.
- On overnight trips we may have the parents put together cost saving meals for the stay.
- Parents, athletes and coaches work together for transportation to races, camps and training.

*****Please note: Programs have a minimum participant number in order for them to be offered.**