

Category:J3
Ages.....13-14
Head Coach:Jamie Hutchins
Assistant Coach:.....Mike Palchak
Start-End DatesDec 1 – March 30
Training Hours Mid-Week:1:00pm – 4:00pm, Friday
Training Hours Weekend:9:00am – 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
3 day	Fri – Sun	48	85	FIS /USSA	25-30	3
2 day	Sat - Sun	38	76	FIS/USSA	25-30	3
1 day	Sat	19	38	USSA	11-15	1

Philosophy

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 part of any given program day. We combine fun and skill development while teaching strong work ethics and sportsmanship skills.

Technical Goals

J3's will begin to master carving of both skis in a variety of terrain, conditions and turn shape. Their balance becomes dynamic and they are actively seeking challenging situations to improve their technique. They strive to ski linked carved turns, master the pole plant, and ski challenging runs in a variety of snow conditions. Speed begins to play a more important role as J3's progress. Learning how to tuck properly, understanding line choices in SG and downhill courses, and learning how to be comfortable in the air as well as over terrain changes begin to improve the speed elements of a J3.

Competition Goals

J3's have many opportunities to experience competition and the rewards derived from developing a strong work ethic by putting forth one's best effort. Throughout the 10 regular scheduled races there are plenty of opportunities for improvement and self evaluation. Coaches give feedback with each race run, often with video support.

Competition Events

In Vermont we have three junior councils, or regions. They are Northern, Mid, and Southern. During our regular season, athletes compete within their own council to qualify for the J3 States. At the last race of the regular season, a State team is chosen from each council. The location of the J3 States races rotates annually between regions. Those athletes who do not qualify for States will represent their home mountain in the George Tormey Cup Challenge. The George Tormey Cup Challenge awards both teams and individuals. Other competition opportunities exist through a series of qualification procedures. Generally, the races are held within in the Northern Vermont region

Methodology

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

- Conditioning:
- Freeskiing:
- Freeskiing drills:
- Gate drills:
- Gate training:

- Goal Setting/Mental Training
- Video analysis:
- Race preparation training:
- Equipment preparation training:
- Speed Element Training

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)

Membership Requirements

SNSC (\$165 family, \$80 individual), USSA (\$125 before 10/15/05 after \$150), VARA (\$25 before 10/15/05 after \$35)

Volunteer and Event Work Day Requirements

Please refer to Membership Handbook and above Program Offerings.

Race Schedule/Rules/Entry fees

Please visit www.vara.org and www.ussa.org for all program race schedules, rules, and entry fees.

Coaches' Travel Expenses

Coaches' travel expenses (room and meals) are to be shared equally by all athlete families attending any given race. Normally, single day trips to NVC races do not produce coaches travel expenses.

Communications/Questions

Questions regarding the program should be addressed first to the Coaches, then the Head Coach, and lastly the Executive Director.

Parent Involvement On-and-Off Hill:

- Parent orientation meeting and year end awards:
- Race days: There is always the need for a parent or two helping at races. Similarly, assistance transporting jackets and warm-ups from the race start to finish area is always appreciated.

Other Expectations

- Athlete on-hill assistance requirements: If asked, all athletes are expected to assist coaches and staff in setting up, maintaining, and tearing down training courses.
- On-snow sessions in excess of applicable program: Should an athlete's participation in on-snow sessions be in excess of the program days signed up for, then the athlete will be asked to re-register and pay for (on a pro-rated basis) the appropriate number of program days.

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