

SNSC - J4 TEAM - 07 / 08

Category:J4
Ages.....11-12
Head Coach:Andy Susslin
Assistant Coach.....Mark Downing
Start-End DatesDec 1 – Mar 23
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 Day Requirements
3 day	Fri PM, Sat/Sun	51	85	NVC J4	7-12	3
2 day	Sat/Sun	34	68	NVC J4	7-12	3
1 day	Sat	17	34	Club	2-4	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 achieve their personal best.

Technical Goals

J4's have a three level structure:

- **Level 1** – Athletes will develop a good balanced parallel stance, proper pole plants, and the beginning elements of a carved ski.
- **Level 2** – Athletes who are beginning to carve will develop those skills to the point of proficiency.
- **Level 3** – Athletes will apply their carving skills to the race course where they can fine tune them.

Competition Goals

Coaches work individually with athletes on personal goals specific to an event or level of achievement. The overall competition goal for the J4 athlete is an understanding of the event process, including rules, inspection, and personal responsibility for start times. In general, we would like our athletes to develop the event knowledge and personal discipline that ultimately leads to self-sufficiency on race day. This, like many other things in ski racing, is a skill that needs to be developed early and yields benefits in other aspects of the athlete's life.

Competition Events

In Vermont we have three junior councils, or regions, which are Northern, Mid, and Southern. During our regular season, athletes compete within their own council to qualify for the J4 States. At the last race of the regular season, a State team is chosen from each council (for qualifying information, please contact the Head Coach or Junior Race Coordinator). The location of the J4 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.

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:
- Video analysis:

- Race preparation training:
- Equipment preparation training:

Equipment Requirements

GS skis, Helmets, protective gear (shin guards, pole guards, forearm guards)

Membership Requirements

SNSC (\$165 family, \$80 individual), USSA (\$60), VARA (before 10/15/05-\$20, after 10/15/05-\$30)

Volunteer and Event Work Day Requirements

Please see the Handbook and the 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

Coach travel expenses (room and meals) are to be shared equally by all athlete families attending any given race.

Communications/Questions

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

Parent Involvement On-and-Off Hill:

- Beginning of season program meeting:
- Training sessions:
- Race days: There is always the need for a parent or two helping athletes get themselves and their equipment ready at the start. Similarly, a couple of extra hands transporting jackets and warmups from the start to finish area is always needed.

Other Expectations:

- Athlete on-hill assistance requirements: All athletes when asked, 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.
- J4 States Team / George Tormey Cup Challenge: As stated above, the J4 athletes qualify either for States or the George Tormey Cup Challenge. Athletes that compete in one event do not compete in the other. Depending on the scheduling of these two races, our resources in staff and hill space can be spread thin. We always do our best to ensure quality training for the group that is home, which can mean training with another group, such as the J3's.

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