

Category:J5/6
Ages:J6/ 7-8, J5/ 9-10
Head Coach:Heidi Noonan
Assistant Coach:.....John Bowser
Assistant Coach:..... Deb Wells
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 Days Required
3 day	Fri PM, Sat/Sun	51	85	NVC J4	7	3
2 day	Sat/Sun	34	68	NVC J4	7	3
1 day	Sat	17	34	Club	2-4	1

Philosophy

The J5/6 group is our entry-level program focused on 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 session.

Technical Goals

J5/6'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

The J5/6 athlete is being introduced to racing and competition. Learning to memorize the course and preparing for more difficult gates, striving to improve times on each run, supporting teammates who get faster or slower times, and receiving feedback from the coaches on the race run are some of the more common features of competition in the J5/6 groups.

Competition Events

There are seven races, usually run on Sundays starting in January and ending in mid-March. These events are hosted by several local resorts like Stowe, Burke, Jay etc.. The competitions have over 100 boy and girl racers and prizes are awarded at the race. No qualification is necessary for any of the races.

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:
- Race preparation training:

Equipment Requirements

All mountain or GS ski, boots, poles, Helmet, Goggles

Membership Requirements

SNSC (\$165 family, \$80 individual), VARA (\$20 before 10/15/05 \$20 after 10/15/05 \$30, for competitors only)

Volunteer and Event Work Day Requirements

Please see the Handbook and above Program Offerings.

Race Schedule/Rules/Entry fees

Please visit www.vara.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 there are no travel fees assessed for this group.

Communications/Questions

The SNSC Hotline: 644-1077 and group email and are common pathways. 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:

- Parent orientation meeting and year end awards:
- Race days: There is always the need for a parent or two helping athletes get themselves and their equipment ready at the start. Similarly, parents assisting with the transport of jackets and warm-ups from the race start to finish area are always appreciated.

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.

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