

SNSC - SKI MEISTER TEAM - 07 / 08

Ages.....5-7
Head Coach:John Cassavant
Assistant Coaches.....Mark Bergin – Pierre Heroux
Start-End DatesDec. 29 – Mar 9
Training Hours Weekend:10:00am – 2:00pm, 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	Sat	11	22	Home races	2-3	1

Philosophy:

This is an entry-level program for children who have some alpine skiing experience, can stop, turn, and ski intermediate trails. Each child is placed in a group of similar age and ability. Children are exposed to many different skiing environments such as all mountain free skiing, free-ski drills and drill courses. NOTE: Depending on participant’s level of skiing ability, Ski Meister groups may begin the season on Morse Highlands before skiing more difficult terrain. By year’s end we strive to have all skiers riding Sterling and Madonna mountain lifts and skiing most trails. This is done through a variety of fun learning situations.

Technical Goals

Ski Meisters are learning how to move their balance into the middle of their skis while exploring new edging skills. By year end a more parallel position is attained and most of the Sterling and Madonna lifts can be ridden. The use of ski poles begins and children gain the necessary skills to move into the Development program.

Competitions

Any races that these children get to do are fun, rewarding, at home and free. Everyone is a winner that makes it down the race course. Being apart of the competition is the main focus, not winning or losing.

Methodology

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

- Freeskiing
- Freeskiing drills
- Skiing/chairlift safety

Equipment Requirements

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

Membership Requirements

SNSC (\$165 family, \$30 individual)

Work Event Requirements

Please refer to the Handbook and the above Program Offerings.

Communications/Questions

SNSC Hotline: 644-1077 and group email are common pathways. Other inquiries should be directed 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.

- The coaches help with lunches but do not serve them lunch. Leave your child's lunch where we can find it and help them eat. They will eat with coaches as a group.
- During the first few sessions we ask one or two parents to help with getting the kids on the lift and keeping them together.

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