



MOUNT SUNAPEE

2017-2018 MOUNT SUNAPEE ALPINE PROGRAM

Welcome to the Mount Sunapee Alpine Program! It includes the following programs: Alpine Racing, Freestyle, Snowboard, Development, Race Development and Snowboard Development.

The vision of our Alpine Program is to help guide in the development of the athlete in all areas of their lives.

Our mission is to inspire a passion for snow sports in our young athletes and to help them reach their potential as athletes. We encourage them to be good, responsible citizens and develop a strong sense of sportsmanship.

Our values are aligned with USSA values: excellence, grit, passion, integrity, community, fun and team.

All groups will work on developing skills based on the age and ability of the athlete. We will provide each athlete with the opportunity to excel and enjoy skiing or boarding in a fun, safe and honest environment. We recognize that each young athlete is unique, and we strive to teach the individual to reach his or her own potential. This is achieved through various learning stages and techniques.

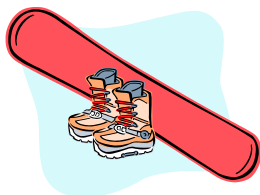
Our Alpine Program supports and follows the philosophies of the USSA Alpine/Freestyle/USASA snowboard competencies. These philosophies address physical and psychological factors which, in turn, address all aspects of athletic development. Skill development is a complex interaction between the athlete's inherent physical and psychological abilities and physical age at any particular development stage. The USSA Alpine/ Freestyle Training System is a guide to athlete age appropriate development.

In each program we will work to provide a clear path of skill development. Based on the principals of the ATS our coaching staff will build upon the athlete's current skills. These include free skiing/boarding, balance drills, turn shape, gate drills, and developing skills in our terrain park. Mount Sunapee Alpine endorses the use of USSA Skills Quest. Skills Quest is a skills based training program we use to develop the athletes technique with the use of age appropriate drills and terrain. Skill development is based on repetition and mileage; therefore consistent attendance is crucial. We teach the athletes how to apply the wide variety of skills in all weather conditions, terrain and competitive environments; which results in strong lifelong skills.

We have a strict standard of behavior and athletic code of conduct. This is based on the USSA, USASA and New Hampshire Alpine Racing Association's Racer Code of Conduct and the general Skier Code of Conduct and Sportsmanship. All athletes, coaches, and parents are treated in a fair and equal manner. We expect that all athletes and parents will conduct themselves with the highest standard of behavior and sportsmanship.

We are committed to the Alpine Program by providing families with our Alpine Competition Center, excellent training facilities, snow conditions, daily activity support and exceptional staff.

If you have any questions, please contact Jill Firstbrook, Alpine Program Director, at 603-763-3500 ext. 3548 or at alpine@mtsunapee.com.



MOUNT SUNAPEE ALPINE PROGRAM OPTIONS: 2017-2018

Alpine - What group is your child in?

<u>Age</u>	<u>DOB</u>	<u>USSA/NHARA Age Groups</u>
5-7	1/1/10– 9/1/2012	Mighty Mites (U8)
8-9	1/1/08– 12/31/09	U10
10-11	1/1/05 – 12/31/06	U12
12-13	1/1/04 – 12/31/05	U14
14-15	1/1/02 – 12/31/03	U16
16-18	1/1/99 – 12/31/01	U19
19 & 20	1/1/98 – 12/31/97	U21
Freestyle A	14-18 years, 14 years old by December 31, 2017	
Freestyle B	10-14 years, 10 years old by December 31, 2017	
Snowboard	10-16 years, 10 years old by December 31, 2017	
Development	8-14 years old by December 31, 2017	
Race Development	10-16 years old by December 31, 2017	
Snowboard Development	8-12 years old by December 31, 2017	

Program Fees*	<u>Before 11/1/17</u>	<u>After 11/1/17</u>
Mighty Mites (U8)	\$ 800	\$ 900
U10 & U12	\$ 950	\$ 1050
U14	\$ 975	\$ 1075
U16	\$ 1150	\$ 1250
U19 & U21	\$ 1150	\$ 1250
Freestyle:		
(A) 14-18 years old	\$ 1050	\$ 1150
(B) 10-15 years old	\$ 975	\$ 1075
Snowboard	\$ 975	\$ 1075
Development	\$ 550	\$ 625
Race Development	\$ 550	\$ 625
Snowboard Development	\$ 550	\$ 625
High School Group (4 Day HS Camp)	\$ 195	

***PROGRAM FEES DO NOT INCLUDE THE PRICE OF A LIFT TICKET OR SEASONS PASS.**

2017-2018 PROGRAM DESCRIPTIONS

The Mount Sunapee Alpine Program is a weekend program run by Mount Sunapee Resort and staffed by our part-time coaches. This program is a department within the structure of the Resort and is dependent on the strong support received from all departments from Mountain Operations to Base Operations.

Freestyle Team (ages 10 –18)

The Freestyle Group will ski from 9:00 am to 2:30 pm with a coach. The Freestyle Program strives to develop multi-event freestyle skiers who can compete in Mogul, Half Pipe, “Big Air”, Free Ride, and Slope style competitions. The Freestyle program is divided into two groups A & B’s based on age and their current ability level development skills.

The Freestyle A: (ages 14-18) This group will focus on an expanded competitive schedule and getting certified in inverted aerial maneuvers. They are encouraged to participate for two full days on the weekend and in as many disciplines as possible.

Freestyle A: Runs Saturdays and Sundays, beginning on Saturday, Dec. 2, 2017 – Sunday, April 8, 2018. Weekends, Christmas week and February vacation weeks.

The Freestyle B: (ages 10-14) This group will focus on developing and mastering basic skiing, jumping and balancing skills needed for Freestyle skiing. It is recommended that the athletes compete in as many disciplines as possible.

Freestyle B: Runs Saturdays and Sundays, beginning on Saturday, Dec. 9, 2017– Sunday, March 31, 2018. Weekends, Christmas week and February vacation weeks.

To acquire the skills, the athletes will train on a variety of terrain including flat slopes, moguls, groomed terrain and our terrain parks. Each athlete must be at least 10 years old to join the program and is required to be a **member of USSA**. *Mount Sunapee and USSA require that all athletes wear helmets.*

Michael Lovell, Head Freestyle Coach, will create the competitive schedule for both the A and B groups for meets. The coaching staff will support all scheduled away meets. Before these meets, training will be available at Mount Sunapee when possible. We will offer skiing with a coach from 2:30-3:30 pm on Saturdays when possible. Airbag training will be included in the curriculum to develop aerial skills and work towards performing the jumps in competition.

Snowboard Team (ages 10 –16)

The Snowboard Group will ride from 9:00 am to 2:30 pm with a coach. The training program has been structured to focus on a variety of snowboard disciplines, which include: slopestyle, halfpipe, boardercross and slalom. Athletes should be able to comfortably ride black trails and link turns switch. The athlete must be at least 10 years old and is required to have a **USASA Membership**. *Mount Sunapee and USASA require that all athletes wear helmets.*

The competitive schedule is based on events organized by the United States of America Snowboard and Freeski Association (USASA). Team members are expected to compete in at least one (1) event during the season, although most compete in more. The schedule will allow for qualifying for USASA Nationals. Practice and supported-competition schedule will be provided by the Head Snowboard Coach, Charlie Hopkins.

To increase our time-on-snow, when possible we will offer freeriding with a coach from 2:30 pm – 3:30 pm on Saturdays.

The Coach’s discretion will be used in deciding if an athlete’s skills are strong enough for the team or if development is the right fit for them.

Snowboard: Runs Saturday, December 9, 2017 – Saturday, March 24, 2018. Weekends, Christmas week and February vacation weeks.

Mighty Mites (U8) (ages 5-7)

Each athlete must be at least 5 years old and attending kindergarten as of December 31, 2017.

The Mighty Mites will ski in the mornings from 9:00 am to 12 pm with a coach. The Mighty Mites Program is for children who have skied at least two full seasons, are able to ski intermediate trails (the Blues) comfortably, and want to improve their skills. The program emphasizes skiing all over the mountain, with an introduction to bumps, terrain parks, air and rails, as well as racing on NASTAR type courses. *The Mighty Mites will race a maximum of 3-4 times throughout the year.* **The Mighty Mites are required to have a USSA General Membership license which will cost \$20.**

The program meets from 9:00 am to 12:00 pm with a midmorning break. Parents must drop off and pick up their children at our Alpine Competition Center on time. This gives the coaches and the parents an opportunity to discuss any questions that may arise. Your child will need to be dressed appropriately in layers. This includes, but is not limited to, poles, skis, goggles, helmet, mittens, and ski pants. Please send your child with either money for a snack or a snack in their jacket pocket.

Mount Sunapee and USSA require that all athletes wear helmets with hard ears.

Parents must pick up their child at 12 noon. They will only be released to a pre-authorized adult.

Each year the program hosts the Mighty Mites Ski Off the day before the Mighty Mites Program starts. The Mighty Mites Ski Off is required for NEW ATHLETES in the Mighty Mites program. The Mighty Mites Ski Off is to ensure that everyone has the skills and ability to flourish in the program. This will be held on **Saturday, December 16, 2017**, from 9:30 am to 12:00 pm, on South Peak. Children must be chairlift approved. Prior to going to South Peak, we will meet at our Alpine Competition building.

Mighty Mites (U8) - Runs Saturdays and Sundays, beginning on **Saturday, December 16, 2017 – Sunday, March 18, 2018.** Meets from 9 am – 12 pm, Weekends, Christmas week and February vacation weeks. Children must be chairlift approved and assessed to see if the child's skiing ability is appropriate for the group.

The Alpine Program Director reserves the right to refund the program fee if the child does not have enough ski experience or maturity to take part in the program.

U10 (ages 8-9)

The U10's will ski from 9 am to 2:30 pm with a coach. Groups will experience all aspects of being a well-rounded ski athlete. This includes gate training, free skiing, slope style, moguls, glades, air bag, and more. Athletes will be tasked with improving fundamental skills such as balance, pressure, control, rotary, and edging. These skills will serve to improve the athletes over all skill level. The U10 Program will also include a limited, competitive event schedule with focus on home competition and limited travel. All U10 athletes are expected to participate in all aspects of fundamental training. Athletes will have the opportunity to choose a discipline that they would like to focus on at the age of 10.

Mount Sunapee and USSA require that all athletes wear helmets with hard ears.

Parent supervision is required during lunch time.

***All athletes are required to be members of USSA. A U10 USSA membership is \$25.00.* Multiple discipline licenses are encouraged to allow athletes to participate in freestyle competitions and ski races.**

U10 - Runs Saturday, December 9, 2017 – Saturday, March 24, 2018. Weekends, Christmas week and February vacation weeks.

U12 (ages 10-11)

The U12's will ski from 9:00 am to 2:30 pm with a coach. In the U12 level the groups are sized 8 athletes per one coach. They must have skied a minimum of three full seasons and be able to ski intermediate and advance trails (Blues and Blacks) comfortably. Eighty-five percent of the time the focus is to develop a variety of skills using skills quest as a guide and measurement of proficiency through directed free skiing, technical drills and undirected free skiing. The remaining fifteen percent of the time the racers will practice tactical and technical drills with gates. The U12's focus is on the athlete's performance versus the outcome or result of races. Since each child matures at a different rate, it is important to emphasize fun. It's important that the athletes experience as many different physical activities off snow as possible. Our goal is to develop their skills to ski the whole mountain well, master all snow conditions, and continue to learn strong skiing skills. The athletes will be assigned to specific groups with coaches.

The U12 athletes will continue to ski slalom and giant slalom with 5-7 race opportunities. In January, the group will attend 1 open race. The U12 coaches will distribute the schedule with specific instructions. In February, the athletes will compete in BWL qualifying races for the BWL State Finals and the BWL State Championships.

All athletes are required to be members of both USSA and NHARA (our state racing organization).

Pricing goes up after October 15, 2017.

Mount Sunapee and USSA require that all athletes wear helmets with hard ears. If buying a new helmet please buy a FIS approved helmet, it is required for U14 and above racers.

U12 - Runs Saturday, December 9, 2017 – Saturday, March 24, 2018. Weekends, Christmas week and February vacation weeks.

U14 (ages 12-13)

The U14's will ski from 9:00 am to 2:30 pm. Some days could start earlier than 9:00 am or may go past 2:30 pm (athletes are encouraged to ski up to the last chair of the day). The athletes will ski with a team of coaches who will work with each athlete individually at different times. The U14's will work on expanding and improving the skills that were introduced in the U12 program. The group focuses on directed and undirected free skiing **thirty to fifty percent** of the time, technical drills with and without gates thirty percent of the time, and tactical drills the remaining five percent. The program is focused on addressing all learning styles and continuing to work on strong fundamental styles.

The coaches will determine the event schedule. There will be between 4 to 10 race starts that will be at the discretion of the coaching staff. If your athlete cannot attend qualifier races, please let the coaches know. In January, the athletes will compete in 1 or 2 open races. The U14's will race a super G. The early BWL qualifiers will be used to compete for the BWL State Finals and the BWL Championships which is scheduled in March.

To compete all athletes are required to be members of both USSA and NHARA (our state racing organization). Pricing goes up after October 15, 2017.

Mount Sunapee and USSA require that all athletes wear helmets with hard earflaps that meets the new FIS standards denoted by the official FIS sticker found on the helmets.

U14 skiers must ski on GS skis that have a minimum of 17 meter radius.

For more information on race schedules please refer to the NHAlpine.org (NHARA) web site.

U14 - Runs Saturdays and Sundays, December 9, 2017 – Saturday, March 24, 2018. Weekends, Christmas week and February vacation weeks.

U16 (ages 14-15)

The U16's will ski from 9:00 am to 2:30 pm. The athlete will ski with a team of coaches who will work with each athlete individually at different times. Each group will concentrate on refining and expanding their technical skills and abilities as well as their fine motor skills on skis. During this phase we will work on technical and tactical refinement of skills, using Skills Quest drills to measure improvement. The group will follow a ratio of 1 race day to 4 training days. During the competition season they will continue to free ski at least 15% of the time. Early season will focus on ski mileage and technical skiing skills. It is critical for the athletes to attend as much as possible throughout the winter. This allows athletes to take advantage of more race starts, skill development, and accumulate miles on their skis. Mileage on skis is a crucial part in the improvement of skills, so we encourage the athletes to ski until 4:00 pm with their ski team friends.

The U16's will be entered in all of their qualifying races by the coaching staff, except open races. The coaching staff will pick a few open races to compete in. U16 men and women will compete separately in U16 qualifiers throughout the month of February. The qualifier results will be used to determine who will move onto U16 Eastern Finals and U16 Eastern Junior Championships and the NH State Finals.

We encourage athletes to ski as much as possible throughout the winter, during the week and on the weekend before or after their program. Ski early and ski late! Some days the program will begin at 8 am to allow for GS training.

All athletes are required to be members of both USSA and NHARA, (our state racing organization.) Mount Sunapee and USSA require that all athletes wear helmets with hard earflaps that meets the new FIS standards denoted by the official FIS sticker found on the helmets.

U16 - Runs Saturday, November 25, 2017 (snow permitting) – Sunday April 8, 2018. Weekends, Christmas week and February vacation weeks.

***Please carefully read the U16 pages of the NHARA Handbook. ***

U19 (ages 16-18)

U19's will ski from 9:00 am to 2:30 pm. The athletes will ski with a team of coaches who will work with each athlete individually at different times. U19 athletes are eligible to compete in races for points with U21 (19 years and up). Each U19 will start their racing career in the Tecnica Cup Series. The athlete and parent should attend an early season meeting to discuss race schedules and balancing school with days missed for skiing. The coaching staff will determine the best possible competitive schedule to support the athletes. A coach will be available on the mountain for training on non-race days. We encourage athletes to ski as much as possible throughout the winter, during the week and on the weekend before or after their program.

All athletes are required to be members of both USSA and NHARA, (our state racing organization.) Mount Sunapee and USSA require that all athletes wear helmets with hard earflaps that meets the new FIS standards denoted by the official FIS sticker found on the helmets.

U19 - Runs Sunday, November 25, 2017 (snow permitting) – Sunday April 8, 2018. Weekends, Christmas week and February vacation weeks.

***At the U19 level, the parents/athletes are required to complete the online entry race forms. Online entries are available for all events. If you must cancel, you must call the race secretary at least 3 days prior to the race to receive a refund. All of the numbers and addresses are listed in the NHARA Handbook. This is an important source of information. If the athlete cannot attend a scheduled race, it is the parent/athlete's responsibility to notify the coach as soon as possible.*

U21 (ages 19-20)

U21's will ski from 9:00 am to 2:30 pm. The athletes will ski with a team of coaches who will work with each athlete individually at different times. The U21 and the U19 group will train and travel to race events whenever possible. This group will place a strong emphasis on directed free skiing as well as many technical and tactical drills throughout the season. They will also use video analysis. Perfection of basic skills will continue to be emphasized. The goal is that all athletes compete in all disciplines as much as the schedule allows.

Each athlete will be involved in either the Macomber, open races or Lafoley Race Series. The Macomber Race series has a maximum point cut off to qualify. The availability of coaches and number of athletes attending each race will determine the race schedule and coaching support for events. If your athlete cannot attend a scheduled race, it is the parent/athlete's responsibility to notify the coach as soon as possible.

All athletes are required to be members of both USSA and NHARA, (our state racing organization). Mount Sunapee and USSA require that all athletes wear helmets with hard earflaps that meets the new FIS standards denoted by the official FIS sticker found on the helmets.

FIS license should be considered on a case-by-case basis. FIS races require qualifying for the state quota or development quota for each year of birth.

*U21 - Runs **Sunday, November 25, 2017** (snow permitting) – **Sunday April 8, 2018**. Weekends, Christmas week and February vacation weeks.*

High School Race Group-

We must have 8 athletes to run this program.

The athlete must be on a high school alpine ski team roster. They must have a USSA general membership, which costs \$20.00, for training.

The group will focus on racing fundamentals that will help the athlete gain more experience as a high school racer. This will be focused specifically upon students in high school racing programs.

Athletes must attend all 4 days of the session they are registered for.

Equipment requirements: Hard eared helmets are required for GS training.

Program options:

4 Day High School Christmas Camp - Dec 26-29, 2017.

With Season Pass: \$130.00

Without season pass: \$195.00

4 Saturdays in January – Jan 6, 13, 20 and 27th, 2018.

With Season Pass: \$130.00

Without Season Pass: \$195.00

You may also attend both sessions.

With Season Pass: \$260.00

Without Season Pass: \$390.00

Development Programs

**** THE PROGRAM FEES DO NOT INCLUDE DAILY LIFT TICKETS OR SEASON PASSES. THESE MUST BE PURCHASED SEPARATELY. ****

The Development Challenge- Saturday, December 30, 2017 from 9:30 am-12:00 pm

Again this year, we will host the Development Challenge. This is held on the Saturday before the program starts. The Challenge is suggested for all athletes in all of the Development Programs. The Challenge is to ensure that everyone has the skills and ability to flourish in the programs they are enrolled in.

We will be having our informational meeting for parents who have athletes in the development programs including snowboard and race in our Alpine Competition building on December 30th at 9:30 am. There will be an additional meeting Saturday January 6th from 9:15-10:45 am in the Competition Center. Please try and attend one of these meetings.

The Development Programs will meet for 10 consecutive Saturdays starting on January 6, 2018 – March 10, 2018.

The Alpine Program Director reserves the right to refund the program fee if the athlete's skills are not strong enough.

No volunteer commitment is required for the three Development Programs, but volunteer help is always needed and appreciated. There is no requirement for a USSA or NHARA membership because racing will be limited to NASTAR.

Development (ages 8-14)

The athletes MUST be 8 years old by **December 31, 2017**. The Development Program will ski from 8:45 am to 2:30 pm with a coach. The Development Program will strive to provide an all-mountain experience for the athletes. The program will focus on fun and all-around skiing skills with less competitive emphasis. The group will experience various disciplines including slopestyle, moguls, racing and snowblades. The coaches will split the groups based on age and ability. The children are required to have strong skiing skills and be able to ski Blue trails easily. All participants will be sent a schedule of planned activities. Mount Sunapee recommends that all athletes wear helmets with hard earflaps.

Development - Runs Saturdays, January 6, 2018 – March 10, 2018

This program has limited availability, so please sign up early.

The Alpine program Director reserves the right to refund the program fee if the athlete's skills are not strong enough.

Race Development (ages 10-16)

The Race Development Program will ski from 9:00 am to 2:30 pm with a coach. The Race Development Program is a NASTAR based race program. All athletes are required to have successfully completed the Development Program for at least one year. The athlete will develop a NASTAR race profile of results and work towards qualifying for the NASTAR Finals in March. The program will strive to develop fundamental skiing and racing skills. The Race Development Program offers a strong foundation for middle and high school ski racing. Mount Sunapee and USSA recommends that all athletes wear helmets.

Race Development - Runs Saturdays, January 6, 2018 – March 10, 2018

All participants will be sent a schedule of planned activities.

The Alpine Program Director reserves the right to move the athlete into the Development Program or refund the program fee if the athlete's skills are not strong enough.

Snowboard Development (ages 8-12)

The Snowboard Development athletes will ride from 9:00 am to 2:30 pm with a coach. The program will provide an “all mountain experience”, focusing on improving fundamental snowboard skills to begin and then moving into more technical areas as appropriate (slopestyle, slalom, etc.). The Snowboard Development Program develops skills that allow the athlete to join the Snowboard Team. Development athletes will have the opportunity to ride with the team and will be invited to join if their skill set is strong enough.

Development athletes will have opportunities to compete in local and USASA events if coaches feel they are ready. All athletes are required to have intermediate skills as a requirement – athletes should be able to comfortably ride down Blue trails, and have some experience on Black trails as well.

Mount Sunapee and USASA require that all athletes wear helmets.

Snowboard Development: Runs Saturdays, for 10 weeks - beginning on January 6, 2018 – March 10, 2018

Terrain Off Designated Trails and Slopes

During program hours athletes, guided by their Coach, may ski and board on terrain that is off the designated trails and slopes at Mount Sunapee.

DAILY TRAINING SCHEDULE FOR ALL PROGRAMS

We meet every day outside the Alpine Competition Center at 8:45 am for announcements and to meet your coach.

8:00 am Sunday's only, early morning skiing with coaches; athletes will be notified by email if available.

8:45 am Groups meet in designated areas.

9:00 am Groups leave for the morning session - Please be on time.

11:30-1:00 pm Lunch Breaks will take place at noon with some flexibility to allow each group to finish their morning activity. The break will be 50 minutes long. All groups will be dropped off at the **Alpine Competition Center** and will meet back at the **Alpine Competition Center** after lunch ready to ski for the afternoon session. Each athlete is responsible for his or her lunch arrangements. Coaches do not supervise athletes during lunch. Being late will result in missing the group.

2:30-2:45 pm Athlete Pickup - Please meet your child at 2:30 pm. Coaches are off duty at 2:45 pm or later.

*2:30 to 2:45 pm is a great time to talk to our coaches.

2:45-3:45 pm Saturdays only - Extra ski time optional but encouraged with assigned coaches. The groups will meet at the Alpine Competition Center. We encourage parents to come along and ski/snowboard with the athletes; we believe it is one of the keys to developing a long term success and love of the sport. All athletes should ski or board until 4 pm.

*****Daily schedules are subject to change due to conditions and/or training*****

Race Schedules - Correspondence

All race schedules and correspondence updates are posted on our website mountsunapee.com/alpine. They will also be posted in the Alpine Competition Center and extra copies will be available in the mailboxes for each age group/discipline. An email contact list will be established for each group. *If you are not receiving information, please contact Jill at 603-763-3500.*

Schedules are subject to change due to planned activities within each group.