



MOUNT SUNAPEE

2017-2018 MOUNT SUNAPEE ALPINE PROGRAMS

Welcome! The Mount Sunapee Alpine Program includes: Alpine Racing, Freestyle, Snowboard, Development, Race Development and Snowboard Development.

Our Vision: To help guide the development of the athlete in all areas of their lives.

Our Mission: 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: USSA values: excellence, grit, passion, integrity, community, fun and team.

Athletes will work on developing skills based on their age and ability. 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 athlete is unique, and we strive to teach them to reach their own potential. This is achieved through various learning stages and techniques.

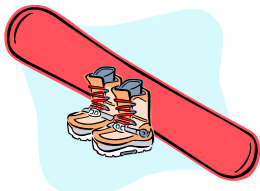
Our program supports and follows the philosophies of the USSA Alpine/Freestyle/USASA snowboard competencies. These philosophies address physical and psychological factors which, in turn, address all aspects of athletic development. Skill development is a complex interaction between the athlete's inherent 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 for athletes and parents. Our standard is based on the USSA, USASA and New Hampshire Alpine Racing Association's Racer Code of Conduct, the general Skier Code of Conduct. All athletes, coaches, and parents are treated in a fair and equal manner.

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

Questions? Please contact Jill Firstbrook, Alpine Director, at 603-763-3500 ext. 3548 or alpine@mtsunapee.com.



MOUNT SUNAPEE ALPINE PROGRAMS

<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	1/1/06 – 12/31/07	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 (without season pass)	
High School Group (4 Day HS Camp)	\$ 130 (with season pass)	

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

PROGRAM DESCRIPTIONS

The 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 all day 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. It is divided into two groups A & B’s based on age and current ability level development skills.

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

- **Freestyle A:** Runs Saturdays and Sundays, beginning **December 2, 2017 – 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 skill. It is recommended that the athletes compete in as many disciplines as possible.

- **Freestyle B:** Runs Saturdays and Sundays, beginning **December 9, 2017– 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 and is required to be a member of USSA. Mount Sunapee and USSA require that all athletes wear helmets.

Michael Lovell, Freestyle Coach, will create the competitive schedule for both 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 pm to 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 all day 9:00 am to 2:30 pm with a coach. This program concentrates on freestyle ride, slopestyle and racing, encouraging each athlete to improve his or her skills in all disciplines. The athletes should be able to board Black trails and link turns switch. The athlete must be at least 10 years old and are required to have a USASA license. 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 practice and competitive schedules will be provided by Snowboard coach, Charlie Hopkins. Mount Sunapee will host a series of fun snowboard events over the course of the season that will be incorporated into the schedule. The competitive schedule will allow for competing and qualifying for the USASA Nationals. All athletes are expected to participate in home events. To increase mileage on our boards, when possible we will offer freeriding with a coach from 2:30 pm to 3:30 pm on Saturdays.

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

Mighty Mites U8 (ages 5-7)

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

The Mighty Mites will ski in the mornings from 9:00 am to 12:00 pm with a coach. This 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. They will race a maximum of 3-4 times throughout the year. Although racing is optional, a USSA Membership (\$20) is required for insurance purposes.

Parents must drop off and pick up their children at the Competition Center on time. They will only be released to a pre-authorized adult. 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 on their pass for a snack or a snack in their jacket pocket. Mount Sunapee and USSA require that all athletes wear hard ear helmets.

The Mighty Mites Ski Off will be held Saturday, December 16, 2017, from 9:30 am to 12:00 pm, on South Peak. **The Mighty Mites Ski Off is required for New Athletes in the Mighty Mite program.** The Mighty Mites Ski Off is to ensure that everyone has the skills and ability to flourish in the program. Children must be chairlift approved. Prior to going to South Peak, we will meet at the Competition Building.

- **Mighty Mites:** Runs Saturdays and Sundays, beginning **December 16, 2017 - March 18, 2018.** Weekends, Christmas week and February vacation weeks.

The Alpine 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 9:00 am to 2:30 pm with a coach. Groups will be focused on experiencing all aspects of alpine skiing, slopestyle, moguls, glade skiing, gate training, and jumping experience. They will work to integrate basic skiing skills that will improve their overall skill level. The program will have a competitive schedule that will include a variety of skill challenges. The program strives to help the athlete develop all-around basic fundamental ski skills, balance, pressure, control, rotary and edging.

The U10 Program includes a limited, competitive event schedule with focus on home competition and limited travel. All athletes are encouraged to participate in all aspects of the U10 training. Athletes will have the opportunity to choose a discipline that they would like to focus on at the age of 10. USSA Membership (\$25) is required. Mount Sunapee and USSA require that all athletes wear hard ear helmets.

Parental supervision is required during lunch time.

Multiple discipline licenses are encouraged to allow athletes to participate in freestyle competitions and ski races.

- **U10:** - Runs Saturdays and Sundays, **December 9, 2017 – March 25, 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. 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 ski skills. The coaches will use Skills Quest as a guide and measurement of ski proficiency. 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, balance, pressure and rotary skills. The athletes will be assigned to specific groups with coaches.

The U12 athletes will 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.

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

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

- **U12:** Runs Saturdays and Sundays, **December 9, 2017 – March 25, 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. 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.org and NHARA.org (our state racing organization). Pricing goes up after October 15, 2017.

Mount Sunapee and USSA require that all athletes wear hard ear helmets which 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.

- **U14:** Runs Saturdays and Sundays, beginning **December 9, 2017 – March 25, 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. 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 athlete will ski with a team of coaches who will work with each athlete individually at different times. This group will concentrate 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 8:00 am to allow for GS training.

To compete all athletes are required to be members of both USSA.org and NHARA.org, (our state racing organization.)

Pricing goes up after October 15, 2017.

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

- **U16:** Runs Saturdays and Sundays, **November 25, 2017** (snow permitting) – **April 8, 2018**. Weekends, Christmas week and February vacation weeks.

Please read carefully the U16 pages of the NHARA Handbook.

U19 / U21 (ages 16-21)

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). 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.

For U21's only: 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.

To compete all athletes are required to be members of both USSA.org and NHARA.org, (our state racing organization.)

Pricing goes up after October 15, 2017.

Mount Sunapee and USSA require that all athletes wear hard ear helmets which meet the new FIS standards denoted by the official FIS sticker found on the helmets.

- **U19 / U21:** Runs Saturdays and Sundays, **November 25, 2017** (snow permitting) – **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.

Each athlete will be involved in the Macomber, open races or Lafoley Race Series. 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.

High School Race Program

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 purposes.

The group will focus on racing fundamentals that will help the athlete gain more experience as a high school racer.

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

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

Programs Offered:

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

Interested? Please contact Jill Firstbrook, Alpine Director, at 603-763-3500 ext. 3548 or alpine@mtsunapec.com.

Development Programs

THE PROGRAM FEES DO NOT INCLUDE SEASON PASSES. THESE MUST BE PURCHASED SEPARATELY.

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

It is suggested for all athletes in all 3 Development Programs. The Challenge is to ensure that everyone has the skills and ability to flourish in all 3 of the programs.

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

Development (ages 8-14)

Each athlete must be at least 8 years old by December 31, 2017.

The Development Program skis all day 8:45 am to 2:30 pm with a coach. The Development Programs will meet for 10 consecutive Saturdays starting on January 6, 2018, and will strive to provide an all-mountain experience. The program will focus on fun and all-around skiing skills with less competitive emphasis. The group will experience various disciplines including 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 hard ear helmets.

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

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

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

This program has limited availability, sign up early.

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. All participants will be sent a schedule of planned activities. Mount Sunapee and USSA recommends that all athletes wear helmets.

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

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

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

This program has limited availability, sign up early.

Snowboard Development (ages 8-12)

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

The Snowboard Development athletes will ride from 9:00 am to 2:30 pm with a coach. Snowboard Development will be held for 10 consecutive Saturdays, January 6, 2018 and will provide an “all mountain experience”. The program will focus on developing all around skills on the mountain, in our terrain parks and on the NASTAR race course.

All 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, **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, but within the ski area boundary.

To run this program we require at the least 4 athletes to be enrolled.

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

This program has limited availability, sign up early.

DAILY TRAINING SCHEDULE FOR ALL PROGRAMS

Groups will meet their coaches every day outside of the Competition Building at their designated area at **8:45 am for announcements.**

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 am-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 Competition Building and will meet back at the Competition Building 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 Competition Building. 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 4:00 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 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.

Interested? Please contact Jill Firstbrook, Alpine Director, at 603-763-3500 ext. 3548 or alpine@mtsunapee.com.

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

DATES TO REMEMBER

Sat. Sept. 16, 2017	Fit Session for all programs at Skinners	10:00am-5:00pm Skinners
Sun. Sept. 17, 2017	Fit Session	9:00am-12:00pm Comp Center
Fri. Nov. 17, 2017	Equipment drop off for ski swap	12:00pm-7:00pm Sunapee Lodge
Fri. Nov. 17, 2017	New Parent Meeting (Optional)	5:30pm-6:30pm Hearthstone Room
Sat. Nov. 18, 2017	MSASC Ski Swap	9:00am-12:00pm Sunapee Lodge
Sat. Nov. 18- Tue. Nov. 21	Back to Basics Camp for U14-U19	Details to follow
Sat. Nov. 25, 2017	Sunapee Day at the World Cup Wear something that says Sunapee!! Take pictures and send them to alpine@mtsunapee.com	
Sun. Nov. 26, 2017	U21, U19, U16 & Freestyle A Program begin	9:00am Sunapee Lodge
Sat. Dec. 2, 2017	Coaches Training / USSA level 1	9:00am Comp Center
Sat. Dec. 9, 2017	U10, U12, U14, Freestyle B & Snowboard Program	8:45am–12:30pm Comp Center
Sat. Dec. 9, 2017	New Parent Meeting	10:30am Comp Center
Sat. Dec. 9, 2017	Coaches Training	1:00pm–4:00pm
Sat. Dec. 9, 2017	Tuning Clinic	2:00pm Bob Skinners
Sat. Dec. 9, 2017	Alpine Program /Mt. Sunapee Area Ski Club Potluck Dinner. Toys for Teens and Tots *All family members welcome. Great silent auction – meet other alpine families	6:00pm Sunapee Lodge
Sun. Dec. 10, 2017	Program runs	8:45am–12:30pm Comp Center
Sun. Dec. 10, 2017	New Parent Meeting	10:30am Comp Center
Sun. Dec. 10, 2017	Coaches Training	1:00pm – 4:00pm
Sat. Dec. 16, 2017	New to program Mighty Mite (U8) Ski Off on South Peak	9:30am-12:00pm Comp Center/ South Peak
Sat. Dec. 16, 2017	U10 Parent Meeting- All parents please attend one meeting	10:30am Comp Center
Sat. Dec. 16, 2017	U16 Parent and Athlete Meeting	3:00pm Comp Center
Sun. Dec. 17, 2017	All returning and New Mighty Mites (U8's) begin for the season.	9:00am Comp Center
Sun. Dec. 17, 2017	Mighty Mite Parent Meeting	9:15am Comp Center
Sun. Dec. 17, 2017	U10 Parent Meeting- All parents please attend one meeting	10:30am Comp Center
Sun. Dec. 17, 2017	U19 Parent and Athlete Meeting	3:00pm Comp Center
Dec. 26-30, 2017	Christmas program Schedule TBA	

DATES TO REMEMBER Continued

Wed. Dec. 27, 2017	Swix Tuning Clinic at Bob Skinners Sign up at Skinners or call 763-2303 *** To be confirmed***	2:00pm and 4:00pm session
Thurs. Dec. 28, 2017	Ugly Sweater Day	
Sat. Dec. 30, 2017	Development, Race Development, & Snowboard Development Ski/Board Challenge for group placement	9:30am– 12:00pm
Sun. Dec. 31, 2017	Alpine program Day off	
Mon. Jan. 1, 2018	Alpine program Day off	
Sun. Jan. 1, 2018	Jingle Jam Rail Jam	TBA
Sat. Jan. 6, 2018	Ice Cream Social	3:00pm all - Comp Center
Sat. Jan. 6, 2018	Development, Race Development, & Snowboard Development Ski/Board begins	9:00am start Comp Center



Welcome Mt. Sunapee Area Ski Club Members

SKI CLUB STATEMENT

The Mt. Sunapee Area Ski Club is a private, non-profit organization that was founded in 1954. The Club administered the Mount Sunapee Alpine Program for many years and provides support for the current program with funding for equipment and scholarship needs. The Club's annual functions create a social venue for members and help achieve fundraising goals. Your membership enables the Mt. Sunapee Area Ski Club to continue its mission of supporting affordable winter programs for our youth. To apply for a scholarships please contact Jill Firstbrook.
















The 2017-2018 MSASC dues are \$35, which is included in the program fees.

Mission Statement

The Mt. Sunapee Area Ski Club is a non-profit organization that was founded in 1954. Through volunteer efforts and fund raising, the Club supports a variety of winter programs for area youths.

The Mt. Sunapee Area Ski Club appreciates membership support of our mission and helping us to support our local programs and athletes.

This past year, the Mt. Sunapee Area Ski Club is proud to have supported many local athletes and programs. These contributions have included:

-  Funded scholarships for skiers in the alpine, freestyle and jumping programs.
-  Hosted the area's largest Ski Swap. Held in Sunapee Lodge - November 17, 2016.
-  Hosted the John W. McCrills Award Dinner.
-  Supported the New Hampshire Ski Museum.
-  Supported the TGIF Race Series, Mark Parris and Rick Hall Race.
-  Supplied trophies for the Mighty Mite Racers.
-  Donation to Norris Cotton Cancer Center, Chip Gilroy Fund.
-  Sponsored the Warren Miller Movie for Warner Youth Sports.
-  Supported Kearsarge Middle School Ski Team.
-  Hosted Après Ski events and a Bar-B-Q.
-  Purchased a heater for the Roland Tremblay Ski Jump Center in Newport.
-  Supported Toys for Teens & Tots.
-  Updated the Awards Plaques for the Alpine, Freestyle and Snowboard Program athletes.
-  Sold Ski Club Logo items.
-  Contributed towards State Championship jackets for Kearsarge Regional High School Ski Team.

We wish the continued success of Mount Sunapee and the local Alpine and Nordic programs. The loyalty and support of our membership makes all of this a reality for our athletes.

Sincerely,
Mt. Sunapee Area Ski Club

What parents need to do to enroll their children in the Mount Sunapee Resort Alpine Program

1. Questions?

For paperwork questions call Beth von Beren at 603-763-3500 ext. 5548 or bvonberen@mtsunapee.com.
For program questions call Jill Firstbrook at 603-763-3500 ext. 3548 or alpine@mtsunapee.com.

2. Join Mount Sunapee Alpine Program

Fill out forms, enrollment form, volunteer form, Acro-Bag liability release form, and medical form. Please duplicate and complete a separate medical form (white) for each child. Please mail all forms to:

Jill Firstbrook, Alpine Director
Mount Sunapee Resort
PO Box 2021
Newbury, NH 03255

ALL PAPERWORK MUST BE RECEIVED COMPLETE IN ORDER FOR YOUR CHILD TO BE ENROLLED IN ANY PROGRAM

3. Volunteer Form (Optional for Development Program families)

Fill in the volunteer sheet and return with a credit card number, security code and expiration date at the same time as program registration is sent in.

* Your child will not be registered in the Alpine Program until the volunteer form is received and completed with a credit card valid through June 2018.*

4. Purchase a Mount Sunapee Resort Season Pass

Complete the 2017-2018 season pass application. Questions? Call Guest Services at 603-763-3500.

Remember: Those athletes enrolled in the Alpine Program will receive the pre October season pass rate when they buy their pass before the end of December 2017.

* For all other family members – Remember rates for the passes will be increasing on 10/9/17.

5. All Alpine and Freestyle athletes join USSA at USSA.org.

Snowboard athletes join USASA at USASA.org.

No USSA for development groups

U8 Alpine athletes buy a USSA General Membership which will cost \$20

U10 Alpine athletes buy a Youth license which will cost \$25

U12 Alpine athletes buy a Youth license which will cost \$50

U14 Alpine athletes buy a Youth license which will cost \$80

U16-U21 Alpine athletes buy a Competitor license which will cost \$150

The easiest way to join is to go to: <http://my.ussa.org/membership/become-member-online> and create an account.

You can also call USSA at (435) 649-9090. **For renewals, the savings deadline is October 15.**

To join USASA, you can get an application at www.usasa.org or call (800) 404-9213.

6. Join NHARA - U10-U19 ONLY (NO NHARA for MM, DEV, FREESTYLE OR SNOWBOARD) Visit the NHARA website at www.nhalpine.org for information and application forms. Why join? You are supporting the state organization for alpine ski racing and you receive the NHARA handbook, which has all race schedules and state qualifying information for the different age groups. **Late registration deadline is Oct. 15, 2017.**

7. Please read the parent handbook-which will be available online and/or in hard copy form in the Alpine Competition Center and outside Jill's office in the beginning of December.

8. All ATHLETES ARE REQUIRED TO WEAR HELMETS***ALPINE ATHLETES MUST HAVE HARD EAR HELMETS. U14 AND OLDER ATHLETES MUST HAVE A HELMET THAT MEETS FIS STANDARDS AND HAS A FIS STICKER ON IT.

9. Athletes in Mighty Mites (U8) and U10 groups are required to be registered on www.nastar.com.

Please write their NASTAR number on their season pass and write their number on tape and put it on the left side of their helmet.

Volunteer Policy Information Sheet

The Alpine Program hosts events throughout the season. This program is crucial to our success. Without parent volunteers, we cannot run successful events. Mount Sunapee works to run the most efficient and high level events possible no matter what age group. Our athletes deserve the best and parent involvement is crucial and COOL!!

For 2017-2018 season, each family will be required to volunteer a minimum of **(3)** days for a two parent family or **(2)** days if you are a single parent family or a family with only a Mighty Mite. Each family will be required to pick one social event, one on hill position and 3 other events for the volunteer coordination to assign from. What does this mean? **(New this year)**

Each family will be required to submit a **\$500** volunteer's fee/ or **\$300** for a single parent family or Mighty Mite only family. This fee will be held in the form of a valid credit card number with expiration date through June 2018. At the end of the year, the work commitment will be evaluated. If the required number of events is not completed, you will receive a letter from the Alpine Director. Partial fulfillment of your commitment will not be prorated. If a family does not volunteer the required amount of days, the credit card will be charged. If you are having problems meeting your commitment please call Pam Litchfield the Parent Volunteer Coordinator at 508-259-6568 or volunteercoordinator@mtsunapee.com.

There are many events and jobs available to fulfill the volunteer requirement. Please do not sign up for the same job more than once. Some of these events include the Fall Potluck Supper, Mt. Sunapee Area Ski Club Ski Swap, Mt. Sunapee Area Ski Club dinners, and a variety of on-hill events on the weekends and mid-week. Please read the job descriptions carefully and sign up for events you prefer to work. Commitment times vary so when signing up for events, plan to commit from 7:00 am-3:00 pm.

To get credit for working an event, you must sign in at the competition center on the day of the event no later than 8:00 am. For working an event, you will receive an all day ticket voucher for another day during the season. Vouchers will be mailed out to you.

Volunteer Jobs

REGISTRATION STAFF - All events-Sign in First

Alpine: Be ready to start 7:00 am. The registration location will be sent out to you in your reminder email. You will be handling money, checking off participants as they check in and handing out bibs. You also must be available to take bibs between runs. At the end of the event, between 1:30-3:00 pm, you will collect bibs at the finish corral and re-file them.

Snowboard: USASA registration is in cafeteria in the Spruce Lodge from 7:30-10:30 am. You must be able to answer questions, take registration money, hand out bibs, fill out score sheets and collect bibs at the end of the event at the bottom of the competition site. Registration for park events will be at the snowboard building at the bottom of the Spruce Lift.

Freestyle: Registration is located in Goosefeathers Pub located in the Spruce Lodge from 7:00-9:30 am. You must be able to do a combination of the above tasks, including bib collection at the end of the event.

EVENT MAINTENANCE - All disciplines

Be ready to start at 7:30 am. You must be able to ski without poles and carry equipment. You must dress appropriately for all weather conditions. You also will need to be ready to help set up events, put up fences, carry equipment, and help other course workers, i.e. gatekeepers. You must be available for course slipping and reset if needed in an event. You must stay at the event while it is in progress and tear down at the end after the event is completed.

GATEKEEPERS - Only Alpine

This is the best job to have to be able to watch the race. Check in at the Competition Center by 8:00 am and be available to attend the 8:30 am gatekeepers' meeting in the Competition Center. The gatekeepers must dress appropriately for all weather conditions and be able to ski down or climb up to their position. Gatekeepers must check that each competitor passes through the gates fairly; replace gates if they get knocked down, mark any faults that occur and follow directions given by the head gatekeeper.

HAND TIMER AND RECORDER -Freestyle, Alpine and some Snowboard events

You must be available to check-in by 8:00 am in the Competition Center. You must report to the start or finish 30 minutes before the start of the event. Before reporting, you will need to pick up watches and recording sheets from the Chief of Timing in the Gray Timing building. The hand timer is required to record each athlete's time at the start or the finish of the race on the sheets provided. You will be standing up outside through the event and must have on warm boots and clothing.

RUNNER AND SCOREBOARD

You must be available 30 minutes before the start. You will be responsible for collecting times from the Gray Timing Building and recording them on the score board. You will also be the backup helper for the timing building and possibly the bib collector.

ALPINE COMPETITION CENTER MONITOR

You will be responsible for both weekend days. You will oversee behavior and keep furniture and trays inside the building or bring trays back to the cafeteria, sweep and general maintenance. You will be required to be onsite from 11:30 am to 1:00 pm and 2:15 pm to 3:45 pm. The designated list of weekends to pick from will be on Jill's door. Please remember to sign in on Jill's door. 1 weekend = 1 volunteer day Please initial the "To Do" clipboard in the Comp Center by the bathrooms.

SOCIAL EVENTS - 5:00 pm to 9:00 pm

Prior to the event you must be able to help make phone calls. The day of the event, you must be able to set up, decorate, door duty, work event, serving if needed, clean up, and/or restocking, etc. – a limited amount of spots will be available. Plan to stay for the entire event. You can only do one credit day per family. The volunteer must be able to work all pieces of the event.

SKI SWAP/ YOU MUST BE PREASSIGNED TO WORK THE SWAP

Be available on Friday, November 17, 2017 from either 9:00 am to 3:00 pm or 2:00 pm to 8:00 pm for check-in or Saturday, November 18, 2017 from 7:30 am to 3:00 pm. You must aid with check-in and set-up of equipment, help fit equipment and answer questions. You must be able to work the entire shift. Volunteers must sign in and out to get credit for working the event. If you are not assigned to either day, please do not sign in. (This will not be counted as one of your work days.)

NASTAR WORK DAYS 8:00 am to 3:00 pm

Work with the NASTAR crew setting up, running races and tear down. This is a great chance to see if the race crew is a possible job for you. You must have good skiing skills, be a team player and have some computer skills. The volunteer days are Saturdays and Sundays on the designated weekends, as well as, Tuesday Dec. 26-Friday Dec. 29, 2017, Monday, Jan. 15, 2018 and Monday, Feb. 19, 2018. On work days, please report to the NASTAR finish corral at the bottom of the Eggbeater.

SIGN IN on Jill's office door in Spruce Lodge Please report at 8:00 am to set up and work till 3:00 pm when you are finished with breaking down the course.

MID WEEK HIGH SCHOOLRACES 8:00 am to 4:00 pm

Sign in with Jill. Come at 8:00 am to help set up. Work with the race crew doing course maintenance, score board and announcing.

Questions? Please call Jill Firstbrook at 763-3500 ext.3548 or email alpine@mtsunapee.com

ALPINE BUILDING MONITOR WEEKEND DATES 2017-2018

Please note: Volunteering as a weekend Alpine building monitor equals one volunteer day.

*You may use only one weekend as a volunteer day. *

If dates contain an * next to them the dates are a midweek day.

Dec. 2-3, 2017	Jan. 6-7, 2018	Feb. 3-4, 2018	Mar. 3-4, 2018
Dec. 9-10, 2017	*Jan. 13,14 & 15, 2018	Feb. 10-11, 2018	Mar. 10-11, 2018
Dec. 16-17, 2017	Jan. 20-21, 2018	Feb. 17-18, 2018	Mar. 17-18, 2018
*Dec. 26-27, 2017	Jan. 27-28, 2018	*Feb. 19-20, 2018	Mar. 24-25, 2018
*Dec. 28-29, 2017		*Feb. 22-23, 2018	
Dec. 30-31, 2017		Feb. 24-25, 2018	

MIDWEEK EVENTS

Fri. Nov. 17, 2017	Ski Swap	9:00am-3:00pm or 2:00pm-8:00pm
Mon. Jan. 15, 2018	NASTAR Work Day	8:00am-3:00pm
Fri. Jan. 26, 2018	SNH Champs	
Thurs. Feb. 8, 2018	FIS race work day	9:00am-3:00pm
Thurs. Feb. 8, 2018	FIS Race set meeting	3:00pm-8:00pm
Fri. Feb. 10, 2018	Women's FIS Race	7:00am-3:00pm
Fri. Feb. 10, 2018	Women's FIS Race meeting set up	2:00pm-6:00pm
Mon. Feb. 12, 2018	Div 3 High School Champs-Kearsarge host	7:00am-3:00pm
Tues. Feb. 13, 2018	Div 4 Women HS Championships-Sunapee	7:30am-3:00pm
Wed. Feb. 14, 2018	Div 4 Women HS Snow Day	7:30am-3:00pm
Thurs. Feb. 15, 2018	Div 3 High School Snow Day	7:30am-3:00pm
Mon. Feb. 19, 2018	NASTAR Work Day	8:00am-3:00pm
Fri. Feb. 16, 2018	TGIF starts	12:00pm-4:30pm
Fri. Feb. 23, 2018	TGIF	12:00pm-4:30pm
Fri. Mar. 2, 2018	TGIF	12:00pm-4:00pm
Fri. Mar. 9, 2018	TGIF	12:00pm-4:00pm
Fri. Mar. 16, 2018	TGIF	12:00pm-4:00pm
Fri. Mar. 23, 2018	TGIF Rick Hall/Mark Parris Race	8:00am-4:00 pm

* Please only sign up for TGIF if you can commit to all the Fridays.

Every TGIF races/work day February 16, 2018- March 23, 2018 **12:00pm-4:00pm**

WEEKEND EVENTS

Sat. Nov. 18	MSASC Ski Swap	7:30am-3:00pm
Sat. Dec. 9	Pot Luck Supper- Open to all families & siblings	6:00pm-9:00pm
Sat. Dec. 30	Gromathon	12:00pm-3:00pm
Sun. Dec. 31	Jingle Bell Jam skiers/SB	9:00am-3:00pm
Sat. Jan. 6	Masters Race SL	7:00pm-3:00pm
Sat. Jan. 6	Ice Cream Social event starts at 2:20 meet at 1:30	1:30pm-4:00pm
Sun. Jan. 7	Masters Race GS	7:00pm-3:00pm
Sun. Jan. 14	U10 World Cup #1 format TBA	10:00am-2:00pm
Sun. Jan. 21	Macomber Cup	7:00am-3:00pm
Sat. Jan. 27	U10 KOMBI Eggbeater	7:30am-3:00pm
Sun. Jan. 28	Bob Skinner Cup U14 & U12	7:30am-3:00pm
Sat. Feb. 3	B Meet Freestyle Event Moguls/	7:30am-4:00pm
Sun. Feb. 4	B Meet Slopestyle	7:30am-3:00pm
Sun. Feb. 4	USASA NASTAR Dual format SL/GS	7:30am-3:00pm
Sat. Feb. 10	Women's FIS Lynx	7:30am-3:00pm
Sun. Feb. 11	BWL Race	7:30am-4:00pm
Sun. Feb. 11	Gromathon skiers and SB	12:00pm-3:00pm
Sun. Mar. 4	Lafoley GS	7:30am-2:00pm
Sun. Mar. 11	Gromathon	12:00pm-3:00pm
Sat. Mar. 17	MM Tuohy Race	7:30am-2:00pm
Sat. Mar. 17	Park Event St. Patty's Day	
Sun. Mar. 18 TBD	Diana Golden NHESA Race	7:30am-2:00pm
Sun. Mar. 18	Family Fun Day-Best Dress Retro Costume Ski/Board Lunch/ Awards	9:30am-3:00pm
Sat. Mar. 24	Chip Gilroy 28 th Annual T-shirt Race	7:30am-3:00pm
Sun. Mar. 25	Mueller Cup	9:00am-2:00pm
Sun. Apr. 1	SB Skier Park event was All Fools Rail Jam	10:00am-3:00pm

If you have any questions about your schedule please contact:

Pamela Litchfield - Volunteer Coordinator
Email: volunteercoordinator@mtsunapee.com
Home Phone: 508-259-6568