



MOUNT SUNAPEE



## Newsletter - May 2017

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Happy Spring Everyone,

The Alpine program and the ski season came to a great finish with some amazing skiing and boarding right to the end.

**Chip Gilroy T-Shirt Race:** Thank you to the participants and volunteers. It was a great day and we had a field size of 450. Thank you to those who sponsored the Chip Gilroy 28th T-Shirt Race: Mount Sunapee Resort, Bob Skinner's Ski and Sport, and Edgewise.

### **Congratulations!**

Congratulations to all of our award winners! These winners were nominated by their coaches based on their passion for the sport, performance, sportsmanship, and a commitment to learning and being they best they can be. The U19 Mike Patten Award went to Jackson Thomas. The U16 Chip Gilroy Award went to Aiden Markoff. The U14 BWL Hedi Graf Award went to Ashley Green. The U12 Award was given to Gretl Shaw. The U10 Award was given to Rayanna Wagaman. The Freestyle Award went to Erin Kaye and the Snowboard Award was given to Brendan Mailloux.

**Congratulations to all the athletes on a very successful season!** It has been another amazing year of accomplishments for all of our programs.



**Like us on Facebook! You're invited to check out our photo library with pictures of your athletes in action and program updates from Jill.**

**New Rules:** New rules are going to be discussed and decided upon in May, so if you are looking into new equipment, please check with your retailer. As soon as we find out about new rules and regulations, we will pass them along to you.

**If you have to buy a new helmet, use your older one as a Slalom helmet.**



### **THE SUNAPEE DIFFERENCE**

I would like to thank my coaching staff for their hard work and dedication. They go above and beyond to give the athletes the extra 1% to make The Sunapee Difference.

The Race Crew also deserves a big thank you for their dedication, enthusiasm, and laughter while making our events successful and recognized in the East as some of the best events. We are so lucky to have the staff that we do!

We are always looking for qualified applicants to join the Race Crew in all areas of expertise. Some of the responsibilities include timing, on-hill setup, NASTAR racing, and all aspects of our events. Flexibility, great work ethic, and having fun are our main requirements. If you know a qualified candidate or are interested yourself, please contact me in September at 603-763-3500 X 3548.



**2016-17 PARENT VOLUNTEER REVIEW**

Thank you for being part of our volunteer system! Volunteering is an integral part of our Alpine Program. I want to thank Pam Litchfield for her enthusiasm in organizing our volunteers. We are working on redesigning the sign-up system to make it more user-friendly. Please remember as we move forward that we need everyone to be willing to do all the jobs to help us be successful. We couldn't host the best events in New Hampshire without you. We receive positive feedback from athletes, coaches, and the public about the quality of our events.

**SPRING, SUMMER, AND FALL ACTIVITIES**

If summer skiing is something that you are interested in, please look at Ski Racing Magazine online as many camps are advertised there. If you want some recommendations, please do not hesitate to contact a coach or Jill. If you plan to ski out of season, summer or fall, Edgewise at Bob Skinners Ski and Sport is available to prep skis. Encourage your children to be involved with as many physical activities as possible. This will help ensure they are prepared to start next winter on the hill. Skiing and snowboarding require many different skills, so keep your athletes busy doing a variety of physical activities such as playing in the park, joining athletic teams, hiking, biking, trampoline, slack line, basketball, baseball, tennis, soccer, and frisbee. Competing in other sports helps learn different movement patterns and requires them to stay fit - **anything that challenges them physically.**

If you are interested in the Mount Sunapee Kids Mountain Adventure Camp or Air Camp, call 603-763-3500 and sign up as there are limited spaces available. All of the athletes who attend from Alpine and Freestyle enjoyed the variety of activities as well as the variety of athletic activities.



**MARK YOUR CALENDAR**

**Fit Day Weekend will be Saturday, September 16th all day at Bob Skinner's Ski and Sport and Sunday, September 17th at the Competition Center from 9:00am to 12:00pm. Please note that this is a week earlier than last year's event.**

Coaches will be here as well as ski company representatives to help fit your child with the best equipment for them with the best prices for you! Fit Day is open to all athletes from U21 - MM programs. The Snowboard and Freestyle athletes will receive special pricing at Bob Skinner's during this weekend.

**October 15th** - Early season deadline for joining USSA and NHARA for returning athletes.

**November 18th** - Mount Sunapee Area Ski Club Ski Swap at the Sunapee Lodge.

**SUMMER SCHEDULE**

Now that ski season is over, my office hours will vary. This spring I will be working on scheduling, program changes, and a general review of the season. I will be out of the office for half of June, all of July, and half of August but I will be checking my email regularly. I will return in September when school begins. If you need assistance, please call the Administrative Office.

**Parent education:** There are some great articles about the process of being a parent involved with youth athletics in the book "Positive Pushing" by Jim Taylor.

**SURVEY**

We want to continue to improve our program and we need your input. Please take a moment and fill out the Survey Monkey questionnaire found in the email that this newsletter was delivered in.

The 2017-18 Program information and forms will be mailed out in mid-September to returning families. We will be mailing out packets to new families as well.

If you know any families interested in joining the program, please have them call the mountain and ask to be added to the Alpine Mailing list for the 2017-18 season. Thank you to all the families who have brought us new families to the Mount Sunapee Alpine, Freestyle, Snowboard, and Development Families.

**Thank you for choosing the Mount Sunapee Alpine, Freestyle, and Snowboard Programs**

Jill Firstbrook  
Mount Sunapee  
Alpine Program Director

