



Ligety

Mount Sunapee DevRace program schedule 2017

DevRace program will run for ten consecutive Saturdays (1/2 day to start, then

10 full days. 1/2day= **Again this year, we encourage all DevRace and regular Dev. athletes to participate in the **Dec. 31st, 2016** - Sat. "Ski-Off".

****Dec. 31, 2016 (Sat.)**- group placement

Morning only **9am-12noon** (i.e. ½). Ski w/DevRace coaches for group placement.

Brief meeting in Alpine Comp Center @9:00am for Parents only. Athletes head out on hill w/other coaches.

Day One/ Jan. 7th, 2017 - Free Ski

- Brief meeting in Comp ctr 9am (if needed... for parents who may have missed the first one)
- Assess individuals overall skier levels (Examine skiers: stance, flexibility, and upper & lower body position. Review fundamentals.
- **Nastar** course runs on "Eggbeater" trail.

Day Two/ Jan. 14th - Fundamentals

- Establish groups, begin discussion about a "properly carved turn"
Carved Turn (accelerating motion) what is it? How does ski shape come into play? VS **Skidded Turn** (braking motion) "C" pattern On-snow drills, etc.

(Discuss and record each skiers season goals/strengths & weaknesses

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- Video possible - record early season skill level (free skiing & Nastar course)
- Racing drills and course info

Day Three/ Jan. 21st - Basic Racing Drills

- Athletic Stance....what is it? as it relates to skiing.
1. Feet- hip width apart, legs, ankles, knees flexed.
 2. Hands, arms out front and in “ready” position.
- Skiing “Stacked”- what is it? Explain, and demo On-snow drills. (“Toe, knee, nose”, etc. body alignment)
 - **Nastar** Course training

Day Four/ Jan. 28th - “Skiing Steeps”

- Edge control, foot rotation, separating upper & lower body.
- Edge control- edge & flatten drill. Don’t have to be on edge all time.
 - Foot rotation- release edges, rotate feet.
 - Separate upper & lower body - on snow drills.
 - Proper pole planting on steeps. *A good rhythmical pole plant will bring it all together. ** Reaching down the hill will help upper/lower body keep up with the feet.
 - Bottom Line/Summarize- “Release the edges, plant the pole, rotate the feet”
 - **Nastar** Course training runs

****We would like all DevRace athletes to register with **NASTAR** and write their Nastar reg.# on tape. Stick on left side of helmet for easy reference.

Go to www.nastar.com to register online.**** **NASTAR** a ski industry company is the acronym for **N**ational **S**tandard **R**ace. Please go to this link for description of Nastar handicap system and age charts, etc. www.nastar.com/articles/what-is-the-nastar-handicap-chart

****[Jan. 28th—Ski Tuning & Boot Fit clinic w/Frank MacConnell @Skinner’s Ski &Sport.

Open to all DevRace & Reg Dev athletes/parents 4:30pm at ski shop.]**** Time/date subject to change.

More details to follow-terrific event!!! Don’t miss out-free event

Day Five/ Feb. 4th - Field Trip to Okemo Mtn !!

- Sunapee season pass valid @Okemo, non-Holiday periods, pls ck your pass.
- Experience new terrain
- Continue work on seasonal goals

****Pls note: Check email for am meeting time @Okemo lodge/location/ lunch

Plan/pm group up, etc. give athlete info/parent cell phone# to coaches Purdy, Galloway, and Goss.

Day Six/ Feb. 11th- Nastar Race Day in pm

- Racer drills in am - pole planting, angulation, carving turns.
- **Nastar Race @1pm** - course analysis
- Nastar race medals/reward for all participants.

Day Seven/ Feb. 18th - Advanced Racer drills

- Pole planting, body angulation
- Carved turns, turn shape
- Reassess skiing technique
- **Nastar** course training

Day Eight/ Feb. 25th - Ski the whole mountain!

- Bumps and Jumps
- Tree skiing “if conditions warrant”
- Free ski- show us what you’ve learned.

Day Nine/ March 4th- Race day on Nastar course (pm only)

- Pro Format race day
- One run Qualify time, then head to head elimination

Day Ten/ March 11th- Family Fun Day

- Review seasonal progress, video possible....
- Parents invited to ski with coaches & athletes in afternoon.
- Ice Cream social to end the season!!! Time/location tba (normally held in Comp ctr)

Mount Sunapee DevRace Daily Schedule

- **8:45am-** Meet coaches in front of grey Alpine Race Bldg (“Comp Ctr”)

Which is to the right of the base of the North Peak chair. Please be on time,

Avoid your child having to catch up to their group.

- **9:00am-** Program starts- be ready to get on chair lift.
- **9:00am-12noon** - Morning session with a short break (usually 10am)
- **12:00noon-1:00pm** - Lunch break- with some flexibility... allow each group

to finish their activity. All groups will return to the Alpine Bldg. Each athlete is responsible for his/her lunch arrangements. Coaches do not supervise athletes at lunch time.

- **1:00-2:30pm** - Afternoon session.
- **2:30pm** - Athlete pickup- please plan to meet your child. This is a great time to connect w/coaches to voice any concerns, plan for next weekend, etc.

Communication

- Weekly emails will update families on schedule. If you have not done so already, pls send your email to www.racedevsunapee@hotmail.com and become part of the group that receives weekly emails.
- 2:30pm pickup is a great time to talk to a coach about your athlete.
- Parent handbook has additional info and family directory.
- www.mtsunapee.com site has updates and news.

Coaches: Coach Andy Purdy, John Galloway, and John Goss