



MOUNT SUNAPEE



## Newsletter - February 2017

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**We had a great Christmas vacation week. We would like to send out a thank you to all of our temp coaches for joining our team. January has been a busy month with many successes.**

**TGIF Race Series:** Please join us for the Mount Sunapee Resort's TGIF Race Series. Mount Sunapee Resort's TGIF Race League is a six race series, which includes the Mark Parris/Rick Hall Memorial Annual Race on March 24th. Races are held on Fridays starting February 17th, 2017. Races are a dual giant slalom and are held on Mount Sunapee's Eggbeater trail. Starting time for all races (except Mark Parris Race) is 2:30pm and arrival time is 12:00pm. Look on the Mount Sunapee website for registration forms.

### **February vacation schedule:**

February 20th - 24th - Massachusetts Vacation week we will run the program Monday, Tuesday and Friday. Tuesday February 21st will be the Mountain Dew Vertical Challenge. If your athlete is interested in racing in the Mountain Dew Vertical Challenge you will be responsible for signing up your athlete in the Sunapee Lodge that morning.

February 27th - March 3rd - New Hampshire Vacation week we will run the program Monday, Tuesday and Friday. On Tuesday the U10-U21 alpine teams will plan on skiing at Okemo for the day. Parents are responsible to get the athletes to Okemo. Meet at the Clock Tower lodge on the second floor at 9:15am. The MM program will not run Tuesday but they are invited to come to Okemo and ski with their parents. There are many events scheduled during this week, make sure you check the Mount Sunapee website calendar.



**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.**

**Race Competition Schedules:** We are posting the competition race schedules on the Mount Sunapee website under the alpine program. Please check for updates. The schedules will also be posted in the competition center.

- BWL Finals training will be held for the U12's and U14's at Mount Sunapee on March 3rd from 9am -12pm.
- The BWL finals for the U12's and U14's will be held at Cranmore the weekend of March 4th - 5th.
- The BWL championships for the U12's will be hosted at Dartmouth Skiway by Ford Sayre the weekend of March 11th -12th. Everyone, except for the athletes who make the State Champs, can attend.
- We will have training for the U12's Friday March 10th at Mount Sunapee beginning at 9:30am.
- Coaches will be available for training for the U14's at Mount Sunapee on Friday, March 10th from 9am -12pm.
- The U14's BWL Championship will be hosted by Mount Sunapee the weekend of March 11th -12th.
- Eastern U14 Championships March 16th -19th at Sunday River. Athletes must qualify for this event.
- The U16 State Finals will be hosted by Mount Sunapee the weekend of February 25th - 26th.
- U16 Training will be available at Mount Sunapee Friday February 24th for those who can attend. Please call Drew Drummond and let him know if you are available to train.
- The U16 Eastern Finals will be held March 10th - 13th at Okemo. Athletes must qualify for this event.
- The Ronnie Berlack U16 Eastern Championship Grand Prix will be held March 9th -14th at Stowe. Athletes must qualify for this event.
- For the U16 State Final races you will have to either sign up your athlete on [runsignup.com](http://runsignup.com) or download a voucher from the Mount Sunapee website under alpine Program PDFs then mail it in with a check.

**Equipment:** No matter which group your athlete is in well maintained equipment (sharpened skis) will help your athlete to improve their skills. Junk skis are great to play around on in the park or woods but sharpened skis are a must for training and racing. With Bob Skinners new Edgewise machine there is now many more options for your athlete's skis to be tuned.

**Safety:** We will continue to emphasize the skier/rider safety code. We are stressing lift safety, where to stop on trails and to be cautious on jumps. Please be conscious of slow signs. Please help us reinforce these topics to keep our athletes safe.

If your athlete is coming back to competition after an injury you will need to give us a doctor's note releasing them to compete. You must make sure you follow the guidelines in the parent handbook for injured athletes.

**Parent Handbooks:** Please pick up a copy of the parent handbook in the Competition Center. It is full of helpful information about the program.

The Acrobag is now open to the program athletes and the public.

Our Friday afternoon U14 and U16 training program has been a positive experience for all involved. If your athlete would like to join this group the cost is \$50 per day. Call Frank at Skinners at 603-763-2303 to sign up.

We will need help running NASTAR Wed. Mar. 1st - Mar. 3rd If anyone is available to volunteer please contact me at 603-763-3500 ext 3548.

We have USSA Sweatshirts available for sale. They are \$30 and we have many colors and sizes to choose from!!

**If you have any questions regarding the program please feel free to talk with your coaches or you can contact me via my email [jfirstbrook@mtsunapee.com](mailto:jfirstbrook@mtsunapee.com).**

#### **A Note from the Freestyle Team:**

This years Mount Sunapee Freestyle Team consists of 28 athletes; 25 make up the B Team - alarge spread from ages 11-14. The A Team consists of only 3 competitors 14+. Both teams have been busy and are about mid-way through the competition series of events that take them all over the New England area. What makes the Freestyle Team special? It's the full package: great, skilled and dedicated coaches. Kids who can't get enough of airs and moguls and who have a need for speed and thrill of life. And of course parents who live vicariously through their amazing little Me's - sacrificing time, money and anything else that's required to make it all happen. There is acamaraderie among the group that makes the 5 days between weekends seem too long. They love winter and pray for snow. Results this year have been very favorable for the B Team - they continue to dominate the podium in both age group standings and overalls. Waterville's Preston Cup saw our PC Cullinane place at third overall. Last week at Loon's Griffin Cup the male Sunapee skiers took top three with Eric Smith in first , PC Cullinane in second and Durham Jones in third place overall and

1st overall for female went to Cameron Estella. This weekend's Sun Bash highlights - Cameron Estella, second overall in moguls, and the Overall Combined podium for the boys was Michael Smith in third, Eric Smith in second and Patrick Cullinane in first! While standings are important, it's the sportsmanship and love of skiing that make the Sunapee skiers stand out most. When the meets are over and the other mountains have gone inside, our coaches and skiers stay out and rip the mountain until awards. Their signature "Wall of Funk" (final bomb run down the moguls in quick succession) is an expression of the joy and teamwork that only the Sunapee Freestyle B Team can master.

The A Team are a small group of skiers that compete against 90% ski academy opponents who have full time coaches. Most of the athletes are qualified for inversions and are on snow every day. The courses are the steepest and iciest mogul runs you will ever see. Despite the odds our kids keep coming out and skiing their best. Sunday River found Curtis North on the podium with a 10th place medal. Last week at Killington, Jocelyn Mailloux came out with a sixth place position in Duals. Emily hasn't had her turn at glory yet but we've decided that Mogul skiing is like life in many ways... Sometimes to be successful you just have to have the courage and the willingness to show up. So here's to the brave and talented Sunapee Freestyle Team! Keep your eyes on them - there is much more to come.

Jenna Sievers  
Mount Sunapee  
Freestyle



**Congratulations to all athletes. The passion, love of the sport and skill improvement shows every day.**

#### **Quotes:**

**Denzel Washington: You need to do what you have to do so you can do what you want to do.  
LOVE LIFE - BRING IT!!!**





# UPCOMING EVENTS IN ALPINE AT MOUNT SUNAPEE

|                         |  |   |
|-------------------------|--|---|
| <b>Sun. February 12</b> | <b>BWL Race at Mount Sunapee for U12 &amp; U14</b>       | <b>7:30am - 4:00pm</b>                              |
| <b>Fri. February 17</b> | <b>TGIF Race 6 week series begins</b>                    | <b>2:30pm - 4:00pm</b>                              |
| <b>Sat. February 18</b> | <b>U16 Womens SL Qualifiers at Waterville</b>            |   |
| <b>Sat. February 18</b> | <b>U16 Mens SL Qualifier at Proctor</b>                  |   |
| <b>Sun. February 19</b> | <b>U16 Womens SL Qualifier at Proctor</b>                |   |
| <b>Sun. February 19</b> | <b>U16 Mens SL Qualifier at Ragged</b>                   |   |
| <b>Sat. February 18</b> | <b>MSASC BBQ outside the Comp Center</b>                 | <b>3:00pm – 5:00pm</b>                              |
| <b>Sun. February 26</b> | <b>BWL Race at Whaleback for U12 &amp; U14</b>           |   |
| <b>March 1-3</b>        | <b>NASTAR will be running</b>                            |   |
| <b>Sun. March 5</b>     | <b>Lafoley GS</b>  | <b>7:30am - 2:00pm</b>                              |
| <b>Sat. March 18</b>    | <b>MM Tuohy Race</b>                                     | <b>7:30am - 2:00pm</b>                              |
| <b>Sat. March 18</b>    | <b>McCrillis Dinner at Sunapee Lodge</b>                 | <b>6:00pm</b>                                       |
| <b>Sun. March 19</b>    | <b>Diana Golden NHESA Race</b>                           | <b>7:30am - 2:00pm</b>                              |
| <b>Sun. March 19</b>    | <b>Family Fun Day-Best Dress Retro Costume Ski/Board</b> | <b>9:30am - 3:00pm Lunch/ Awards</b>                |
| <b>Sat. March 25</b>    | <b>Chip Gilroy 28th Annual T-shirt Race</b>              | <b>7:30am - 3:00pm</b>                              |
| <b>Sun. March 26</b>    | <b>Mueller Cup – Dual Moguls</b>                         | <b>9:00am - 2:00pm</b>                              |
| <b>Sat. April 1</b>     | <b>Slush Cup Registration begins at 8:00am</b>           | <b>12:00pm</b>                                      |
| <b>Sun. April 2</b>     | <b>All Fools Rail Jam</b>                                | <b>10:00am – 3:00pm</b>                             |
| <b>Sat. April 8</b>     | <b>28th Annual Intergalactic Cardboard Sled Race</b>     | <b>1:30pm</b> Registration is from 9:00am - 12:00pm |

