



Mount Sunapee Alpine Development Program Schedule

The Alpine 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 improving skiing skills with less competitive emphasis.

Typical Daily Schedule

- 8:45 Meet at designated meeting spot diagonally across “flyway” from Competition Center, towards the Sunapee Lodge
- 9:00-12:00 Load Lifts - Morning Session, concludes at the Competition Center
- 12:00-1:00 Lunch with friends / families
- 1:00-2:30 Load Lifts - Afternoon Session, concludes at the Competition Center

1/6/2018 – Day 1 – Free Ski with Coach

- Assess individuals overall skier levels and equipment “fit” (Examine skiers: Athletic stance, flexibility, and upper & lower body position. Review fundamentals. Establish individual season goal. Ice cream social at the Competition Center after program!!!)

1/13/2018 – Day 2 – FUNDamentals of a Turn

- Begin discussion, demonstration, and practice a properly carved turn. On-snow drills focused on body positioning, balance, pole plants, and ski engagement/control.

1/20/2018 – Day 3 – FUNDamentals of a Turn continued

1/27/2018 – Day 4 – Mountain Marathon

- How many trails can your athlete ski in one day? In one run?

******[Jan. 27th—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. More details to follow-terrific event!!!

2/3/2018 – Day 5 – Field Trip to Okemo

- Meet at 9 am at the Clock Tower base area by A/B Quads for a day at Okemo experiencing new terrain. Families may join their athlete’s groups for the afternoon session

2/10/2018 – Day 6 - FUNDamentals of a Turn continued

2/17/2018 – Day 7 - Nastar Racing Clinic and Practice

2/24/2018 – Day 8 – Nastar Race Day

3/3/2018 – Day 9 – Mogul Madness with guest coach John “Goose” Goss

3/10/2018 – Day 10 – Fun Day

- Ski, ski, ski! Review individual goals and discuss 2018-19 program tracks. Families may join their athlete’s groups for the afternoon session

*****Schedule is subject to change based upon weather and conditions, especially fresh powder!!! *****