



MOUNT SUNAPEE



Mount Sunapee Race Development program schedule 2018

DevRace program will run for ten consecutive Saturdays (1/2 day to start, then **10** full days. **1/2day**= DevRace to participate in the **Dec. 30th, 2017** – Sat. “Ski-Off”. Brief meeting in Alpine Comp Center **@9:00am for Parents only**. Athletes head out on hill w/other coaches.

- **Day One/ Jan. 6th, 2018 – Free Ski**
 - Assess individuals overall skier levels and equipment “fit” (Examine skiers: Athletic stance, flexibility, and upper & lower body position. Review fundamentals.
- **Day Two/ Jan. 13th – Fundamentals of a turn**
 - Establish groups, begin discussion about a “properly carved turn”
Carved Turn (accelerating motion) what is it? How does ski shape come into play? On-snow drills, etc.
(Discuss and record each skiers season goals/strengths & weaknesses
 - Racing drills and course info
- **Day Three/ Jan. 20th – Basic Racing Drills**
 - Skills vs. tactics vs. equipment + confidence
 - **Nastar Course** training9 **U19 Mentors in PM**
- **Day Four/ Jan. 27th – “Skiing different terrain, steeps, fall-away & flats”**

Edge control, foot rotation, separating upper & lower body.

 - Edge control- edge & flatten drill. Don’t have to be on edge all time.
(tactics – when does edge control speed you up or slow you down in a turn?)
 - **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. 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.]**** Time/date subject to change.

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

- **Day Five/ Feb. 3rd- Field Trip to Okemo Mtn**

- Sunapee season pass valid @Okemo, non-Holiday periods, pls ck your pass.

- New season Okemo “RFID” card required to enter ski lift area

- Experience new terrain

- Continue work on seasonal goals

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

- **Day Six/ Feb. 10th- Nastar Race Day in pm**

- Racer drills in am –course inspection – Goals, tactics and skills required individually

- Nastar Race @1pm** – course inspection

- Nastar race medals/reward for all participants.

U19 Mentors PM

- **Day Seven/ Feb. 17th – Advanced Racer drills**

- Pole planting, body angulation, one ski skiing

- Carved turns, turn shape

- Reassess skiing technique – what skills are my strengths and what skills need improving? (midcourse improvement)

- Nastar** course training

- **Day Eight/ Feb. 24th – Ski the whole mountain!**
 - Bumps and Jumps
 - Tree skiing “if conditions warrant”
 - Free ski- show us what you’ve learned.

- **Day Nine/ March 3rd- Race day on Nastar course (pm only)**
 - Nastar “Racer” point team format
 - One run Qualify time, then head to head elimination or some variation

U19 Mentors

- **Day Ten/ March 10th- 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,

Communication

- Weekly emails will update families on schedule. If you have not done so already, pls send your email address 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.