



NEWSLETTER

December 2011

HAPPY HOLIDAYS,

The ski season is here! Mother Nature has not been cooperating as much as we would like but our snowmakers are hard at work making snow and we will continue making snow 24/7, as temps allow. Opening day for the mountain was December 11th. We have had a great time doing dry land training and meeting new athletes and reconnecting with returning athletes.

A big welcome to our new families. Please remember the parents that are listed in the handbook are mentors and are happy to help and guide you through the Alpine Program. I will do my best to get back to everyone and answer all questions. Please do not hesitate to come and check in with the coaches or myself if you have something you would like to know more about or just to say hello.

We are very excited to have some new coaches on our staff as well as almost 100% return for our previous coaches. New to the staff is Charlie Hopkins - Snowboard Development Coach, Adam Schepker - Snowboard Team Coach, Brian Bishop - Freestyle Coach, Alexis Burton - J3 Coach, Jen Kish - J5 Coach, Michael Zack - Development, and Eric Rhineheimer - Development Coach. Our guest coach for the winter is Mike Day the Head Men's Technical Coach for the US Ski team. When Mike is home he will be visiting the program. Our coaches and race crew had the opportunity to hear Mike speak and it emphasized all the things we strive to achieve, keep it simple, work as a team, have fun and focus on fundamental skills. We have had some coaches' change groups; Jared Mostue will coach J1's and J2's, Zach Graham will join the J5's, and Chip Martin will join the J4's. We are so fortunate to have the coaching staff we do and they have been busy working on schedules, setting up groups for the winter and finalizing competitive schedules. At Christmas we will be adding some extra temporary help to offset coaches work schedules.

The Parent Handbooks are available in my office, on our website, at the Ski Club dinners and at every scheduled parent meeting. We have enclosed an addition to the roster for those families who information did not get published in the Parent Handbook. Please pick one up if you haven't



already.

We have redone our distribution list this year; there is only one email per family on the list. If there is another email you want to add to the general email list, please send it to alpine@mtsunapee.com.

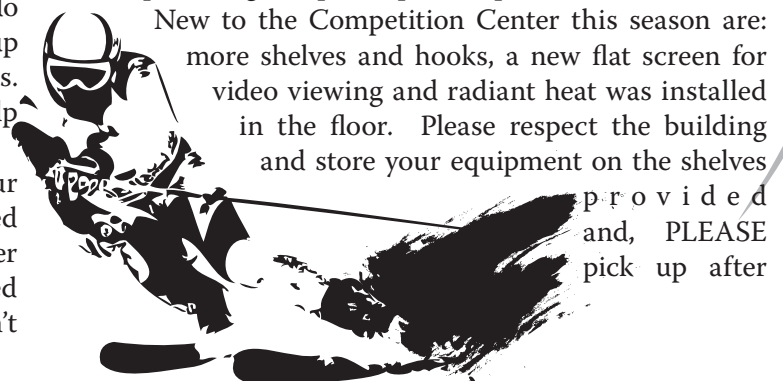
Please look through the Parent Handbook. If you have any suggestions of information that would be helpful to include please email me at alpine@mtsunapee.com.

The Pot Luck was awesome. Thank you to our coaches, Brent Whitehouse and Sarah Mann for putting together the great slide show. I hope the raffle was as much fun for everyone as it was for me. The participation was excellent. Due to the Mountain not opening until December 11th this year, the Roast Beef dinner was cancelled. If you have any Toys for Tots please consider donating them in your home town and we will try again next year.

NASTAR will be running over Christmas week and every weekend this season. If you are interested in buying a NASTAR season pass for yourself, an unlimited pass is \$115. (Family of 4 can buy a season pass for \$200.00 and add another to the family for \$25.00.) Please go to Guest Services to purchase a NASTAR season pass.

If there are other event ideas you would like to see the Alpine Program participate in, please let me know.

New to the Competition Center this season are: more shelves and hooks, a new flat screen for video viewing and radiant heat was installed in the floor. Please respect the building and store your equipment on the shelves



provided and, PLEASE pick up after

yourself. If your bag cannot fit under the benches it needs to go on the shelves provided. PLEASE leave your BIG bags at home and only wear what you need for the day. The benches and tables need to be clear of items so they can be utilized by the families using the building.

Please check the bulletin board in the Competition Center to confirm your volunteer days and jobs as there have been some changes. Job assignments for each event are posted in the Alpine Building and Marie will send reminder emails. Please check your job assignments as some people will have to be reassigned on the requested days as there is more than one person signed up for a job. Please make sure you have read the job description and where and when you need to report to work. Our events depend on our volunteers, so please know your commitment. ASK questions if you do not understand your job. If you are assigned as the Alpine Competition Center monitor or NASTAR work days, PLEASE SIGN IN on my office Door.

Marie Koski coordinates all the volunteers on the weekend. She is willing to help you in anyway to accommodate schedules. If you need to change your volunteer dates, please call her at night at 603-352-2243 or email her at mk2funnyfarm@aol.com.

There are still plenty of quilted jackets at Bob Skinner's for sale at 763-2303.

If there is interest, we will do another HUGE order of sweatshirts and T-shirts during and after Christmas. They are very cool with the new USSA logo on them and they are available with a freestyle skier/ or snowboard or racing image on them and Mount Sunapee logo on the cuff.

If anyone has GS suits they would like to sell or donate to families, please let me know.

Reminder, parents please make sure your athletes has joined NHARA. This applies to J1-J5 athletes . USSA applies to all athletes except Development and Development Race.

Competition schedules for all age groups and disciplines will be available for Christmas week and will be posted

on the web site. Please make sure to pick up the schedule of competitions for your child's age group/discipline. To view the Alpine link got to www.mtsunapee.com on the mountain/alpine/ news and updates. For updates to ski racing schedules go to nhalpine.org, for freestyle up dates go to easternfreestyle.org and for snowboard updates usasa.com.

As the program gets going it is very important that we start on time in the morning. Line up starts at 8:45 and we leave promptly at 9:00AM. Please help your athlete be part of their group and not have to chase the group.

Our sympathy goes out to the Root Family who just lost their Dad, Jonathan Root, a Mount Sunapee Ski Patrol member and an Alpine parent. We look forward to welcoming Andrew and Tony back to the program.

This is a couple of lines from the

poem IF which struck me when our athletes are faced with how to deal with disappointment as well as success. Carl Edwards quoted this when he lost the last NASCAR race to Tony Stewart for the season Championship.

If you can dream---and not make dreams your master;

If you can think---and not make thoughts your aim,

If you can meet with Triumph and Disaster

And treat those two impostors just the same.

- Rudyard Kipling

QUESTIONS?

Please call me at:

603-763-3500 ext. 3548

Email: alpine@mtsunapee.com

Jill Firstbrook

Alpine Program Coordinator

DATES TO REMEMBER

Monday-Friday Dec. 19-23 J1 and J2 , J3) athletes may train your coach will let you know

Saturday, Sunday Dec. 24-25 Day Off, Happy Holidays!

Monday Dec. 26 Program Resumes 8:45am
High School Race Camp

Program will run Christmas week Monday Dec. 26-Saturday Dec. 31

There will be a schedule of Parent age group/ program meetings which is getting finalized. All meetings will be held at **2:00 in the competition center.**

Tuesday Dec. 27 Snowboard parent meeting

Wednesday Dec. 28 J5 meeting

Thursday Dec. 29 J4 meeting

Friday Dec. 30 Freestyle meeting

Saturday Dec. 31 Ice Cream Social at 2pm for ALL Programs, Coaches, and parents in the Alpine Competition Center
9:30am Parent Training for events earn a comp ticket (no Volunteer credit just knowledge)
Development Ski Off
Day off

Sunday Jan. 1

Saturday Jan. 7 Development Programs begins, meet in front of North Peak lift

Sunday Jan. 8 Program for all other groups continues

Masters race on Lynx

Saturday Sunday Jan. 14-15 Program continues

Monday Jan. 16 No program

Saturday Jan. 21 Program Continues