



# NEWSLETTER

NOVEMBER 2011

## HELLO EVERYONE,

Here comes the ski season! Mount Sunapee is busy preparing for a long wintery season. The snow we got last week was very exciting.

Please keep your athletes active between fall sports season and skiing. Some recommended activities include, running, hiking, bicycling, balance, agility, indoor soccer, basketball, jumping rope and doing tricks. Have your athlete try to learn to juggle with their hands, or feet using a soccer ball, hackey sac, or juggling balls. Any activity will help as we approach the season. Athletic experiences will help your athletes on skis or snowboards expand and master new skills.

To celebrate our athlete's success, we would like anyone who has great program pictures or video to go to [mounsunapee.com/](http://mounsunapee.com/) on the mountain/alpine and upload pictures. Please also "like" Mount Sunapee Alpine on Facebook.

### THE FIT SESSION WAS A HUGE SUCCESS

Thank you to everyone for taking the time to participate. Ski product is limited, so ordering early ensures your child gets the best boots and skis. Thanks to all of the coaches for helping.

If you still need equipment, please make arrangements before product runs out. You may have to choose a different brand from your first choice, if inventory is not available in the size you need.

### TUNING CLINIC

If you would like to participate in a tuning clinic as an individual or a group, please call either Outspokin 763-9500 or Bob Skinner's 763-2303 to set up a time to learn to tune.

### GET YOUR APPLICATION IN!

We hope to keep the program the same size this year so please get your applications in as soon as possible. Just a reminder, the family membership fee applies to everyone. The family membership fee goes to your Mount Sunapee Ski Club membership and to maintain and improve the Alpine Program



buildings and equipment.

Once you have sent an application, health form, and volunteer form for each child, you will receive a postcard confirming registration. It will indicate if there is missing paperwork. After that, you will receive your volunteer letter confirming your dates.

### SEASON PASSES

Season Pass early rates will continue to be honored for all Alpine Program athletes. Please mention that your child is in the Alpine program to receive the early season rate. Only the Athlete receives the early discount.

Again this year, Season passes will be able to be used as debit cards which is great if you want to put money on your child's pass verses in their pocket.

### NASTAR

Please go to [nastar.com](http://nastar.com) and make sure your athlete is registered and has a NASTAR number in the system. We can then get Mount Sunapee athletes in the NASTAR rankings and send more athletes to the NASTAR Nationals. The athletes run NASTAR for free during group time, but after group time they need to pay for NASTAR.



New this year, we will offer a NASTAR family season pass at \$200.00 for four family members. Each

additional family member will cost \$25.00. We will continue to offer an individual NASTAR season pass for \$115.

### VOLUNTEER COMMITMENT

All the volunteer commitments will be handled by Marie Koski. Marie has worked with us many years and is wonderful at helping everyone fulfill their volunteer commitment.

Enclosed is an updated Volunteer Schedule. Please see the changes in BOLD. Marie has been scheduling with the changes in mind so please check the dates you have been assigned.

We try and balance indoor volunteering and our on hill events. Please be on time and plan to work the full time commitment. Without your help we cannot put on successful events. We feel that volunteering for your athlete's events is very important. If you have any problems with your dates/events, please contact Marie Koski directly at 603-352-2243 or email mk-2funnyfarm@aol.com.

This year we will be handing out Parent Handbooks at the Pot Luck. Please make sure you pick one up. The handbook will also be posted as a PDF on the website.

If you are looking for more information on racing, freestyle, and snowboard schedules, please go to the following websites: Alpine [www.nhalpine.org](http://www.nhalpine.org) or [www.ussa.org](http://www.ussa.org) Freestyle-[www.easternfreestyle.org](http://www.easternfreestyle.org), Snowboard-[www.usasa.com](http://www.usasa.com) NH schedule.

Competition Schedules will be finalized by the coaches by November 20th and posted on the website. Copies will also be in the Competition Center.

### MOUNT SUNAPEE AREA SKI CLUB SKI SWAP

The Ski Swap is a great chance to get

rid of extra skis, boots, boards, and clothing, (especially GS suits). GS suits are always in demand so please look around and pass on any that your athlete has out grown. Please price your equipment to SELL. SWAP is the key word. Please, no straight skis (Keep them and make a chair!)

### QUILTED JACKETS & BASEBALL CAPS

Bob Skinner's Ski Shop does have some inventory of quilted jackets for parents and athletes. As in the

past, the jackets will be embroidered Freestyle, Racing or Snowboard. Please visit Bob Skinner's if you are interested in buying a jacket.

The Alpine Program will be taking orders for baseball hats at the Pot Luck. We offer snowboard, freestyle and Alpine hats. Check them out!

### QUESTIONS?

Please call me at:

603-763-3500 ext. 3548

Email: [alpine@mtsunapee.com](mailto:alpine@mtsunapee.com)

- Jill Firstbrook

Alpine Program Coordinator

### DATES TO REMEMBER

Friday, Nov. 18	Drop off for the Ski Swap 4PM -7PM
Saturday, Nov. 19	Mount Sunapee Area Ski Club Ski Swap 9:00am-12pm 5:30 PM New Families meet with Jill in Goosefeathers Pub
Saturday, Nov. 19	Alpine Program/Mount Sunapee Ski Club Pot Luck Dinner are a lot fun. PLEASE come to meet new people. There will be a Raffle, slide show, MSASC Club memorabilia. Sign up for Mount Sunapee gear. 6 PM Goosefeathers Pub, Spruce Lodge If your last name starts with A-J bring a main course; K-T salad or appetizer; U-Z desserts. The more food the better as it never goes to waste. Please make your dish to feed 10-15 people CASH BAR will be available.
Sunday, Nov. 27th	J1 and J2 program starts 9:30am in the Sunapee lodge
Saturday, Dec. 3rd	J1 and J2 Meet at 9:00am at the Sunapee Lodge
Sunday, Dec. 4th	J3 Program starts 9:00am in the Spruce Lodge
Saturday, Dec. 10th	Program Starts for J4-J5-Freestyle-Snowboard 9:00 am J1,J2 meeting Parents and Athletes at 2:00pm location TBA
Saturday, Dec. 10th	Mount Sunapee Ski Club Roast Beef Dinner, Toys for Tots, Meet Santa! (more details to follow) To make reservations call 763-3500 by December 8th
Sunday, Dec. 11th	Program continues
Sunday, Dec. 11th	J3 Meeting 2pm TBA
Saturday, Dec. 17th	9:30am -12:00pm Mighty Mite Ski Off ONLY for new to the program Mighty Mites-Meet at the Alpine Competition Center, Skiing will be on South Peak-this is an orientation for new families as well as the athletes
Sunday, Dec. 18th	Mighty Mites Start - Programs Continues Parent Meeting Question and Answers 1:00pm-2:30 pm No formal training days Monday, Dec. 19-Friday, Dec. 23 (J1 and J2 athletes may train your coach will let you know)
Dec. 24-25	Day Off Happy Holidays!
Monday, Dec. 26	Program Resumes
<b>Program will run Christmas week Monday December 26-Saturday, Dec. 31</b>	