

Mount Sunapee Alpine, Freestyle and Development Programs

2019 US Ski and Snowboard Development Club of the Year- Bronze Club Certification

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Our Vision: To help guide the development of the athlete in all areas of their lives.

Our Mission: To inspire a passion for snow sports in our young athletes and to help them reach their potential as athletes. We encourage them to be good, responsible citizens and develop a strong sense of sportsmanship.

Our Values: U.S. Ski & Snowboard values: **excellence, grit, passion, integrity, community, fun and team.**

Hello families

We are working hard to make final preparations for the upcoming season and we look forward to seeing you all soon here at Mount Sunapee. We are in the process of compiling group rosters for our coaches and they will begin contacting you soon.

This year we will be offering **Friday Training**. This is a new option for our U14-U19 athletes. It will run for 8 weeks from January 7, 2022 through February 25, 2022. Training will be from 1:00pm-4:00pm. The training will include drills, ski tuning, gate training, race rules, goal setting and mental preparation. If you are looking to sign your children up for either the Friday training or the High School Race Camps and haven't reached out to me before this please email Beth von Beren and she will add your athletes names to our lists.

As we said in our last email we will be working with Sync for Mount Sunapee gear, but Skinners has a small selection at their store that is available right away. They have a limited supply of women's large jackets and men's large and x-large jackets. If you want to purchase items from Sync just use the link below with the password:

URL: <https://syncperformancecustom.com/collections/sunapee-team-store>

Password: sunapee21

If you are looking to pick up no cut long underwear for your U14-U19 athletes, Bob Skinners is carrying POC no cut long underwear. You can also look on the Base360 website for no cut long underwear:

<https://base360.ca>

Equipment is very big part of your athlete's experience. Please make sure you have provided them with the best tools for their success and remember to keep their equipment in good shape. I have attached an equipment fitting information sheet to this email for you to look over.

Fall sports are a great way to get your athlete into good condition for the upcoming ski season. The more movement patterns they can experience the better. Skiing requires athleticism, so make sure your athletes are prepared physically & mentally to participate and preform at their highest level. Below is a great link for parents to read about parenting and coaching athletes.

<https://changingthegameproject.com/parent-coaches/>

The MSASC will be hosting their annual Ski Swap Sat. Nov 13th from 9:00am -12:00pm at the Sunapee Lodge. You can drop off good condition used equipment at the Sunapee Lodge Friday Nov. 12th from 12:00pm – 7:00pm. I have attached the inventory sheet to this email if you plan on dropping off items. You can also get more information on the MSASC website: <https://www.sunapeeskiclub.com/ski-swap>

I would like to thank the MSASC for their commitment to funding coaches and race crew's continuing education. We feel that education is an important part of a successful program and we are so happy to be working with such a wonderful organization.

Make sure you have signed up your athletes for USSA and NHARA. We will begin verifying all athletes licenses so please take care of signing them up right away. **All athletes in our program are required to have USSA memberships.**

USSA Memberships:

Development; General membership	\$30
U8-U10; Competitor U12 and under	\$90
U14; Competitor U14	\$115
Competitor U16 and up	\$185
Freestyle - U11 - \$65, U13 - \$100 and U15 & over	\$170

NHARA Memberships:

U10	\$20
U12 and U14	\$35
U16	\$40
U19 and up	\$45

NO NHARA membership are needed for Development, Freestyle or U8 athletes.

Below is the NHARA schedule of events for the 21-22 season:

<https://docs.google.com/spreadsheets/d/12Qp-3YAmmd7ohXDE07JmJAIXPaYsOkTYVTycwlgKrxs/edit#gid=962163244>

You can also look on the NHARA website: www.Nhalpine.org. Please be patient with the event schedule as it is still changing.

Freestyle Schedules can be found at: <http://www.easternfreestyle.org/schedule?SEASON=2022>

We will continue to do block Training again this season.

Group locations, start times and finish times are being confirmed, but will be very similar to last year. The Competition Center will be reserved for Athletes, Coaches and Race Crew. The Competition Center will have 2 parent monitors and a Race Crew member supervising when the program is in session. Hours will be 7:45am-3:30pm.

We are hoping that athletes will be able to bring small bags or backpacks into the Comp Center which would hold food and extra clothes.

Your child's group will stay together for the weekend and we will document who was in which group for contact tracing purposes. The group will be allowed to ride together and load the lift together. We are working on specifics strategies to allow as much skiing and training as possible. Things are changing daily. We will continue to keep you up to date on any changes that may come about.

If dropping off your athlete before parking please drop them off in the short term parking in front of the Sunapee Lodge.

There will be no stopping allowed in the first row of lot one to let your athlete out of your car.

Safety is a big priority here at Mount Sunapee. If you haven't had a chance to look over the information below please do.

MAAPP (Minor Athlete Abuse Prevention Policy) is the Safe Sport policies that are in place by USSA. We recommend you familiarize yourself with these policies I would encourage all parents who have minors participating in sports to do some safesport training. Please see link below.

<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2019/MAAPP-June-2019.pdf>

Below is the link to many resources USSA has to offer. As all your children/athletes are members of USSA I encourage you to take a look at the resources.

<https://usskiandsnowboard.org/safesport-athlete-safety/safesport-resources>

Parents can take short courses to be more educated on safe sport practices that we will follow as a USSA club.

<https://usskiandsnowboard.org/safesport-athlete-safety/safesport-training>

<https://videos.usskiandsnowboard.org/SportEdVideoLibrary>

Program Dates

Program Start dates:

Dec. 4, 5, 2021	U19 & U16 begin -8:30-1:00pm (Coaches Training in the Afternoon)
Dec. 12, 13, 2021	U14, U12, Freestyle B - 8:30 -1:00pm (Coaches Training in the afternoon)
Dec. 18, 2021	U10 9:00 am, U8 9:30 am
Jan. 2, 2022	Development tryout for new athletes 9:15 am
Jan 8, 2022	Saturday Development starts 9:15
Jan 9, 2022	Sunday Development starts 9:15

Dates for your Calendar:

New Parent Virtual Meeting: Competition Center Friday Nov. 12th at 5:00pm- 6:00pm

Ski Swap Drop off Friday Nov. 12, 2021 Times: 12:00pm – 7:00pm

Ski Swap Saturday Nov. 13, 2021 8:00am-12:00pm Check or Equipment pick up 3:30pm-4:30pm

Sunapee Day at the Killington World Cup Sunday Nov. 28. 2021 Wear Sunapee Gear!

Vacation week and High School Camps will run: Sunday Dec 26- Thursday Dec 30 Regular Daily schedule

*****More information to follow on the events*****

We are so excited to get the program started. We ask that all families say patient, present, flexible and resilient. We are in this together and as in the past we want to create the best experience for your child athlete.

If you have any questions or suggestions please talk to Jill jsfirstbrook@vailresorts.com or leave a message at 603-763-3548 or if you see me please feel free to approach me.

Jill Firstbrook