



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



Welcome to 2022 Season

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.**

We are so excited to get the program started. We have filled our programs and are very excited to welcome all new families to the program. Your athlete's communicators will begin reaching out to you mid-November. 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.

We will continue to do block training again this season. Group locations, start times and finish times are being confirmed.

As pass holders you have received communication from Vail Resorts, Mount Sunapee's parent company, regarding the requirements for access to indoor spaces for the coming season. That also includes the Competition Center. Athletes over 12 will be required to have proof of vaccination to be able to eat in the Comp Center. Athletes who are over 12 and are not vaccinated will be able to use the bathrooms and warm up in the Comp Center but will not be allowed to remove their masks while inside.

The Competition Center will be reserved for Athletes, Coaches and Race Crew. Parents may, at times, be invited into the Comp Center for Program meetings and events. Capacity will be determined by Mount Sunapee and state and local guidelines. The Competition Center will have 2 parent monitors and a Race Crew member supervising while the program is in session. Comp Center 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, but that will be determined at a later date.

Similar to last season, your child's group will stay together for the weekend and we will document which athletes were in each group for contact tracing purposes. The group will be allowed to ride together and load the lift together. At this times, no restrictions are being placed on outdoor activities or lift access.

Safety is our priority and every family **MUST** to follow the guidelines to help us be successful.

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.

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.

Please make sure you have signed up your athletes for USSA and NHARA early deadline is October 15

All athletes in the program are required to have a USSA memberships.

USSA Memberships pricing is:

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: NO NHARA memberships are required for athletes in the Development, Freestyle or U8 programs.
U10 \$20
U12 and U14 \$35
U16 \$40
U19 and up \$45

Safety: 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>
[\[usskiandsnowboard.org\]](https://usskiandsnowboard.org)

I have attached the link below that explains all of the 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> [\[usskiandsnowboard.org\]](https://usskiandsnowboard.org)

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> [\[usskiandsnowboard.org\]](https://usskiandsnowboard.org)

Fall Activity for your Athletes: Fall sports are a great way to get your athlete into good condition for the upcoming ski season. The more movement patterns the better. Skiing requires athleticism. Activities: Hiking, Soccer, tennis, basketball, running, gymnastics, field hockey. Any activity that gets us moving and breathing and models skiing. Please check out this YouTube link for a video on ski conditioning for kids.

https://www.youtube.com/watch?v=u_Tl-t7Z0TM [\[youtube.com\]](https://www.youtube.com)

https://www.youtube.com/watch?v=-seS_QVgthA [\[youtube.com\]](https://www.youtube.com)

New this year we will be offering Friday Training. It will be offered for U14-U19 athletes for 8 weeks running from January 7, 2022 through February 25, 2022. It will run from 1:00pm-4:00pm. The training will include drills, ski tuning, gate training, race rules, goal setting and mental preparation. This is an 8 week program and not available by the day. The cost is \$499 per athlete for the additional training days. Please contact Jill at jsfirstbrook@vailresorts.com to sign up or ask questions.

Equipment fitting: Families are always asking what kind of equipment they need for their athletes. I have created a sheet to help answer those questions and I am attaching the sheet to this email to help you out.

You will be able to purchase jackets and gear through the SYNC link. Below is a note from them:

Dear Sunapee Ski Team,

This is your trusty team uniform provider, SYNC Performance! We are emailing to let you know that your SYNC team store is open and ready for ordering! You will find your link and password below:

URL: <https://syncperformancecustom.com/collections/sunapee-team-store> [\[syncperformancecustom.com\]](https://syncperformancecustom.com)

Password: sunapee21

New this year - we will be keeping your store open year round. This means you don't have to worry about getting your order in by a certain deadline, you have the flexibility to order whenever you'd like! We will notify you of when orders will be "batched" for embellishment and the ETA of your order will be approximately four weeks from that "batch date".

If you have any questions, feel free to contact your team administrator or reach out to us directly at custom@syncperformance.com or give us a ring at (970) 926-7731. Thanks and we can't wait to get you decked out in your custom SYNC gear!

Cheers!

Program Start dates:

Dec. 4, 2021 U19 & U16 begin
Dec. 12, 2021 U14, U12, Freestyle B
Dec. 18, 2021 U10 and U8 begin
Jan. 2, 2022 Development tryout for new athletes.
Jan 8, 2022 Saturday Development starts
Jan 9, 2022 Sunday Development starts

Dates for your Calendar:

Fall Bash at Mount Sunapee on Oct. 9th from 10am 4pm – Duck Drop from the Summit lift, games and music, Adventure Park fun

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

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 Meeting time for the parade: TBA Wear Sunapee Gear!

Pot Luck All Program families invited: Saturday Dec. 11, 2021 5:30 Start time in the Sunapee Lodge

We will have more information to follow on the events.

We are working on Competition schedules. Please be patient as the event schedule is changing every day. We will modify Parent help as it is needed and make it fair for all families.

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

For families who have U12-U19 athletes and are interested in fall / early season Thanksgiving ski camps we have a few options below. We highly recommend either.

KMS Camp: <https://www.killingtonmountainschool.org/alpinecamps> [[killingtonmountainschool.org](https://www.killingtonmountainschool.org)]

Peak Performance Ski Camp: <https://peakperformancecamp.com/> [peakperformancecamp.com]

Apex2100 : <https://apex2100.org/> [apex2100.org] If you are interested in a Camp for Thanksgiving for U14-U16 please reach out to Jill Firstbrook