

Mount Sunapee Alpine, Freestyle and Snowboard Programs

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



Newsletter November 2019 2019 US Ski and Snowboard Development Club of the Year

Hello Alpine, Freestyle and Snowboard families,

It has been a very busy but exciting time with many new changes and more to come

If you are interested in signing your child up in one of our programs, please send in your program registration as soon as possible so we can group everyone accordingly for our coaches. Also please make sure your athletes are signed up for USSA and NHARA or USASA. The Development and Development Race programs are closed.

Jenna Sievers will be emailing volunteer assignments out by the end of November. If you do not receive this email by December 1st please contact Jenna Sievers at jenna.sievers@vailresorts.com.

Parent signing up for volunteering for events is crucial to the success of our events. I encourage everyone to volunteer and be involved with your child's sport. The events we host allow all our athletes to compete at home during the season. The events allow families to get to know each other and learn more about the sport your child is involved with. It takes a village to run a good event and it is so much easier when everyone pitches in. Our Race crew cannot do all the jobs, as it takes 30 + people to staff an event. We have a wonderful Race Crew who have experience, education and certifications to do the job and to run safe and fair events. A ski race for a U12 is run the same way as a World Cup Event is just without as many resources. The same mogul event or slopestyle event you watch on TV takes the same set up as our B meet or USASA Slopestyle. I urge Parents to make time and come and see what it takes to put these events on.

Did you know that it is scientifically proven that volunteering at ski race, freestyle meet or snowboard event makes your kids faster? This is just one of the benefits to volunteering at your child's event!

Others are:

- 1 - Learn more about the sport that your kids participate in.
- 2 - Show your kids how much you support what they do.
- 3 - Get that warm fuzzy feeling that comes with a job well done.
- 4 - Earn vouchers for the volunteer days that you complete.
- 5 - Get to know the Mount Sunapee coaches, staff and meet new people. A lot of Mount Sunapee alumni come and volunteer at our races even after their kids have graduated.
- 6 - Did I mention that it makes your kids faster?
- 7 - It's a great way to watch the race, meet or event. We think snow sports are fun to watch on all levels.
- 8 - Support skiing, freestyle & snowboard events. Don't just think locally, think globally! When you go to a race, event or meet at another mountain email the race secretary/coordinator and ask if they need any help. We are all working toward the same goal, which is providing the best possible competition for your athletes. Tell them you are from Mount Sunapee and represent us well. (Sorry, no Mount Sunapee credit for work at other mountains)
- 9 - Work side by side with a world class crew. Many of our own crew and even other volunteers have worked at the World Cup level.
- 10 - Did I mention that it makes your kids faster?

We wish everyone well in their races, meets and events for the rest on the season and hope that you will get involved no matter where you end up.

Please make sure your athlete's equipment is well organized. Make sure their boots are fitted, skis tuned, bindings readjusted and helmets checked. If you are not buying new equipment make sure all bindings are checked for DIN settings and forward pressure because as the athletes keep growing the DIN settings change.

Team Jackets are still available to try on and purchase at Skinners. Skinners also has No Cut Underwear by POC. Base 360 can be ordered at Skinners but is not kept in stock. 763-2303.

We are very excited that Mount Sunapee was award a Kelly Brush Grant from the kellybrushfoundation.org. We will be purchasing new B-Net with this grant.

Eastern Ski Club Day will be held at the World Cup in Killington on Sunday December 1st. Let's have another great turn out this year and have as many athletes participate as possible. It will be so fun to see the World Cup Ladies Race while wearing your Sunapee gear! We are looking for parents to volunteer their time to help organize the Athletes. Lynn Madigan has offered to help and will need more parents to volunteer for this event. If you can help Lynn Madigan email Jill Firstbrook at jsfirstbrook@vailresorts.com. Also please forward any pictures you care to share with us to bmvonberen@vailresorts.com.

Pot Luck Dinner and Toys for Tots and Teens: The Pot Luck will be held on December 14th at 6:00pm in the Sunapee Lodge. It is a nice way to get together with families you may have not seen since last winter and for new families to make new friends and meet other families. We would love to see a big turn out this year, so PLEASE mark your calendar for this fun event. This year let's make the Toys for Teens and Tots collection another great success. WE would love to AS many new and returning families form all groups.

So please remember to bring an unwrapped gift with you to the Pot Luck. **If your last name begins with the letters A-K, please bring a Main Course, M-O please bring appetizers, P-T please bring Desserts and U-Z, please bring Salads. The more food the better as it never goes to waste. Please make your dishes to feed 20 people or more.**

Volunteers needed: We need volunteers to work a few mid-week events this winter. We are looking for help with the SNH Champs on Friday Jan 31. We also have mid-week high school races were we could use help staffing on Feb. 11 & 13 (snow dates Feb. 12 & 14). Interested? Contact Jill Firstbrook at 603-763-3500 X3548 or email jsfirstbrook@vailresorts.com.

Safety: Please remember to review the The Skier Code and Smart Style for the Parks, with your athletes. Being safe when we ski and board is so important.

Parent Meetings: We will be hosting parent meetings throughout December and into early January. Please check the dates below. All parents need to attend at least one meeting. We hold these meetings to keep you informed as to what your athletes will be doing during the season and it will give you the opportunity to meet your child's coaches if you have any questions.

On Sunday Dec 29, 2019 at 3:00pm we will host a Panel round table discussion about different paths through Snow sports world. I have invited some former athletes to who are still involved and parents to come and speak about their experiences. I encourage you to come meet other families.

If you need to plan your stay and are looking for a house to rent in the area go online to VRBO.com.

DATES TO REMEMBER

Fri. Nov. 15, 2019	Equipment drop off for ski swap	12:00pm-7:00pm Sunapee Lodge
Fri. Nov. 15, 2019 Room	New Parent Meeting (Optional)	5:30pm-6:30pm Hearthstone
Sat. Nov. 16, 2019	MSASC Ski Swap	9:00am-12:00pm Sunapee Lodge
Sat. Nov. 30, 2019	U19 & U16 Program begin	9:00am Comp Center
Sun. Dec. 1, 2019	Sunapee Day at the World Cup – Look for the Sunapee team working on the hill Wear something that says Sunapee!! Take pictures and send them to jsfirstbrook@vailresorts.com	
Sat. Dec. 07, 2019 Center	U12, U14, Snowboard, Freestyle A & B Programs	8:45am–12:30pm Comp
Sat. Dec. 07, 2019	New Parent Meeting	10:30am Comp Center
Sat. Dec. 07, 2019	Coaches Training	1:00pm–4:00pm
Sun. Dec. 08, 2019	Tuning Clinic Sign up at Bob Skinners Ski Shop or call 763-2303	2:00pm Bob Skinners
Sun. Dec. 08, 2019	Program runs	8:45am–12:30pm Comp Center
Sun. Dec. 08, 2019	Coaches Training	1:00pm – 4:00pm
Sat. Dec. 14, 2019	U10 Program begins	9:00am Comp Center
Sat. Dec. 14, 2019	Alpine Program /Mt. Sunapee Area Ski Club Potluck Dinner - Toys for Teens and Tots *All family members welcome Great silent auction – meet other alpine families	6:00pm Sunapee Lodge
Sun. Dec. 15, 2019	New Parent Meeting	9:15am Comp Center
Sun. Dec. 15, 2019	U10 Parent Meeting- Parents please attend one meeting	11:00am Comp Center
Sun. Dec. 15, 2019	U16 & U19 Parent and Athlete Meeting	3:00pm Comp Center
Sat. Dec. 21, 2019	New Mighty Mites (U8) Ski Off on South Peak	9:30am-12:00pm Comp Center/ South Peak
Sat. Dec. 21, 2019	U10 Parent Meeting- All parents please attend one meeting	11:00am Comp Center
Sun. Dec. 22, 2019	Returning and New Mighty Mites (U8) – season begins	9:00am Comp Center
Sun. Dec. 22, 2019	Mighty Mite Parent Meeting! Parents must attend!	10:00 am Comp Center
Dec. 26-30, 2019	Christmas program Schedule TBA	

Fri. Dec. 27, 2019	Ugly Sweater Day	
Sat. Dec. 28, 2019	Development Parent Meeting	9:30am Comp Center
Sat. Dec. 28, 2019	Development, Race Development, & Snowboard Development	
	Ski/Board Challenge for group placement	9:30am– 12:00pm Comp Center
Sun Dec. 29, 2019	Panel Discussion with former Athletes and Parents. Perspectives on different paths Through the Competitive Ski and snowboard programs	3:00pm Comp Center
Mon. Dec. 30, 2019	Swix Tuning Clinic at Bob Skinners	2:00pm Bob Skinners
Tue. Dec. 31, 2019	Alpine program Day off	
Wed. Jan. 1, 2020	Alpine program Day off	
Thurs. Jan 2, 2020	Alpine program Day off	
Fri. Jan. 03, 2020	Epic Mix Day – All program in session	
Sat. Jan. 04, 2020	Development Parent Meeting	9:15am Comp Center
Sat. Jan. 04, 2020	Development, Race Development, & Snowboard Development	
	Ski/Board begins	9:00am start Comp Center
Sat. Jan. 04, 2020	Mighty Mite Parent Meeting	10:00 am Comp Center
Sat. Jan. 11, 2020	Ice Cream Social	3:00pm all - Comp Center

If you have any questions please do not hesitate to reach out to me. Thank you

Jill Firstbrook

