

# Mount Sunapee Alpine, Freestyle and Snowboard Programs

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



October 2019 Newsletter

Happy Fall everyone,

Congratulations to the Alpine, Freestyle Snowboard Program. We won the US Ski and Snowboard Club of the Year for 2019. It is a huge inaugural award given to the club who speaks to long term development of its athletes. Our philosophy is to guide athletes to pursue skiing or snowboarding at their highest level. This could mean skiing or snowboarding in the program through high school or moving to another full-time club that allows for more volume and school. We have alumni athletes who have pursued coaching positions at all levels, working as ski patrollers, or teaching skiing or snowboarding. It is so exciting to go all over the country and see our athletes involved in many aspects of the sport. Last winter at the U16 Eastern Championships we had five athletes who came from our program and one that qualified for U16 Nationals. We had U19 Athletes at the US Nationals, Junior Nationals Alpine and Freestyle. USASA Nationals. We had a couple of athletes attend US Ski and Snowboard Team camps. We keep an ongoing list of where and what our athletes are doing in the business.

The ski season is coming quickly. It is time to get all equipment checked for size and fit, bindings adjusted and helmets tried on, inspected, and tuned. Please plan on skiing on new equipment right away to get your athletes comfortable with their new longer/different gear. As soon as the mountain opens, please encourage your athletes to ski every day ALL day. Plan to stay at the mountain until 4pm, as miles on the mountain are the key to improvement.

We had a very successful Fit Session at Bob Skinnners over the weekend. We would like to thank the ski reps, Frank McConnell and his staff for all the assistance they provided for many of the program families.

*If you are looking for used equipment, please check out the following ski swaps:*

Okemo Ski Swap – Friday, November 15

Mt Sunapee Ski Club – Saturday, November 16. Drop off is on Friday November 15<sup>th</sup>. Please plan to bring your left over gear to the Ski Swap. We are always looking for good gear to sell so clean out your closets and bring your stuff!

Sync-Program Jackets are available at Skinnners to try on and buy. To order a jacket call Skinnners at 603-763-2303.

We recommend that if you are buying new long underwear for your U12 or older athletes, consider Base 365 No Cut Underwear. It is a product that Bob Skinnners will be carrying. Why No cut underwear? As our skis get sharper, either

getting tunes at shops or being tuned at home on sharpening devices, skis are sharp. If an athlete falls, no cut underwear is another way to safeguard from getting cut by skis.

Welcome to our new and returning families. Please do not hesitate to ask questions even as a returning family. There are LOTS of parent meeting opportunities so please take advantage as it is fun to meet other families and coaches. It is also a time to get any questions answered as well as an opportunity to learn about your child's program.

Registration for the program is now open. The price will go up on November 1. If you haven't sent in your paperwork, please send them in as soon as possible. As in the past, we ask you take a moment and complete all the paperwork. Something new this year is that we have added the competitive waiver to the application packet so you will not have to fill it out again at any Sunapee events in which your athletes will be participating. Your registration will not be considered complete without a completed Volunteer form completed or agreed to pay the volunteer waiver amount. Please refer to the schedule and do your best to pick days that work with for family. This year we are asking Development parents to do one day of volunteering. It is incredibly important for the program and pretty fun. Families get to meet each other and we all get to experience what it takes to run great events. Nastar is a great option for Development and Mighty Mite parent as it is flexible and your child can visit you at Nastar

Early season skiing camps in the East are available at Gould Sunday River, Stratton Mountain and Killington Mountain School. If you have questions, please feel free to reach out to Jill.

**Safety:** As in the past, safety for our athletes, coaches and families is a priority. All of our staff have completed the Safe Sport course as members of USSA and have also completed the Coaching Fundamentals. We are working on a fully-certified staff requiring CPR and concussion training. Again this year, all Mighty Mites will be required to wear a vest while skiing in the program.

We will continue to work with our athletes to understand what a clear warm up is, including inspection of jumps, in the terrain park and on the mountain. Daily training will be closed to the public. We will continue to teach inspection of the training hill/ Mogul course and respect for and adherence to The Code.

Our coaching philosophy continues to be based upon keeping the Coaching strategies simple with a focus on teaching great fundamentals and adaptability, working as a team, having fun and safety. We are so fortunate to have the coaching staff we do. The staff is busy working on competitive schedules, new coach education and setting up coaching groups for the winter.

As always, we will be adding some extra temporary help at Christmas to offset coaches work schedules. We look forward to having these temporary coaches join our group.

**Competition Schedules** for all age groups and disciplines will be available Christmas week and will be posted on the Mount Sunapee website. You can access the program link from the <https://www.mountsunapee.com/the-mountain/more-options/alpine-programs.aspx>. Please make sure to look up the schedule of competitions for your child's age group/discipline. We will also date event dates, newsletters and dates for parents meetings available on our page. For updates to ski racing schedules go to the NHARA website at [nhalpine.org](http://nhalpine.org). For freestyle updates go to [easternfreestyle.org](http://easternfreestyle.org) and for snowboard updates [uassa.org](http://uassa.org)

**Late program:** One of our challenges as a program is time on snow. We hope to continue skiing and boarding more in the 2:30pm-3:30pm slot. We will always break at 2:30pm for those who need to leave. For those who can stay, we will then gather outside the Competition Center and go back on hill to free board or ski as a group. Parents are encouraged to join us if they wish. I encourage you to allow your athletes to ski or board as long as possible, and if there are opportunities to get on the hill during the week, please do so. The family should plan to leave the mountain at 4:00pm whenever possible.

The following quote encapsulates our philosophy regarding training which is to **USE all aspects of the mountain as a teaching tool box:**

**“No wasted turns or terrain.”**

*Mikaela Shiffrin*

The volunteer program will continue as it has in the past. Each volunteer parent worker will receive a complimentary ticket for the day worked. No tickets will be issued for working social events. Just a reminder, no substitution of dates can be made for vouchers and vouchers will not be accepted on blackout dates. In addition, vouchers that expire are considered expired and **MUST** be used before that date. If you are assigned as the Alpine Competition Center monitor or Nastar work days, PLEASE SIGN IN on Jill's office Door.

### **The Alpine Competition Center:**

We have monitors assigned each weekend to keep an eye on the Competition Center. **Please be respectful and pick up after yourselves and families.** Don't forget to pick up your hand warmer and their packaging. We are really trying to make our footprint a little smaller. We are committed to zero waste so keep your eyes open for added recycling containers. It is Zero Sort so everything that is no food content.

Please respect the building and store your equipment on the shelves provided. If your bag can not fit under the benches, it needs to go on the shelves provided. **PLEASE** leave your BIG bags at home and wear what you need for the day. The benches and tables need to be clear of things so other families using the building can sit down. This building is for all the families in the Alpine program, so please welcome all the new families. Please remember it is a public building, so do not leave your valuables unattended.

**Group Meetings:** We will have group meetings scheduled and we would like all parents to please attend one so any questions can be clarified.

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

LUNCHES for groups Flexibility as we will see how this works out.

11:30am for U14, U16 & U19's

12:00pm for Development programs and the Mighty Mites

12:15pm for U10 & U12

12:30pm for Freestyle and Snowboard programs

Last spring, Jill was fortunate to hear speaker John O' Sullivan, who is focused on youth sports. Please check out <https://changingthegameproject.com/> to hear for yourself what he has to say. This is an awesome web site for parents and coaches education on how to help our children be the best they can be.

## **DATES TO REMEMBER**

Tues Oct 15, 2019	Early Season Deadline for USSA and NHARA membership	
Fri. Nov. 15, 2019	Equipment drop off for ski swap	12:00pm-7:00pm Sunapee Lodge
Fri. Nov. 15, 2019	New Parent Meeting (Optional)	5:30pm-6:30pm Competition Center?
Sat. Nov. 16, 2019	MSASC Ski Swap	9:00am-12:00pm Sunapee Lodge
Sat. Nov. 30, 2019	U21, U19, U16 & Freestyle A Program begin	9:00am Sunapee Lodge
Sun. Dec 1, 2019	Sunapee Day at the World Cup	
	Wear something that says Sunapee!!	
	Take pictures and send them to <a href="mailto:alpine@mtsnapee.com">alpine@mtsnapee.com</a>	

Sat. Dec. 7, 2019	U12, U14, Freestyle B & Snowboard Program	8:45am–12:30pm Comp Center
Sat. Dec. 7, 2019	New Parent Meeting	10:30am Comp Center
Sat. Dec. 7, 2019	Coaches Training	1:00pm–4:00pm
Sun. Dec. 8, 2019	Program runs	8:45am–12:30pm Comp Center
Sun. Dec. 8, 2019	New Parent Meeting	10:30am Comp Center
Sun. Dec. 8, 2019	Tuning Clinic	2:00pm Bob Skinners
Sun. Dec. 8, 2019	Coaches Training	1:00pm – 4:00pm
Sat. Dec. 14, 2019	U10 Start	
Sat. Dec. 14, 2019	Alpine Program Pot Luck Dinner/Mt. Sunapee Area Ski Club	6:00pm Sunapee Lodge
	Toys for Teens and Tots All family members welcome.	
	Great silent auction – meet other alpine families	
Sun. Dec. 15, 2019	New Parent or Returning Parent meeting	9:15am Comp Center
Sun Dec 15, 2019	U10 Parent Meeting	11:00am Comp Center
Sun. Dec. 15, 2019	U19-U16 Parent and Athlete Meeting	3:00pm Comp Center
Sat. Dec. 21, 2019	New to program Mighty Mite (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	Mighty Mite Parent Meeting	9:00am Comp Center
	All returning and New Mighty Mites (U8's) begin for the season.	
	Parents please attend MM meeting	10:00am Comp Center
Dec. 26-30, 2017	Christmas program Schedule TBA	
	Thurs Dec 26- Sun Dec 29	High School Race Camp 9:00am- 2:30pm
Fri. Dec. 27, 2019	Ugly Sweater Day –Bring your cool- stuff- Fun and there are awards	
Sat. Dec. 28, 2019	Development, Race Development, & Snowboard Development	
Sat Dec 28, 2019	U12 Meeting	
	Ski/Board Challenge for group placement	9:30am– 12:00pm
Sun Dec. 29, 2019	3PM- Panel Discussion with Coaches / former athletes Topic of Choices as you athletes grow older and still want to keep competition ski or snowboard	
Mon. Dec 30, 2019	Tuning Clinic @Bob Skinners	2:00pm
Tues 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 3, 2020	Program Day Epic Mix	
Sat. Jan. 4, 2020	Development, Race Development, & Snowboard Development	
	Ski/Board begins	9:00am start Comp Center

Sat Jan 4, 2020

Mighty Mite Parent Meeting  
(if you have not been to one)

10:00am Comp Center

Sat. Jan. 11, 2020

Ice Cream Social

3:00pm all - Comp Center