



Mount Sunapee Alpine Development Program Schedule

The Alpine Development Programs will meet for 10 consecutive Saturdays starting on January 5, 2019, and will strive to provide an all-mountain experience. The program will focus on fun and improving skiing skills with less competitive emphasis.

Typical Daily Schedule

- 8:45 Meet at designated meeting spot diagonally across “flyway” from Competition Center, towards the Sunapee Lodge
- 9:00-12:00 Load Lifts - Morning Session, concludes at the Competition Center
- 12:00-1:00 Lunch with friends / families
- 1:00-2:30 Load Lifts - Afternoon Session, concludes at the Competition Center

12/29/2018 – Informational Meeting and Development Challenge

- Parents and Athletes meet in the Comp Center at 9:30 *
- After brief meeting athletes ski with coaches until Noon

1/5/2019 – Day 1 – Free Ski with Coach

- Parent informational meeting at 9:15 in the Comp Center *
- Assess individuals overall skier levels and equipment “fit” (Examine skiers: Athletic stance, flexibility, and upper & lower body position. Review fundamentals. Establish individual season goal.

1/12/2019 – Day 2 – FUNdamentals of a Turn

- Begin discussion, demonstration, and practice a properly carved turn. On-snow drills focused on body positioning, balance, rotation, pole plants, and ski engagement/control
- Ice cream social at the Competition Center after program!!!

1/19/2019 – Day 3 – FUNdamentals of a Turn continued

1/26/2019 – Day 4 – Field Trip to Okemo

- Meet at 9 am at the Clock Tower base area by A/B Quads for a day at Okemo experiencing new terrain. Families may join their athlete's groups for the afternoon session

2/2/2019 – Day 5 – Mountain Marathon

- How many trails can your athlete ski in one day? In one run?

2/9/2019 – Day 7 - Nastar Racing Clinic and Practice

2/16/2019 – Day 8 – Nastar Race Day on Eggbeater

2/23/2019 – Day 6 - FUNdamentals of a Turn continued

3/2/2019 – Day 9 – Mogul Madness

3/9/2019 – Day 10 – Fun Day

- Ski, ski, ski! Review individual goals and discuss 2018-19 program tracks. Families may join their athlete's groups for the afternoon session

*****Schedule is subject to change based upon weather and conditions, especially fresh powder!!! *****

*** Please attend informational meeting on 12/29/2018 or 1/5/2019**