

Skaneateles Ski Racing Team



2011 – 2012 Program

The Skaneateles Ski Team is a junior alpine ski racing program that has been educating and training ski racers for over 15 years.

Racing is important to our members but our focus is on developing fundamental skills because we believe that you have to be a great skier in order to become a good racer.

At the younger developmental level our program spends much more time free skiing and working on technique than on running gates. As the athlete's ability progresses competition can then become a focus. This produces better skiers, better racers and young people who develop a life-long love of the sport.

We are currently in a transition mode with our Race Team – we have new coaches, new ski racers, and a new training program. We have shifted our focus to development of fundamental skills – and less so toward formal competition. We have an excellent facility for training, state of the art Ski Racing equipment and will be using the latest United States Ski & Snowboard Association (USSA) training materials. Our offerings are subject to change depending on the level of interest and available coaching staff.

COACHING:

Our regular coaching staff consists of 3 coaches, Jeremy Euto, Michael Len, and Richard Malcolm. Our head coach, Jeremy, is a USSA certified Ski Racing Coach. Both Jeremy & Mike are also registered Ski Instructors with the Professional Ski Instructors of America (PSIA). We are working to add to you coaching staff, and may invite guest coaches to work with our kids this year (including former ski racing coaches and collegiate level Ski Racers). We will also be working with coaches from the Song Mountain Ski Racing Team in joint practices that will be held at our Hill. We are also planning to use a former junior ski racer to assist in coaching.

Our program is aimed at a wide range of junior skier, ages 4 to 12.

OUR GOALS:

- Have fun.
- Develop strong skiing fundamentals.
- Teach basic racing tactics of competition skiing.
- Promote high levels of ethics and fair play in competition
- Introduce goal setting and achievement in a positive atmosphere.
- Familiarize racers with the USSA and NYSSRA system, rules and responsibilities.
- Promote the enjoyment and personal rewards that skiing offers.



RACE TEAM - STINGERS & YELLOW JACKETS:

We divide the Race Team into two groups based on experience/ability. The groups will practice together part of the time, but then separate so that each group can do age and skill-appropriate drills. Yellowjackets will have opportunities to practice on Thursday evenings, and we are working to establish a traveling team to participate in races at other local ski resorts (i.e., the NYSSRA Central NY Council Races)

The **Stingers** group will include junior racers ages 6 and up and is ideal for younger racers who want to improve their skills and try racing in a safe, fun and controlled group setting. These racers will work on skiing fundamentals, ski racing drills and participate in fun races. Participants must be able to manage equipment and the lifts.

The **Yellow Jackets** group is designed for more advanced racers excelling in the sport of ski racing. Yellow Jackets consist of racers who have been members of the race team for at least one year. Exceptions to the one-year pre-requisite may be made at coach's discretion. These racers work on advanced skiing and ski racing skills and will participate in joint practices with Song Mountain Ski Coaches/Racers during some of the Thursday practices.

Training: YellowJackets first practice will be Sunday **Jan 1**. Stingers & YellowJackets will meet on Saturday and Sunday for six consecutive weeks starting **Jan 7th**. YellowJackets will also practice on Thursday nights. Each session includes ski interaction, training in race techniques and drills. Practice Times are as follows:

Sat 10:00-12:30 (30 min lunch w/parents) **1:00-3:00**

Sun 12:00-3:00

Thurs 6:00-7:30 (YellowJackets only).

All Racers are invited to participate in the annual Robin's race held at Skaneateles on Feb 19. This race will involve kids from all ski areas in central NY. Robin's Race is a fun race with all participants getting a prize. All racers are welcome to participate in a fun race at Cazenovia Ski Club on Jan 29 and Christy's fun race at Greek Peak Feb 5.

Fees: Program fees are \$200 for Stingers and \$225 for YellowJackets. The race team is open to members of the Ski Club. Fees must be paid prior to start of training in order to start. Families with multiple children receive a \$25 discount for each additional Stinger or Yellow Jacket (for example, 1st Stinger is \$200, additional Stingers are \$175), discount not available for Rope Tow program.

NYSSRA and USSA Race Fees: Racers can register with NYSSRA and USSA to be eligible to race at Sunday races sponsored by the Central NY Junior Ski Racing Council at other Mountains. Racers are not required to register with NYSSRA or USSA to participate in our home-mountain racing program or the annual Robin's Race, Cazenovia Race or fun race at Greek Peak.

End of season race: There is an end of season fun race at our hill for all Stingers and YellowJackets on **February 11th**, where all participants will get a prize.

Equipment: All racers must wear helmets at all times. It is recommended that racers have equipment checked prior to the start of season. Coaches cannot adjust equipment.

ROPE TOW RACERS:

This program is designed for beginning skiers of all ages who want to improve their skiing and have fun in an organized program. These racers will work mostly on skiing fundamentals. Many of the techniques used will involve some of the same learning tools used with our older race groups but in a setting focused on fun.

All participants will get a race bib that they keep after the season is over.

Participants must be able to manage equipment and the Rope Tow lift with minimal assistance.

Training:

The Rope Tow racers meet on Saturday for 6 consecutive weeks starting **Jan 7th** and ending **Feb 11th** with a Fun Run Race. Times are as follows:

12:30 – 3:00 *** A parent or guardian must remain on the premises during practice*

Program fees:

The Rope Tow racer program for the 2010-2011 season is \$110. The Rope Tow Program is available to members of the Ski Club. Fees must be paid prior to start of training in order to start.

End of season race:

Our last session on **February 11** will be an end-of-season fun race at our hill for all Rope Tow racers where all participants will get a prize. This event will start around 12:00 noon – we will post the actual time for parents/kids prior to the event.

Equipment:

All racers must wear helmets. It is recommended that racers have equipment checked prior to the start of season. Coaches cannot adjust equipment.



HAVE FUN AND THINK SNOW!!!!!!



Questions? Please send an email to: Jeremy.euto@gmail.com