

2015–2016 YOUTH DEVELOPMENT & COMPETITIVE PROGRAMS

PROGRAM GOALS and PHILOSOPHY:

The goals of the Camden Snow Bowl racing programs are to: 1) improve skiing/snowboarding ability, 2) have fun, 3) provide quality race training and racing experiences, and 4) develop a lifelong passion for the sport. Our programs are designed to help participants of all ages, and a wide range of abilities, to realize their highest potential as an athlete, competitor and person. We foster the love of skiing by providing a positive and supportive environment. We believe that the development of the total athlete is more important than winning; and that the thrill of competition, when guided by a dedicated coaching staff, can be very rewarding and an opportunity to learn valuable life lessons.

AGE GROUPS

Age groups are established by USSA and MARA (Maine Alpine Racing Association). With few exceptions, racers are placed in groups based upon age. Within age groups athletes may be further divided by ability.

GENERAL PROGRAM INFORMATION

All participants must be at least intermediate level skiers who can ride the lifts on their own without an adult. All participants must have a valid season pass or a day ticket whenever they are on the slopes. All programs include teaching of basic skills (balance, edging, weight transfer and body position). This is accomplished through fun drills, free skiing, and gate training. Younger, less-experienced children, will spend more time free skiing with their coach while more experienced athletes will spend more time working with gates. Athletes are grouped by age and ability, and train accordingly. Emphasis is on doing one's best rather than absolute results. The goal is to make the experience rewarding for everyone.

It is parents' responsibility to have their children ready for training on time, and to provide adequate clothing for the weather. There will be days, for example, when athletes may need extra gloves or mittens or face protection. The program will run whenever the ski area is operating.

Equipment Required:

Skis – soft (older athletes may want multiple pairs of skis and poles for different events)

Boots – well fit
Helmet – well fit

Poles
Goggles

SKI PROGRAMS

U-8 (age 7)

This is a beginner level program for 7 year olds. Skiers must be able to confidently ski the mountain and ride the chairlift without adult help. Skills will be playful and fun and ski poles will be introduced during the program.

Dry Land Pre-Season Training:	Nov 10– Dec 5 Tues/Thurs 3:30–5pm, Saturday 10:30am–12:30pm (no training Thanksgiving week)	Cost: \$100
5 day Winter vacation Program:	Dec 28–Jan1, 8:30–11am Race development	Cost: \$150
Mid-Winter Program:	Jan 6 – March 5 (8 weeks) Wed 4–6pm, Saturday 8:30–11am (no training January 9 th)	Cost: \$360
February Vacation Week:	Feb 15–19, 8:30–11am Race Development	Cost: \$150



CAMDEN SNOW BOWL

U-10 (ages 8-9)

This program is aimed at learning the fundamentals to be able to tear it up all over the mountain. It's about having lots of fun, making new friends, improving skills, exploring the entire mountain, and learning the basics of racing. Basic USSA Skills Quest drills will be introduced.

Dry Land Pre-Season Training:	Nov 10- Dec 5 Tues/Thurs 3:30-5pm, Saturday 10:30am-12:30pm (no training Thanksgiving week)	Cost: \$100
5 day Winter Vacation Program:	Dec 28-Jan 1, 8:30-11am Race Development	Cost: \$150
Mid-Winter Program:	Jan 6 - March 5 (8 weeks) Wed 4-6pm, Saturday 8:30-11am (no training January 9 th)	Cost: \$360
February Vacation Week:	Feb 15-19, 8:30-11am Race Development	Cost: \$150

U-12 (ages 10 & 11)

Following the progression developed by the USSA Coaches, this program takes them to the next level! Athletes in this program learn the skills needed to make "carved" turns all over the mountain. Exploring the mountain & challenging the skiers is the goal!

Dry Land Pre-Season Training:	Nov 10- Dec 5 Tues/Thurs 3:30-5pm, Saturday 10:30am-12:30pm (no training Thanksgiving week)	Cost: \$100
5 day Winter Vacation Program:	Dec 28-Jan 1, 8:30-11am Race Development	Cost: \$150
Mid-Winter Program:	Jan 6 - March 5 Wed & Thurs 4-6pm, Saturday 8:30-11:30am (no training January 7-9 th)	Cost: \$680
February Vacation Week:	Speed Camp, Feb 15-17 (3 days) 8:30am-11am	Cost: \$90

S.T.O.R.M -Non-Competitive (Ages 10-14) Race and Ski School Program

Offered in conjunction with the Snow Bowl Ski school program. A social, non-competitive series of lessons ready to inspire young all mountain skiers. Skiers will explore trails and glades, improve their carving technique and learn to ski in all the variable snow conditions the mountain has to offer.

Mid-Winter Program:	Jan 6 - March 5 (8 weeks) Wed 4-6pm, Saturdays 8:30-11am	Cost: \$360
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U14 (ages 12 -13) Middle School Race Team

This athlete can ski everything with confidence and style: the steeps, the trees, the terrain park, ice, powder and gates. This program is for athletes who have solid skills and want to take them to the next level. While fun is still what it's all about, you will learn more advanced skills and racing tactics. Although not mandatory, athletes in this program are encouraged to participate in local races and to travel to USSA races conducted by MARA.

Dry Land Pre-Season Training:	Nov 10- Dec 5 Tues/Thurs 3:30-5pm, Saturday 10:30am-12:30pm (no training Thanksgiving week)	Cost: \$100
5 day Winter Vacation Program:	Dec 28-Jan 1, 8:30-11am Race Development	Cost: \$150
Mid-Winter Program:	Jan 6 - March 5 Wed & Thurs 4-6pm, Saturday 8:30-11:30am (no training January 7-9 th)	Cost: \$680
February Vacation Week:	Speed Camp, Feb 15-17 (3 days) 8:30am-11am	Cost: \$90



U16-U18 (ages 14 and older)

This program is for athletes who love to ski race, and focus their energy on racing and improving their skills. Racing techniques, tactics and competition are the main focus, but there will also be time for all mountain skiing and general skill improvement. Athletes are expected to participate in local races at the Middle School and High School levels, as well as USSA. Greater attention will be placed on type of skis and boots used.

Mid-Winter Weekend Program:	Jan 9 - Mar 5 Saturdays 12:30-3:30pm, Sundays 12:30-3:30pm	Cost: \$400
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High School Racing Program

Contact the CHRHS Athletic Department

MASTERS - Post High School (no upper age limit)

Still got that fire in your belly that heats up when you run through gates? Would you like to learn more about racing, or add competition to your skiing experience? Have you joined a Friday Night Racing Team and really want to go for it this season? Sign up for Team Commitment to work with experienced coaches and join other competitive adults who share a passion for racing.

Coach Thursdays:	Jan 7- Feb 11 Thursdays 6-7:30pm	Cost: \$110
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Friday Night Team Racing - All Ages

This is a program for teams of four or five people that compete weekly in January and February. Categories include: families, adults, youth, snowboard, and mixed equipment (alpine, telemark and snowboard). All teams must be co-ed. Up to six people may comprise a team but only four are allowed to score for the team each Friday. Prizes and a perpetual trophy are awarded at the end of the season. A registration form is required with signatures from all adults and parents of youth racers. Helmets are required.

Friday Nights: 4:30PM for kids and 5:30 - 7:00 PM, Jan. 15 - March 4 (no racing Feb. 5 & 19) Team Cost: \$150

RACING ASSOCIATIONS AND TRAVELING TO RACES

Entering races at other mountains is not required, however all participants who do enter races at other mountains, other than middle school races, must become members of USSA and MARA. Training schedules may be modified based upon the race schedules of MARA and the middle school program. Please see coaches regarding USSA membership.

Racing Membership Fees:

USSA Youth Competitor: age 12 and younger prior to 12/31/15 \$60. Signup directly with USSA.

USSA Competitor: age 13 and older prior to 12/31/15 \$125. Late fees in effect after 10/15. Signup directly with USSA.

MARA Fees are invoiced through USSA: 12 and younger \$10; others \$25

Middle School Racing Team

Athletes in grades 6 through 8 may elect to compete in the Camden Snow Bowl middle school racing program which consists of approximately six meets – often scheduled on weekdays – and a state championship meet. With the exception of the championship race, all races are open to all racers. The championship race allows a limited number of male and female racers. To be eligible athletes must indicate so before January 1. Other than entry fees (\$6-10 per race) there are no additional fees for this program. Parents are expected to help with transporting athletes to races and are strongly encouraged to volunteer their time during home races. The middle school racing program is meant to be a “low key” introduction to racing and competition. We encourage parents not to overemphasize the competition and placement results.



CAMDEN SNOW BOWL

Maine Alpine Racing Association (MARA)

For those who want to test their skills further, racing in MARA should meet their needs. It is the parents' responsibility to provide transportation to races. All races have entry fees and entry deadlines. Coaches will attend some MARA races.

Maine Jr Ski Club (Middle School age)

www.mainejrski.com

Schedule: TBA

MORE ON EQUIPMENT

Ski Boots: Athletes' boots should be well fit, front entry, overlapping 3–4 buckle style. Fit is critical. Boots should fit snug with only one pair of socks. Boots with a soft flex will help develop balance and sensitivity to the "feel" of a carving ski. Possibly the most important piece of equipment.

Skis: As with boots, soft is the key. Also look for plenty of side cut which allow the ski to bend into an arc for easier turning and control. Newer designs are allowing skis to perform at shorter and shorter lengths. Selection of ski size can be a testy subject, but a length reaching anywhere between the chin and the forehead will work!

Bindings: All modern bindings are fine when matched to skier's weight and ability. According to manufacturers, it is best to select a binding which the racer can set in the middle range of DIN numbers.

Poles: Any lightweight pole will do, preferably with strap. Older racers (13+) may find it best to have 2 pr.; one for slalom with hand guards attached.

Goggles: **Mandatory** and must be worn every day. Look for soft frames and good ventilation.

Helmet: **Mandatory** Must fit snug for adequate protection. Hand-me-downs are most often not adequate. Slalom helmets (with face guards) are recommended for J-III's, and possibly some others, to protect face and teeth.

SL Guards: As skiers gain strength and skill level plastic armor for arms and shins are recommended. Plastic pole guards prevent finger and knuckle injury.

Speed Suits: Not necessary for youth racing until the highest levels of competition. Technique and ski tuning are much more important.

Ski Wax: All skis should be waxed and tuned frequently. Simple waxes (hydrocarbon) are adequate for young racers. Fluorocarbon waxes and additives are much more expensive and require some additional protection.