

2019-2020 YOUTH DEVELOPMENT & COMPETITIVE PROGRAMS

Dryland Training (ages 8 to 108): Join us for a quick and intense workout Mon./Wed./Fri. at the YMCA using specific exercises to our core, legs and other ski muscles to get us ready for the upcoming ski season.

Pre-Season Dryland Training	Nov 11 – Dec. 20, Mondays, Wednesdays & Fridays 3:30-4:30pm Monday, Wednesday and Fridays at Camden YMCA (no programs Nov 29 th)	Cost: \$30
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U-8 (age 7): A beginner level program for 7 year olds. Skiers must be able to confidently ski the mountain and ride the chairlift without adult help. Playful and fun. Ski poles will be introduced during the program.

5 day Winter Vacation	Dec 27-31, 8:30-11am Race Development Camp	Cost: \$150
Mid-Winter	Jan 4 – Feb 29 (7 weeks of training) Wed 4-6pm, Saturday 8:30-11am (no program Feb vacation week)	Cost: \$360
February Vacation Week	Feb 18-21, 8:30-11am Race Development Camp	Cost: \$150

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.

5 day Winter Vacation	Dec 27-31, 8:30-11am Race Development Camp	Cost: \$150
Mid-Winter	Jan 4 – Feb 29 (7 weeks of training) Wed 4-6pm, Saturday 8:30-11am (no program Feb vacation week)	Cost: \$360
February Vacation Week	Feb 18-21, 8:30-11am Race Development Camp	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!

5 day Winter Vacation	Dec 27-31, 8:30-11am Race Development Camp	Cost: \$150
Mid-Winter	Jan 4 – Feb 29 (7 weeks) Wed & Thurs 4-6pm, Saturday 8:30-11am (no program Feb vacation week)	Cost: \$680
February Vacation Week	Feb 18-21, 8:30-11am Race Development Camp	Cost: \$150

U14 (ages 12 -13) Middle School Race Team: This athlete can ski everything: 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.

5 day Winter Vacation	Dec 27-31, 8:30-11am Race Development Camp	Cost: \$150
Mid-Winter	Jan 4 – Feb 29 (7 weeks) Wed & Thurs 4-6pm, Saturday 8:30-11am (no program Feb vacation week)	Cost: \$680
February Vacation Week	Feb 18-21, 8:30-11am Race Development Camp	Cost: \$150

MASTERS – Post High School (no upper age limit): Would you like to stay sharp in the gates, or turbocharge your skiing experience with competition techniques? Join us for a high-performance skiing course on Thursdays and Saturdays. Thursday nights will be drills and gates. Saturday mornings we'll board the lift at 8:45 for exclusive first tracks with our coaches, directed free skiing and drills.

Wednesday evenings and Saturday Mornings	Jan 4- Feb 29 Wednesdays 6-7:30pm and Saturday's 8:45-11am	Cost: \$175
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FREESTYLE PROGRAMS U14 (ages 8 to 13) Ski the rails, jumps, glades and everywhere else on the mountain with our Freestyle coaches!

Mid-Winter Program	Jan 4 – Feb 29, Wednesdays 4-6pm, Saturdays 8:30-11pm (no program Feb vacation week) SKI- or SNOWBOARD	Cost: \$360
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Friday Night Team Racing – Details to be announced

High School Racing Program - Contact the CHRHS Alpine coaches for more information