

Development Program Schedule for 2012

The Development Program will run for ten consecutive Saturdays. New this year and required for all participants is December ski off.

December 31, 2011 Group Placement

- Morning only 9:00-12:00
- Ski with Development coaches for group placement
- Brief parent meeting in Alpine Competition Center at 9:00 am

Day One / January 7 Free Ski

- Assess individual skier levels
- Establish baseline skills
- Introduce fundamentals

Day Two / January 14 Balance Basics

- Focus on body position and balance
- Discuss season goals
- Parent meeting, time and location TBA

Day Three / January 21 Skill Development Day

- Day starts early at 8:30 and ends late at 3:00
- Experience ski blades (provided by Alpine Program) for portion of day
- Focus on edging basics

Day Four / January 28 Mountain Marathon

- Focus on pressure control
- Increase knowledge of mountain
- Reinforce skier Responsibility Code

Day Five / February 4 Learn to Turn Day

- Review and continued development of balance, edging and pressure
- Focus on different turning shapes, GS and SL
- Focus on the pole plant

Day Six / February 11 Field trip to Okemo

- Season pass valid at Okemo, non-holiday periods, please check your pass
- Experience new terrain
- Continual work on seasonal goals

Day Seven / February 18 Racing Clinic

- Racing drills and course introduction
- Discuss racing techniques and tactics

We would like all Development athletes to register with Nastar and **write down** their Nastar registration number. There are two ways to register:

1. Go to Nastar.com and register online
2. Go to the Nastar starting booth and register at the window, let them know you are with Development.

Day Eight / February 25 Nastar Race Day

- Review racing techniques
- Course analysis
- Nastar race with reward for all participants

Day Nine / March 3 Mogul Madness

- Learn to ski bumps
- Increase confidence and skills in moguls

Day Ten / March 10 Fun Day

- Review seasonal progress
- Parents are welcomed to join us for afternoon activities

DAILY SCHEDULE

- 8:45** - Meet coaches at the gray Alpine Race Building which is to the right of the base of the North Peak chair. Please be on time to avoid your child trying to catch up to their group.
- 9:00** - Program starts - be ready to get on the lift.
- 9:00-12:00** - Morning session with short break
- 12:00-1:00** - Lunch break – with some flexibility to allow each group to finish their activity. All groups will return to the Alpine Building. Each athlete is responsible for his or her lunch arrangements. Coaches do not supervise athletes at lunch.
- 1:00-2:30** - Afternoon session
- 2:30** - Athlete pick-up – please plan to meet your child.

COMMUNICATION

- Weekly emails will update families on schedule. If you have not done so, please send your email to developmentsunapee@gmail.com, to become part of the group that receives weekly emails.
- 2:30 pick-up is a great time to talk to a coach
- Parent Handbook has additional information and family directory
- www.mtsunapee.com site has updates and news