

# Snowboard Development Program

## *Winter 2011/2012*

The Snowboard Development Program will run for ten consecutive Saturdays. December introduction is required for all participants.

### Introduction - December 31<sup>st</sup>, 2011 – Riding Assessment

- Equipment checks, stance adjustments, high-back rotations
- Freeride with coaches
- Assess individual rider levels

### Day 1 – January 7<sup>th</sup>, 2012 – Freeride

- Begin basic linked turn fundamentals
- Introduce better turning/riding techniques
  - Edge control
  - Upper body changes (i.e. hands behind back, arms to chest, etc)

### Day 2 – January 14<sup>th</sup> – Balance Basics

- Focus on body positioning
- Discuss season goals for group/individuals
- Introduce flatspins, manuals, ollies

### Day 3 – January 21<sup>st</sup> – Skill Development

- Culmination of “fundamentals” practice
- Emphasis on size and speed of turns
- Practice edging techniques

### Day 4 – January 28<sup>th</sup> – The Mountain March

- Introduce and reinforce rider/skier Responsibility Code
- Introduction to more difficult terrain
  - Glades, black diamonds
- Introduction to terrain park

### Day 5 – February 4<sup>th</sup> – Skills Review and Boardercross Introduction

- Review of skills learned and continued development of edge control, balance, and turning techniques
- Introduction to riding switch
- Boardercross drills and course introduction

### Day 6 – February 11<sup>th</sup> – Field trip to Okemo

- Season pass is valid at Okemo (non-holiday periods) – please check your pass
- Experience new terrain
- Review of season goals

**We would like all Snowboard 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 (at the top of Eggbeater). Let them know you are with Development.

Day 7 – February 18<sup>th</sup> – Racing

- Re-check equipment and possible stance adjustments
- Racing drills and course introduction
- Nastar race in the afternoon – parents are welcome!

Day 8 – February 25<sup>th</sup> - The Bumps

- Introduction to moguls, practice throughout the day
- Increase confidence in riding moguls and similar terrain

Day 9 – March 3<sup>rd</sup> – Season Review

- Review and practice skills learned throughout the season
  - Fundamentals
  - Terrain park
  - Boardercross
  - Racing
  - Moguls
  - Glades

Day 10 – March 10<sup>th</sup> – Fun Day/Rider's Choice

- Review season progress
- Riders choose what they want to do for activities for the morning
- Parents are welcomed to join us for afternoon activities

## DAILY SCHEDULE

**8:45 AM:** Meet coaches at the gray Alpine Race Building, located to the right of the North Peak chairlift. Please be on time!

**9:00 AM:** Program starts – be dressed and ready to get on lift.

**9:00 AM – 12:00 PM:** Morning session with short break.

**12:00 PM – 1:00 PM:** Lunch break, with flexibility to allow time for groups to finish their activity. All groups will return to the Alpine Building by the North Peak chairlift. Each athlete is responsible for his or her own lunch arrangements. Coaches do not supervise athletes at lunch.

**1:00 PM – 2:30 PM:** Afternoon session.

**2:30 PM** – Athlete pickup. Please plan to meet your child. We will always end the day at the Alpine Building.

## COMMUNICATION

Weekly emails will update families on schedule. If you have not done so, please send your email to [developmentsunapee@gmail.com](mailto:developmentsunapee@gmail.com), to become part of the email group.

If you would like to speak with a coach, the 2:30 PM athlete pickup is a great time to do so.

The Parent Handbook has additional information and family directory.

[www.mtsunapee.com](http://www.mtsunapee.com) site has updates and news.