



August 19, 2017

U16+ (U16 and U19) Program

Mission Statement

Our mission is to foster development of U16 and U19 ski racers from our community, as athletes, competitors, individuals and team members. The program will provide an affordable means for U16 and U19 racers to access ski race training and coaching to meet their personal goals in preparation for race events at various levels, including regional high school races, state and regional level competitions (USSA), such as Eastern Championships.

The Training Program

For the 2017-18 season, there will be one program and one membership fee for the U16+ age groups. As happens at this age, we recognize athletes will need to make some choices about training events and associated costs depending on competition goals and family budgets.

Much of the training will be based at Cochran's Ski Area, however there will be additional training opportunities at other mountains. Program elements include:

- Fall dryland training (whole club Sunday afternoon sessions)
- 3 weekday/night on snow training sessions, with Friday night optional club wide duals
- 2 weekend days with mix of racing and training
- Technical drills tailored to the individual athlete
- Video analysis
- Additional midweek training days on holiday weeks (Christmas week, February school vacation)
- Occasional Coach-led weekly freeski/training (primarily at Stowe). Athletes will be expected to assume the costs of lift tickets/a season pass for training at larger mountains. These training sessions will be announced in advance to allow for planning. We encourage racers interested in maximizing this program to purchase a Stowe season pass. This will enable athletes to utilize the mountain on their own, or with a group. Coaches may not always be present. There will be training available at Cochran's for those not able to make it to Stowe. We highly recommend freeskiing as much as possible.
- *New enhancement for this season: weekly Friday morning training at the Middlebury Snow Bowl.* We expect about 10 of these sessions, conditions permitting. The focus will be GS training. It will be up to racers to coordinate with teachers and administrators at their school to manage missing school for this and to manage transportation. For each session, the racer will need to purchase a \$20 lift ticket at the Snow Bowl. Additionally, in order to help cover coaching costs and related expenses, racers planning to utilize this training can either pay \$150 to Cochran's Ski Club to cover all sessions, or pay \$35/session they attend. Signup and payment to Cochran's for sessions will be handled on adminskiracing.com.
- Race day coaching support for USSA races. Race schedule to be determined by coaches. , FIS events are not planned to be a focus this season. Please talk with Head Coach Lindy Kelley if your goals include FIS racing.



cochran's ski club

In the spirit of the Cochran's Ski Racing philosophy, the U16+ program will expect Racers to participate as community members of Cochran's. Many of the Racers and families will carry this over from being at Cochran's during their younger years. If you are new to this program, we expect you will come to find this as a welcome part of being involved in this exciting sport at this wonderful place. This kind of community participation will be especially critical to the success of this program since it supports Racers of such a broad range of ages and abilities. Parent participation in support of their athlete, and in support of Club program activities, is expected. Parent participation helps manage the costs of running the program. Parents of older Racers are encouraged to participate in Club functions, however, there will be more expectation of older Racers to assume individual responsibilities for their contributions to the Club community. In addition, U16+ Racers will be expected to take responsibility for their training and racing activities and communicate these with their Coach, including:

- registering for scored races they plan to attend
- be responsible for all race fees
- arranging their transportation to and from races and training venues

Coaches will do their best to provide counseling on which races each athlete should attend. If a Cochran's Coach is not attending a specific race, the Coach will coordinate representation by a coach from another Club whenever possible.

If reconciliation of family budgets and athlete's goals in light of their potential and achievements is challenging, please talk to Club President Karl Goetze. The Club has established a Financial Assistance program for the 2017-18 season, and extended the application deadline to September 30, 2017.