



U16 and U18 program

Overview

The goal of our U16+ program is to foster development of ski racers from our Ski Club community, as athletes, competitors, individuals, and team members. The program will provide an affordable means for U16+ 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), and FIS racing.

The Training Program

Athletes will need to make some choices about training events and associated costs depending on competition goals and family budgets. Our Coaches will support athletes' goals whether they are training to supplement High School race programs, compete in USSA scored races, or FIS. At least one full-time Coach will be dedicated to the U16-21 program; assistant coaches may be part-time and may also be supporting other programs at Cochran's.

Much of the training will be based at Cochran's Ski Area, with other training opportunities at different mountains to provide experience on a variety of terrain. Program elements include:

- Fall dryland training (whole club Sunday afternoon sessions)
- Optional Fall/Thanksgiving Training Camp on snow – Sunday River, Maine
- 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)
- Opportunities to freeski and train on other nearby mountains when possible. Athletes will be expected to assume the costs of lift tickets/a season pass for training at larger mountains. There will be training available at Cochran's for those not able to make the commitment to ski at other mountains. Generally, we highly recommend freeskiing as much as possible and encourage athletes to go together even when a coach isn't available.
- As of early December, we will offer our usual week-day training opportunities. As everyone is considering limitations and COVID-related logistics, these opportunities may change. Either way we will continue to work toward developing week-day training venues and ask our racers to remain flexible. We are working with Middlebury Snow Bowl to offer high quality weekly mid-week training. We expect about 10 of these sessions, conditions permitting; venue each week will be determined by Coaches. For each session, the racer will need to purchase a lift ticket at the venue; Snow Bowl pass for each session is \$35. Additionally, to help cover coaching costs and related expenses, racers planning to utilize this training can either pay \$150 to cover all sessions, or pay \$35/session they attend. Signup and payment to Cochran's for sessions will be handled on RegFox.
- Race day coaching support for USSA races. Race schedule to be determined by coaches.

- FIS support may be offered based on the number of athletes interested and available coaching staff. Express interest as early as possible to Lead Coach.
- Racers are responsible for registering for the races they are attending, and paying applicable fees directly.
- It will be up to racers to coordinate with teachers and administrators at their school to manage missing school.
- Transportation and housing for racers and coaches will be coordinated by attending racers and coaches; Cochran's Ski Club does not provide transportation.

In the spirit of the Cochran's Ski Racing philosophy, the U16+ program will expect Racers to participate as members of the Cochran's community. 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.

Coaches will provide counseling on which races each athlete should attend. A minimum number of athletes attending an event will determine whether a Cochran's coach will also 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.

The costs of alpine racing at the U16-19 level can be extraordinary. Cochran's Ski Club strives to keep training and racing affordable, and help prepare families for the anticipated expenses. High School racing is ideal for athletes who enjoy the competition without the high costs associated with USSA racing. Coaches will work with athletes on selection of races with an awareness of travel costs. We encourage families to work together to find affordable lodging and carpool, and share resources such as tuning equipment and know-how. Cochran's Ski Club reimburses coaches for mileage to some extent, and will cover coaches' housing expenses for some late-season events; families may decide to chip in to share a room or a ride or a meal with a coach.

The Club has established a Financial Assistance program that may offset club membership fees. Scholarship programs are available through VARA and USSA, among others.