

Alpine Team Accelerate 2009/2010

A competitive weekend racing program for junior skiers ages 7-14

Team Accelerate is the second step on the development ladder for alpine racers at Winter Park. Training takes place Saturday and Sunday each week and over Christmas break. Training is more gate-oriented than for Team Discovery. GS and slalom are emphasized, and speed events are introduced. Our coaching philosophy with this team is that to excel in gates the skiers must be strong all-mountain skiers, so we will still spend plenty of time using directed free skiing to improve skiing skills. Athletes will race in the USSA Age Class Series circuit during the season, with many skiers qualifying for and competing in the Junior Olympics. Team Accelerate participants are encouraged to take part in our summer on-snow training camps and to join in our dryland training sessions.

Training schedule:

On-snow training from November 21 through April 4. Training is on Saturdays and Sundays from 8:30am to 3:30pm. Holiday camp Dec 27-31.

Athletes of Team Accelerate can enhance their on snow time with taking advantage of mid-week evening training with our Echo Mt. Program. Drop in or season long programs are available.

Working the hardest on the weekends and being the most fit is always a trait of Team Accelerate Athletes!

Membership requirements:

⇒ USSA/RMD competitor membership required!

⇒ for Age Group J3's, (Year of Birth 1995/96) you will need a "Competitors" License

⇒ For Age Group J4, J5's (Year of Birth 1997 or younger) you will need a "Youth" membership

⇒ contact (435) 647-2666 or go to www.ussa.org

USSA renewals due October 15, new members register prior to or upon program enrollment

Program fees (before Oct. 15):
\$1,625 for J4/J5 racers (age 7-12)
\$1,775 for J3 racers (age 13-14)
Includes coaching, Rocky Mtn Super Pass, Comp Center membership, and ski lockers.

Equipment needs:

- Alpine skis (GS and SL skis), poles, and boots (proper flex and fit very important)
- Helmets required for all training
- Speed suit highly recommended
- **Team Winter Park annual Ski Swap: October 9 & 10!**



Race Events

With a variety of events throughout the season, athletes will be involved with their parents and coaches to help select the most appropriate race schedule based on age, ability, and individual goals. For a majority of the athletes involved with the Team Accelerate, "Age Class Events", and Jr. Olympic Qualifiers will be the key focus during the season. Council Cup, Jr. Olympics, J-5 Finale will be events that many of the athletes will be working towards and setting goals for. Other events may include a local series, time trials, Smart Wool series, USSCA races, Divisional Camps, End of Year fun races, and NASTAR. Coaches will help set the racers individual race calendar early in the winter.

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enjoyment of sport.**

www.wpcompcenter.com



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