



Race Plan 2022-23

Alpine Race Program: U16 ~ IMD Series & IMD Opens

Target Athlete:

- Full Time 5-6 days a week participant - T, W, Th, Fri, Sat/Sun

Performance Goals:

1. To have a top 15 result at IMD U16 level
2. Qualify for Western Regionals

| Race Dates | Race Series | Location | Notes: |
|------------|------------------------|-------------|--------------------------|
| Dec 19-22 | IMD Open Sean Nurse | SnowKing | no gender split, 2009s+ |
| Jan 7-9 | U16Q 2SL/1GS | Snowbird | gender split/men start |
| Jan 26-29 | IMD Open Wes Barron SG | Jackson HMR | 2009+ |
| Feb 10-13 | U16Q Trudi Bolinder SG | Bogus Basin | gender split/girls start |
| Feb 24-26 | U16Q Laura Flood | Sun Valley | |
| ----- | | | |
| Mar 23-26 | Tri-Divisionals | TBD | by qualification only |
| Mar 19022 | Western Regionals | Alyeska | by qualification only |
| Ap 8-11 | IMC/OPEN Snowcup | Snowbird | all birth year 2009s+ |

Notes:

- *Qualifying Races for Tri Div & Western Regionals*
- *Gender split means Boys one day, Girls another day. Who goes first will be announced Nov/Dec 2022*
- *Total # of race starts will depend on possible rescheduled dates, skiing confidence/level /success and training preparation.*
- *Please contact your coach to discuss these plans and whether you can CONFIRM your inability to attend one of these races.*
- *Race start fees are not included in tuition*

U14 Tri Divisional Selections

There are 3 SL's, 3 GS's, and 3 SG's World Cup point are awarded based on Top 50 per age group, the best 2 from each event are then added together to rank athletes. The selection will be the top 60 Boys and 60 Girls.

Western Regional Selections

Please consult with Head Coach Craig Haaser.

Western Regionals Spring Series Selections - 2SL/2GS/2SG

IMD quota 15 girls, 15 boys