

Carrabassett Valley Academy Weekend Program

Parent and Athlete Handbook (Public) 2024-2025



Updated 11/15/24



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COMMUNICATION CHANNELS

KEY CONTACTS

CVA Head of School	Alex Godomsky	(207) 237-4470	agodomsky@gocva.com
Action Sports Director/ CVA Freestyle Program Manager	Nate McKenzie	(207) 441-4759	nmckenzie@gocva.com
WP Freestyle Manager	Connor Dolan	(207) 215-3789	cdolan@gocva.com
CVA Snowboard Program Manager	Freddy McCarthy	(207) 653-8476	fmccarthy@gocva.com
WP Snowboard Manager	Jonny Warren	(207) 491-0922	jwarren@gocva.com
CVA Ski Cross Program Manager	Michael Phelan	(401) 787-0683	mphelan@gocva.com
WP Ski Cross Program Manager	Patrick O'Rourke	(603) 380-8488	porourke@gocva.com
CVA Alpine Program Director	Kirk Dwyer	(207) 237-4486	kdwyer@gocva.com
WP Alpine Manager	Evan Keefer	(207) 272-0253	ekeefer@gocva.com
CVA On-Snow Business Officer	Jennifer Pulk	(207) 237-2250	jpulk@gocva.com
Sugarloaf Competition Department	Laurel Lasher	(207) 237-6896	llasher@sugarloaf.com
Sugarloaf Ski Club	Bruce Miles	(207) 237-6896	info@sugarloafskiclub.com
USASA Maine Mountain Series Dir	Bill & Chrissy Hamel	(603) 470-8697	chrissy.hamel@usasa.org

KEY WEBSITES

CVA	www.gocva.com
US Ski & Snowboard	www.usskiandsnowboard.org
US Ski & Snowboard Freestyle-Freesking Eastern Division	www.easternfreestyle.org
Maine Alpine Racing Association	www.skimara.org
Sugarloaf Ski Club	www.sugarloafskiclub.org
USASA	https://www.usasa.org/

WEEKEND PROGRAM COMMUNICATION & STACK TEAM APP

Weekend Program coaches will communicate with their groups via Stack Team App. All guardians of the Weekend Program participants are expected to download Stack Team App to ensure effective communication throughout the season. Posts will be updated once a week, however this may vary from time-to-time or per the discretion of the program manager.



Stack Team App will also be used by coaches to share time-sensitive information regarding changes in training plans, upcoming events, and relevant program information with their individual teams. Parents/guardians are also encouraged to use the Chat function to stay connected throughout the season. Parents/guardians are expected to download the app on a smartphone or desktop via the web at www.TEAMAPP.com.

To Join Team App:

1. Go to App Store, type Stack Team App
2. Download and create an account
3. Search for Carrabassett Valley Academy
4. Select the group (Alpine, Freestyle, Snowboard, Ski Cross) and join

*Be sure to turn on notifications for the app in settings on your phone to receive updates as they happen as time-sensitive information is shared via the app.

SOCIAL MEDIA



Stay connected with Carrabassett Valley Academy on Facebook, Instagram, and TikTok! Celebrate achievements, stay informed, and engage with our community. Follow CVA to celebrate our athletes' successes, discover inspiring stories, and spread the word by sharing posts with your network.

[Carrabassett Valley Academy Facebook](#)

[goCVA Instagram](#)

[goCVA TikTok](#)

OVERVIEW & IMPORTANT INFO

The U.S. Ski & Snowboard Organization researched why kids participate in sports. The three primary reasons are:

1. Have fun
2. Be with friends
3. Improve skills

Fun, friendships, and improvement is what youths want from their sports programs and these tenets form the foundation of the CVA Weekend Program. It is our goal to:

- Prioritize safety at all times.
- Keep training fun and exciting to encourage lifelong participation in snowsports.

- Teach solid skiing/snowboarding skills using the U.S. Ski & Snowboard system of long-term athlete development.
- Introduce competitive skiing/snowboarding to athletes and families.
- Maintain the established intensity and scope of training for those who desire to reach the higher levels of competition.
- Develop a sense of team camaraderie and support.
- Gear the program for long-term athlete success.
- Focus on achievement through personal dedication.
- Give each athlete the opportunity to be the best skier/snowboarder they can be.

ATHLETE CODE OF CONDUCT

The Weekend Program philosophy emphasizes safety, personal growth, teamwork, individual achievement and community well-being. We are a close-knit community, so every individual's behavior can have an effect not only on themselves, but also on the entire CVA and Sugarloaf communities. Giving respect to each other and for each other's personal belongings is crucial towards maintaining a healthy environment. Weekend Program participants represent CVA and Sugarloaf at all times, on and away from the mountain.

TEAM UNIFORMS

Team jackets are optional. Visit <https://www.goecva.com/shop> for ordering information.

SUPPORTING ORGANIZATIONS

SUGARLOAF SKI CLUB

The Sugarloaf Ski Club has been an integral part of Sugarloaf Mountain since cutting the first trail on the mountain back in 1950. After more than 60 years, the club is a vibrant and active member of the Sugarloaf community and is the managing base for event volunteers of all disciplines.

The Club's Mission is to preserve the history and heritage of the mountain and the club, to service the Sugarloaf and Carrabassett communities with an emphasis on local youth, organize social events for club members, and continue to support competitive events of all levels, from Junior to International, that are staged on the mountain. **All Weekend Program families are encouraged to become members** of the Ski Club. Click [here](#) to join.

BILL AND JOAN ALFOND COMPETITION CENTER

The Bill and Joan Alfond Competition Center encompasses all competition oriented activities. The new Competition Center is located between the Base Lodge and the Whiffletree Quad. The Sugarloaf Ski Club, Competition Center staff, and CVA Weekend Program are all based out of that building. Bruce Miles is the Executive Director of the Sugarloaf Ski Club, Laurel Lashar is the Event & Competition Coordinator, and Jim McCormack is the Manager of the Competition Center. This center should be your on-mountain home base. If you have any questions, ask us!

U.S. SKI & SNOWBOARD (USSS)

U.S. Ski and Snowboard is the national governing body of Olympic skiing and snowboarding. It is the parent organization of the U.S. Ski Team, U.S. Snowboarding and U.S. Freeskiing. Developed to facilitate participation in national and international competition, the Olympic sports organization provides structure for competitive skiing and snowboarding. From grassroots programs to governance of sport, management of rules, competitions and athletic rankings, U.S. Ski & Snowboard oversees athletic pipelines for development in sports. With a vision to make the USA the best in the world in Olympic skiing and snowboarding, U.S. Ski & Snowboard provides leadership and direction for tens of thousands of young skiers and snowboarders who share an Olympic dream while maintaining a strong adherence to core values. U.S. Ski & Snowboard, established in 1905, operates out of the national training and education facility, the Center of Excellence, in Park City, UT.

UNITED STATES OF AMERICA SNOWBOARD & FREESKI ASSOCIATION (USASA)

The vision of the United States of America Snowboard & Freeski Association (USASA) is to be the premier snowboard & freeski organization in the United States. Its mission is to facilitate fun and fair events for all ages across the country, to attract snowboarders and freeskiers, promote their development, provide member education, and influence the future of these sports.

ACADEMICS

Developing well-rounded, successful student-athletes who maintain a healthy balance between academics and athletics is at the heart of all CVA programs. It is important that each Weekend Program participant be in good academic standing at their home school. We strongly encourage parents and athletes to discuss any current academic issues with coaches as needed to ensure appropriate attention to academics.

HOW PARENTS CAN SUPPORT ATHLETES

One of the primary focuses of the CVA Weekend Program is to allow young athletes to truly discover the sport of skiing/snowboarding while providing an environment where they are internally motivated and excited about improving their skills. Young athletes need to discover their sport without the external demands of expectations, pressure and negative input. Parents and staff should seek to encourage growth, fun and mastery of their skills. Fun exists in the athletes' interpretation and their own feelings. Encourage them to find out what they truly love about skiing/snowboarding.

Parents are most helpful when they praise and support their athlete's choices of interest and activities. To develop real mastery of their skills, parents can take pressure away by focusing on personal performance rather than outcomes and provide a sense of achievement that develops from within and not from finishes or podiums. Always try to discuss performance and improvement rather than winning and losing. Frequently take the time to check and see how they view themselves. This will allow the athlete to grow and improve naturally at their own pace. Encouraging and helping your athletes to develop these life skills from within is real growth.

I WANT TO HELP AT COMPETITIONS. WHAT DO I NEED TO DO?

Parent participation is critical to the success and safety of our competitions. Becoming a volunteer will help you understand the sport better and keep the cost of competition down. You can help with program competitions such as the Junior Freestyle League and Kirsten Clark League as well as the U.S. Ski and Snowboard and USASA sanctioned events. You will be trained how to do the necessary tasks associated

with your particular volunteer position. Your participation directly impacts the success of our events and your child's enjoyment of them.

For more information on how to become involved, speak to Laurel Lashar at the Competition Center (207) 237-6896 llashar@sugarloaf.com.

DATES, SCHEDULE, MEETING INFO

<i>CVA Weekend Program Calendar 2024/2025</i>								
Month	Su	Mo	Tu	We	Th	Fr	Sa	Noteworthy Dates
Nov. 30	1	2	3	4	5	6	7	Nov. 30/Dec. 1: Weekend Program Opening Weekend
Dec	8	9	10	11	12	13	14	
	15	16	17	18	19	20	21	December 21 - 26: No Program
	22	23	24	25	26	27	28	December 27 - 31: WP in session
	29	30	31					
Jan 2025				1	2	3	4	
	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	January 20: No Program (MLK Day)
	26	27	28	29	30	31	1	
Feb	2	3	4	5	6	7	8	
	9	10	11	12	13	14	15	February 15-18 & 20-23: WP in session
	16	17	18	19	20	21	22	February 19: No Program
	23	24	25	26	27	28	1	
Mar	2	3	4	5	6	7	8	
	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	March 22/23: Last Weekend Program Session
	23	24	25	26	27	28	29	Indicates WP IN Session
	30	31						Indicates WP NOT in session

MEETING LOCATIONS

- **Freestyle Program** meets on lookers left of the Landing, just up from the Competition Center and the base of Skidway, near the trees.
- **Snowboard Program** meets outside the Competition Center.
- **Ski Cross Program** meets outside the Competition Center
- **U8 FUNDamentals Program** meets between the top of Sawduster Chair and the Perfect Turn Building on the Landing.

- **U10/U12/U14 Alpine Programs** meet between the top of Sawduster Chair and the Perfect Turn Building on the Landing.
- **U16/19 Alpine Program** meets near the maze of Double Runner B.

PROGRAM TIMES & LUNCHES

U8 FUNDamentals: Program runs from 8:30am-11:30pm. This program does not meet during Maine February vacation week.

Alpine U8-U18: starts at 8:30am unless we are training gates early and this will be announced on Stack Team App. The U10's will have a 1 hour lunch break and parents are responsible for watching over them during this time. The U12's and U14's will have a staggered 30 minute lunch break in the Gondola Room. The U16's and U18's will have a break for approx. 45 minutes. *Lunch times will vary between age groups to stagger use of the Competition Center.*

Freestyle program: Program will run from 9:30am to 2:00pm. Groups will go into the comp center or baselodge for a short break/ light lunch each day at a time determined by each individual coach. On select Saturdays we will go to the AGC in the afternoon. This AGC time will be divided by pods. Information about AGC sessions will be posted to the Stack Team App 1-2 weeks in advance.

Snowboard program: Program will run from 8:30am to 1:00pm. Groups will go into the comp center or baselodge for a short snack/lunch and warm up each day at a time determined by each individual coach.

Ski Cross program: Program will run from 8:30am to 1:00pm with a short break for lunch. As the weekends approach, mass texts will be sent out on Stack Team App to update the families on what the plan is for the weekend, upcoming race information, what to do if the weather is not permitting, etc. Stack Team App is the main source of group information.

SESSION CANCELLATIONS

If conditions warrant practice cancellations (power outages, low temps, wind holds, sleet/freezing rain, etc) weekend program coaches will communicate with families through Stack Team App.

PARKING

Parking is not permitted in the lot and road closest to the Competition Center - Gondi Village lot and Adams Mountain Road. Parking spaces in that area are reserved for residents only. Pick up and drop off in the Gondi Village lot is also prohibited. Instead, please park in day parking lots. CVA, Sugarloaf Ski Club and US Ski & Snowboard stress how important it is for clubs to do all they can to maintain positive interactions with resort customers. Parking and driving legally is one way Weekend Program parents can show respect for the resort and the hometown club. Thank you!

COMPETITION AND PROGRAM FEES

The CVA Weekend Program supports coaching coverage for athletes at Sugarloaf and the surrounding region (ME, NH, NY, and VT) in competitions falling on weekends during the WP calendar. The program fee does include coach wages, but *does not* include coach travel costs for Championship events, **USASA Nationals**, postseason and out of region events. Additional expenses for coaching coverage at these

events may be applied. Program directors will do their best to provide approximate travel costs to the families prior to the event.

Each athlete is responsible for covering the cost of their own travel, food and accommodations as needed during regional and out of region competitions and training. If a WP athlete will be staying overnight under the supervision of CVA/WP coaches, the family is responsible for lodging, food, and other costs of the coaches.

The full time students at CVA travel to regional competitions with CVA coaches in CVA vehicles. Limited space in the vehicle is available for WP athletes. All WP athletes traveling in CVA vehicles will be charged shared travel costs, to and from, regional competitions. This offer depends on space availability and is first come, first served. Contact your Weekend Program Manager for more information.

HEALTH AND SAFETY

MEDICAL CONSIDERATIONS

Please let us know if your athlete has any drug allergies, medication needs, food allergies or medical conditions that we should know about. It will be the responsibility of the parent/guardian to provide their athlete with the necessary medicine (i.e.: inhaler, epipen, etc.) prior to each class and that the athlete keep the necessary medicine on them at all times in the event of an emergency. Please communicate this information with the appropriate Weekend Program Manager.

CVA ACADEMY AND WEEKEND PROGRAM CHAIRLIFT POLICY

It is required that the safety bar be down on every chair with CVA Academy or Weekend Program coaches, students or program participant passengers. Coaches should remind athletes of the following rules when riding the lift:

1. No horseplay
2. Do not swing or bounce the chair
3. Sit all the way back in the chair (back 2 back)
4. Do not kick skis together. Skis may release and fall, potentially injuring a skier below.
5. Safety bar down
6. Do not raise the safety bar until ready to unload

SAFESPORT GUIDELINES

CVA, as a member club of US Ski and Snowboard and under the umbrella of the USOC, recognizes the importance of the SafeSport initiative. As it states: We all have a role to play in creating a healthy setting for sport. SafeSport helps raise awareness about misconduct in sport, promotes open dialogue, and provides training and resources. When we work as a team, we can build a game plan to make sport safe—for everyone. CVA is committed to the health, safety and the wellbeing of each of our athletes.

Several updated trainings are now available through the [SafeSport website](#).

The courses for kids (ages 5-12) and youth athletes (ages 13-17) feature new videos, interactions and age-appropriate reading levels and narration. You can view the new courses on the Center's course [catalog](#).

Families can continue the discussion with the Center's updated [Parent's Guide to Misconduct in Sport course](#). Users will need to create an account to access:

Courses range between 15-30 minutes and we encourage all parents and youth athletes to take the free educational course training.

ILLEGAL/BANNED SUBSTANCES

CVA is opposed to the use of prohibited and restricted substances and contact with individuals who are participating in the use of such substances. Substance use negatively impacts athletic and academic performance. Alcohol and drug use interferes with learning processes, brain development, and increases the chance of impairing physical development and injury while participating in athletic competition. As a result of these risks, and in addition to the laws of the State of Maine and the mandates of US Ski & Snowboard, FIS, and NCAA, Carrabassett Valley Academy prohibits the use of all illegal and restricted substances.

[NCAA banned substance list](#)

[US Ski & Snowboard Anti-Doping rules](#)

[World Anti Doping Agency list](#)

CONCUSSION

Summary of the Consensus Statement on Concussion in Sport: The 5th International Conference on Concussion in Sport in 2016 defines a sport-related concussion (SRC) as “a traumatic brain injury induced by biomechanical forces.”

- SRC may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head.
- SRC typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, signs and symptoms evolve over a number of minutes to hours.
- SRC may result in neuropathological changes, but the acute clinical signs and symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.
- SRC results in a range of clinical signs and symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive features typically follows a sequential course. However, in some cases symptoms may be prolonged.
- The clinical signs and symptoms cannot be explained by drug, alcohol, or medication use, other injuries (such as cervical injuries, peripheral vestibular dysfunction, etc) or other comorbidities (eg, psychological factors or coexisting medical conditions).

“A concussion is a type of traumatic brain injury that can have a serious effect on a young, developing brain. While most children and teens with a concussion recover quickly and fully, some will have concussion symptoms that last for days, weeks, or even months. Not giving the brain enough time to heal after a concussion can be dangerous. A repeat concussion that occurs before the brain heals from the first, usually within a short amount of time (hours, days, weeks), can slow recovery or increase the chances for

long-term health problems. These may include changes in how the child or teen thinks, feels, and acts,

as well as their ability to learn and remember. While rare, a repeat concussion can result in brain swelling or permanent brain damage.”---CDC

For more information on sport-related concussion (also interchangeable with mild TBI or mild Traumatic Brain Injury) please click here:

[Zurich Consensus Statement](https://bjsm.bmj.com/content/57/11/695) (https://bjsm.bmj.com/content/57/11/695)

[CDC Parent Fact Sheet](https://www.cdc.gov/heads-up/?CDC_AAref_Val=https://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_for_parents.pdf)

https://www.cdc.gov/heads-up/?CDC_AAref_Val=https://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_for_parents.pdf)

[Free Online Concussion Training Course](https://www.cdc.gov/heads-up/training/youth-sports.html?CDC_AAref_Val=https://www.cdc.gov/headsup/youthsports/training/index.html)

https://www.cdc.gov/heads-up/training/youth-sports.html?CDC_AAref_Val=https://www.cdc.gov/headsup/youthsports/training/index.html)

Concussion Protocol: To prevent risk of serious injury or long-term consequences, CVA follows a strict policy. CVA, USASA and U.S. Ski and Snowboard compliance for concussion is satisfied by immediate removal of the student-athlete with a suspected concussion. Athletes suspected of suffering a concussion will be taken to ski patrol or directly transferred to the parent(s). Additionally, CVA, U.S. Ski and Snowboard and USASA require evaluation and clearance by a qualified healthcare professional before they are able to compete again (see forms below). The professional must provide a clearance letter including that they have completed a CEU course in concussion evaluation and management in the last three years. Clearance should include a gradual return to activity. The U.S. Ski and Snowboard follows this same policy and requires that Jeff Weinman is contacted with the name, membership ID, and date/place of concussion. If an insurance claim is expected, an accident form should also be completed.

Click [here](#) for the US Ski & Snowboard doctor’s clearance form

Click [here](#) for the USASA doctor’s clearance form

FREESTYLE PROGRAM SPECIFICS

Mirrored after CVA’s mission to provide opportunities for excellence in competitive skiing, the Weekend Freestyle Program will introduce competitive freestyle skiing in a fun, positive environment. We will foster the life-long love of skiing through focused small group student-athlete development. Freestyle program skiers are grouped by age and individual ability with a focus on fun, skill building, and a mastery of skiing in all terrain/conditions. Freestyle student-athletes aged 11 and up may choose to focus on one specific freestyle discipline but will continue to work on skill building in all aspects of freestyle skiing.

Freestyle is a sport made up of several disciplines; Moguls, Dual Moguls, and Freeski (Halfpipe, Slopestyle and Rail Jams). CVA Weekend Program Freestyle skiers compete in mogul, slopestyle and a few rail jam events.

Mogul skiers charge through a field of snowy bumps with two obligatory jumps. Skiers are judged by a panel of 2 to 5 judges on their technical turns and aerial maneuvers with speed factored into their final score. Single moguls have been included at the Olympic level since 1992. Dual mogul competitions are

held at higher levels of the sport. In dual moguls competitors face off head-to-head, side-by-side, and the best skier advances. World Cup level athletes compete in single and dual moguls as do Eastern U.S. Ski and Snowboard “A” level, and NorAm athletes. Most CVA Weekend Program mogul skiers compete in Eastern U.S. Ski and Snowboard “B” level events which only include single mogul events.

The objective of competitive mogul skiing is to take the straightest, fastest line through the moguls, while making good quality short radius turns and executing two “airs” along the way. Mogul competitions take place on well-moguled courses with two man-made jumps. Competitive runs last from twenty seconds to one minute. CVA weekend program athletes train for moguls on Sugarloaf’s machine made mogul courses on Lower Competition Hill and Skidder as well as many trails throughout the resort that are full of natural bumps.

Slopestyle tests a skier’s ability to handle a variety of machine terrain by executing freestyle maneuvers down a park course. Each course is filled with features including rails, hips, table tops, and a variety of jumps allowing riders to combine big air and technical tricks into one run. Competitors are judged on amplitude, execution, difficulty of line, landings, and use of the course. Slopestyle made its Olympic debut in 2014. Entry level competitors do very simple tricks such as straight jumps, 180’s and 360’s. More advanced competitors perform off-axis jumps such as rodeos, mistys, corked 720’s and double flips. Competitors train, develop and must qualify their skills in all off-axis and inverted maneuvers on water ramps or Bag Jump sites and trampolines before taking them to the snow.

Rail Jams vary greatly by venue, are often held under the lights at night and contain a wide variety of features including rails, boxes, hips, wall rides, and other unique features. Rail jams are typically promotional type, fun events, and are designed to enhance the social aspects of freestyle skiing.

WHAT EQUIPMENT DO I NEED FOR FREESTYLE?

You need the following equipment for each skill area:

Skis: Generally speaking, entry level freestyle program athletes should be skiing on weight and ability appropriate, narrow waisted, sidewall junior twin tip skis. If your athlete can ski comfortably and aggressively on all terrain, their skis should fall somewhere between their nose and forehead. If your athlete falls into the advanced-intermediate or beginning-expert categories, or is quite light in weight for their age, the recommended ski length would be between chin and nose.

Helmets: Ski specific helmets must be worn at all times. Please be advised that most ski helmets are 1-impact helmets which means they need to be replaced after 1 major impact. We strongly recommend a helmet with MIPS technology.

MOGULS:

Skis: Standard length, mogul specific skis are preferred for athletes competing in mogul events. For entry level mogul competitors, narrow waist, straight sidewall junior model twin tip skis are also acceptable. Avoid purchasing cap model skis if possible as they do not perform or hold up as well as skis with traditional sidewalls.

Mounting: For mogul skis we recommend regular mount or slightly (1 to 1.5 cm) forward of manufacturers suggested mounting area.

Poles: Slightly shorter than standard length, poles should come to the top of the athlete's hip bone when standing on their skis.

SLOPESTYLE and RAIL JAMS:

Skis: For entry level competitors, straight sidewall junior model twin tip skis designed to perform well in the park are a good choice. Avoid purchasing cap model skis if possible as they do not perform or hold up as well as skis with traditional sidewalls.

Mounting: center

Poles: Slightly shorter than standard length, poles should come to the athlete's hip socket or slightly shorter when standing on their skis.

BACK PROTECTORS:

Freestyle athletes are encouraged to wear a soft back/spine protector under their ski coat. It is important to choose a back protector that is comfortable and not too bulky. For more information on why skiers should wear a back protector: [Ski Back Protectors: Guide to Snow Sports Back Protection \(snowlink.com\)](http://snowlink.com)

WHO COMPETES IN FREESTYLE?

Anyone who trains with the CVA weekend freestyle team is eligible and encouraged to compete in U.S. Ski & Snowboard Association sanctioned competitions, and/or USASA sanctioned competitions.

The entry level of U.S. Ski & Snowboard Competition for new freestylers is called the Eastern Qualifying Series (EQS) or “B” level series and is primarily for competitors under the age of 13. All new weekend program participants are strongly encouraged to compete in at least 2 EQS competitions (Sugarloaf and Sunday River) while more seasoned weekend program participants are encouraged to compete in 4 - 5 EQS competitions each season. The ECS or “A” level is for competitors in the Eastern United States, who are 13 years of age and up. More competitive EQS freestylers (10-12) are encouraged to compete in a step-up ECS event at Sugarloaf or Sunday River to familiarize themselves with competing under the slightly different ECS format and against older, more experienced competitors. A younger freestyler may choose to move up to the “A’s” during the season should his or her performance merit it, though it is generally best to stay with one level, either “A” or “B” for the season. USASA sanctioned events are for competitors of all ages.

The Junior Freestyle League

All CVA weekend freestylers 12 and under are expected to compete in intra-mountain Junior Freestyle League (JFL) competitions. JFL competitions are designed to introduce competitive skiing to our student-athletes in a low-key, familiar environment. We strive to hold 1 - 2 events during the winter in each of the freestyle disciplines: moguls and slopestyle. Freestyle league competitions are dependent on the availability of terrain and subject to last minute change announced through TeamApp. Ribbons are given to age-group winners and a bib-draw for prizes is held.

Competitors involved in Junior Freestyle League, U.S. Ski & Snowboard and USASA Freestyle competitions are divided into levels by age and gender. Your classification is determined by your age as of January 1, of the current ski season. A description of age classifications follows:

<u>USSS Categories</u>	<u>AGE</u>	<u>USASA Categories</u>
U19	17 to 18 years old	Juniors
U17	15 to 16 years old	Youth
U15	13 to 14 years old	Breakers
U13	11 to 12 years old	Menehune
U11	10 to 11 years old	Grommet
U9	7 to 8 years old	Ruggie

DO I NEED TO BECOME A MEMBER OF UNITED STATES SKI & SNOWBOARD ASSOCIATION or USASA?

All Weekend Program freestylers who plan to compete are encouraged to become members of the United States Ski and Snowboard Association (USSS) and the United States Ski and Snowboard Association (USASA).

The USSS sanctions competitions for moguls, a few slopestyle and aerial competitions leading to the Maine/New Hampshire Championships and/or the East Coast Championships held in March. You may sign up for your U.S. Ski & Snowboard Membership at usskiandsnowboard.org.

Most freeski competitions (slopestyle events and rail jams) are sanctioned by the USASA. Weekend Program Freestylers are strongly encouraged to participate in USASA Comps in addition to the USSS competitions. Competing in the USASA Maine Mountain Competition Series can lead to an invitation to compete in the USASA Nationals typically held at Copper Mountain Colorado in early April. To compete in the USASA Maine Mountain Competition Series, participants must be a USASA member. You may sign up at usasa.org.

HOW DO I SIGN UP FOR AN OFF-MOUNTAIN COMPETITION?

Competing in off-mountain competitions is fun! Everyone who trains with the CVA Weekend Program is encouraged to participate in competitions. The off-mountain competitions are designed for entry-level competitors and provide an opportunity for skiers to meet and compete with freestylers from other ski areas while getting to know their teammates better. Athletes who choose to compete in off-mountain

events are responsible for the cost of their competition fees, membership fees and travel to and from events.

You may find more information and sign-up for UNITED STATES SKI & SNOWBOARD ASSOCIATION mogul, slopestyle and aerial competitions at the following address: EasternFreestyle.org Individual age group and team awards are given at each event. It is best to register as early as possible for competitions, as the number of entrants allowed in each competition is limited, and competitions tend to fill up early. Full payment by credit card is required at the time of registration on the internet. If you have any questions about the registration process, please contact Joan Dolan, (207) 215-8741.

The USASA Maine Mountain Series is for skiers and snowboarders. CVA WP Freestyle athletes are encouraged to participate in the slopestyle and rail jam events offered through the series. For membership information, competition costs and schedules please go to usasa.org. For Further Information on the Maine Mountain Series please contact: Bill & Chrissy Hamel ~ chrissy.hamel@usasa.org The USASA series organizers communicate all competition information through TeamApp. If your athlete is competing in USASA events, you are encouraged to request to join the USASA Maine Mountain Series TeamApp group.

WILL THERE BE A COACH AT THE OFF-MOUNTAIN COMPETITIONS?

Yes! There will always be at least one freestyle coach at all competitions that are on the CVA Freestyle weekend program calendar.

WHAT IF MY CHILD IS NOT TRAVELING?

When USSS “B” level and/or USASA mogul and/or slopestyle competitions are held at Sugarloaf or Sunday River, all athletes are expected to compete, therefore, regular groups will not meet at Sugarloaf. Otherwise, groups will meet at Sugarloaf when USASA and/or USSS competitions outside of Maine are being held.

ADDITIONAL TRAINING OPPORTUNITIES

Summer skiing opportunities for the freestyle weekend program vary each year depending on snowfall, weather and travel conditions. Previous options have included trips to Red Lodge in Montana and Mt. Hood in Oregon.

Winter Training Camps:

Don’t miss your chance to experience the skiing, trampoline training, and coaching at CVA Freestyle Winter Training camps for 10-15 year olds.

You will train Tuesday through Friday with Carrabassett Valley Academy for a first-hand experience of the coaching, mountain, Anti-Gravity Complex and academic setting that has trained the minds and bodies of many champions.

Highlights of the week include:

- On-snow park, freeride or mogul specific training
- Trampoline training at our Anti-Gravity Complex
- Huge indoor skate park
- Exciting evening and afternoon activities
- Monitored academic blocks
- Nutritious Meals
- Video Analysis
- On campus housing available (space is limited, book early)

For more information, go to CVA to learn about additional training opportunities.

Action Sports Director: Nate McKenzie nmckenzie@gocva.com or (207) 237-4497

SNOWBOARD PROGRAM SPECIFICS

The CVA snowboard program has created an all-inclusive environment for athletes to hone their snowboarding skills on the weekends. Mirrored after CVA's mission to provide opportunities for excellence in competitive snowboarding, the Weekend Program (WP) will introduce competitive snowboarding in a fun, positive environment. We will foster the life-long love of snowboarding through focused small group student-athlete development.

Riders will train in groups based on individual ability and explore a variety of terrain and disciplines. This program is designed to prepare the rider for all levels of competitive snowboarding. Training will cover beginning through advanced park, transition, sbx, and racing skills with a specific focus on developing self-confidence, and the overall rider. The coaching staff will provide training and assistance on snow as well as introduce the importance of equipment preparation, physical conditioning, time management and mental preparation.

We encourage all athletes to strive towards high academic standards and keep sports in perspective. We will provide support in teaching lifelong lessons such as sportsmanship, camaraderie, respect for oneself and others, trust, confidence, goal setting, respect of our environment, and community betterment.

THE PROCESS

Passion for snowboarding and individual success are two important motivating factors in young athletes. WP athletes will have support on an individual basis in the understanding of the athletic process. We will guide as coaches, mentors and role models and will seek the highest levels of motivation, determination, and the hard work necessary from each athlete towards their personal best.

Each athlete will be involved in an encouraging athletic process to include:

- Defining Success
- Communicating goals
- Equipment Assessment/Acquisition/Preparation
- Competition Planning
- Result Review

“The CVA Weekend Program provides an experience that mirrors CVA's philosophy. CVA prepares young athletes for snowboard competition and it also takes the time to incorporate the fundamental pieces of athlete development. This process will start to prepare each athlete to focus on things they have control over and work to develop lifelong skills that will follow them off the snow, into college, and the rest of their lives.”

SNOWBOARDING DISCIPLINES

Snowboarding is divided into several different disciplines including but not limited to: Slopestyle, Rail Jams, Boardercross, Giant Slalom, Slalom, Banked Slalom and Freeriding. Each discipline has specific rules and provides separate competitions. Every WP participant will be encouraged to compete in events in the Maine USASA Series.

Athletes joining the CVA Weekend Snowboarding Team will explore all disciplines as a form of skill building and foundation development. Athletes will be encouraged to compete in all competitive snowboard disciplines. Riders should be comfortable riding a variety of terrain and be proficient at using all Sugarloaf lifts. A minimum of two seasons of snowboarding is required or demonstrated proficiency in basic fundamental snowboarding skills. Helmets are required at all times.

Discipline specific groupings:

- Race- Timed events
- Freestyle- Judged events

WP athletes will always be encouraged to develop skills in all areas of competitive snowboarding but may specify in their goal setting process which training group they favor. We will foster days in each discipline and encourage solid fundamental skills as the building blocks for success.

BOARDERCROSS

The object of the Boardercross event is to ride through a course filled with terrain features while racing side by side with up to four racers in the same heat. Typically there are qualifying runs to determine start order for elimination rounds. The competitor that wins the final heat wins the event.

Two-time Olympic Boardercross Gold medalist, Seth Wescott, began riding with the CVA Weekend Program, and graduated from CVA in 1994. GO SETH!!!!

HALFPIPE/TRANSITION

In the Halfpipe, riders perform a series of maneuvers utilizing both walls and heel and toe side edges. The most common format for running a halfpipe event is for judges to score two runs. Three to five judges score riders on overall impression, which is made up of amplitude, landings, rotations, and standard maneuvers. The rider with the highest score wins. We will use Sugarloaf's quarterpipe and other features to practice the transition riding skill.

RAIL JAMS

Rail Jams are usually formatted for the specific venue and contain a wide variety of features including rails, boxes, hips, wall rides, and other unique features. Rail jams are typically promotional type, fun events, and are designed to enhance the social aspects of snowboarding.

SLOPESTYLE

Slopestyle is an event that allows each competitor to choose a path through a set course of terrain features performing his/her best maneuvers. The terrain features include but are not limited to: tables, handrails, hip hits, spines and quarter pipes. Judging criteria and scoring is similar to the Halfpipe event.

SLALOM/GIANT SLALOM

Snowboard racing is broken up into two disciplines, slalom and giant slalom. Dual race formats are also popular racing options in slalom and giant slalom. Many racers also freeride and most began snowboarding on freestyle boards before becoming involved in racing. Training in these disciplines can help develop important edge control and body awareness skills that carry over to all other disciplines.

BANKED SLALOM

Banked slalom has long been regarded as the true test of athletic prowess on a snowboard. Riders compete against the clock on a course made up of shaped berms. The annual banked slalom race at Sugarloaf will be a target for our training to prepare for and compete in.

WHAT EQUIPMENT DO I NEED FOR SNOWBOARDING?

The following equipment can be used for each discipline: We ask that all realize the changing conditions of Sugarloaf and dress your rider accordingly.

Freestyle/Freeride:

- Board- twin tipped or directional, soft to medium flex pattern, length between the chin and eyebrows of athlete
- Bindings
- Boots- soft snowboard boots

Helmets must be worn at all times. Helmets must be certified for snow sports use and replaced every year. If a hard fall or concussion is sustained we will recommend a new helmet. Must be CE Certified or ASTM F2040

Race:

- Directional camber snowboard, medium to stiff flex pattern, length between the nose and hairline
- Boots- soft for BX and BSL, hard boots may be used for GS and SL.

WHO CAN COMPETE IN SNOWBOARDING?

Everyone who trains with the CVA Weekend Program will be encouraged to compete in the USASA Maine Mountain Series. These events are fun, inviting, and designed for the entry-level snowboarder. Athletes who choose to compete in USASA events are responsible for the cost of their competition fees, USASA membership and travel to and from events.

For membership information, competition costs and schedules please go to usasa.org or download TeamApp and follow the Maine mountain series.

For further information on the Maine Mountain Series [CLICK HERE](#)
contact Bill & Chrissy Hamel chrissy.hamel@usasa.org

DO I NEED TO BECOME A MEMBER OF USASA?

All CVA Weekend Program snowboarders who plan to compete in USASA events must be members of the organization. You can register online at usasa.org.

USASA NATIONALS

Weekend Program athletes who qualify for USASA nationals will be invited to travel and compete alongside the CVA team at this important end of season event. Additional fees required.

SKI CROSS PROGRAM SPECIFICS

The CVA program has created an all-inclusive environment for weekend athletes to hone their ski cross skills. The Ski Cross Weekend Program (WP) combines all of the fun and jumps of the park, solid ski racing fundamentals with head to head racing thrills. Mirrored after CVA's mission to provide opportunities for excellence in competitive skiing and snowboarding, the weekend Ski Cross program will introduce competitive ski-cross in a fun, positive environment. We will foster the life-long love of competition through focused small group student-athlete development.

Skiers will explore a variety of terrain and ski racing techniques to enhance training. The Weekend Ski Cross competition program is designed to prepare young athletes for all levels of competitive ski-cross racing and will introduce all racers to the Maine USASA Series.

Fundamental ski technique will serve as the foundation in which to grow the all-around skier and competitor. The coaching staff will provide training and assistance on snow as well as introduce the importance of equipment preparation, physical conditioning, time management and mental preparation.

We encourage all athletes to strive towards high academic standards and keep sports in perspective. We will strive to assist in teaching lifelong lessons such as sportsmanship, camaraderie, respect for oneself and others, trust, confidence, goal setting, respect of our environment, and community betterment.

THE PROCESS

Passion for skiing and the outdoors as well as individual success are important motivating factors in young athletes. WP Ski Cross athletes will have support on an individual basis in the understanding of their athletic process. We will guide as coaches, mentors and role models and will seek the highest levels of motivation, determination, and the hard work necessary from each athlete towards their personal best.

Each athlete will be involved in an encouraging athletic process to include:

1. Defining Success
2. Goal Setting
3. Fitness Assessment
4. Equipment Assessment/Acquisition/Preparation
5. Competition Plan
6. Conditioning Plan
7. Result Tracking
8. Monthly Reviews

The CVA weekend program provides an experience that mirrors CVA's philosophy. The WP prepares young athletes for Ski Cross competition and it also takes the time to incorporate the fundamental pieces of athletic development. This process will start to prepare each athlete with the ability to focus on things they have control over and work to develop lifelong skills that will follow them off the snow, into college, and throughout their life.

WHAT EQUIPMENT DO I NEED FOR SKI CROSS?

SKIS AND BOOTS:

The equipment used for ski racing is perfect for Ski Cross. If your athlete has never ski raced before then their boots they usually use are fine. A laterally stiff and slightly softer flexing boot is best for handling terrain and working through berms. A GS sidecut ski closely simulates a ski-cross turn. Typically tighter turning skis in gs length are the best fit for most ski cross courses. But for the basics a GS ski that is from the chin to forehead, taller for higher level skiers and shorter for lower level skiers. Park/freeski's are a must for tree skiing, free skiing on a pow day, park skiing, etc. These skis should be around the athletes chin. Your coaches can help you decide if you have any further questions on equipment.

HELMETS:

Helmets must be worn at all times. Helmets should be certified for snow sports use and replaced every year. Must be FIS, CE Certified or ASTM F2040 depending on the level of competition. For all USASA events CE or ASTM2040 is required.

WHO CAN COMPETE IN SKI CROSS?

Everyone who trains with the CVA WP Ski Cross program will be encouraged to compete in the USASA Maine Mountain Series. These events are fun, inviting, and designed for the entry-level ski cross racer. Athletes who choose to compete in USASA events are responsible for the cost of their competition fees, USASA membership and travel to and from events. At times, WP athletes may jump in with the CVA van that is traveling to those local races. These spots will be filled on a first come, first served basis and additional travel charges may be applied.

For membership information, competition costs and schedules please go to usasa.org. You must be a member of the USASA a week in advance of the first race day. Registration for events is the day of the event for the Maine Mountain Series.

For further information on the Maine Mountain Series please visit mainmountainseries.teamapp.com or contact Bill & Chrissy Hamel chrissy.hamel@usasa.org

DO I NEED TO BECOME A MEMBER OF USASA?

All CVA WP Ski Cross athletes who plan to compete in USASA events must be members of the organization. You may acquire membership forms at usasa.org. Registration for events typically open a few months in advance but spots can fill up quick!

A USSA membership will also be required for those Ski Cross athletes who wish to participate in regional USSS GS/SL races as part of the Ski Cross program.

USASA NATIONALS

WP athletes who qualify for USASA nationals will be invited to travel and compete alongside the CVA team at this important end of season event. This is a great event to experience ski cross on a higher level where as there are kids from all over the US attending this event, the course is larger than normal, same with the amount of competitors, and it's just an overall fun time to get the athlete out there and really test the skills s/he has learned. Additional fees required.

Contact Nate McKenzie or Michael Phelan for more information on travel and accommodation options.

ADDITIONAL TRAINING OPPORTUNITIES

Ski Cross Winter Camps are focused on competitive ski cross athletes who are looking to bring their skills to the next level and explore the opportunities available at Carrabassett Valley Academy. These training camps provide an excellent opportunity for continued development and specific training working with CVA's full time staff and faculty. Campers will fully integrate into the CVA community and experience all that CVA has to offer.

Other Camp Opportunities:

These will be designed to prepare for upcoming events. Additional costs will apply.

For more information, go to [CVA](#) to learn about additional training opportunities.

· Contact [Nate McKenzie](#) or [Micheal Phelan](#) for more information on these additional camp opportunities.

ALPINE PROGRAM SPECIFICS

Ski racing has four disciplines. Slalom (SL) is racing single poled gates that are set relatively close together. Giant Slalom (GS) has paneled gates that are further apart with turns that cross the fall line more. In Super-G (SG), gates are even more spread out than those in GS. Usually bumps are incorporated. In Downhill (DH) the gates are set so that they follow the trail along a protected course.

All competitors are required to wear helmets when competing in USSS sanctioned GS, SL, SG and DH events. We require that for safety reasons, that athletes will wear face protection for SL.

FOR WHAT GROUP DO I REGISTER? U.S. SKIING AGE CATEGORIES

All age categories are decided by age as of December 31st of the present year. To check on your athletes age group, refer to the current US Ski & Snowboards competition guide.

ADDITIONAL TRAINING OPPORTUNITIES

Preseason & Summer camps

Our Colorado preseason camp is a great way to develop solid fundamentals to begin the competitive season. This camp is scheduled each year during Veterans Day week of November to minimize missed public school days. Snow conditions and free skiing terrain are the best quality possible at this time of the year. On snow training typically happens at Loveland, A-Basin and Winter Park. Skiing typically happens between 9-2, followed by a 2 hour study hall and a mobility/flexibility session before dinner. For current information on the Pre-Season camp, refer to the CVA website.

Summer skiing opportunities for the alpine weekend program vary each year depending on snowfall, weather and travel conditions. Previous options have been to Redlodge, Montana, Les 2 Alpes, France, and Corralco, Chile. Short term indoor skiing options are also a possibility at Big Snow American Dream in E Rutherford, NJ. Details & dates will be announced late winter on the CVA Alpine website.

Winter Immersion Camps

CVA Winter Camps are designed for U12 & 1st year U14 competitive alpine skiers who are looking to bring their skills to the next level by participating in these small group midweek training opportunities. The busy competition season leaves a void in training for competitive weekend athletes. The winter camps provide an opportunity for more on snow training and coaching typically prior to qualification events during the competition season. Winter camp participation is limited to 11 participants per session. Lodging is not available. Each Winter camp session provides:

- On-snow training
- Fundamental skills assessment
- Video Analysis
- Camp report summary

For more information on any or all of these additional training opportunities, contact:

Evan Keefer; email: ekeefer@gocva.com cell: (207) 272-0253 or go to: gocva.com/alpinecamps

ALPINE RACING ASSOCIATIONS

WHAT IS US SKI & SNOWBOARD (USSS)?

This is the National governing body of ski racing & all sanctioned snow sports events in the US. They manage all aspects of competitive skiing & snowboarding. US Ski & Snowboard provides a ladder system by which competing athletes can be compared with others no matter where they live or compete. If an athlete intends to compete in sanctioned USSS races, they must have a membership, which can be accessed at usskiandsnowboard.org. Once registered you can download your registration card from the online site. Be sure to do this before registering for any sanctioned USSS events.

WHAT IS MARA?

MARA stands for the Maine Alpine Racing Association. MARA organizes and coordinates all ski racing events in the State of Maine. You can check for event information on their website at www.skimara.org MARA membership is required for U10-U121 MARA membership is needed to qualify for State Championships. skimara.org

HOW DO I ENTER A RACE?

Now you are all ready to race. You have your USSA card and MARA card, but you have no idea on how to enter a race. Competitors enter by either entering on line or sending in a USSA Alpine Entry Form to the Race Administrator* with an entry fee at best five days prior to the event. Entry forms can be found on the MARA site. Check the 'enter a race' tab MARA site for details, as each venue has its own entry procedure. Dates and race locations are listed on the MARA website: skimara.org

*Race administrators' addresses listed on the MARA site in the 'enter a race' tab.

It is helpful to print out (from the USSA site) and carry a current USSA card to all USSS races.

If you have any further questions please check with your age group coordinator.

TYPES OF RACES

I. ON-MOUNTAIN COMPETITION SERIES

Kirsten Clark League Race Schedule: (typically 4 races)

KCL is a race series held at Sugarloaf for athletes U8-U12. Race start times are 9:30am unless otherwise specified. U14's new to racing will also compete in the KCL series.

Athletes compete in a team format on a variety of different courses.

II. OFF-MOUNTAIN RACES

All athletes have the opportunity to participate in events away from Sugarloaf. With each age category, more opportunities are available. IT IS IMPORTANT THAT EACH PARENT AND ATHLETE DISCUSS A RACE SCHEDULE WITH THEIR COACH. PARENTS ARE RESPONSIBLE FOR TRANSPORTING THEIR CHILDREN TO OFF-MOUNTAIN RACES

WILL THERE BE A COACH AT THE OFF-MOUNTAIN RACES?

Yes! There will always be at least one CVA WP coach at all off-mountain competitions that are on the CVA WP schedule, if athletes are attending. Check with your Head Coach to see which coaches will be attending.

WHAT IF MY CHILD IS NOT TRAVELING?

When possible, there will be a group with a coach training here at Sugarloaf for those athletes who are not traveling, mostly for the U8-10 athletes. Qualification races for U12-16 athletes typically require those coaches to be at the races, so there may not be a home training option available on those dates. Depending on staffing needs at races, older athletes not racing may need to train with younger groups.

GREAT ALPINE 101 RESOURCE -- [Alpine Membership Rules/Competition Guide](https://usskiandsnowboard.org/sport-programs/rules-equipment/alpine-membership-rules)
(<https://usskiandsnowboard.org/sport-programs/rules-equipment/alpine-membership-rules>)

EQUIPMENT GUIDELINES

Choices

All of the major alpine racing brands make quality equipment, so we recommend selecting gear that parents and the athletes feel confident using. Used equipment can be an excellent alternative since children often grow out of their gear in one season. Used skis should be inspected for good condition and should not have more than 2 seasons of use as a general rule. For the U12-16 age classes, both slalom and GS skis should be of the same brand.

Equipment maintenance

Success in alpine racing relies largely on **properly tuned skis** to be sharp and waxed for each weekend, and at times even between Saturday & Sunday based on conditions and/or racing. Dull and dry skis are a recipe for poor performance and do not inspire confidence for the athletes at any age class. There are many YouTube clips available to learn how to tune skis and the equipment necessary to do it well. Using a ski shop to tune skis on a regular basis for alpine racers is a costly way to maintain the equipment, so

ultimately parents and the athletes should learn how to do it. CVA coaches may be available to help parents learn the basics in the completion center's tuning room upon request. **Ski boots** need to be dried after each use, clean well-fitting ski socks are another key to good performance. Finally, protective bags for **goggle lenses** to avoid scratches is another very important aspect to help the athletes to have the best vision possible.

U8 & U10

Skis - 1 pair of carving multi event skis, sized between the nose & forehead

Bindings - matched to child's weight and will be matched to the skis

Boots - A 4 buckle boot, shell fit by a quality race oriented ski shop to have not more than 2 fingers space between heel and shell with foot in shell sans liner

Poles - Sized with forearm parallel to ground while holding pole under the basket

Helmet - Sized by an experienced ski shop for a comfortable fit. Goggles, matched for the size of the helmet, should have a light tint for the low light conditions.

Race suit - Not a requirement but most all children will have one as it boosts confidence

Outer wear - Visit <https://www.gocva.com/apparel> for CVA gear if interested. Most CVA outerwear is black, so any well-fitting warm outerwear will be fine.

U12

Skis - One pair of SL skis, sized between the chin and nose (err on a bit longer based on growth spurts). One pair of GS skis sized between head height to about 10cm above head, based on prior race experience and aggression.

Bindings - matched to the child's weight and will be matched to the skis. Be careful buying used skis with unsafe bindings.

Boots - A 4 buckle boot, shell fit by a quality race oriented ski shop to have not more than 2 fingers space between heel and shell with foot in shell sans liner. Children new to alpine racing will often think this is too small, but alpine race boots are not sized to be comfortable to walk in. When standing in a flexed ski stance, the toes will move back away from the toe box, which is exactly the way they will perform best. Any rearward pressure in a race boot is counterproductive to proper performance skiing.

Poles - It's best for this age group to have 2 pairs of poles to avoid switching slalom pole guards on and off. A SL straight pole with a protective full sized guard, sized with forearm parallel to ground while holding pole under the basket. A GS pole with a slight bend is sized approximately 2 cm longer than the SL poles. Much to the chagrin of the average style conscious racers, the poles do NOT need to be the most expensive brand available. We actually discourage the Leki style poles sans straps.

Helmet - One quality helmet, sized by an experienced ski shop for a comfortable fit. Goggles, matched for the size of the helmet, should have a very light tinted lens for the low light conditions most of the winter

here in the east, adding a second lens for spring skiing. Helmets should have a tool-less mounted slalom guard which can be easily installed or removed based on the scheduled training.

Race suit - Not a requirement but most all children will have one as it boosts confidence.

Outer wear - Visit <https://www.gocva.com/apparel> for CVA gear if interested. Most CVA outerwear is black, so any well-fitting warm outerwear will be fine.

Protection - Apart from the slalom guard on the helmet and the slalom pole guards, a proper fitting shin guard is recommended for experienced children who are aggressively hitting slalom gates. New U12's to slalom training can add the shin guards as they become comfortable with gate contact.

U14

Skis - One pair of SL skis, sized between the chin and nose (err on a bit longer based on growth spurts). One pair of GS skis sized between head height to about 10cm above head, based on prior race experience and aggression.

Bindings - Matched to child's weight and will be matched to the skis

Boots - A 4 buckle boot, shell fit by a quality race oriented ski shop to have not more than 2 fingers space between heel and shell with foot in shell sans liner. Children new to alpine racing will often think this is too small, but alpine race boots are not sized to be comfortable to walk in. When standing in a flexed ski stance, the toes will move back away from the toe box, which is exactly the way they will perform best. Any rearward pressure in a race boot is counterproductive to proper performance skiing.

Poles - It's best for this age group to have 2 pairs of poles to avoid switching slalom pole guards on and off. A SL straight pole with a protective full sized guard, sized with forearm parallel to ground while holding pole under the basket. A GS pole with a slight bend is sized approximately 2 cm longer than the SL poles. Much to the chagrin of the average style conscious racers, the poles do NOT need to be the most expensive brand available. We actually discourage the Leki style poles sans straps.

Helmet - U14s will need a FIS approved racing helmet, which is required by US Ski & Snowboard for sanctioned racing events. One quality helmet, sized by an experienced ski shop for a comfortable fit. Goggles, matched for the size of the helmet, should have a very light tinted lens for the low light conditions most of the winter here in the east, adding a second lens for spring skiing. Helmets should have a tool-less mounted slalom guard which can be easily installed or removed based on the scheduled training. Some more experienced U14s will use 2 different helmets for SL & GS, but it's not necessary.

Race suit - There are many options to avoid the high cost of a new racing suit, since this age group will often grow out of their suit in one season. While we do not promote any particular brand, the Spyder suits hold their value well and stand up well.

Outer wear - Visit <https://www.gocva.com/apparel> for CVA gear if interested. Most CVA outerwear is black, so any well-fitting warm outerwear will be fine.

Protection - Apart from the slalom guard on the helmet and the slalom pole guards, a proper fitting shin guard is recommended for experienced children who are aggressively hitting slalom gates. New U14's to slalom training can add the shin guards as they become comfortable with gate contact.

U16/19

Typically, this age group has experience, friends or siblings to guide their equipment choices. All above U14 recommendations apply for weekend program U16s for Slalom and GS racing.