



MOHAWK MOUNTAIN
ALPINE RACE TEAM

Handbook 2017-18

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1. Introduction

Dear Parents and Athletes,

Welcome to Mohawk Mountain's Alpine Race Team (MMART) 2017-2018 program! We look forward to another exciting and successful race season. Planning is well under way to deliver the best coaching and racing for all our aspiring athletes.

With a full 12 months under my belt as the Race Program Director I'm confident we can continue to all work together to make the MMART amongst the strongest in the Tri-State region. In addition to our experienced coaching staff we have some exciting new coaches joining the team. Please feel free to contact the lead coach through their age group specific email address with any questions you may have. If you could also remember they too have full time employment and families to manage and they will do their very best to communicate with you.

The pre-season training day with some Stand Up Paddle Boarding was a big hit and we will run the training day again next year. In the handbook you will see the training plans we went through to help prepare the physical condition of our athletes for ski racing.

Tim Clew has taken over sole responsibility as the President of the Mohawk Parents Association (MPA) after a transitional season last season. Thank you to outgoing president Jay Chandler for his years of service leading a dedicated team of supportive parents. I have had many communications with Tim this Fall and both the MPA and the Mountain are working hard to make this a great racing season for everyone involved.

Please use this handbook as your go to resource for everything associated with MMART. Additional information this year covers equipment and training plans.

Thanks in advance for being involved with the MMART. Without parents support and athlete's dedication to racing we would not be as successful today as we have been in the past.

Think cold temperatures and we will be sliding on the snow very soon!

Sincerely,

Andy

Andy Raybould
Snowsports Director
Mohawk Mountain
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2. The Team

Andy Raybould – Program Director

andyr@mohawkmtn.com

Tim Ruh – Communications

MMARTinfo@mohawkmtn.com

U19

Toby Fosslund (lead coach)

MMARTU19@mohawkmtn.com

U16

Gretchen Sonju (lead coach)

MMARTU16@mohawkmtn.com

Neil Charles

James Gladstone

U14

Chandler Brill (lead coach)

MMARTU14@mohawkmtn.com

Max Mallinen

U12

Tim Ruh (lead coach)

MMARTU12@mohawkmtn.com

Nikko Hayes

Heidi Cerosky

U10

David Toomey-Wilson

MMARTU10@mohawkmtn.com

Calin Moucha

Additional Coaches

Tom Allen

Nina Houston

Scott Meeker

Jill Baugher

3. Program Outline - Revised May 31st 2017

The Mohawk Mountain Alpine Race Team (MMART) is a Mohawk Mountain Snowsports Discovery Center Program that provides coaching and racing in the USSA U10-U19 categories. We race in CYSL (Connecticut Youth Ski League) and Tristate as a part of the USSA Eastern Division.

Our goal is to provide a skiing experience that encourages the development of our athletes both on and off the snow. We believe that the MMART is more than just great skiing, it is being a part of a great team. Each racer both supports and is supported by their MMART teammates and coaches. Whether Mohawk Mountain racers end up on the World Cup circuit or never race competitively again, our goal is to instill and nurture a love of skiing that will become a lifelong passion.

What the program provides: Coaching and hill space

Coaching: Mohawk Mountain hires trains and develops coaches to provide the highest possible level of coaching for our athletes. All of our coaches are encouraged to pursue relevant certifications and attend training events that help to improve their own skiing and coaching abilities. Mohawk Mountain is also committed to providing in house training for both our current and prospective coaches through guest trainers, in house USSA/PSIA events, and regular coach's sessions among the existing staff. Periodically throughout the season, practices will end early to allow for coaches training time.

Coaching will be provided for athletes on site during training, off site for special travel days, and during both away and home races. The programmed training days consist of Saturdays and Sundays starting on December 16th (as snow permits) through to the end of the regular race season (CYSL and TriState) and Thursday night practices will begin on January 4th. During the post season coaching will be provided with the staffing of post season events depending on the number of racers attending. Coaches assigned to away races will be provided a travel stipend in addition to regular pay. Coaches will also receive a travel stipend if assigned to an away practice (such as a trip to a large northern mountain). The final weekend of coaching will be March 17th and 18th with a fun event planned to mark the end of the racing season. Mohawk Mountain has scheduled a winter break FUNdamantals Camp for December 27th, 28th & 29th. This camp is not included in the program fee and is at an additional cost.

Hill Space: In order to provide the best possible training environment while balancing the needs of other programs and the everyday skier, the MMART program will have clear and defined zones in which to set gates and drills for practice. These areas will include space on Arrowhead, Exhibition and Timber trails and one or two may be used on any regular practice day. Some restrictions may occur in relation to mountain conditions, race days or special circumstances, but these will be communicated ahead of time if they impact training.

Mohawk Mountain Alpine Race Team Structure: athletes and coaches

Athletes: The Alpine Race Team is broken in to the USSA U10-U19 categories. Each age group, while part of the whole, should operate with the needs of that group in mind. As such each age group will operate somewhat independently to provide the most effective practice possible. The Coaches will be asked to provide an evaluation of each athlete; their commitment and attendance, ability (skill development), and attitude. Based on this evaluation and alongside the yearly open tryouts, the make-up of each age group will be decided for the following year. It is expected that most athletes on the team will already continue to the next age group, but in cases where the desire, time commitment, or ability has changed that spot will go to a qualified new racer hoping to join the team. With the addition of the U19 program, this process will be especially important to maintain workable numbers in each age group. Team and age group size are based on hill space and coaching availability.

Coaches: The general coaching staff's first priority is to the on hill experience of the MMART racers. Each coach is responsible for the development of their athletes and providing the best coaching possible with the resources provided. On race days at Mohawk Mountain, coaching staff will assist (along with volunteers and relevant appointed personnel) the set-up and break down of the race environment. However, the coaches responsibility remains focused on the racers. On a day to day basis, coaches will need to work together to ensure effective and efficient use of training environments. Some coaches may be asked to take on specific additional responsibilities (commensurate with their skills and abilities) in order to provide a greater level of communication and/or organization.

While great communication between the coaches and the parents of athletes is integral to any ski/snowboard program, and valued highly by our families, it is not expected that coaches provide personal emails/phones to families and communicate extensively off site. Mohawk has set up email addresses for the head coach at each age group and this will be the channel of communication between coaches and parents. If individual Mohawk email addresses for coaches are needed this will be set up. Each age group will have a lead coach who will help guide the age group during the day as well as be the point person for communicating with team leadership and planning age group specific training.

To improve communication across the entire program Mohawk Mountain created administrative positions whose roles support communication for the team. Tom Chase has assumed the role of Technical Director for MMART, developing and implementing training and skill development for our coaching staff and Tim Ruh serves as Communications Coordinator, providing regular updates to athletes, parents and coaches. These two positions work closely with the director of snowsports to form the leadership of the MMART.

While this leadership is in place to help facilitate communication and organization, all coaches are part of the team and will need to work together. Just as important is that all coaches should feel free at any time to communicate with or express ideas, concerns, comments or any other feedback with anyone in the SDC including the Director. Any team structure is designed to facilitate communication, not stifle it.

4. Racing

U16-U19 athletes compete in Tri State Alpine Ski Racing Association (TSASRA) races. To compete in these races you must first be a member of the United States Ski and Snowboard Association (USSA) and TSASRA. Please visit USSA.org to renew or establish your membership with USSA and TSASRA.

Once a member of USSA and TSASRA to compete in Tri State races please visit AdminSkiRacing.com. You can enter all races in one transaction or register individually for each race.

U10-U14 athletes compete in Connecticut Youth Ski League (CYSL) races. To compete in these races, each athlete needs to be a member of the United States Ski and Snowboard Association (USSA) and a member of the Tri State Alpine Ski Racing Association (TSASRA). Please visit USSA.org to renew or establish your membership with USSA and TSASRA.

Once a member of USSA and TSASRA, to compete in CYSL races you must be a member of a CYSL ski club (Mohawk Mountain Alpine Race Team). To become a member of CYSL, membership is done exclusively on-line at AdminSkiRacing.com. Please do this before December 15th to avoid a \$10 late fee.

To register for CYSL races please visit AdminSkiRacing.com. You can enter all races in one transaction or register individually for each race. CYSL provides great registration info on their website - <http://cysl.org/how-to-register.html>

5. Race Schedules

U10-14 (Please visit Cysl.org for most up to date schedule)

CYSL Race Schedule 2017-18

Mohawk GS (U10, U12, U14)	Sun. Jan 7, 2018
Sundown GS (U10, U12, U14)	Sat. Jan. 20, 2018
Thunder Ridge SL (U12 - U14)	Sat. Jan 27, 2018
Thunder Ridge SL (U10 only)	Sun. Jan 28, 2018
Kombi (U12-U14 only) Powder Ridge	Sun. Feb. 4, 2018
CYSL Finals @ Southington- SL (U10,U12,U14- Awards)	Sun. Feb.11, 2018

Post-Season Races -

TriState U12 Championships - GS at Sundown (all U12s)	Sat. Feb. 24, 2018
TriState U12 Championships - SL at MTSO (all U12s)	Sun. Feb. 25, 2018
TriState U14 Championships - Berkshire East (Select U14s)	Sat. Mar. 3, 2018
TriState U14 Championships - Berkshire East (Select U14s)	Sun. Mar. 4 2018
TriState U10 Festival at Mohawk Mtn. (all U10s)	Sun. Mar.10, 2018
Gunstock Piche´ Invitational (Select U14, U12 ONLY)	Fri-Sat 3/16-17, 2018
U14 Eastern Championships – Whiteface (Select U14s)	Thu. 3/15-3/18, 2018

U16 (Please visit <http://www.tristateskiracing.org> for most up to date schedule)

Berkshire East GS	Sat. Jan. 6, 2018
Mt. Southington SL	Sat. Jan. 20, 2018
Wachusett GS	Sat. Jan. 28, 2018
Bousquet SL	Sat. Feb 10, 2018
Blandford SL	Sat. Feb 17, 2018

Post-Season Races –

TriState U16 Championships - Jiminy Peak SL (all U16s)	Sat. Feb. 24, 2018
TriState U16 Championships - Jiminy Peak GS (all U16s)	Sun. Feb. 25, 2018
Eastern Champs – Stowe (qualifiers only)	3/8 – 3/13, 2018
Eastern Finals – Waterville (qualifiers only)	3/22 – 3/25, 2018

U19 (Please visit <http://www.tristateskiracing.org> for most up to date schedule)

Berkshire East SL	Sun. Dec. 31, 2018
Bousquet SL	Sun. Jan. 7, 2018
Sundown SL	Sun. Jan. 21, 2018
Berkshire East GS	Sat. Jan. 28, 2018
Jiminy Peak SL	Sat. Feb. 3, 2018
Jiminy Peak GS	Sun. Feb. 4 2018
Bousquet SL	Sun. Feb. 11 2018
Blandford SL	Sun. Feb. 18, 2018

Post-Season Races –

Eastern Finals – Gore (qualifiers only) 3/22 – 3/25, 2018

6. Training Times & Important Dates

Weekly Training Times

Thursday 6-8pm

Saturday 8:30am-2pm

Sunday 8:30am-2pm

Important Dates

Saturday December 16th First day of training (dependent on conditions)

Saturday December 23th Regular Training Day

Sunday December 24th Regular Training Day

December 27th-29th Holiday Fundamentals Camp

Saturday December 30 th	Regular Training Day
Sunday December 31 st	Regular Training Day
Saturday January 13 th	MLK Weekend, Regular Training Day
Sunday January 14 th	MLK Weekend, Regular Training Day
Monday January 15 th	MLK Day No scheduled training
Saturday February 17 th	President's Weekend, Regular Training Day
Sunday February 18 th	President's Weekend, Regular Training Day
Monday February 19 th	President's Day No scheduled training
March 17 th & 18 th	Final Weekend of Training (dependent on conditions)

7. Holiday FUNdamentals Camp

The MMART is offering a Holiday FUNdamentals Camp on 12/27 through 12/29. Please note the emphasis on maximizing the FUN in FUNdamentals! Camp starts at the Arrowhead Lift at 9:00 AM and goes through 2:00 with a 45 minute lunch at a convenient time. Focus of the three days is on skiing and more skiing. Coaches will work on drills, games and activities that are proven to develop great skiers. Remember, we need to build great skiers before we can have great racers! Over the camp expect your kids to come home happy and tired, because coaches will also look to build athlete fitness. Groups will generally be aligned to the USSA ages, but there will be some flexibility depending on group size.

Cost for the 3 days of coaching will be \$150.00.

Please visit http://www.mohawkmtn.com/express_line.html to sign up for the MMART Holiday Fundamentals Camp at Mohawk!

8. Goal Setting & Feedback

Goal Setting

To achieve athletic excellence goals must be set. MMART coaches are going to use the SMART goal setting approach at the start of the race season. Within this framework, Dream, Long Term, Short Term, Weekly and Daily Goals can be set. Dream, LT and ST goals are all outcome based. Often that's as far as the goal setting exercise goes. We need to identify some daily and weekly goals as these are process based and action oriented. Spending time on this will help connect our athletes to achieving long and short term goals.

Verify that your Goal is **SMART**

Step 1 - Specific - What exactly needs to be accomplished?

Step 2 - Measurable - How will you know when this goal has been reached?

Step 3 - Achievable - Is this Goal achievable through effort and commitment? Do you have the resources to achieve this Goal? If not, how will you get them?

Step 4 - Relevant - Can you tie this Goal to a long term or dream Goal?

Step 5 - Timely - When does this Goal need to be achieved?

Dream- LT- ST- weekly- daily

Dream goal- " One day I will win the GS world cup globe!"

Long term goal- " I want to make USST D team criteria"

Short term goal- "Increase my training volume by 20%"

Weekly goal- "Tune all skis at least once a week"

Daily- "Make it to breakfast, be booted up in the van, get first chair so I can make 2 extra focused warm up runs each day".

Feedback

There will be feedback given to the athletes on the hill from the coaching staff. Feedback will revolve around one or two focus points for each training day. Feedback can come in many forms; it could be visual, auditory, kinesthetic or a combination. Whilst athletes will receive extrinsic feedback from coaches, it is important for them to be aware of their own intrinsic feedback.

Written feedback will be given to athletes and parents at two points in the season, once at the end of January, and once at the end of the season in mid to late March. Feedback will be given to assess the Athletes Attitude, Attendance and Ability.

9. Athletes Expectations

- Have FUN!!!
- All Race Team Members represent Mohawk Mountain at all times (not just on the hill).
- Must review and abide by the USSA Code of Conduct (Found in the USSA Alpine Competition Guide).
- No athlete(s) will be allowed to jeopardize the team's good standing with the mountain, Snowsports Discovery Center or the general public.
- Athletes need to show respect for coaches and fellow racers.
- Inspect courses before running them.
- Show good team spirit by cheering for fellow athletes, offering insights on course and conditions, offering to help carry a fellow racer's jacket, etc.
- Treat all equipment with care and respect.
- Meet promptly at the start of practices
- Must stay with assigned coach (unless permission is granted by the most senior coach or his proxy to leave the group).
- Take lifts together whenever possible.
- Not cut lift lines.
- Ski in control at all times.
- Athletes must be able to take the lift alone.
- Athletes must be able to leave the hill and enter the lodge alone if required (bathroom, clothing change etc).
- Racers must abide by all speed restrictions in beginner areas such as Nutmeg.
- Communicate any concerns to a parent and/or a coach.
- Adhere to the 'Your Responsibility Code'
- Have more fun!!!

10. Parents Expectations

- Make sure all memberships are up to date; USSA, CYSL, Tri-State (keep #'s handy).
- Get your athlete to the mountain on time.
- Must review and abide by the USSA Code of Conduct (found in the USSA Alpine Competition Guide).
- Refrain from following groups on the training hill while practice is in session. It is okay to watch a group ski by. If for some reason you need to meet with your child, check with the coaches first.
- Warm clothing is a must (specific clothing/style not required).
- Helmet & Goggles mandatory at all times (training & races).
- Skis should be tuned weekly (at a minimum), daily recommended.
- Lunch must be provided
- Support the Parents Association.
- Get to know your athlete's assigned coaches.
- Respect the mountain/lodge and general public.
- Provide love and support regardless of the sport outcome.
- Make your child responsible for his/her sport preparation (e.g., equipment ready)
- Have realistic expectations and keep success in perspective
- Emphasize the importance of hard work.
- Provide transportation, financial, & logistical support
- Recognize and encourage your child when he or she does something right
- Show interest, enthusiasm, and support for your child and team
- Be in control of your emotions
- Thank the coaches, officials, and other volunteers who conducted the event
- Remain in the spectator area during competitions
- Help make sport fun!

11. Long Term Athlete Development

USSA Alpine Training System

The Alpine Training System describes the long-term athlete development of a ski racer from their introduction to the sport through the pinnacle of their racing career. It is built on a fundamental principle:

Before an athlete can become a truly great ski racer, they must become a great skier.

That is, the development should first focus on a skier's athletic skills and their skiing foundation, before focusing extensively on ski racing. **These core skills are developed to a large degree outside of traditional race courses.**

But there's more to it than just skiing skills. Kids are in it to have fun and be with friends as well. The Alpine Training System is designed to take all these factors into account and provide a blueprint for successful programming for clubs, coaches and athletes.

The Alpine Training System matrix describes the sport participation, conditioning emphasis, technical and tactical emphasis, equipment selection and preparation recommendations, performance psychology emphasis and competition emphasis for ski racers in each of the training phases.

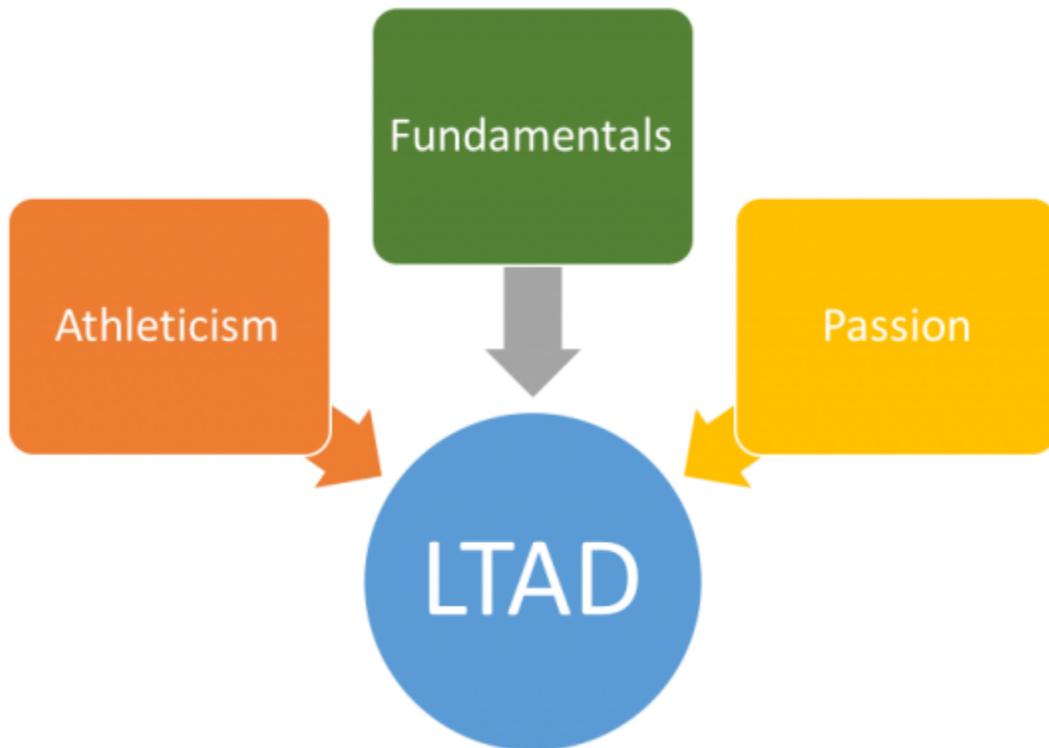
Fundamentals, Athleticism and Passion

The USSA training systems detail athlete development in all phases and domains. Before anything else, the following 3 concepts are the foundation for everything we do as clubs, coaches, athletes, and parents. Increased capacity in these areas, necessary for performance at the highest levels, builds over a long period of time.

Fundamentals: *a focus on building basic skills in all areas of the sport that will lead to high performance of more specialized skills over time.*

Athleticism: *the application of fundamental skills through a multitude of environments and sports focusing on building higher capacity in all elements of physical fitness and health.*

Passion: *the fuel drives athletes to pursue the sport with joy, grit, and perseverance sustaining a lifetime of constant improvement and enjoyment.*



What Is Long-Term Athlete Development?

At its most basic level, LTAD is about doing the right things to prepare athletes for **long-term success** and ***enjoyment***. In many cases, traditional training and competition programs are designed around short-term success to the detriment of long-term potential.

Why Do We Need The USSA Training Systems?

While the United States has developed many international stars in skiing and snowboarding, we believe there is great opportunity to increase the competitive density. At the same time, while skiing and snowboarding are inherently enjoyable and thrilling sports, we see too many skiers and riders dropping out at young ages. The USSA Training Systems help address both of these concerns.

What Are The Key Concepts?

The USSA Training Systems are divided into 6 Phases of Development and 7 Domains. The Phases of Development track an athlete from starting in the sport to World Class

Performance. The phases are based on a combination of an athlete's chronological, biological and training ages. These three factors are the primary determinants of what activities, skills and competition level is appropriate for a given phase.

The Domains are the major categories used to define each area of focus for each phase. Each domain consists of several Elements that make up each domain. The Training Systems consist of the following 7 domains:

The **Development Domain** gives definitions and guidelines used to determine an athlete phase placement. The determining factors are Chronological Age (actual age of the athlete), Biological Age (stage of physical development) and Training Age (number year of sport participation). The Development Domain also provides guidelines for appropriate training volumes, annual training, training focus and complementary sports.

The **Physical Fitness Domain** provides definition and guidelines for development of an athletes physical capabilities based on phase and age appropriate recommendations. This domain also addresses guidelines on nutrition, hydration and recovery throughout the phases of development.

The **Technical Domain** contains guidelines and benchmarks for the development of key skills required at each phase. Skills presented in the earlier phases are critical to the progression in to the higher levels of each sport. The recommended skills in each phase were defined and developed by USSA National Team coaches, USSA Sport Education Committees and other experts in each sport.

The **Tactical Domain** builds on the Technical Domain by providing recommendations for application of skills to terrain, courses, features and competition venues.

The **Equipment Selection and Preparation Domain** outlines the knowledge and skills an athlete needs to maintain and prepare their equipment for training and competition.

The **Mental and Social Skills Domain** addresses the progression of performance psychology through an athlete's development.

Finally, The **Competition Domain** outlines a gradual pipeline through the competition pathways for each phase of development.

Taken as a whole, the USSA Training System provide a thorough and comprehensive set of recommendation for Long Term Athlete Development in each sport. They are designed to help USSA Clubs, Coaches and Parents gain an understanding of the critical factors in each phase of development.

12. Equipment

Rules

The following two links provide information on skis, boots and helmet regulations and you should be familiar with this information:

<http://ussa.org/sites/default/files/documents/athletics/athleticsexecutive/2014-15/documents/2017-2018-Equipment.pdf>

<http://ussa.org/sites/default/files/documents/athletics/compservices/2015-16/documents/2016 alp helmet regulations.pdf>

Check list

U10

Junior Multi Event Race Skis (cap or vertical sidewall construction)

Boots fitted properly (3 or 4 buckle, be sure athlete can flex their ankles)

Hard Ear Helmet (with removable chin guard for slalom)

Ski Poles (regular or specific GS)

Junior Shin Guards

Race Suit

As the season progresses U10s will start to spend some time in full length slalom gates and I would recommend some slalom poles with guards and fore arm guards.

U12

Specific Junior Race Slalom Ski with vertical sidewall construction

Specific Junior Giant Slalom Ski with vertical sidewall construction

Junior Race Boots fitted properly (4 buckle, consider having them aligned and some footbeds)

Hard Ear Helmet (with removable chin guard for slalom)

GS Ski Poles

SL Ski Poles with guards

Fore Arm Guards

Junior Shin Guards

Race Suit

U14

Specific Junior Race Slalom Ski with vertical sidewall construction

Specific Junior Race Giant Slalom Ski with vertical sidewall construction
Junior Race Boots fitted properly (4 buckle, with perfect alignment and some footbeds)
Hard Ear Helmet that conforms to FIS standard (with removable chin guard for slalom)
GS Ski Poles
SL Ski Poles with guards
Fore Arm Guards
Junior Shin Guards
Race Suit

U16

Slalom Ski
Giant Slalom Ski
Junior Race Boots fitted properly (4 buckle, with perfect alignment and some custom footbeds)
Hard Ear Helmet that conforms to FIS standard (with removable chin guard for slalom)
GS Ski Poles
SL Ski Poles with guards
Fore Arm Guards
Junior Shin Guards
Race Suit

U19

Slalom Ski
Giant Slalom Ski
Race Boots fitted properly (4 buckle, with perfect alignment and some custom footbeds)
Hard Ear Helmet that conforms to FIS standard (with removable chin guard for slalom)
GS Ski Poles
SL Ski Poles with guards
Fore Arm Guards
Shin Guards
Race Suit

For those interested in attending a speed camp or competing FIS in the future, consider picking up a set of SG skis

Where to buy?

I recently visited **Suburban Sports** in Berlin, CT. This store will be able to accommodate all your race needs. They have a huge inventory on site and stock race skis from Rossignol, Head, Atomic and Fischer. For race boots they stock Lange, Fischer, Atomic, Rossignol, Head and

Dalbello. They offer race pricing for Mohawk athletes (just provide your USSA member card or Mohawk race team order receipt). They have a **Race night on Saturday September 30th from 3-8pm** where manufacture reps attend. If you know exactly what you are looking for you can order on line with free shipping on orders over \$50.

At **Mohawk Mountain's MMS Outfitters** store we have helmets and chin guards from POC and race poles, gloves, fore arm guards, pole guards and shin guards from Leki.

If you can't find what you are looking for out in the market place, Mohawk has accounts with Head, Rossignol, Elan and Volkl/Marker/Dalbello and we can look in to sourcing the product you need. Just let me know and I will put you in touch with Matt who oversees all equipment orders.

Race Service and Tuning

Whether you are buying new or used skis for this season or using the same skis from last season, I strongly recommend you take your skis to a reputable service center for a full race tune/restoration. This tune/restoration should involve removing bindings and plates, side wall prep, base stone ground to flat, base stone "race" structure, side edge angle and base bevel set to your request, hot box waxing, hand waxing, and finally a binding reinstall and test. This can be done at Suburban Sports and once complete all you will need to do throughout the season is sharpen the side edges, de tune the tip and tail, apply temperature specific wax, scrape and brush the bases. I plan to have a demo of how to do these basic maintenance steps at the end of the Fall parents meeting. Mohawk's own workshop can provide this "Racers Edge" tune to maintain edge sharpness and waxing throughout the season.

Edge angle and base bevels

This very much depends on the skier and it should be a conversation you have with your coach to determine what is right for your athlete. As a general guide I would go with the following:

U10 - 2 degrees side, 1 degree base bevel

U12 - 2 degrees side, 1 degree base bevel progressing to 3 degrees side, 1 degree base bevel

U14 - 3 degrees side, 1 degree base progressing to SL Specific 3 degrees side, 0.5 degrees base bevel and GS 3 degrees side and 0.75 base bevel

U16 & U19 - SL 3 degrees side, 0.5 degrees base bevel and GS 3 degrees side and 0.75 base bevel

Ski Length

Optimal ski length is determined by the following order: ability, weight and strength. This usually equates to SL skis being between chin and nose and GS skis being between eye level and just over the head. Just be sure to check the regulations on ski length in the links above.

Ski Boot Fitting

Talk to a serious boot fitter who will do a shell check, make recommendations about alignment/canting of the boots and some footbeds or custom footbeds. It is important that every athlete can flex their ankles and we see athletes in boots that are too stiff for them every year. Not being able to flex the ankles causes the knee to over flex placing the athlete in an unwanted aft position on their skis.

13. Training Plans

U10/12/14 Pre Season Training Program Sept 10th 2017				
Phase 1 - Stabilization Endurance		4 weeks	1-2 workouts per week	
Warm Up				
1	Walking Knee Hugs	2x10	5 each leg	
2	Walking Leg Cradles	2x10	5 each leg	
3	Walking Quad Stretch	2x10	5 each leg	
4	Inch Worm or Toe Touches	2x10		
Circuit				
1	Single Leg Squats	2x16	8 each leg	
2	Single Arm Band Chest Press	2x16	8 each arm	
3	Lateral Lunge to Balance	2x16	8 each leg	
4	Single Leg Balance with 2 Arm Band Row	2x16	8 each arm	
5	Floor Bridge	2x16		
6	Plank	Work upto 45 secs		
Cool Down				
1	Foam Roll Calves	30 secs each calf		
2	Foam Roll Quads	30 secs each quad		
3	Foam Roll Hamstrings	30 secs each hamstring		
4	Foam Roll Outer Thigh	30 secs each outer thigh		

U10/12/14 Pre Season Training Program Sept 10th 2017					
Phase 2 - Strength Endurance			4 weeks	2-3 workouts per week	
Warm Up					
1	Walking Knee Hugs		2x10	5 each leg	
2	Walking Leg Cradles		2x10	5 each leg	
3	Walking Quad Stretch		2x10	5 each leg	
4	Inch Worm or Toe Touches		2x10		
Super Set					
1	Body Weight Squats		2x12		
2	Plank with toe taps		2x12	6 each leg	
1	Split Squats		2x12	6 each leg	
2	Single Leg Balance with 1 Arm Band Row		2x12	6 each arm	
1	Walking Lateral Lunges		2x12	6 each way	
2	Single Leg Floor Bridge		2x12	6 each leg	
Cool Down					
1	Foam Roll Calves		30 secs each calf		
2	Foam Roll Quads		30 secs each quad		
3	Foam Roll Hamstrings		30 secs each hamstring		
4	Foam Roll Outer Thigh		30 secs each outer thigh		

U10/12/14 Pre Season Training Program Sept 10th 2017				
Phase 3 - Power		4 weeks	2 workouts per week	
Warm Up				
1	Walking Knee Hugs	2x10	5 each leg	
2	Walking Leg Cradles	2x10	5 each leg	
3	Walking Quad Stretch	2x10	5 each leg	
4	Inch Worm or Toe Touches	2x10		
Single Exercises				
1	Squat Jumps	3x6	Rest >30secs between sets	
2	Plank with Arm Extensions	2x12		
3	Ice Skaters	3x6	Rest >30secs between sets	
4	Floor Bridge Marching	2x12		
5	Lunge Jumps	3x6	Rest >30secs between sets	
6	Bird Dog	2x12		
Cool Down				
1	Foam Roll Calves	30 secs each calf		
2	Foam Roll Quads	30 secs each quad		
3	Foam Roll Hamstrings	30 secs each hamstring		
4	Foam Roll Outer Thigh	30 secs each outer thigh		

MMART Goal Setting

Athlete Name:

Age Group:

Date:

Dream Goal:

Long Term Goal:

Short Term Goal:

Weekly Goals:

Daily Goals:

MMART Athlete Feedback

Athlete Name:

Age Group:

Date:

Attitude:

Attendance:

Ability: