



USSA U10 2019/2020

Ages 8-9 (YOB 2010-2011)

This team is for athlete ages 8 and 9 who want to participate in a competitive racing program. The U10 athletes will train on Saturdays and Sundays with an additional opportunity for additional training on scheduled Fridays throughout the season. The U10 team will race in the Rocky Mountain Division (RMD) Age Class Open series with other athletes from other teams in Colorado, Wyoming and New Mexico. The emphasis for these athletes will be to continue to develop strong fundamental skiing skills while racing in competitive events throughout the season.

U8 athletes, ages 6-7 may join this team. U8 athletes are not separated from U10 athletes at age class events. We welcome any U8 athlete that wishes to compete in the age class series to join this fun and exciting team.

The U10 team will free ski on Powderhorn Mountain Resort (PMR) and ski areas in Colorado throughout the ski season to work on developing strong skiing and racing skills. At least 40% of this team's time will be spent working in gates, skill development courses and other gate related training. Early season training will begin in late November at Aspen Mountain or Aspen Highlands.

A USSA Youth Membership is required for athletes to race in Age Class Open events. Please go to <http://ussa.org> to complete your USSA membership.

Dryland Training:

Oct. 8 – Nov. 14: *Lincoln Park, Stocker Stadium*
Every Tuesday and Thursday 5:30 – 6:30pm

On Snow Training:

Nov. 30 – Dec. 1: *Aspen Mt.*
Dec. 7-8: *Aspen Mt.*
Dec. 14-15: *TBD (Aspen Mt. or PMR)*
9:00am – 2:30pm

Christmas Camp:

Dec. 21-23 (Off 24th, 25th)
Dec. 26-30 (Off 31th, 1st)
Jan. 2-3 3rd travel day

Race Schedule:

Jan. 4-5: M/W 4 SL *Aspen* Age Class
Feb. 1-2: M/W 4 GS *Loveland* U10/U12

U10 Championship:

Mar. 7-8: M/W 2 GS/2 SL *Telluride*

Program Cost: **\$1,100**

Coach: **Matthias Schmidt**