



# USSA U12 2019/2020

## Ages 10-11 (YOB 2008-2009)

The U12 team is for athlete ages 10 and 11 who want to participate in a competitive racing program. U12 athletes will train on Saturdays and Sundays with an additional opportunity for training on scheduled Fridays throughout the season. The U12 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.

The U12 team will free ski at Powderhorn Mountain Resort (PMR) and other ski areas in Colorado throughout the ski season to work on developing strong skiing and racing skills. At least 50% 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:**

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

### **Christmas Camp:**

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

### **Race Schedule:**

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

### **U12 Championship:**

Mar. 14-15: M/W 2 GS/2 SL **Powderhorn**

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

Coach: **Matthias Schmidt**