



USSA U14 2018/2019

Ages 12-13 (YOB 2006-2007)

The U14 team is for athlete ages 12 and 13 who want to participate in a competitive racing program. U14 athletes will train on Saturdays and Sundays with an additional opportunity for training on scheduled Fridays throughout the season. The U14 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 U14 team will free ski at Powderhorn Mountain Resort (PMR) and other ski areas throughout Colorado 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:

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 31st, 1st)
Jan. 2-3 3rd travel day

Program Cost: **\$1,575**

Coach: **Matthias Schmidt**

Race Schedule:

Jan. 4-5: M/W 4 SL **Aspen** Age Class
Feb. 1-2: M/W 4 GS **Winter Park** (U14 Qualifier)

Prater Cup: (U14 Qualifier for Championships)

Feb. 21-23: M/W SG Training/SG Race/2 SL **Crested Butte**

Council Cup: (Finale race for those not making Champs)

Mar. 6-8: M/W SG Training/SG Race/2 GS/2 SL **Ski Cooper**

U14 Championships: (Must Qualify)

Mar. 9-14: M/W SG Training/SG Race/Duals/2 GS/2 SL **Steamboat Springs**