



CARRABASSETT VALLEY ACADEMY WEEKEND PROGRAM

PARENT AND ATHLETE HANDBOOK 2016/2017



2016 USSA CLUB OF THE YEAR

Carrabassett Valley Academy, in partnership with the Sugarloaf Ski Club and Sugarloaf resort, is proud to announce it was awarded the USSA Club of the Year and USSA Snowboard Program of the Year. Also, CVA received Gold Club Certification in 2015 by the United States Ski and Snowboard Association. These awards reflect the highest recognition of club excellence bestowed by USSA.

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COMMUNICATION

Head of School	Kate Punderson	207-215-5528	kpunderson@gocva.com
Freestyle Program Director	Nathan McKenzie	207-441-4759	nmckenzie@gocva.com
Freestyle WP Manager	Joan Dolan	207-215 8741	jdolan@gocva.com
Snowboard & SX Program Director	Alex Tuttle	207-491-7447	atuttle@gocva.com
Snowboard WP Manager	Meghan Price	603-723-8512	mprice@gocva.com
Ski Cross Program Head Coach	Alex Hemlin	613-864-8062	ahemlin@gocva.com
Ski Cross WP Head Coach	Matt Rolfson	207-314-6123	mrolfson@gocva.com
Alpine Program Director	Kraig Sourbeer	802-535-9539	ksourbeer@gocva.com
Alpine WP Manager	Ron Bonnevie	207-491-7134	rbonnevie@gocva.com
Alpine WP Head U10/8 Coach	Josh Cushman	207-838-0834	jcushman@portlandbuilders.com
Alpine WP Head U12 Coach	Len Saulter	207-272-8408	lensaulter@maine.rr.com
Alpine WP Head U14 Coach	Jon Wagner	508-274-9713	jwagner@gocva.com
Alpine WP Head U16 Coach	John Thompson	978-375-7117	jthompson@gocva.com
Alpine WP Head U19 Coach	John Thompson	978-375-7117	jthompson@gocva.com

Bill & Joan Alford Competition Center Events Coordinator:

Laurel Lashar	207-237-6896	llashar@sugarloaf.com
Sugarloaf Ski Club	(207) 237-6955	info@sugarloafskiclub.com
USASA Maine Mountain Series Directors:		
Bill & Chrissy Hamel	603-470-8697	dirtpoorracingmx@yahoo.com

CVA	www.gocva.com
USSA	http://www.ussa.org/
Eastern USSA Freestyle	www.EasternFreestyle.org
Maine Alpine Racing Association	http://www.skimara.org/home/
Sugarloaf Ski Club	http://sugarloafskiclub.org/

WEEKEND PROGRAM NEWSLETTERS

Newsletters will be shared with each discipline group on their respective pages on goCVA.com. Typical frequency for updating posts will be once a week, however this may vary from time-to-time or per the discrepancy of the program manager.

Newsletters will provide both summary information from the previous week, as well as go-forward information for the upcoming week. If additional information needs dispersal outside of the newsletter, coaches will communicate with their parent groups via Team App, or the closed Facebook group [Alpine only].

[Click here for WP Freestyle Newsletter](#)

[Click here for the WP Snowboard Newsletter](#)

[Click here for WP Ski Cross Newsletter](#)

[Click here for WP Alpine Newsletter](#)

WEEKEND PROGRAM GOOGLE CALENDARS

[Click here for the 2016-17 WP Freestyle Calendar](#)

[Click here for the 2016-17 WP Snowboard Calendar](#)

[Click here for the 2016-17 WP Ski Cross Calendar](#)

[Click here for the 2016-17 WP Alpine Calendar](#)

FACEBOOK

Facebook as an important communication tool for the Weekend Program. Please join the pages to see photographs, results and other important and fun content.

[Alpine WP Facebook Group](#)

[CVA Facebook Page](#)

[Freestyle Facebook Page](#)

[Snowboard Facebook Page](#)

[Alpine Facebook Page](#)

[Ski Cross Facebook Page](#)

[ALPS Facebook Page](#)

[Gear Swap Facebook Page](#)

TEAM APP

Team App will be used by coaches to share time-sensitive information regarding upcoming training plans, as well as upcoming events, and relevant program information, with their individual teams. Parents will be expected to download the app (which can be done on your smartphone, or via the web at www.TEAMAPP.com).

Once the application has been downloaded, parents will need to join the Carrabasset Valley Academy community (this can be found through a search, please be sure to search using the school name spelled out fully). <https://carrabassetvalleyacademy.teamapp.com/dashboard>

Once within the community parents should select ONLY the teams for which their child/ren is/are a part of.

WELCOME TO THE CVA WEEKEND PROGRAM!

Over the years, the United States Ski and Snowboard Association (USSA) and numerous other sport organizations have researched why kids participate in sports. The three primary reasons are:

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

Fun, friendships, improvement - these are resoundingly 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 skiing/snowboarding
- Teach solid skiing/snowboarding skills using the USSA system of long-term athlete development
- Introduce competitive skiing/snowboarding to the families and athletes
- 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 that he or she 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 his or herself, but also on the entire CVA and Sugarloaf communities. Giving respect to each other as well as for each other's personal belongings is crucial towards maintaining a healthy environment for all. Weekend Program participants represent CVA and Sugarloaf at all times, on and away from the mountain.

SUPPORTING ORGANIZATIONS FOR THE CVA WEEKEND PROGRAMS

SUGARLOAF SKI CLUB

The Sugarloaf Mountain 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 the 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.

[Sugarloaf Ski Club Calendar of Events](#)

All Weekend Program families are encouraged to become members of the Ski Club each year.

[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 President of the Sugarloaf Ski Club, Laurel Lashar is the Event & Competition Coordinator, and Jim McCormack is the Manager of the Competition Center. This new center should be your on-mountain home base. If you have any questions, ask us!

USSA

The U.S. Ski and Snowboard Association (USSA) 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, the USSA oversees athletic pipelines for development in the sports. With a vision to make the USA the best in the world in Olympic skiing and snowboarding, the USSA 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. The USSA, established in 1905, operates out of the national training and education facility, the Center of Excellence, in Park City, UT.

USASA

The vision of the United State of America Snowboard and Freeski Association (USASA) is to be the premier snowboard and 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 on academics.

ADVICE TO PARENTS

One of the primary focuses of the CVA Weekend Program is to allow young athletes to truly discover the sport of skiing/snowboarding; to provide 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 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 the outcome 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 allowing the athlete to grow and improve naturally at their own pace. Encouraging and helping your athlete 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 as well as 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 USSA and USASA sanctioned events. You will be trained how to do the necessary tasks associated with the particular volunteer position you sign up for. Your participation will directly impact the success of our events, as well as your child's enjoyment of them.

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

WEEKEND PROGRAM DATES 2016-2017

This year's program runs from December 3rd until April 2nd, and meets each Saturday and Sunday. The program also meets MLK Day, January 16th, during Christmas vacation Dec. 27-31 (January 1st is a day off), and during February vacation week with Wednesday Feb 27th off.

MEETING LOCATIONS

The Freestyle Program meets in the area between the top of the Sawduster chairlift and the bottom of the Double Runner Chairlift.

The Snowboard Program meets outside the Competition Center.

The Ski Cross Program meets in front of the flag poles just outside the rental shop.

The U8-14 Alpine Programs meets between the top of Sawduster Chair and the Perfect Turn Building on the Landing.

The U16/19 Alpine Program meets near the maze of Double Runner B.

PROGRAM TIMES

8:30 - 11:00	Ski/Snowboard Training
11:00 - 12:00	Lunch Break
12:00 - 2:00	Ski/Snowboard Training
2:00- 2:30	U14-U19 Alpine Training

COMMUNICATION

Good communication is key to the success of the Weekend Program. We encourage all parents to proactively communicate with their coaches at all times. Coaches communicate training plans in a variety of ways. There are several changes to the communication and outreach plan for the 2016/17 season, as outlined below:

1. Each week the program director will post an updated newsletter to the CVA website (gocva.com) on the various discipline pages. It is important that you make a habit of checking the page weekly for the most updated information. The newsletter also contains links to the calendar and other vital information. Newsletters will be posted on Wednesday afternoons.
2. Team App will be the vehicle for coaches and parents to remain in contact, to share information beyond that which was included in the newsletter, and/or to remind parents and athletes of important information.
3. Email communication will be greatly reduced (if not eliminated) this year, in an effort to reduce e-clutter for parents, and ensure everyone has access to the same information.

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 strongly discouraged. Instead, please park in day parking lots below the Sugarloaf Hotel or in 60 minute parking. CVA, the Sugarloaf Ski Club and USSA 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 is priced to support athletes at Sugarloaf and the surrounding region (ME, NH, VT) in competitions falling on weekends during the WP calendar and for end of season championships. The program fee does not include coaching or support outside this region or for dates not on the published Weekend Program calendar. When coaching or support is needed either outside the region and/or outside the regular scheduled dates, additional project fees will apply. Project fees reflect the additional costs incurred to have the coach accompany the Weekend Program athletes. The additional costs are shared by all Weekend Program athletes in attendance at the event.

Below is the breakdown of what additional costs would be incurred:

	On WP Scheduled Dates	Off WP Schedule
Out of Region	Coach Travel Costs	All Coach Costs *
In Region	-	All Coach Costs *
Overnight Supervision	\$100 shared by all supervised athletes	\$100 shared by all supervised athletes

* If a trip falls on both scheduled and unscheduled dates, additional costs are applied according to each date.

(ex. A four day, in region trip that has 2 days on the WP schedule and 2 days off the schedule = no charge for the 2 scheduled dates, but all coach costs, except travel, for the 2 unscheduled dates)

* Depending on the length and distance of the competition, coaches' expenses may include any or all of the following: wages, transportation, lodging, and food.

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.

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 will be charged a \$20 fee each way 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.

SAFE SPORT GUIDELINES

Consistent with the governing bodies of our sport-USSA and U.S. Olympic Committee (USOC), providing a safe environment to protect the health and well being of our athletes is a high priority for CVA and at the center of all our programs. SafeSport is a valuable partnership between the USSA and the USOC with a variety of SafeSport Guidance Resources. SafeSport helps raise awareness about misconduct in sport, promotes open dialogue, and provides training and resources. All CVA coaches are Safe Sport Certified.

CVA follows all relevant guidelines and protocols of the USSA Safe Sport program, found at ussa.org/safesport, including, specifically:

- 1) SafeSport Guideline found at <http://ussa.org/ussa/ussa-safesport-guidelines>
- 2) Policy on Abuse, Molestation, and Sexual Harassment found at <http://my.ussa.org/ussa/policyabuse-molestation-and-sexual-harassment>

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 in learning processes, brain development, and increases the chance of 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 USSA, FIS, and NCAA, Carrabassett Valley Academy prohibits the use of all illegal and restricted substances. See

<http://www.ncaa.org/sites/default/files/2014-15%20Banned%20Drugs%20Educational%20compliance.pdf>

<http://ussa.org/alpine-programs/athletes/high-performance/sports-medicine/anti-doping>

CONCUSSION

The Consensus Statement on Concussion in Sport: The 4th International Conference on Concussion in Sport Held in Zurich, November 2012 defines concussion as the following:

“Concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic

biomechanical forces. Several common features that incorporate clinical, pathologic, and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include :

1. Concussion may be caused by a direct blow to the head, face, neck, or elsewhere on the body with an impulsive force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours.
3. Concussion may result in neuropathologic changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard and structural neuroimaging studies.
4. Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course. However, it is important to note that in some cases, symptoms may be prolonged.

“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 Concussion (interchangeable with TBI or Traumatic Brain Injury) please click here:

[CDC Parent Information Sheet](#)

[NATA position statement](#)

[Zurich Consensus Statement](#)

[CDC Parent Fact Sheet](#)

[Free Online Concussion Training Course](#)

In the event your child is suspected of having suffered a concussion, please refer to the following “at home” care sheet that also discusses warning signs for emergency:

[At home care of concussion](#)

Concussion Protocol: To prevent risk of serious injury or long-term consequences, CVA follows a strict policy. CVA, USASA and USSA compliance for concussion is satisfied by immediate removal of the student-athlete with a suspected concussion. Athletes suspected of concussion will be referred to ski patrol to assess the need for referral to the hospital. Additionally, CVA and USASA require evaluation and clearance by a qualified healthcare professional before they are able to compete again. 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 USSA follows this same policy and requires that Jeff Weinman is contacted with the name, USSA ID, and date/place of concussion. If an insurance claim is expected, an USSA accident form should also be completed. [Click here for the complete USSA concussion policy and related forms.](#)

FREESTYLE PROGRAM SPECIFICS

Freestyle is a sport made up of several disciplines; Moguls, Dual Moguls, Freeride (All Mountain Competitive), Freeski (Halfpipe and Slopestyle). In competition, the athletes participating in each event are judged by a panel of at least 3 judges.

Moguls skiers charge through a field of snowy bumps with one to two obligatory jumps that separate the course into sections. Skiers are judged for their technique, how well they perform their jumps, and speed. Moguls were added to the Olympics in 1992. In the Olympics athletes compete in single moguls while USSA, NorAm, and World Cup tours all have dual moguls events. Dual moguls are where competitors face off head-to-head, side-by-side, and the best skier advances.

The objective of competitive mogul skiing is to take the straightest, fastest line through the moguls, while making good quality short radius turns and taking two “airs” along the way. Mogul competitions take place on well- moguled courses with runs that last from twenty seconds to one minute.

Halfpipe skiers launch themselves out of the halfpipe performing a series of jumps, tricks and spins. Athletes are judged on their degree of difficulty, amplitude and execution of each trick performed. Currently halfpipe events are at the USASA, USSA, NorAm, and World Cup levels. Halfpipe skiing made its debut in the 2014 Olympics.

Slopestyle tests a skier’s ability to handle a variety of terrain by executing freestyle maneuvers down a 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 will make 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 and develop their skills in all off-axis and inverted maneuvers on water ramps or Bag Jump sites and trampolines before taking them to the snow. Slopestyle made it’s debut in the 2014 Olympics.

Freeride skiing competitions are “all mountain competitions” where athletes are judged on technique and clocked on the time it takes to ski the steepest and most intense black diamond terrain in the East.

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, straight sidewall 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

MOGULS:

SKIS—standard length, mogul specific skis are preferred. For entry level mogul competitors, narrow waist, straight sidewall junior model twin tip skis are also good. Avoid purchasing cap model skis if possible as they do not perform or hold up as well as skis with traditional sidewalls.

MOUNTING—regular

POLES—slightly shorter than standard length, poles should come to the athlete's hip socket when standing on their skis

HELMETS—Helmets must be worn for Moguls and Freeride at all times.

PARK: For entry level competitors, straight sidewall junior model twin tip skis 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.

SKIS -

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

WHO COMPETES IN FREESTYLE?

Anyone who trains with the CVA weekend freestyle team is eligible to compete in United States Ski Association (USSA) sanctioned competitions, USASA sanctioned competitions and/or in Junior Freestyle League for mogul and drop-box competitions.

The entry level of USSA 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. The ECS or “A” level is for competitors in the Eastern United States, who are 13 years of age and up. A younger freestyler may be moved 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 Bump League and Drop Box League are for interested skiers age 13 and under. There are typically 4-6 Junior Freestyle League competitions held at Sugarloaf during the ski season. All

freestylers 13 and under who are not involved in USSA “A” competitions should plan on participating in the Junior Freestyle League.

Competitors involved in USSA and USASA Freestyle competitions are divided into levels by age and gender. The chart below shows the USSA age groups. Your classification is determined by your age as of January 1, of the current ski season.

U19	17 to 18 years old
U17	15 to 16 years old
U15	13 to 14 years old
U13	11 to 12 years old
U11	10 years old and younger

DO I NEED TO BECOME A MEMBER OF USSA or USASA?

All freestylers who plan to compete in moguls must become members of the United States Ski Association. You may sign up for your USSA Membership at www.USSA.org. All Freestylers who plan to compete in USASA Comps must be a USASA member. You may sign up at www.USASA.org

HOW DO I SIGN UP FOR A USSA COMPETITION?

You may sign up at the following address: <http://www.EasternFreestyle.org> 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.

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 weekend program calendar.

WHAT IF MY CHILD IS NOT TRAVELING?

There will always be groups of athletes with coaches training here at Sugarloaf for those athletes who are not traveling.

ADDITIONAL TRAINING OPPORTUNITIES

Trampoline Club:

Improve your performance and confidence on the snow by joining our Trampoline Club. The Trampoline Club is offered exclusively to WP athletes. Our coaches will teach you upright and inverted tricks at our world-class trampoline facility at the Anti-Gravity Complex complete with harness and spotting apparatus.

Trampoline Club is for athletes ages 8-19. We will meet on select Saturdays at 2pm-4pm from December to March

For more information on the Trampoline Club or to register contact Joan Dolan, 207-215 8741

Junior Bump League

Mini Mogul course events with at least one mogul air

Dates TBD

Drop Box League

Mini Box/Rail Jam event

Dates TBD

Winter Training Camps:

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

You will train Monday 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, pipe 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)

CVA Extra Training on Fridays

Get extra time on snow and improve your performance and confidence by skiing in our CVA Friday Training groups. This offers our weekend athletes and others a great opportunity to grab extra time on our Bag Jump Site, work in small groups and ski with great coaches and full time CVA athletes.

VISIT WWW.GOCVA.COM FOR PRICES AND THE REGISTRATION FORM

Other Camp Opportunities:

CVA offers a variety of camp opportunities including:

- AGC Tramp and Skateboard camp held on the CVA campus in late July and early August
- Lake Placid, NY ramp camps in the spring and fall
- Woodard on snow Camp June TBA

Contact Nathan McKenzie at CVA for more information on any or all of these additional training opportunities. 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, pipe, 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 strive to assist in teaching life-long 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:

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. 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 with the ability to focus on things they have control over and work to develop life-long 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: Halfpipe, Slopestyle, Big Air, 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.

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 encouraged 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 six 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.

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

HALFPIPE

In the Halfpipe event riders perform a series of maneuvers in the halfpipe 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.

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, which takes the riders a step further relatively by allowing 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 quarterpipes. Judging criteria and scoring are 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 or giant slalom. Many racers also freeride and most began snowboarding on freestyle boards before becoming involved in racing.

BANKED SLALOM

Banked slalom has long been regarded as the true test of athletic prowess on a snowboard. Riders compete against the clock in a best of two run format or a course made up of shaped berms.

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

Bindings

Boots- soft snowboard boots

Race:

Directional camber snowboard, medium to stiff flex pattern

Boots- soft for BX and BSL, Hard boots may be used for GS and SL.

Helmets:

Helmets must be worn at all times. Helmets must be certified for snow sports use and replaced every year. Must be CE Certified or ASTM F2040

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 www.usasa.org.

For Further Information on the Maine Mountain Series please contact:

Bill & Chrissy Hamel ~ dirtpoorracingmx@yahoo.com

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.

ADDITIONAL TRAINING OPPORTUNITIES

Snowboard Winter Camps are focused on competitive snowboarders 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.

Session 1	Jan	3-6
Session 2	March	14-17

Contact Micki Cota, mcota@gocva.com with questions.

Other Camp Opportunities:

- AGC Tramp and Skateboard camp held on the CVA campus in late July and early August
- Summer snowboard camps held in Oregon in June and Australia or South America in August.
- Contact Alex Tuttle atuttlet@gocva.com, for more information on these additional camp opportunities.

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. WP 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 life-long 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 life-long skills that will follow them off the snow, into college, and throughout their life.

WHAT EQUIPMENT DO I NEED FOR SKI CROSS?

The equipment you have for ski racing is perfect for SKI CROSS. If you have never ski raced before then you can use the boots you currently use. 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 fits for most skiercross courses. There are several SKI CROSS skis available on the market and are also good options. 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 heading to local races. These spots will be filled on a first come first served basis.

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

For Further Information on the Maine Mountain Series please contact:

Bill & Chrissy Hamel ~ dirtpoorracingmx@yahoo.com

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 is typically the day of the event.

A USSA membership will also be required for those SKI CROSS athletes who wish to participate in regional USSA 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. Additional fees required.

Contact Alex Hemlin ahemlin@gocva.com for more information on travel and accommodation options.

*The Weekend Program will run every day as it is scheduled, both sessions, all winter regardless of conditions. Even if no lifts are running. There are always fun ways to develop young athletes and we will be creative to fill all time available.

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.

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USASA SX training Fridays or USASA mid week events.

Coaching on these days is included in the cost of the program.

ALPINE PROGRAM SPECIFICS

COMMUNICATION

Team App

Each age group in the alpine program will have a Team App that will be managed by the [age group](#) head coach. The Team App is where you will receive age group specific information and updates, such as race schedules, daily training schedules, where and when to meet, what gear to bring to training and any day-of changes. Once you've been added to a Team App, you can manage the settings on your phone to receive push notifications for every update, ensuring that you can stay informed, even when you're on the slopes.

The group chat on Team App is a great place for parents to coordinate with each other for car pooling, race day volunteering and age group social events. Should you have children in multiple age groups, you'll be able to access each group through the Team App. Your child's head coach will create the Team App when we get closer to the start of the season.

Weekly Newsletter

Ron will continue to post a newsletter to the website weekly throughout the season. The newsletter will focus on information and news that's relevant to all of our alpine age groups. You can read the newsletter mid-week on the website: <https://www.gocva.com/alpineweekendprogramnews> and it will be posted to our [new](#) Facebook group once it's been updated. You will no longer receive weekly emails from Ron with links to the Newsletter. You will need to go to the website on your own or open the new Facebook group when you receive a notification from Facebook that a new post has been made. We will be updating the website with new information soon.

Facebook Group

New this year is a closed Facebook group for all parents of the alpine weekend program. We heard from many of you that you'd like to be able to receive information through Facebook and a group is the best way to ensure you don't miss a communication. Everyone that's a member of the group will see a red notification when they log onto Facebook, indicating that a new message has been posted to the group. Because it's a closed group, none of the comments you make on the group or messages that you post will be shared with your Facebook friends who aren't members of the group.

Along with the newsletter, we'll be sharing information about upcoming social events, opportunities to volunteer and other updates that are important for all alpine parents. The group is live now and you can request to join here: <https://www.facebook.com/groups/cvaalpinewp/>

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 USSA 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.

Birth Year	Age Group to Register
2009	U8 (Second Year)
2007-2008	U10
2005-2006	U12
2003-2004	U14
2001-2002	U16
2000-1996	U19/21

[Click here for information for new families and racers to provide guidance on what is needed at certain ages and abilities.](#)

[Click here to view the Alpine Training System matrix for recommendations on skier training based on age, experience and years in the sport.](#)

[Click here to view equipment guidelines and requirements for each age group and alpine discipline.](#)

ADDITIONAL TRAINING OPPORTUNITIES

Preseason & Summer camps

Summit County, Colorado, November 5-13, 2016

This preseason camp is a great way to develop solid fundamentals to begin the competitive season. 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 Copper. Skiing typically happens between 9-2, followed by a 2 hour study hall and a mobility/flexibility session before dinner.

Les 2 Alpes, France; Valle Nevado, Chile; Mt Hood, Oregon

Summer skiing opportunities will vary each year depending on snowfall & weather, but sessions are typically the end of June-beginning of July, late July, or mid August. Details & dates will be announced late winter.

Winter camps

CVA Winter Camps are designed for U12-U16 competitive alpine skiers who are looking to bring their skills to the next level. 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 throughout the competition season.

Winter camp participation is limited to 21 participants per session. Lodging is available for a limited number of campers in each session. Each winter camp session provides:

- On-snow training every day of the camp.
- Meals
- Fundamental Race Training
- Video Analysis
- Evening/Afternoon Activities
- Monitored Academic Blocks
- On Campus Housing option

2016/2017 BRIDGE CAMPS DATES:

Session 1: December 6-9

Session 2: January 10-13

Session 3: January 17-20

Session 4: February 1-3

Session 5: March 2-3

[Click here FMI and to register for Bridge Winter Camps](#)

CVA Training Days:

These are 8 Fridays throughout the season that allow U12-U16 athletes to train alongside full time CVA athletes. 12.9&16; 1.13&20; 2.3&10; 3.3&10

Training day athletes will be coached by full time CVA coaches. This is an excellent opportunity for young athletes to receive some extra training and bring their skiing to the next level.

[Click here FMI and to register for training days.](#)

Other Camp Opportunities

Contact Ron Bonnevie at CVA for more information on any or all of these additional training opportunities. Email: rbonnevie@gocva.com cell: 207 491-7134

ALPINE RACING ASSOCIATIONS

WHAT IS USSA?

USSA stands for the United States Ski Association. USSA is the membership arm of US Skiing, the National Governing body for the sport of skiing in the United States. USSA, along with U.S. Skiing, manages all aspects of competitive skiing. USSA 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 USSA races, they must have a USSA license. You may download a USSA Membership at www.ussa.org. Fill out the form and send it to USSA along with your membership fee as soon as possible, as USSA tends to be slow in processing memberships. You can also now register and pay online with www.ussa.org which will activate your membership immediately. Once registered you can download your registration card from the online site. Signing up the day of a race for USSA is no longer allowed for liability reasons by USSA. If you were a member of USSA during the past ski season, you should have received a new application from USSA during the summer, and sent it in for the upcoming ski season. www.ussa.org

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. www.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. Check the 'enter a race' tab MARA site for details, as each venue has it's own entry procedure. Dates and race locations are listed on the MARA website: www.skimara.org

Entry forms can be found on the MARA site.

*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 USSA 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: (Initial organizer + 4 races)

2016/2017 Race dates - organizer 12/28, GS 1/7, Panel SL 1/28, Kombi 2/18, GS 2/23

All races are subject to change

KCL is a race series held at Sugarloaf for athletes U8-U12**.

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

*U14's new to racing will also compete in the KCL series

*Race start time is at 9:30am unless otherwise specified

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?

There will always be a group with a coach training here at Sugarloaf for those athletes who are not traveling.

GREAT ALPINE 101 RESOURCE -- [2016-17 USSA Alpine Competition Guide](#)