

2012-2013 SSRA PROGRAM DESCRIPTIONS

	SSRA Alpine Ski Racing Teams		Ages
	Introduction to Ski Racing (U8-U12)	Saturdays only	5-11
	Introduction to Ski Racing (U8-U12)	Sundays only	5-11
	Youth Ski League (YSL: U8-U12)	Sat and Sun	5-11
	Full-Time Youth Ski League (U8*-U14)	Sat, Sun & Wed	7-13
	Alpine Team Development (DEVO: U12-U16)	See description	10-13
	U16 Alpine Team	See description	14-15
	FIS Alpine Team (U18-U21)	See description	16+

Ages are determined as of 12/31/12

Age	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Age Class	U8			U10		U12		U14		U16		U18		U21		
SSRA Team	Introduction to Ski Racing-Saturdays															
	Introduction to Ski Racing-Sundays															
	Youth Ski League (Saturdays and Sundays)															
	Full-Time Youth Ski League (Sats, Suns, Wed. Nights)															
	Alpine Team Development															
								U16 Alpine Team								
										FIS Alpine Team						

Introduction to Ski Racing-Saturdays & Introduction to Ski Racing-Sundays

Introduction to Ski Racing is designed for first-time participants ages 5-11. This program offers over 80 hours of coaching on Saturdays OR Sundays (must choose one or the other) from Dec 1st or 2nd to Mar 23rd-24th. Groups meet at 9am and ski together until 2:30pm. Program includes 5-day Holiday Camp (Dec. 27-31). Skiers compete in Mt. Spokane home series races and select EEYSL races.

Ages: 5-11 Age Classes: U8-U12
 Season: December 1st or 2nd to March 23rd or 24th, Saturdays or Sundays
 Included Camps: Holiday Camp (December 27-31)
 Races: Mt. Spokane home series and select EEYSL races





Youth Ski League (YSL)

Our most popular and successful program! The YSL is designed for skiers 5-11 who want to have fun becoming all-mountain skiers while developing abilities to compete in ski racing. The program offers over 165 hours of coaching on Saturdays AND Sundays, December 1st-March 24th and includes Holiday Camp (Dec. 27-31)! Groups meet at 9am and ski until 2:30pm. Skiers compete in the local EEYSL race series and Mt. Spokane home series.

Ages: 5-11

Age Classes: U8-U12

Season: December 1-2 to March 23-24; Saturdays AND Sundays

Included Camps: Holiday Camp-Dec. 27-31

Races: EEYSL race series and Mt. Spokane home series

Full-Time Youth Ski League

This program offers everything that our popular YSL program offers with the addition of Wednesday night training during January-Mid March. The Full Time Youth Ski League is a great option for those who want to have more opportunities for improvement and something fun to look forward to after school!

Ages: 7-13

Age Classes: U8*-U14

Season: December 1-2 to March 23-24; Saturdays AND Sundays

Night Training: January 2-March 7 on Wednesdays

Included Camps: Holiday Camp-Dec. 27-31

Races: EEYSL race series, Buddy Werner Championships (U14's only) and Mt. Spokane home series



Alpine Team Development (DEVO)

Alpine Team Development (DEVO) is designed for athletes 10-13 years old who want to take their skiing to the next level. Participating in the Alpine Team Development program takes a serious commitment to excel...and to have fun in the process! Although perfect attendance is not mandatory, it is expected that athletes will do their best to attend as often as possible, make the most of each training session, and to be daily contributors to the team. Dryland training begins October 16th (Tu/Th). On-snow training begins with a November camp (11/17-11/25) in Canada and continues at Mt. Spokane on Saturdays and Sundays through April. DEVO athletes have access to night training on Wed/Thurs nights (JAN 3- MAR 7) and speed training before the lifts open to the public. DEVO athletes participate in Club Races, EEYSL, Buddy Werner Championships, select PNSA scored races.

Ages: 10-13

Age Classes: U12-U14

Dryland Training: Oct.16-Nov.15; Nov.27-Dec. 13; Tu/Th (4:30-5:45)

On Snow Training: Begins with first local snow, or Banff training camp

Night Training: January 3-March 7 on Wednesdays and Thursdays

Included Camps: Banff Training Camp-Nov. 17-25

Early Holiday Camp-Dec. 19-23

Holiday Camp-Dec. 27-31

U12 Races: EEYSL race series; Mt. Spokane home series

U14 Races: EEYSL race series, Buddy Werner Championships, select PNSA scored races

U16 Alpine Team

The program is designed for committed athletes (ages 14-15) who want the necessary preparation to succeed in PNSA racing and regional championship races. Athletes should love to ski, be willing to employ a strong work ethic, and desire to contribute to the team. SSRA's U16 Alpine Team is an eight month, comprehensive program. Team dryland begins October 2nd and is offered on Tuesdays, Wednesdays, Thursdays, and Fridays. On-snow training starts with fall training camps at Mt. Hood (11/9-11/12) and Banff, Alberta, Canada (11/17-11/25) and continues at Mt. Spokane from the opening to the closing of the resort. U16 training takes place from 9am-2:30pm on weekends or from 7am-1pm when speed training. Mid-week training takes place on Wednesday and Thursday nights (Jan. 3 - Mar. 7) from 5pm-8pm. Athletes enrolled in the SSRA U16 Alpine Team program compete in PNSA divisional racing (DEC-APR) and may qualify for the Western Region U16 Championships or the CanAm project.

Ages: 14-15

Age Class: U16

Dryland Training: Oct.2-Nov.15; Nov.27-Dec. 13; Tu, W, Th, & Fri. (4:30-5:45)

On Snow Training: Begins with first local snow, or Banff training camp

Night Training: January 3-March 7 on Wednesdays and Thursdays

Included Camps: Banff Training Camp-Nov. 17-25

Early Holiday Camp-Dec. 19-23

Holiday Camp-Dec. 27-31

Races: See race schedule



FIS Alpine Team

The FIS Team is designed for those preparing for PNSA, Western Region, Canadian, and NorAm FIS competition. Competition schedules are tailored to meet the needs of each individual athlete. This program is periodized over 9 months following summer training camps. Dryland training begins Oct. 2nd and is offered on Tuesdays, Wednesdays, Thursdays, and Fridays. On-snow training begins with fall camps at Mt. Hood (11/9-11/12) and Banff, Alberta, Canada (11/17-11/25) and continues at Mt. Spokane from the opening to the closing of the resort. FIS Alpine Team training takes place from 9am-2:30pm on weekends, or from 7am-1pm when speed training. Mid-week training is offered on Wednesday/Thursday nights, from Jan. 3 - Mar 7. SSRA's FIS Alpine Team is for athletes 16+ who want to realize their full potential as scholar athletes.

Ages: 16+

Age Classes: U18-U21

Dryland Training: Oct.2-Nov.15; Nov.27-Dec. 13; Tu, W, Th, & Fri. (4:30-5:45)

On Snow Training: Begins with first local snow, or Banff training camp

Night Training: January 3-March 7 on Wednesdays and Thursdays

Included Camps: Banff Training Camp-Nov. 17-25

Early Holiday Camp-Dec. 19-23

Holiday Camp-Dec. 27-31

Races: See race schedule