

Training Goals

Training and competition intensify on the Race Team as the skier gets older, but all alpine racers are working toward refining the same basic skills necessary to ski fast and in control through a race course. The free ride skiers are looking to improve their form and style while increasing their performance.

JDATC welcomes our future Mount Southington Racers to our **U8** Developmental Team. They are loads of fun and bring in new enthusiasm to our program. The Developmental Team is the stepping stone to our full program at our JDATC Training Facility. ***To be a part of our Developmental Team, a skier must be able to load, ride and unload the chairlift independently.***

U10 skiers will be taught to master basic skiing skills and will be introduced to racing techniques and tactics. Skiers in **U12** and **U14** will refine their skiing technique, with a greater emphasis placed on racing tactics. Approximately 60% to 70% of the U10, U12, and U14 race training will be allocated to technique and skill development. This aspect of training will consist of free-skiing and drills that work towards the establishment of good body position, balance and edging skills. Establishment of these skills into the racer's everyday skiing is necessary before he/she can expect to utilize them in a race situation. The remaining 30% to 40% of training will be used to expose the racer to racing tactics (i.e. long turns, short turns, rise line, transition gates, etc.). Gate drills and training films will be used to accomplish this task. U10, U12, and U14 racers will get a taste of competition by competing against skiers from other areas within the Connecticut Youth Ski League (www.cysl.org).

On the **U16**, **U18**, and **U21** level, training and competition reaches the highest level of intensity. Specific skiing skills are emphasized and racing tactics are refined. The competition broadens and good racers can find themselves competing against skiers ranked nationally in the Tri-State Alpine Racing Association (www.tristateskiracing.org), under the Eastern Division of the United States Ski Association. These inter-ski area races provide each skier an avenue for reaching the highest level of competition.

Our newest addition to the race team, is our **free riders**. The free ride team is a goal oriented, progressive learning program, with emphasis on safety and freestyle/alpine fundamentals. While they begin each training sessions working with the alpine race team, they branch off to concentrate on their own form and style.