2014-2015

Weekend Freestyle Program
My CVA – Our CVA
Stronger Together

Each day for the past 32 years the CVA story has been written by many people. Each student, parent, grandparent, Weekend Program athlete, friend, community member, Sugarloafer, and staff member has contributed a vital thread to the fabric of our school. Each of us has had a unique CVA experience, and it is these individual experiences that make CVA what it is today. The more positive an experience each individual has, the stronger our school becomes. A strong school contributes positively to a strong Sugarloaf community.

The culture and success of CVA is determined by how individual community members approach their CVA opportunity and their connection with the school. My CVA - Our CVA is a path to school spirit, a community of civility and respect, expressions of gratitude, goal setting, and supporting each other in reaching our personal versions of success.

Thank you for joining the CVA Weekend Program at Sugarloaf this season. My goal is to help make your, and your child’s, CVA experience safe, positive, enriching, and fun. We truly are stronger together.

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CARRABASSETT VALLEY ACADEMY
WEEKEND FREESTYLE PROGRAM

WHAT ARE THE GOALS OF THE CVA WEEKEND FREESTYLE PROGRAM?

- Keep training fun and exciting to encourage lifelong participation in skiing
- Teach solid skiing skills
- Introduce competition skiing 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
The goal of the freestyle program is to give each athlete the opportunity to be the best skier that he or she can be and to have a good time doing it. While fun is emphasized, it is expected that all athletes will work hard and be on time to train with their coaches each day. All athletes are encouraged to participate in appropriate competitions.

Athletes participating in the CVA Weekend Freestyle Program will spend the majority of their time developing a solid foundation of basic ski techniques as well as learning specific freestyle skills.

**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; 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.

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.

**WHAT IS FREESTYLE?**

Freestyle is a sport made up of several disciplines; Moguls, Dual Moguls, FreeRide (Big Mtn Competitive) Halfpipe and Slopestyle (Park and Pipe) events. 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 thirty 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 and 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 Big Mountain Competitive

Explore terrain off trails in the woods/snowfields. FreeRide skiing applies basic ski skills in the backcountry. Skiers challenge themselves against the mountain and nature while learning how to navigate different routes down challenging
terrain. The Freestyle WP will explore two junior Big Mtn events with Ski The East Tour.

HOW DO YOU JOIN THE CVA WEEKEND FREESTYLE TEAM?

You can pick up a registration form from Micki Cota or the Freestyle Office at Carrabassett Valley Academy or online at www.gocva.com/athletics/weekend programs.

Athletes joining the program can train and compete in moguls, halfpipe/slopestyle/FreeRide or all.

Before becoming a part of the freestyle program, you should be able to ski any terrain on the mountain without much, if any, hesitation.

WHEN AND WHERE DOES THE PROGRAM MEET?

The program starts November 29th and meets each Saturday and Sunday until March 29th, for four and 1/2 hours each day. The program also meets during Christmas vacation and February vacation. See our calendar at www.gocva.com The CVA Weekend Freestyle Program meets by the clump of trees in the area between the top of the Sawduster chairlift and the bottom of the Double Runner Chairlift.
PROGRAM TIMES

8:30 - 11:00    Ski Training
11:00 - 12:00   Lunch Break
12:00 - 2:00    Ski Training

WHAT EQUIPMENT DO I NEED FOR FREESTYLE?

You need the following equipment for each skill area:

MOGULS:

SKIS—shaped mogul specific skis, standard length or non-shaped slalom or mogul skis, standard length. Some junior model twin tip skis are also good.

MOUNTING—regular

POLES—slightly shorter than standard length

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

SLOPE STYLE/HALF PIPE:

SKIS - either the same as mogul skis or any of the twin tip specialty skis.

MOUNTING—center

POLES—slightly shorter than standard
WHO COMPETES IN FREESTYLE?

Anyone who trains with the CVA weekend freestyle team is eligible to compete in either United States Ski Association (USSA) sanctioned competitions, USASA sanctioned competitions and/or in Junior Freestyle League 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 who do not compete in USSA “A” level Freestyle competitions. There are usually 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.
Veterans II 40 years and older
Veterans I 25 to 39 years old
Seniors 19 to 24 years old
Junior I 17 to 18 years old
Junior II 15 to 16 years old
Junior III 13 to 14 years old
Junior IV 11 to 12 years old
Junior V 10 years old and younger

**DO I NEED TO BECOME A MEMBER OF USSA?**

All freestylers who plan to compete in the “A’s” or in the “B’s” 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 (by check if you use the paper form). If you have any questions about the registration process, please contact the freestyle office at CVA, 207-237-4497.
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.

PROGRAM FEES

The CVA Weekend Program (WP) 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:

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<thead>
<tr>
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<th>On WP Scheduled Dates</th>
<th>Off WP Schedule</th>
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</thead>
<tbody>
<tr>
<td><strong>Out of Region</strong></td>
<td>Coach Travel Costs</td>
<td>All Coach Costs *</td>
</tr>
<tr>
<td><strong>In Region</strong></td>
<td>-</td>
<td>All Coach Costs *</td>
</tr>
<tr>
<td><strong>Overnight Supervision</strong></td>
<td>$100 shared by all supervised athletes</td>
<td>$100 shared by all supervised athletes</td>
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* 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 Nathan McKenzie at 207-237-4497 for more information on travel and accommodation options.

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 Saturdays at 2pm-4pm from December to March. The cost for the 10 sessions is $420.

For more information on the Trampoline Club or to register contact Nate McKenzie at 207-237-4497 or nmckenzie@gocva.com.

**Junior Bump League**
Mini Mogul course events with 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 Tuesday 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
• Mammoth Mtn 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.

SUGARLOAF COMPETITION CENTER:
The Competition Center encompasses all competition oriented activities. The Sugarloaf Ski Club and Competition Center is located across from the Base Lodge. The Sugarloaf Ski Club, Competition Center staff, and CVA Weekend Program are all based out of that building. Katherine Nodine is the Executive Director of the Sugarloaf Ski Club, Laurel Lashar the Event & Competition Coordinator, and Jim McCormack is the Manager of the Competition Center. This center should be your home base. If you have any questions, ask us!

SUGARLOAF SKI CLUB

All freestylers and their families are encouraged to join the Sugarloaf Ski Club. You may pick up a registration form at the Competition Center or at the Skier Development Office in the lower level of the base lodge.

I WANT TO HELP AT COMPETITIONS. WHAT DO I NEED TO DO?

Your 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 the Junior Freestyle League as well as the USSA 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 freestyle skiing.

For more information on how to become involved, speak to Nathan McKenzie. We need your help and so do your kids.