



**BLACK MOUNTAIN OF MAINE
CHISHOLM ALPINE RACE TEAM - CART**

FULL TIME RACE PROGRAM - 2024

AGENDA

- Team coaches
- Age group & structure
- What do we do at training
- USSA SkillsQuest & Alpine Training System
- Checklist before first practice
- Gear Checklist
- Fit/Equipment check day
- Training day
- Races
- Communication
- Websites of interest
- FAQ's

TEAM COACHES

- Jeff Farnum - Director/Head Coach, USSA Level 100 Alpine Coach
- Jake Leavitt - Alpine Coach
- Seth Fournier- Alpine Coach
- Conner Woods - Alpine Coach

AGE GROUP & STRUCTURE

- The FTR program is designed for children 7-18 years old, who want to sharpen their alpine racing skills.
- Cost of the program is \$550; season pass or day lift ticket needed (this is NOT included in the FTR program).
- This 12 - week program is scheduled on Saturday & Sundays from December 30th to March 17th (weather dependent) 9:00 am - 2:00 pm. There is a one-hour break for lunch.
- Race experience preferred. Athletes must have ability to ski the entire mountain and keep up with the group.
- Athletes are eligible to race in all BMOM races, fees waived for all home races. Middle school aged athletes can compete in all away MJSL (Maine Junior Ski League) races. Fees apply to all away races. There will be a coach there to assist.

WHAT DO WE DO AT TRAINING?

- General Guidelines - Please keep in mind, we are working with a variety of ages and ability levels.
 - Have fun!!!
- Fundamental skills: balance, rotary, edging, pressure (i.e., drills); gate training & race tactics.
- Directed free skiing
- Powder days – we will be powder skiing together in groups.
- Disciplines trained include Giant Slalom, Slalom,
- SkillsQuest exercises using the USSA Alpine Training System.

USSA SKILLSQUEST & ALPINE TRAINING SYSTEM

- SkillsQuest is for use in training and competition. It includes skiing skill assessments that athletes can use to evaluate and track progress.
- SkillsQuest –Skiing Assesement

<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2017-11/Descriptions%20SkillsQuest%20Drills%202017.pdf>

USSA SKILLSQUEST & ALPINE TRAINING SYSTEM

- SkillsQuest Score Sheets - For recording scores on the hill, print double sided.

https://usskiandsnowboard.org/sites/default/files/files-resources/files/2017-10/Scoresheets_0.pdf

- Alpine Training System

<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2017-11/Alpine Training Systems 11-16-17.pdf>

CHECKLIST BEFORE FIRST PRACTICE

- Equipment: Make sure that your athlete's boots, bindings and skis are adjusted & fit properly.
 - Even if your athlete did NOT get new equipment, it's a good idea to double check.
- Label Everything:
 - Skis, boots, poles, helmet, mittens/gloves, jackets, etc.

GEAR CHECKLIST

- Skis (proper length and tuned)
- Ski Boots (that fit well)
- Bindings - **Which have been properly adjusted for the athlete**
- Poles
- Helmet

- Goggles
- Warm mittens or gloves
- Warm Clothing - snow pants, jacket, long underwear (dress in layers)
- Neck warmer

* If you have questions about proper ski, ski length, bindings or boots and sizing. Please reach out to coach Jeff and he can assist with this.

FIT/EQUIPMENT CHECK DAY

- We offer a fit/equipment check day, to make sure your athlete is ready and safe to ski.
 - SUNDAY, DECEMBER 31st at 12:00 pm in the competition center.

If you can not make this date, let coach Jeff know.

TRAINING DAY – SATURDAY & SUNDAY

- Drop off athlete with pass or lift ticket with coaches at the base area at 9:00 am. Make sure athletes have all their gear.
- Athletes will then be assigned to coaches.
- Program ends at 2:00 pm.
- Bathrooms available in the lodge. We do not have bathrooms in the competition center.

RACES

- <https://mainejrski.com/race-calendar/>
- 1/7/24 – MARA U14 Giant Slalom @ BMOM 9:30 am
- 1/12/24 – Giant Slalom @ BMOM 4pm
- 1/13/24 – Slalom Marlee Memorial @ Kents Hill (not confirmed)
- 1/17/24 – Giant Slalom @ Saddleback (not confirmed)
- 1/20/24 – Slalom @ Titcomb
- 1/25/24 – Giant Slalom @ Sunday River

- 1/20/24 – Slalom @ Titcomb
- 1/25/24 – Giant Slalom @ Sunday River
- 2/2/24 – Giant Slalom @ BMOM 4 pm
- 2/3/24 – Slalom ? @ Lost Valley 9:30 am
- 2/13/24 – Finals @ Saddleback (not confirmed)
- 2/17/24 – Championships @ Lost Valley

Coach Jeff will send out email to confirm before each race.

**** Dates, times and disciplines can change**

COMMUNICATION

- Please read the weekly emails with updates from coach Jeff. If you notice you are not receiving emails, please reach out to make sure we have your correct email. Text is best, anytime.
- If you would like to add other family member to the email, please let us know.
- Jeff Farnum contact info: 207-357-6778 / driftfortrout@gmail.com

WEBSITES OF INTEREST

- <https://www.snow-forecast.com/resorts/Black-Mountain-of-Maine/6day/mid>
- <https://skiblackmountain.org/>
- <https://chisholmskiclub.org/index.php/calendar>
- <https://mainejrski.com/>

FAQ'S

Question: What are the prerequisites for the FTR program?

Answer: Having a good attitude is important. Race experience preferred. Athletes must have ability to ski the entire mountain and keep up with the group.

Question: Will my child have the same coach all season?

Answer: The same group of coaches will stay together the entire season. Athletes might not ski with the same coach each day. Groups may be broken up differently depending on abilities and number of athletes that day.

FAQ'S

Question: What if my child is sick?

Answer: Please send coach Jeff a text and let him know ASAP.

Question: My athlete lost his helmet (or pole, glove, etc.), what do I do?

Answer: Best way to avoid this is to **LABEL EVERYTHING** with name and number. Look in the competition center, lodge and check lost and found.

Question: How will we know if there is practice with bad weather in the forecast?

Answer: Coach Jeff will notify you via text & email if practice is going to be canceled or shortened due to weather.