



# CORE RACE PROGRAM





# PROGRAM OBJECTIVES

- Develop strong technical skiing skills.
- Support our kids well being , personal growth and development through ski racing.



- Create environments that respect and include each of our kids as individuals.
- Foster friendships and a love of skiing.





# PROGRAM DELIVERY



- Optional weekly group dryland training Sept. to Nov.
- Optional Jay Peak training camp early Dec.
- Weekend training & racing Jan to first weekend in March.
- Optional Friday training.
- At-home competitions for ages 9 and younger with optional travel opportunities.
- At-home competitions for Need For Speed racers.
- Regional competitions at local clubs for SOD racers ages 10 and up.



# PROGRAM STREAMS



## 2-Day Training Squad, U8, U10

Sat & Sun, at-home training  
& events. Ages 4-9



## 1-Day Need For Speed

Sat or Sun, at-home  
training & events. Ages  
7-13

2-Day SOD  
U12, U14, U16/ U19  
Sat & Sun, regional  
events. Ages 10-18



# PROGRAM FACILITATORS



## 2-Day Core Race Programs

### Kate Checkeris

Kate grew up racing at Mansfield all through different age groups before transitioning to coaching for many years. Kate is a DL (II) coach and she also brings athlete and coach experience from swimming and other sports.



"I am excited to be returning to the program facilitator role again this winter and look forward to working with coaches and families throughout the SOD program. We are hoping to bring together another great group of coaches to provide a successful season of ski racing this year. We will build on the momentum of last year and continue to work on revitalizing coach development and mentorship. If you have any thoughts or ideas for the upcoming ski season, please feel free to reach out. "



## 1-Day Need For Speed Program Andrew Senior

Andrew has been skiing at Mansfield since 1996, and working as both an instructor and coach since 2000. He is a level II Instructor and DL (II) coach. Andrew has supervised the NFS program for the last 9 years.



"Our goal for the Need For Speed Program is to let children experience ski racing in a fun recreational environment. NFS is a really fun program with lots of variety. With a team of well organized enthusiastic coaches we strive to make sure each day is full of fun and challenging activities focused on improving the athlete's ski technique and racing ability."



# ATHLETE EXPECTATIONS



- Good sportsmanship in winning and losing
- Be a supportive teammate to your peers
- Focus on the process and your goals instead of results and points
- Represent Mansfield to the best of your ability while traveling to other locations
- Respect your fellow athletes, coaches and race volunteers





## Equipment Recommendations



# REGISTRATION



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