



Coaches,

Thank you for a great season! Mt. Abram is thrilled to be back in the high school ranks serving as a premier venue for training and racing in Maine. In order to help you prepare for the upcoming 09/10 race season I have listed below race event, weekend program, training information and other opportunities for you and your athletes. If you have any questions please call me @ 577-2551.

Best,

Mark Thibodeau

Race Season Pass

Mt. Abram is offering a \$250.00 season pass to individuals who are on a race team. In order to qualify there must be at least 8 racers on a team who will purchase the pass. The pass can be used at any time during the 09/10-race season except for high school or middle school races.

Race Events:

Mt. Abram Resort is already looking ahead to the 2009 – 2010 ski season and will be building upon its very successful Friday Night Lights races of this past winter.

For the 2009–'10 season, Mt. Abram will host three top to bottom Giant Slalom events for high school racers, and three Giant Slalom events for middle school racers. At the conclusion of each event there will be awards presented to the top three male and top three female racers and to the top three teams male and female.

Goals:

The goals of the **Mt. Abram Cup Race Series** are:

- To provide quality race opportunities for aspiring high school ski athletes.
- To provide the best preparation opportunities possible for the high school ski athlete in advance of conference and state championships events at the end of the season.
- To provide full-length slalom and giant slalom courses that meet USSA specifications to achieve the first two goals.
- To provide athletes an understanding of the relationship between team skiing and individual performance based skiing.
- To provide a physical, social, and emotional environment that is healthy and enjoyable in a competitive environment.

Awards:

Awards will be presented at the conclusion of each race. The top three individuals, boys and girls, will receive place ribbons and the winning teams will receive a trophy.

Entry & Registration:

We strongly urge you to commit to the races you will attend as soon as possible whereas there will be a limit on schools racing each of the three nights. Please contact me at:

Mark Thibodeau
Director Of Competition Services
Mt. Abram Resort
mthibodeau@msad52.org
207-577-2551

Liability Form:

Each athlete and their parent(s) must sign a Mt. Abram Liability Form before they are issued a lift ticket or allowed to race in the event, **no exceptions**. Coaches are not allowed to sign the form in lieu of the athlete's parent(s). You can request a form when you enter or register by contacting Mark Thibodeau above. Forms may be turned in at registration.

Costs:

Race entry including lift ticket and awards is:
\$17.00/athlete

Mt. Abram Cup Race Series

Tentative schedule for high school.

| Date | Day | Event | Other Information |
|-------------------|--------|--------------------|-------------------|
| January 08, 2010 | Friday | Night Giant Slalom | Awards |
| January 22, 2010 | Friday | Night Giant Slalom | Awards |
| February 12, 2010 | Friday | Night Giant Slalom | Awards |

Mt. Abram Cup Race Series

Tentative schedule for middle school.

| Date | Day | Event | Other Information |
|------------------|--------|--------------------|-------------------|
| January 15, 2010 | Friday | Night Giant Slalom | Awards |
| January 29, 2010 | Friday | Night Giant Slalom | Awards |
| February 5, 2010 | Friday | Night Giant Slalom | Awards |

Weekend Programs:

Mt. Abram, in an effort to provide the best quality race programs, is offering three levels of race programming. Participation in each level of program offering will be based on the participants ski ability, maturity level, and ability to accept and apply coaching. Each participant will be evaluated in the first week and placed in the program that is appropriate for their development. Each program will include the following:

- **Three Day Christmas Camp**
- **Maximum 8:1 racer to coach ratio**
- **Video analysis**
- **A logical progression of skills development**
- **A blend of directed free ski drills and gate drills**
- **Training opportunities in full length courses**
- **Training on varied terrain**
- **Mental preparation for competing successfully**
- **Extensive video analysis**
- **Observations of the latest ski technique and tactics**
- **Timed runs at appropriate times to increase intensity**
- **USSA Travel Coach for Seeded I & II Races**

Preparatory I~ Dudley Do Right Squirts

Description of program: The Dudley Do Right Squirt's program is based on becoming a good skier in all conditions. The Squirt's will develop skills that promote further interest in the sport of alpine ski racing with an emphasis on having fun.

Age: 8-10 yr old

Day: Saturdays

Time: 9am – 11am

Length of Program: 10 weeks, includes a three-day X-mas Camp

Cost of Program: \$399.00

Preparatory II~ Boris Badenov Schusser's

Description of Program: The Boris Badenov Schusser's Program builds on the Dudley Do Right Squirt's Program by continuing to develop basic ski racing skills. The "Schusser's" are introduced to gate training and ski racing competition with the program interest still focused on developing solid ski techniques.

Age: 11-12 yr olds

Days: Saturday

Time: 9am – 12pm

Length of Program: 12/15/09 – 3/6/10
20 days (includes X-mas Camp)

Cost of Program: \$599.00

Performance~ Fearless Leader Bomber's

Description of Program: The Fearless Leader Bomber's Program takes on a specialized approach for middle school and high school racers who are aiming for high performance ski racing. The Bomber's will develop higher degrees of physical, mental, technical and tactical preparation. This program is designed to work in conjunction with the athlete's middle school and high school home program preparing them for regional and state competitions. Representation at selected USSA Seeded I & II Races will be provided. Our goal is to support and supplement the athlete's home program coach and training. To provide the greatest opportunity for improvement and success, athletes accepted into this program are expected to make a commitment to their training program.

Time: 9am – 12pm

Age: 13-18 yr. olds

Days: Saturdays & Sundays

Time: 9am – 12pm

Length of program: 12/12/09 – 3/6/10
40 days (includes X-mas Camp)

Cost: \$1149.00
Includes a Season Pass

High school/Middle School Race Training 09/10

The only training times that Mt. Abram will be offering for the 09/10 season are on Thursday evenings and on Sundays. Please plan ahead and reserve your space now whereas it will be at a premium. We will be open only for race teams on Thursday evening training and not for the general public.

Thursday Evening: 3:00 pm.- 6:00 pm.

Sunday: 9:00 am. – 4:00 pm.