

SOLITUDE DEVO TEAM



2008/2009 Program Overview



SOLITUDE DEVELOPMENT TEAM

Because of the continued interest and enthusiasm of parents and team members, Solitude will be offering the development team program again for the 08/09 season. Solitude, Leif Grevle (Ski School Director), and the coaching staff were very pleased with the outcome of the program over the past several seasons. We are all looking forward to another great season.

MISSION STATEMENT

To create well rounded athletes and skiers that are aware of safety, sportsmanship, mountain etiquette, teamwork, and to reach their full potential through the experiences, education and fun provided by the Solitude Development Team.

THE COACHING STAFF

The professional certified coaching staff consists of three members. The head coach will be Jeff Handwerk, a level III certified instructor and a State (level II) coach. There will be one or two other assistant coaches based on participant attendance. All scheduling of the coaches is done by Jeff Handwerk.

THE MEMBERS

There will be no more than thirty team members. Each team member must be at least six years of age, and have skiing abilities that include linking turns on blue (intermediate) runs, and turn completion in a parallel stance. Members must be able to ride a chair lift without the coach's help. Because of changed Intermountain Division rules, 13 and 14 year olds will not be able to race in youth ski league races this season. We also require all athletes to wear an approved (ANSI, Snell or ISO) ski helmet. Cycling helmets are not recommended.

TRAINING DAYS

There will be on-snow training from late November to early April with five races scheduled. The training days will include drills on skiing fundamentals, moguls, snow blade skiing, all mountain free skiing, mountain awareness, safety, and race training. The team will meet at Last Chance Mining Camp at 9:45 A.M. Training will run from 10:00 A.M. until 3:00 P.M. with a one hour lunch. If you miss the start of a training day, check at the ski school desk for our general location for that day. We break for lunch at the Last Chance Mining Camp from noon until 12:45 P.M.

COMPETITIONS

Many team members will compete in local U.S.S.A. Youth Ski League events. The coaching staff highly recommends participation in these races since they are fun and run on the bottoms of some of the trails used for the Olympics. They are parallel giant slalom format with two runs each race. The list of recommended races is included in the team training schedule. There must be a least four team members registered in order for a coach to attend a race. The participants' parents are responsible for the lift pass and lift expenses for the coach if it is not provided by the mountain hosting the race. ***If you're child is planning to race in a Youth Ski League races, he/she must get a YSL card from US Skiing Association. You must also pay USSA Intermountain Division dues.*** See usskiteam.com/alpine/forms and pubs. Our team affiliation is Solitude Development Team. Race entry fees will be paid to the coach going to the race. Since the entry is paid in advance (typically \$10 per race), money is due the coach once the coach registers the racers.

Register at www.ussa.org

FEES

The fee for the season is \$625 per team member. This fee is due by the end of November. The development team members 15 year and younger, will be able to **purchase season passes for \$179 until Nov. 1st, 2008.**

CONTACTS

Jeff Handwerk Home: 801 944-9805, work 801 366-2033
Leif Grevle Ski School: 801 536-5731

SCHEDULE

A full schedule, including dates and times, will be available prior to the ski season.

If you only knew...

Training Plan for Solitude Devo. Team '08/'09 Season

Note: if any YSL races are cancelled, Saturday practice will be held in its' place.

11/15, Saturday, 3 PM Team meeting to review upcoming season plans and overview of program.

11/22, Saturday, *If the ski area has sufficient snow for training*, will do basic balance drills.

11/29, Saturday, *If the ski area has sufficient snow for training*, explore the ski area, basic balance drills

12/06, Saturday, balance and stance drills, top to bottom runs to develop stamina, introduction to race course tactics if snow conditions allows, turn shape drills

12/13, Saturday, focus on turn shape and edging. If conditions allow; race course tactics, skiing steeper terrain

12/20, Saturday, GS training if race course has sufficient snow cover. Introduction to skiing soft snow and off trail, focus on balance, stance, linking turns

12/27, Saturday, *Holiday, no practice.*

1/3, Saturday, more off trail skiing on steep terrain, timed GS training, single ski drills to improve balance.

1/10, Saturday, Giant Slalom training, and off trail skiing.

1/17, Saturday, *Holiday, no practice.*

1/24, Saturday, Youth Ski League GS race at *Park City*, YSL license required

1/31, Saturday, snow blade training, **parents must rent snow blades. Can be rented at @ Canyon Sports, Utah Ski and Golf, or Sports Den.**

2/7, Saturday, Ski League Race, GS, at *Brighton*, YSL license required.

2/14, Saturday, *Presidents' Day weekend off, no training.*

2/21, Saturday, Youth Ski League Race at *Snowbird*. YSL license required skiing PM

2/28, Saturday, Timed GS AM, off trail free skiing

3/7, Saturday, Powder skiing, GS training based on conditions, focus on race course tactics

3/14, Saturday, YSL Champs at *Brianhead*, SL, YSL license required

3/15, Sunday, YSL Champs at *Brianhead*, GS, YSL license required

3/21, Saturday, mogul training.

3/28, Saturday, AM, bump skiing focus on balance and speed control, PM, **bump contest.**