

## **Grizzly Ski Team (GST)**

Fee - \$295

Saturdays, January 7, 2012 through March 3, 2012

Fun races including the “Cookie Cup” on March 3<sup>rd</sup>

### **Award Ceremony and Skier Evaluations**

The Grizzly Ski Team program is a 9-week program for 6 to 11 year olds with previous skiing experience. GST develops all-mountain skills in young skiers and prepares them for advancement to MSEF’s race program. Participants are eligible for 3 years or through age 11. (I.e. if the athlete starts GST at age 6, they will be encouraged to join the Development Team or YSL program at age 9 – this progression assures that young skiers continue to advance their skill level.) Participants must be able to ski Snowbowl top-to-bottom on either 2<sup>nd</sup> Thought or Paradise runs.

Coaches focus on teaching the fundamentals of alpine skiing, building the young skier’s confidence to handle any terrain – you’ll be amazed at how quickly your child will conquer the mountain! Kids are divided by age and ability into small groups with highly qualified coaches.

Each Saturday, GST athletes practice drills, exercises and free ski to improve their technique and confidence on the snow. Athletes will participate in 2 fun races – an exercise to introduce them to alpine ski racing. Lunch and lift tickets are not included in the fee.

**NOTE:** Demand for this program has grown rapidly – we have a limited number of openings. Register soon!

## **Grizzly Ski Team Christmas Camp**

Fee - \$125

3-day Camp – December 27, 28 & 29, 2011

9:30 AM to 2:30 PM

GST Christmas Camp provides lots of fresh air and exercise over the holiday and offers kids a jump-start on the season – great preparation to get the most out of the GST program!

## **MSEF's Development Team (DEVO)**

Fee - \$400

Offered to athletes ages 8 – 12, this program provides a great transition from GST to YSL (Youth Ski League). DEVO athletes will train every Saturday as members of the YSL program (see below for details). This is an 11-12 week program, depending on snow conditions. Athletes are expected to participate in 2 YSL races – Great Divide Ski Area (near Helena), February 18 and 19 and Discovery Ski Area (near Phillipsburg), March 3 and 4. Athletes may chose to race only one day at each event. Great Divide and Discovery races are encouraged as these races are close to Missoula and do not require over-night lodging. Participation in these races is a great opportunity for athletes and parents to be introduced to youth ski racing. Race/coaching fees are not included in the fee. **Note:** After 2 seasons of participation in the DEVO program, athletes are encouraged to join the YSL program to further advance their alpine racing skills.

## **Missoula Ski Team**

YSL – Youth Ski League

Fee - \$750

Youth Ski League (YSL) is for the J4 and younger athletes (Ages 8-12 years old). YSL's focus is on developing and strengthening alpine ski racing techniques as outlined by USSA. This program format is a combination of drills, exercises, gate training and free-skiing. Emphasis on the introduction to ski racing, including competition at YSL races and other inter-club events held in Montana. Athletes train and free-ski in small groups, while focusing on individual goals.

Includes:

- Saturday and Sunday Training - January 7 – March 15, 2012
- Christmas Camp – December 27 through 30, 2011
- Dryland Training October – November
- YSL Race competition within the Northern Division (Montana) – additional fees
- Wednesday and Thursday night training options (for J5 & UP only) – see Night Training for fees

## **Missoula Ski Team – J3's and older**

Fee - \$900

Focus on alpine ski racing and competition for the J3 and older athlete (age 13 and older). Athletes participate in higher level races in the Northern Division and around our region. The program starts at the first snow in December and goes until the March end-of-year championship competitions.

Throughout the season, athletes drill, exercise, free-ski and focus heavily on gate-training. Athletes set individual goals for the season and ski both as a team and in smaller groups with qualified coaches. Coaches prepare athletes for race competition and a lifetime of experiences on the mountain.

Includes:

- Saturday, Sunday and weekday training: Dec – end of March
- Christmas Camp – December 27 through 30, 2011
- Dryland Training October – November
- Training offered throughout the Christmas/New Years Holiday
- J3-J1 race competition within the Northern Division and surrounding region – additional fees
- Choice of FIS races held in region for J2-J1 athletes
- Wednesday and Thursday night training options (for J5 & UP only) – see Night Training

## **Banff, Alberta Thanksgiving Holiday Ski Camp**

Preparation for the 2011/2012 Race Season

Fee - \$685

5 Days of coaching/training November 21 – 25, 2011

View the Lake Louise World Cup Downhill Race – Saturday, November 27<sup>th</sup>!

Visit [www.missoulaskiteam.org](http://www.missoulaskiteam.org) for details!

## **Night Training for J5 and older athletes**

Offered Wednesday and Thursday Nights

Eleven weeks of individualized gate training – beginning January 11, 2012

Season fees - \$250 for one night, \$500 for both nights

Night training is available for J5 and older athletes (9 years and older). Gates will be set on the T-bar (Sunrise Bowl) under the lights for 2 hours of gate training and race specific coaching and drills. Two courses will be set – one for YSL athletes and one for J3 & UP athletes.

Night training is available for non-MSEF athletes – please contact us if you are interested!