



# PARENTING FOR SUCCESS

Winter Sport Parent Information

## CROSSOVER PROGRAMMING



These are some commonly encouraged crossover programs for long-term success.

**ALPINE:** Balance in all situations is so important that exposure to any other disciplines helps tremendously. Gliding and air awareness learned from nordic jumping is one specific benefit.

**FREESTYLE:** Many moguls, freeski and big mountain athletes start with alpine racing to master their carving and edging skills.

**CROSS COUNTRY:** The aerobic engine develops during and after puberty. Comfort with speed and downhill can be learned on alpine gear and nordic jumps before then.

**NORDIC JUMPING:** Ski jump training is very specific, so cross country and alpine add diversity for a more well-rounded base.

**SNOWBOARDING:** SSWSC is one of few programs with slopestyle, halfpipe, snowboard cross and racing already built into its programming. Cross country skiing can be a great way to enhance fitness.

**TELEMARK:** Alpine skiers transition well into telemark, particularly those who have also done some cross country skiing. Telemark is a great way to revive a passion for skiing when the grind of competition weighs on the alpine or cross country athlete.

Look up at Howelsen Hill on any winter weeknight and you'll see cross country skiers cruising along by the ball fields, skiers zipping down the mogul lines, skiers and snowboarders sliding the rails, jumpers soaring off the nordic jumps and skiers and snowboarders carving through race courses. There's an energy unlike anywhere else, and underlying it all is magic waiting to be found. That magic is the opportunity to learn how to do anything on skis or a snowboard. The SSWSC offers the most diverse youth development programming you can find anywhere for skiing and snowboarding.

For kids participating in sport, the foundation for their success is fun. When a child discovers their passion for something, it is amazing what they are capable of achieving. The youth programming at the SSWSC is designed to make it easy for children to sample many different disciplines to find the one they love the most. Our children's passion may not be the same as our own, and we cannot, and should not, try to superimpose our own passion onto our children. Encourage your children to try new things on the snow and let it be their journey.

All of the different disciplines of skiing and snowboarding at the SSWSC have many complementary elements. Perhaps your child already has a goal in mind and knows they want to focus on one discipline. Research by sport scientists and the U.S. Olympic Committee shows that exposure to different disciplines has a positive long-term effect on performance, particularly for children twelve and younger. Termed "multi-lateral development", it's been discovered that children are able to transfer skills learned from one discipline or sport to another very readily. Skiing or riding in multiple disciplines is a way to acquire more skills that can be used in the discipline they choose to specialize in later.

SSWSC athletes twelve and younger can now sign up for new crossover programs, such as the U8 Ski Meisters or the U10 Ski and Jump programs, that offer this crossover training in a coordinated program. We also offer children the chance to sign up for a day per week of training in a secondary discipline at registration. We highly encourage these programs for children who are still trying to find their favorite thing to do on the snow and for children who already have a path in mind but would benefit with a broader foundational base.

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