



Steamboat Springs Winter Sports Club Winter Program Guide



Steamboat Springs
WINTER SPORTS CLUB

2017-2018



2017 Club of the Year
2017 Snowboard Club of the Year
2017 Alpine Club of the Year
2017 Nordic Combined Club of the Year



2.5% DISCOUNT FOR CASH OR CHECK PAYMENT IN FULL AT REGISTRATION!

This guide details the many programs offered by the Steamboat Springs Winter Sports Club for the winter season. The club aims to provide the highest quality programming available in the disciplines of alpine, freestyle, freeskiing, snowboarding, telemark, special jumping, nordic combined and cross country. The SSWSC offers the widest variety of ski and snowboard programming in the United States. In 2016, the club was awarded gold-level certification by US Ski and Snowboard, their highest designation for ski and snowboard clubs. In 2017, the club was selected as US Ski & Snowboard's Club of the Year. Please stop by the SSWSC office at Howelsen Hill Lodge or give us a call at (970) 879-0695 ext. 100 if you have questions or require additional information.

The following location abbreviations are used throughout this guide:

HH = Howelsen Hill SB = Steamboat Ski Resort

WR = Water Ramp TC = Touring Center

Ages in this guide refer to the participant's age on December 31, 2017.

Did you know? Program fees on average cover only 60% of program costs. The remainder comes from generous contributions and our terrific support partners. Please show your support of our partners with your patronage and consider a tax-deductible contribution toward the full program cost. Details available at the SSWSC office.

All program fees for the 2017/2018 season include a 2018 Winter Carnival button for the participant.

Quick search

[Youth Development & Crossover](#).....pg. 4
[Alpine](#).....pg. 13
[Cross Country](#).....pg. 17
[Freestyle](#).....pg. 19
[Freeskiing](#).....pg. 22
[Snowboarding](#).....pg. 24
[Jumping/Nordic Combined](#)..pg. 28
[Telemark](#).....pg. 31
[Adult programs](#).....pg. 33
[Registration details](#).....pg. 34

About our sports

Alpine racing: Experience the thrill of speed as you race around the gates in the disciplines of slalom, giant slalom, super G and downhill. Racers combine technical precision along with courage to compete against the clock. Alpine racing has been with the SSWSC since 1931. The club features two unique world class training and competition venues in Howelsen Hill and the recently completed SSWSC Stevens Family Alpine Venue at Steamboat Ski Resort.



Cross country: Cross country skiers are true winter sports enthusiasts, embracing an outdoor lifestyle both summer and winter as they work to push their limits of stamina and strength. The SSWSC uses many excellent training venues in the community and enjoys a long season. The program has seen steady growth in participation and performance with skiers consistently earning project invites with the U.S. Ski Team and moving on to compete on top NCAA teams.

Freeskiing: The SSWSC freeskiing programs encompass halfpipe, slopestyle and big mountain skiing. Freeskiers can get huge air in today's terrain parks, and the SSWSC program provides intelligent, progressive training incorporating trampolines, our 50' air bag, water ramps, and terrain park features at Howelsen Hill and Steamboat Ski Resort to advance skiers to the next level. The big mountain program allows skiers to blend technique, tactics and creativity on the area's most challenging terrain.



Freestyle: Steamboat has a rich heritage of mogul skiers. The sport requires a combination of excellent acrobatic skills with power and quickness. With great mogul skiing at Steamboat Ski Resort and multiple training courses there and at Howelsen Hill, the SSWSC program helps produce national caliber mogul skiers each year. In addition, Steamboat is one of few clubs in the country to have summer jump training on its water ramp facility at Bald Eagle Lake.

Jumping/Nordic Combined: Nordic jumping is synonymous with Howelsen Hill, and the SSWSC has helped to produce more Olympic ski jumpers than any other program in North America. While nordic ski jumpers can fly in excess of 100 meters on our seven-jump facility, the sport is among the safest ski sports because of the hill profiles and careful preparation of our slopes. Nordic combined is a discipline that combines the power and thrill of ski jumping with the strength and stamina of cross country skiing. Jumpers in Steamboat can practice in winter and summer, with two of our jumps built with plastic to allow for summer jumping.



Snowboarding: Steamboat boasts one of the largest and most diverse snowboarding programs in the country. Steamboat riders have claimed gold at the X-Games and on the World Cup, with several current U.S. Snowboard Team riders coming from Steamboat. Halfpipe and slopestyle riders learn progressive tricks under the guidance of our professional coaching staff. SSWSC riders are well known for their strong fundamentals. Snowboard cross riders get to experience the excitement of competing side-by-side with other riders down a course with jumps, twists and turns. Our alpine team races in slalom and giant slalom with athletes competing at the local level all the way to the World Cup.

Telemark: Many consider Steamboat to be the telemark capital of the USA. SSWSC telemark programs cover the sport's fundamental skills, then participants can take their skiing into the disciplines of big mountain or alpine racing, where SSWSC has several past national champions.





Youth Development

Youth development programs serve as the entry point into the club for most skiers and riders. With programs starting at age 3 on up to high school, these programs focus on a fun and welcoming introduction to the disciplines of skiing and snowboarding with a goal of cultivating a lifelong passion for these snowsports. As one of the only ski and snowboard clubs in the country with programs in all of the ski and snowboard disciplines, we encourage sampling between disciplines and take a well-rounded approach to teaching fundamental skills for each sport. Participants will learn the technical skills for their sport from our group of passionate coaches through practice in a variety of activities on their skis or snowboard. These programs provide a strong base from which children can move into a competitive program, but children who wish to continue to participate on a more recreational level will have options into their high school years.

The youth development programs are presented here in order by age.

CONTACT: Blair Seymour, Youth Development Director, 970.879.0695 x110, bseymour@sswsc.org

Little Toots (ages 3-5)

A learn-to-ski program that exposes participants to alpine skiing and snow play while providing a gentle and fun teaching approach in a group setting. Classes are held in the magic carpet and boardwalk areas of Howelsen Hill. Each session is five weeks. No experience is necessary.

- *Participants need alpine ski equipment including helmet (no ski poles)*
- *Lift ticket is included in the fees for the lesson time only*

DATES AND TIMES:

Choose Wednesdays 10:00-11:15am or 12:00-1:15pm or Thursdays 10:00-11:15am

Session 1: January 3 - February 1

Session 2: February 7 - March 8

PROGRAM FEE:

\$160

Mini Cruisers (ages 4-5)

This is an entry-level cross country skiing program where cross country skiing skills are introduced in a fun and supportive environment. Athletes experience cross country skiing with play, games, and skiing adventures. Sessions are five weeks long. Sessions meet at Howelsen Hill. No experience is necessary.

- *Equipment rental through Steamboat Springs Touring Center - \$35 for 5 weeks and \$60 for 10 weeks*
- *Participants need wax-less classic cross country skis, boots, and poles*
- *A cross country trail pass to Howelsen Hill is provided during training times only*

DATES AND TIMES:

Wednesdays 10:00-11:30am

Session 1: January 3-31

Session 2: February 7 - March 7

PROGRAM FEE:

\$160

U6 Skiing (Ages 4-5, pre-K thru K)

U6 is an entry level program for participants who are ready to ski in a group. Basic skiing skills and skiing as a group are introduced in an encouraging and fun way. Participants must be 4 years old by the first day of the program and be ready to ski without their parents and willingly leave the meeting area with their coaches.

- *Minimum requirement: Ability to **stop by themselves***
- *Participants need alpine ski equipment including helmets (ski poles not required)*
- *Participants must have a ski pass or ticket to Steamboat Ski Resort*

DATES AND TIMES:

Session 1: Saturdays, January 6 - February 3, 9:15am-12:15pm

Session 2: Saturdays, February 17 - March 17, 9:15am-12:15pm

LOCATION:

Steamboat Ski Resort

PROGRAM FEE:

\$290

Little Vikings (ages 5-8)

This is an entry-level, overall Nordic skiing experience for boys and girls where basic jumping and cross country skiing skills are introduced in a fun atmosphere. Young athletes experience ski play, games, making/jumping small jumps, cross country skiing and easy skiing adventures around Howelsen Hill. Participants may experiment with Nordic jumping equipment late in the season. Fun competition opportunities are available through the Hitchens Brothers' Wednesday Night Jump Series.

- *Minimum requirement: Beginner skiing skills, stopping, turning. Previous experience on poma is helpful*
- *Participants need cross country skis, boots and poles, alpine equipment (no poles), helmet and a ski pass to Howelsen Hill*

DATES AND TIMES:

Wednesdays and Fridays, November 29 – March 9

Jumping Wednesdays 4:00-5:30, Cross Country Fridays 4:00-5:30

PROGRAM FEE:

\$650 plus \$100 refundable work deposit (\$540 price if paid in full by September 15)

U8 and U8 Plus Skiing (ages 5-7, grades K-2)

Participants establish a solid foundation of alpine skiing skills on appropriate terrain and in varying conditions. Each child is placed in a group of similar age and ability and stays with the same coach for the entire season. Participants must be enrolled in kindergarten or a higher grade. The U8 program offers training on Saturdays, and the U8 Plus adds Tuesday night training and an earlier Saturday start time.

- *Minimum requirement: Some skiing experience that allows for skiing on green and easy blue runs*
- *Participants need alpine ski equipment including helmet*
- *Skiers must have ski passes to Steamboat Ski Resort and Howelsen Hill*

DATES AND TIMES:

U8: Saturdays only, 9:00am-noon, December 2 – March 10

U8 Plus: Tuesdays (4:15-5:45pm) and Saturdays (8:45am-noon), November 28-March 10

LOCATION:

Tuesdays Howelsen Hill, Saturdays at Steamboat Ski Resort or Howelsen Hill, varies by week

PROGRAM FEE:

U8 (Sat only): \$700 plus \$100 refundable work deposit (\$585 price if paid in full by September 15)

U8 Plus: \$900 plus \$175 refundable work deposit (\$750 price if paid in full by September 15)



U8 Ski Meisters (ages 5-7)



Ski meisters practice alpine and cross country skiing as well as Nordic jumping. This program combines the cross country and jump training in Little Vikings with one day of U8 alpine skiing for the ultimate ski meister experience. Skiers in this program will gain an excellent all-around skiing base. See the equipment and experience requirements from the Little Vikings and U8 Skiing programs.

DATES AND TIMES:

November 29 – March 10

Jumping Wednesdays 4:00-5:30pm

Cross country Fridays 4:00-5:30pm

Skiing Saturdays 9:00am-noon

LOCATION:

Howelsen Hill Wednesdays and Fridays; Steamboat Ski Resort Saturdays

PROGRAM FEE:

\$1,050 plus \$175 refundable work deposit (\$875 price if paid in full by September 15)



U8 and U8+ Ski and Jump (ages 5-7)



Steamboat has a rich history of successful ski jumpers who started as alpine skiers and of successful ski racers who were also ski jumpers. The skills are complementary, so mixing these programs makes a lot of sense for the aspiring competitor, or for the young skier who loves the feel of speed and loves to jump. Who doesn't? For equipment and experience requirements see the descriptions for the Little Vikings and U8 Skiing programs above.

DATES AND TIMES:

November 28 – March 10

Choose U8 Skiing or U8 Plus Skiing program days above

Jumping on Wednesdays 4:00-5:30pm

LOCATION:

Howelsen Hill, Steamboat Ski Resort on some Saturdays

PROGRAM FEE:

U8 Ski and Jump (Wed & Sat): \$995 plus \$175 refundable work deposit (\$830 price if paid in full by September 15)

U8+ Ski and Jump (Tue, Wed, Sat): \$1,195 plus \$175 refundable work deposit (\$995 price if paid in full by September 15)

Cross Country Cruisers (ages 6-9)



This entry level program is designed for those who wish to explore the enjoyment of recreational cross country skiing, both classic and skate techniques. Skiers learn cross country skiing techniques through games, drills, and fun activities. Fun competition opportunities are available through the Steamboat Cup Series and the Sven Wiik Cup Race Series.

- *No experience necessary*
- *Suggested cross country ski equipment includes wax-less classic skis and poles, skate skis and poles, and one pair of combi boots*
- *Participants must have a Youth XC season pass to Howelsen Hill*

DATES AND TIMES:

Tuesdays and Thursdays, December 5 – March 8, 4:00-5:30pm

LOCATION:

Howelsen Hill

PROGRAM FEE:

\$625 plus \$100 refundable work deposit (\$520 price if paid in full by September 15)

Boardriderz (ages 6-13)



This program is designed to allow snowboarders to improve their overall snowboarding techniques and develop solid foundation skills. Boardriderz are broken into groups based on age and ability. The groups will gradually work toward more difficult terrain while more experienced riders will explore powder, bumps, trees, steeps and freestyle. The importance of warming up, stretching, code of conduct and having fun are emphasized. Snowboarders are encouraged to participate in Steamboat Cups.

- *Minimum requirement: Able to ride both edges comfortably on green terrain and working towards linking turns. Have the desire to have fun and learn new snowboard skills*
- *Participants need snowboard equipment, helmets and a lift pass to Steamboat Ski Resort with night skiing*
- *Pre-season equipment check in November*

DATES AND TIMES:

Thursdays (5:30-7:30pm) and Saturdays (9:00am-2:00pm), November 30 – March 10

LOCATION:

Steamboat Ski Resort

PROGRAM FEE:

\$1,195 plus \$150 work deposit (\$995 price if paid in full by September 15)

Junior Ability Snowboarding (ages 14 and younger)



This program is intended for riders who are looking for advanced snowboard training in a fun, recreational environment. Participants will learn advanced freeride skills as well as riding techniques for giant slalom, slalom, halfpipe, slopestyle and snowboardcross. Junior riders are encouraged to participate in Steamboat Cup Series and/or limited USASA regional series. Competition is not required. Riders competing outside of the Steamboat Cup will need permission from their coaches. Dryland training is offered prior to getting on-snow. These sessions are optional, as we support children competing in other sports during the fall. Dryland sessions are focused on physical literacy, improving fitness, camaraderie and fun.

- *Minimum requirement: Ability to ride aggressively on black terrain and desire to improve*
- *Participants need snowboard equipment, helmets, and ski passes to Steamboat Ski Resort and Howelsen Hill*
- *This program is for riders through 8th grade*

DRYLAND TRAINING:

Wednesdays and Thursdays starting on October 11, 4:00-6:00pm at Howelsen Hill

ON-SNOW TRAINING:

Wednesdays and Thursdays, 4:15-6:15pm at Howelsen Hill

Saturdays 9:00am-2:00pm at Steamboat Ski Resort

Last day of training March 17

PROGRAM FEE:

\$2,080 plus \$450 work deposit (\$1,735 price if paid in full by September 15)



This signature SSWSC program, led by Olympic gold medalist Deb Armstrong, helps young alpine, mogul and freeride skiers develop a comprehensive set of skiing skills that better prepare them to further their skiing career in whichever discipline they desire. Taking advantage of Steamboat’s unique diversity of training environments, the teams will explore bumps, powder, trees, jumps, gates, steeps and terrain parks. Training venues include the SSWSC Stevens Family Alpine Venue, SSWSC mogul courses, terrain parks, Nordic jumps and the SSWSC air bag jump. While other programs start to narrow their focus into disciplines at this age, the SSWSC continues to develop a broad base of fundamental skiing skills that aligns with the athlete development models of U.S. Ski & Snowboard and the U.S Olympic Committee. Dryland training is offered prior to getting on-snow. These sessions are optional, as we support children competing in other sports during the fall. Dryland sessions are focused on physical literacy, improving fitness, camaraderie and fun. Skiers participate in the Steamboat Cup Series. U.S. Ski & Snowboard Rocky Mountain Division and USASA competitions (racing, moguls, or park & pipe) are optional. To maximize training volume, this group does not travel to all available competitions and will only send coaches to select events. 2- or 3-day per week training options are offered based on the athlete’s desired commitment.

- *Minimum requirement: Comfortably ski blue runs*
- *Participants need alpine ski equipment including helmet*
- *Ski passes to Steamboat Ski Resort (add night skiing for 3-day program) and Howelsen Hill*
- *Steamboat Cup Series does not require any license, fees or formal entry*
- *U.S. Ski & Snowboard or USASA license is required for U.S. Ski & Snowboard (alpine and moguls) or USASA (freestyle) competitions*
- *Regular attendance at training is important when not in conflict with a fall sport*

DRYLAND TRAINING:

Thursdays, 4:00-5:30pm at Howelsen Hill, starting October 12 for the 3-day program and November 2 for 2-day

ON-SNOW TRAINING:

Thursdays (4:00-6:00pm @ HH) and Saturdays (8:30am-2:30pm @ SB) starting November 25

3-day program adds Mondays 5:30-7:30pm @ SB starting December 18, plus bonus training on 12/31, 1/3, 1/15, 2/9, 2/24, 3/18 and 3/25

Last day of training: 2-Day – March 17; 3-Day – March 25

PROGRAM FEE:

2-day program: \$1,435 plus \$300 refundable work deposit (\$1,195 price if paid in full by September 15)

3-day program: \$2,300 plus \$300 refundable work deposit (\$1,915 price if paid in full by September 15)

Cross Country U10/U12 (ages 8-11)

This program is designed for children who wish to explore the enjoyment of cross country ski training and racing. Skiers participate in physical conditioning activities and learn the basic cross country techniques. Competitive opportunities are available and encouraged through Rocky Mountain Nordic (RMN) Races, Steamboat Cup Series, and the Sven Wiik Cup Race Series.

- *Participants need cross country ski equipment (classic and skate) and a Youth XC ski pass to Howelsen Hill and the Touring Center*
- *RMN membership included in fees*
- *Participants will need a U.S. Ski & Snowboard competitor membership for RMN races*

DRYLAND TRAINING:

Tuesdays and Thursdays starting October 3, 4:00-6:00pm at Howelsen Hill

ON-SNOW TRAINING:

Tuesdays and Thursdays, 4:00-6:00pm, and Saturdays 9:00am-noon, at Howelsen Hill or the Touring Center
Training will transition to on-snow as soon as sufficient skiing terrain is open
Last day of training is March 3

PROGRAM FEE:

\$1,320 plus \$200 refundable work deposit (\$1,100 price if paid in full by September 15)

Jumping and Nordic Combined U10 (ages 7-9)

This is a beginner Jumping and Nordic Combined program in which participants can utilize Nordic jumping and cross country equipment for a well-rounded Nordic skiing experience. Athletes can explore the fundamentals of both disciplines and gain confidence and skill in a fun environment. Jumping takes place on the bump jumps, HS20 and the HS30 meter jumping hills. Optional competitions are available through the Hitchens Brothers' Wednesday Night Jump Series, Steamboat Cup Series, and through local and U.S. Ski & Snowboard jumping, cross country and Nordic combined competitions.

- *Minimum requirement: Successful completion of Little Vikings or beginner to intermediate skiing skills*
- *Fees include Nordic jumping equipment, but participants must have their own cross country skate skiing equipment and a ski pass to Howelsen Hill. First year U10 athletes are encouraged to start on alpine equipment which is not provided and then progress into the Nordic jumping equipment.*
- *A U.S. Ski & Snowboard membership is required to compete in U.S. Ski & Snowboard sanctioned events*

DRYLAND:

Tuesdays and Fridays starting on October 3, 4:00-6:00pm at Howelsen Hill

ON-SNOW:

Cross country training on Tuesdays, 4:00-6:00pm at Howelsen Hill
Jump training on Fridays, 4:00-6:00pm, and Saturdays, 9:30-11:15am, at Howelsen Hill
Last day of programming is March 10

PROGRAM FEE:

Nordic Combined (all days): \$1,320 plus \$300 refundable work deposit (\$1,100 price if paid in full by September 15)

Jumping only (Friday & Saturday only on-snow): \$955 plus \$300 refundable work deposit (\$795 price if paid in full by September 15)



U10/U12 Ski and Jump (ages 8-11)



This crossover program offers a unique training opportunity available only in a place like Steamboat. Alpine skiers in the U10 Skiing or U12 Racing program add one day of nordic jumping per week. Confidence, air awareness, balance and gliding skills are among the benefits to the alpine skier. Not to mention the fun factor of doing both programs! Participants may use alpine skis for jumping, or use nordic jumping skis/boots once ready. Nordic equipment available to rent from the club for a nominal fee based on availability. Dryland training on Tuesdays has a jumping focus. Dryland will continue until alpine on-snow training begins late November and jumping in early December, depending on snow conditions. Participation in the Hitchens Brothers' Wednesday Night Jump Series and Steamboat Cups is encouraged. Athletes interested in jumping on some or all Saturdays in place of alpine skiing may do so with advance communication with the coaches.

Program	Dates	Dryland	On-Snow	Program fee
U10 2-day + Jump	Oct 3 - Mar 17	Tuesdays starting Oct 3 4-6pm @ HH Thursdays starting Nov 2 4-5:30pm @ HH	Th Ski 4:00-6:00pm @ HH F Jump 4:00-6:00pm @ HH Sa Ski 8:30am-2:30pm @ SB	\$1,895 <i>\$1,580 if paid in full by 9/15</i> (+\$400 work deposit)
U10 3-day + Jump	Oct 3 - Mar 25	Tuesdays starting Oct 3 4-6pm @ HH Thursdays starting Oct 12 4-5:30pm @ HH	M Ski 5:30-7:30pm @ SB (starting 12/18) Th Ski 4:00-6:00pm @ HH F Jump 4:00-6:00pm @ HH Sa Ski 8:30am-2:30pm @ SB	\$2,760 <i>\$2,300 if paid in full by 9/15</i> (+\$400 work deposit)
U12 3-Day + Jump	Sept 19 - Mar 24	Tuesdays starting Sept 19 4-6pm @ HH Mondays & Wednesdays starting Oct 9 4-6pm @ HH	M 5:30-7:30pm @ SB (starting 12/18) W 4:00-6:00pm @ HH F 4:00-6:00pm @ HH (jump) Sa 8:30am-3:00pm @ SB	\$2,845 <i>\$2,370 if paid in full by 9/15</i> (+\$450 work deposit)
U12 4-Day + Jump	Sept 6 - Apr 8	Mondays & Wednesdays starting Sept 6 4-6pm @ HH Tuesdays starting Sept 19 4-6pm @ HH	M 5:30-7:30pm @ SB (starting 12/18) W 4:00-6:00pm @ HH F 4:00-6:00pm @ HH (jump) Sa 8:30am-3:00pm @ SB Su 10:00am-3:00pm @ SB	\$4,080 <i>\$3,400 if paid in full by 9/15</i> (+\$450 work deposit)



U10/U12 Ski Meisters (ages 8-11)



Ski meisters practice alpine and cross country skiing as well as Nordic jumping. These three disciplines are complementary and provide a great foundation for skiers to pursue one of the disciplines in the future. This is also a great program for kids who just like to do it all. It combines the U10 Skiing or U12 racing programs with a day of cross country and a day of jumping in the U10/U12 Nordic Combined program. Participants may use alpine skis for jumping, or use nordic jumping skis/boots once ready. Nordic jumping equipment is available to rent from the club for a nominal fee based on availability. Participants should have their own alpine and cross

country skis (ask coaches about seasonal rental packages available through local businesses). Participation in the Hitchens Brothers' Wednesday Night Jump Series and Steamboat Cups is encouraged. Athletes interested in jumping on some or all Saturdays in place of alpine skiing may do so with advance communication with the coaches. Dryland training goes until on-snow training begins, typically mid-late November for alpine skiing and early December for jumping and cross country. Jumping and cross country end on March 9.

- *Minimum requirement: Successful completion of Little Vikings or beginner to intermediate skiing skills*
- *Equipment: XC skate skis, boots and poles; alpine skis, boots and pole; possibly nordic jumping equipment.*
- *Ski passes: Howelsen Hill (both alpine and XC) and Steamboat Ski Resort (with night add-on for U10 3-day alpine skiers and all U12's)*
- *A U.S. Ski & Snowboard membership is required to compete in U.S. Ski & Snowboard sanctioned events*

Program	Dates	Dryland	On-Snow	Program fee
U10 2-day + Ski Meister	Oct 3 - Mar 17	Tuesdays starting Oct 3 4-6pm @ HH Thursdays starting Nov 2 4-5:30pm @ HH	T XC ski 4-6pm @ HH Th Alpine ski 4-6pm @ HH F Jump 4-6pm @ HH Sa Alpine ski 8:30am-2:30pm @ SB	\$2,190 <i>\$1,825 if paid in full by 9/15 (+\$400 work deposit)</i>
U10 3-day + Ski Meister	Oct 3 - Mar 25	Tuesdays starting Oct 3 4-6pm @ HH Thursdays starting Oct 12 4-5:30pm @ HH	M Alpine ski 5:30-7:30pm @ SB (starting 12/18) T XC ski 4-6pm @ HH Th Alpine ski 4-6pm @ HH F Jump 4-6pm @ HH Sa Alpine ski 8:30am-2:30pm @ SB	\$3,175 <i>\$2,645 if paid in full by 9/15 (+\$400 work deposit)</i>
U12 3-day + Ski Meister	Sept 19 - Mar 24	Tuesdays starting Sept 19 4-6pm @ HH Mondays & Wednesdays starting Oct 9 4-6pm @ HH	M Alpine ski 5:30-7:30pm @ SB (starting 12/18) T XC ski 4-6pm @ HH W Alpine ski 4-6pm @ HH F Jump 4-6pm @ HH Sa Alpine ski 8:30am-3pm @ SB	\$3,330 <i>\$2,775 if paid in full by 9/15 (+\$450 work deposit)</i>
U12 4-day + Ski Meister	Sept 6 - Apr 8	Mondays & Wednesdays starting Sept 6 4-6pm @ HH Tuesdays starting Sept 19 4-6pm @ HH	M Alpine ski 5:30-7:30pm @ SB (starting 12/18) T XC ski 4-6pm @ HH W Alpine ski 4-6pm @ HH F Jump 4-6pm @ HH Sa Alpine ski 8:30am-3pm @ SB Su Alpine ski 10am-3pm @ SB	\$4,680 <i>\$3,900 if paid in full by 9/15 (+\$450 work deposit)</i>

Telemark Devo (ages 9-16)

This program seeks to improve each athlete's skiing through the development of the telemark turn. It is designed to expose participants to the skills of telemark skiing through all-mountain adventures, racing, bumps, trees and powder on telemark gear. The goal is to have a great time and acquire skiing confidence while utilizing a variety of terrain. Athletes are encouraged to participate in all of the Steamboat Cup Series including

alpine, freestyle and cross country. Due to the broad age range of this program, the groups will likely be divided by age as well as ability.

- *Minimum requirement: Ability to alpine ski parallel turns on blue runs and Telemark skiing experience that allows for skiing on green and blue runs*
- *Participants need telemark skiing equipment, helmet*
- *Ski pass to Steamboat Ski Resort (with night skiing)*

DRYLAND:

Mondays, 4:00-5:30pm, starting November 6, at Howelsen Hill

ON-SNOW:

Mondays, 5:30-7:30pm, and Saturdays, 9:00am-1:00pm, starting December 2*, at Steamboat Ski Resort
Last day of training March 17.

*Regular Monday night skiing at Steamboat Ski Resort begins December 18. Thursday night skiing will be offered December 7 and 14 from 5:30-7:30pm in place of Monday nights for those weeks.

PROGRAM FEE:

\$1,040 plus \$175 refundable work deposit (\$865 price if paid in full by September 15)



This program is designed for children who want to explore different winter disciplines. Groups will have exposure to alpine, snowboard and telemark experiences. Weekend Explorers allows athletes to explore different avenues of winter mountain fun. This is a perfect program for those new to town or athletes that just love it all.

- *Minimum requirement: Comfortable parallel alpine skiing on blue terrain*
- *Participants need alpine ski equipment including helmet*
- *Ski pass to Steamboat Ski Resort*

DATES AND TIMES:

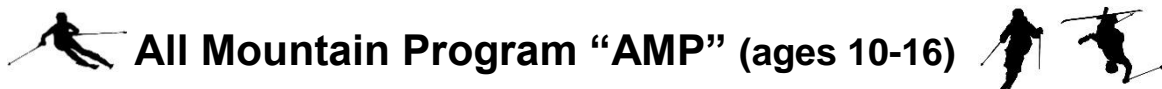
Saturdays, December 2 – March 17, 9:00am-2:00pm

LOCATION:

Steamboat Ski Resort

PROGRAM FEE:

\$935 plus \$150 refundable work deposit (\$780 price if paid in full by September 15)



This program is designed for those athletes that want to continue their improvement in skiing in a fun and directed environment, developing a comprehensive set of skiing skills that better prepare them for a lifetime of skiing. They will explore bumps, powder, trees, jumps, gates, steeps and park, while continuing to cultivate life-long passion for the sport. Time will be spent training moguls, park and alpine.

- *Minimum requirement: Comfortable parallel alpine skiing on blue terrain*
- *Participants need alpine ski equipment including helmet*
- *Ski passes to Steamboat Ski Resort (with night skiing add-on)*

DATES AND TIMES:

Dryland starts on Thursdays on November 2 from 4:00-5:30pm. On-snow training is from 5:30-7:30pm on Thursdays and 9:00am-2:30pm on Saturdays, running from December 2 to March 17.

LOCATION:

All training is at Steamboat Ski Resort

PROGRAM FEE:

\$1,495 plus \$300 refundable work deposit (\$1,245 price if paid in full by September 15)



This program is all about the girls, focused on camaraderie built around skiing all over the mountain with inspiration from some special female guest coaches. It's a great add on program for any girl in middle school or high school, but is offered as a stand-alone program as well. Be ready to ski the moguls, terrain park, groomers, trees, powder – this group does it all. Come join us for Girl Power on the mountain!

- Participants need alpine ski equipment including a helmet
- Participants need a ski pass or lift ticket for Steamboat Ski Resort
- Girls will be encouraged to continue skiing as a group on their own at the end of the program season

DATES AND TIMES:

Sundays 10:00am-3:00pm at Steamboat Ski Resort
December 3 & 17, January 7 & 21, February 4

PROGRAM FEE:

\$355 (\$295 price if paid in full by September 15)



Alpine Ski Racing

The primary goals of the SSWSC Alpine Competitive Programs are to cultivate a life-long passion for the sport of skiing; to develop the technical and tactical skill to achieve the goals of the individual skier while building life skills (focus, organization, timeliness, self-control, respect of rules and others, discipline in action, etc.)

Alpine Competitive Programs will emphasize skill development through free skiing, drills and gates in a variety of winter environments. Once technical skills are refined, training begins to focus more on the tactical part of ski racing in gates. This exposure and mileage in and out of gates becomes the foundation for all future development and success as an alpine ski racer. We define success at each age grouping by individual improvement and individual success. The younger age groups focus on fun and the development of basic fundamental athletic skills, strength, technique and stamina. In the U14 and older programs athletes begin to optimize specific sport skills and fitness geared toward competing in their sport.

CONTACT:

Adam Chadbourne, Alpine Competitive Program Director, 970.879.0695 x109, achadbourne@sswsc.org

Alpine Racing U12 3-Day and 4-Day (ages 10-12)

In this program, the coaches help develop a technical base of knowledge and further the desire of the skiers to learn more about the sport of alpine skiing and ski racing. Training includes skiing bumps, powder, trees, jumps, gates and steeps, equipment preparation and more. The 3-Day program is a great introduction to racing with the option to travel to races outside of Steamboat. The 4-Day program is ideal for motivated skiers who want more training and competition opportunities. All skiers participate in the Steamboat Cup Series and U.S. Ski & Snowboard Rocky Mountain Division competitions are optional for 3-Day program skiers. Athletes participating in fall sports do not need to attend dryland training that is in conflict with their practice schedule, but dryland is highly encouraged for all others. Also check out the [U12 Ski Meisters](#) and [U12 Ski & Jump](#) programs as options that include ski jumping and cross country skiing for a complete skiing skill set!

Minimum skiing requirement: *Comfortable on blue and black runs*

Equipment requirements: *Slalom skis, properly fitted junior ski boots, helmet, goggles with UV lenses. GS skis, speed suit, slalom pole guards, shin guards and goggles with clear/night lenses recommended. An equipment ordering session will be scheduled in September.*

Season pass information: *Must have ski passes to Howelsen Hill and to Steamboat Ski Resort with the night skiing add-on*

Competition information: *Optional participation in local and out of town (divisional) races*

Licensing requirements: *U.S. Ski & Snowboard license required for divisional competitions, but not Steamboat Cup Series*

NOTE: U12 age group is all athletes born in 2006 and 2007. 2005 year of birth skiers who only want two days of training and do not wish to compete in divisional competitions may also join the alpine U12 program.

Program	Dates*	Dryland	On-Snow	Program fee (+\$450 work deposit)
U12 3-Day	October 9 – March 24	M & W 4:00-6:00pm @ HH	M 5:30-7:30pm @ SB W 4:00-6:00pm @ HH Sa 8:30am-3:00pm @ SB	\$2,545 <i>\$2,120 if paid in full by 9/15</i>
U12 4-Day	September 6 – April 8	M & W 4:00-6:00pm @ HH	M 5:30-7:30pm @ SB W 4:00-6:00pm @ HH Sa 8:30am-3:00pm @ SB Su 10:00am-3:00pm @ SB	\$3,780 <i>\$3,150 if paid in full by 9/15</i>

*U12 bonus training sessions may be offered during Christmas Break, Blues Break, and scheduled off days for the Steamboat School District.

Alpine Racing U14 and U14 Plus (ages 12-14)

In this program, the coaches help develop a technical base of knowledge and further the desire of the skiers to learn more about the sport of ski racing. Training includes skiing bumps, powder, trees, jumps, gates and steeps, equipment preparation and video analysis. Athletes begin to spend more time in gates learning tactics and managing speed in the race course. Skiers participate in the Steamboat Cup Series and in U.S. Ski & Snowboard Rocky Mountain Division competitions. U14 Plus is for the athlete who is interested in a full dryland program and one additional day of training during the winter. U14 Plus athletes are dedicated and motivated individuals that have a passion for skiing and training and love to compete. Participation in the dryland program is expected, but those playing fall sports are excused when practices or games conflict with training.

Minimum skiing requirement: *Comfortable on all mountain terrain*

Equipment requirements: *Skiers should have and consistently maintain GS and slalom skis, properly fitted junior ski boots, helmet, goggles with UV lenses, speed suit, slalom pole guards, and shin guards. SG skis* and goggles with clear/night lenses recommended. Helmets must have FIS approved sticker shown. An equipment ordering session will be scheduled in September.*



Season pass information: *Must have ski passes to Howelsen Hill and to Steamboat Ski Resort with the night skiing add-on*

Competition information: *Participation in local and out of town (divisional) races encouraged*

Licensing requirements: *U.S. Ski & Snowboard license required for divisional competitions, but not Steamboat Cup Series*

The U14 age group is for skiers born in 2004 and 2005. 2003 year of birth skiers who want fewer days of training than the U16 program and do not wish to compete in divisional competitions may also join the alpine U14 program.

*SSWSC has an inventory of SG skis available to loan to athletes for the season based on availability, inquire with coaches. Athletes responsible for the maintenance of these skis during the season.

Program	Dates*	Dryland	On-Snow	Program fee (+\$500 work deposit)
U14	October 4 – March 25	W, Th 4:00–6:00pm @ HH	T 6:00–8:00pm @ HH Th 5:30–7:30pm @ SB Sa 8:30am–3:00pm @ SB Su 8:30am–11:30am @ SB	\$4,150 <i>\$3,460 if paid in full by 9/15</i>
U14+	September 5 – April 8	T, W, Th 4:00–6:00pm @ HH	T, W 6:00–8:00pm @ HH Th 5:30–7:30pm @ SB Sa 8:30am–3:00pm @ SB Su 8:30am–3:00pm @ SB	\$5,520 <i>\$4,600 if paid in full by 9/15</i>

*Bonus training sessions may be offered during Christmas Break, Blues Break, and scheduled off days for the Steamboat School District.

Alpine Racing U16 (ages 14-15)

This program is designed to help competitors develop their skiing skills to their fullest potential. All aspects of competitive skiing will be covered, including physical conditioning, technical and tactical development and equipment preparation education, etc. Participants will compete in U16 races and the scored SYNC series and may include out of division racing as qualified. This program requires a special class schedule with the school. Families should request a skier schedule. Check with your school counselor for details. On-snow training begins around October 21 with trips to Loveland or Copper Mountain. The U16 age group is for skiers born in 2002 and 2003.

Minimum skiing requirement: *Athletes expected to participate in pre-season dryland training and/or a fall sport, and participate in RMD and regional races*

Equipment requirements: *Skiers should have and consistently maintain Super G, GS and slalom skis, properly fitted ski boots, helmet, goggles with UV lenses, speed suit, slalom pole guards, and shin guards. Helmets must have FIS approved sticker. Downhill skis recommended. An equipment ordering session will be scheduled in September.*

Season pass information: *Must have ski passes to Howelsen Hill and to Steamboat Ski Resort with the night skiing add-on*

Competition information: *Participation in SYNC Series, RMD qualification events, U16 Championships/Council Cup and spring races. Athletes may travel with the team for these events.*

Licensing requirements: *U.S. Ski & Snowboard license required*

Dates	Dryland	On-Snow	Program fee (+\$600 work deposit)
August 28 – April 8	M-F 4:00–6:00pm @HH	T-F 1:00-4:00pm @ SB or HH Th* 5:30-7:30pm @ SB SA 8:30am-3:00pm @ SB SU 8:30am-3:00pm @ SB	\$7,200 \$6,000 if paid in full by 9/15 Non-residents: \$9,000 (\$7,500 if paid in full by 9/15)

Late April and May weekend training sessions will be offered based on snow conditions at Loveland, Winter Park or other nearby areas.

Alpine Racing U19/U21 (ages 16 through high school)

This program is designed to help competitors develop their skiing skills to their fullest potential. All aspects of competitive skiing will be covered, including physical conditioning, technical and tactical development, equipment preparation education, mental skills training, video analysis, performance planning and more. Participants will compete in U.S. Ski & Snowboard and FIS level competitions in the Rocky Mountain Division and may include out of division racing as qualified. Individual goal setting will be used to direct a yearlong training plan to help these racers reach their goals. This program is for skiers born in 2001 or earlier.

Minimum skiing requirement: *Attendance, participation, and physical standards will be established through goal setting between athlete and coach.*

Equipment requirements: *Skiers should have and consistently maintain Super G, GS and slalom skis, properly fitted ski boots, helmet, goggles with UV lenses, speed suit, slalom pole guards, and shin guards. Helmets must have FIS approved sticker. Downhill skis recommended. An equipment ordering session will be scheduled in September.*

Season pass information: *Must have ski passes to Howelsen Hill and to Steamboat Ski Resort*

Competition information: *Participation in regional FIS racing, national championship events and qualifiers, FIS-U and NorAm events (as qualified) and spring races. Athletes may travel with the team for these events.*

Licensing requirements: *U.S. Ski & Snowboard and FIS license required. FIS registration deadline is August 15, late fee applies after this date.*

Dates	Dryland	On-Snow	Program fee (+\$600 work deposit)
August 28-April 8 <i>Out of region competitions and weekend training camps may be offered through May.</i>	M-F 4:00–6:00pm @ HH	T-F 1:00-4:00pm @ SB or HH Sa 8:30am–3:00pm @ SB SU 8:30am-3:00pm @ SB	\$9,300 \$7,750 if paid in full by 9/15 Non-residents: \$11,630 (\$9,690 if paid in full by 9/15)

Alpine Racing PostGrad

This program is designed for high school graduates who aspire to compete nationally; at the collegiate or US Ski Team level. It consists of expanded on snow training and a focus on athletic commitment and lifestyle, i.e. training, nutrition, sport education, etc. Athletes will compete at the regional, national, and international level (if qualified).

Minimum skiing requirement: *Completed application, signed commitment contract, deposit, and acceptance into program, contact Adam Chadbourne achadbourne@sswsc.org.*

Season pass information: *Must have ski passes to Howelsen Hill and to Steamboat Ski Resort*

Competition information: *Participation in regional FIS, National Championship, NorAm, FIS-U and other events based on individual competition plan and qualification. Athletes may travel with the team.*

Licensing requirements: *U.S. Ski & Snowboard and FIS license required. FIS registration deadline is August 15, late fee applies after this date.*

Dates	Dryland	On-Snow	Program fee (+\$450 work deposit)
August 28-April 8 Out of region competitions may run past April 8	M – F 4:00-6:00pm @ HH or as scheduled	T - F 9-11am or 1-3pm @ SB or HH as scheduled with races/training, plus dryland as scheduled Sa & Su as scheduled @ SB or HH Double sessions as needed	\$11,700 \$9,750 if paid in full by 9/15 Non-residents: \$14,630 (\$12,190 if paid in full by 9/15)



Cross Country Skiing

We offer a full spectrum of training programs, starting at age 4 through post graduate. Our goal is to expose youth to the thrill of cross country skiing, skill development, physical training, and racing. The SSWSC cross country program has grown and developed into one of the top training centers in the United States. Cross country skiing is one of the best ways to learn to ski, providing a foundation of balance and fitness for any winter sport. By the high school ages, the SSWSC program offers full-time year-round training for the most committed cross country racers.

CONTACT: Brian Tate, Cross Country Director, 970.734.7678, btate@sswsc.org

Youth development programs

Check out the [Mini Cruisers](#) program (ages 4-5), [Cross Country Cruisers](#) program (ages 6-9) and [Cross Country U10/U12](#) programs (ages 8-11) in the Youth Development section of the guide. These programs provide age-appropriate progressions and a strong foundation of technique and fitness for the U14 program and subsequent cross country competitive programs.

Cross Country U14 (ages 11-13)

A program designed for skiers who wish to focus on improving their cross country skiing skills and fitness for participation at an increased competitive level. Skiers participate in physical conditioning activities and develop a technical base of knowledge to improve their cross country skiing skill set.

Equipment requirements: *Cross country ski equipment for classic and skate*

Trail pass information: *Youth cross country trail pass to Howelsen Hill and the Steamboat Touring Center*

Competition information: *Participants compete in Rocky Mountain Nordic (RMN) Junior National Qualifiers, Sven Wiik Cup Race Series, and Steamboat Cup Series*

Licensing requirements: *RMN membership is included in fees. Participants will need a U.S. Ski & Snowboard competitor membership.*

Dates	Dryland	On-Snow	Program fee (+\$300 work deposit)
September 19 - March 17	T, Th, F 4-6pm @ HH	T, Th, F 4:00-6:00pm @ HH or TC Sa 9:00am-12:00pm @ HH or TC	\$2,280 \$1,900 if paid in full by 9/15

Cross Country U16/U18/U20 (ages 14-19)

This program offers a comprehensive level of training and is for motivated skiers who wish to pursue their fullest potential in cross country ski racing. Each participant works with his/her coach to develop an annual training plan and seasonal goals. They should exhibit a high level of dedication to their sport. Skiers compete in local, regional, national, and in some cases, international competitions. SSHS students should sign up for the "0" hour school schedule.

Minimum skiing requirement: *Attendance, participation, and physical standards will be established through goal setting between athlete and coach*

Equipment requirements: *Cross country ski equipment for classic and skate and roller ski equipment for dryland (skate equipment at the minimum)*

Trail pass information: *Purchase a Nordic Valley Pass*

Competition information: *Participants compete in Rocky Mountain Nordic (RMN) Junior National Qualifiers and championship events as qualified*

Licensing requirements: *RMN membership is included in fees. Participants will need a U.S. Ski & Snowboard competitor membership. Possible FIS license depending on competition plan.*

Dates	Dryland	On-Snow	Program fee (+\$500 work deposit)
August 23 to April 1	Through mid-November T-F 2:45-5:00pm @ HH Sa 10:00am-12:00pm @ HH	On-snow training begins mid-November T-F 2:45-5:00pm @ HH or other Sa 9:00am-12:00pm @ HH or other	\$4,440 \$3,700 if paid in full by 9/15 <i>Non-residents: \$5,550</i> <i>(\$4,625 if paid in full by</i> <i>9/15)</i>

Cross Country Post Grad (ages 18 and older)

This program is designed for extremely motivated athletes taking time off between high school and college to pursue competitive cross country skiing at the highest level. Athletes have up to two years to train and compete before they begin to impact their NCAA eligibility. Skiers in the Post Grad program will have the opportunity to further their education by taking classes at Colorado Mountain College (CMC) and/or to find employment in Steamboat. A "part-time" course load can be taken at CMC with no impact on NCAA eligibility.

Minimum skiing requirement: *Participants in this program should be accomplished XC racers and can expect to compete in regional, national and potentially international competitions.*

Equipment requirements: *Cross country ski equipment for classic and skate and roller ski equipment for dryland (classic and skate)*

Trail pass information: *Purchase a Nordic Valley Pass.*

Competition information: *Participants compete in Rocky Mountain Nordic (RMN) Junior National Qualifiers and championship events as qualified*

Licensing requirements: *RMN membership is included in fees. Participants will need a U.S. Ski & Snowboard competitor membership and FIS license.*

Dates	Dryland	On-Snow	Program fee (+\$400 work deposit)
August 23 to April 1	T, Th 9:00-11:00am T-F 4:00-6:00pm @ HH Sa 10:00am-noon @ HH	T, Th 9-11am T-F 2:30-5pm @ HH or TC Sa 9am-noon @ HH or TC	\$5,200 \$4,335 if paid in full by 9/15 Non-residents: \$6,500 (\$5,420 if paid in full by 9/15)



Freestyle Skiing

The freestyle coaching staff aims to create a world class training environment that offers programming for young skiers that simply want to have fun and learn to ski proficiently in moguls, terrain parks and all over the mountain, up to the high performance group of athletes with World Cup and Olympic aspirations. We believe with innovative thinking, clear goals and organization, we can provide high quality programming for all levels of athletes through the SSWSC. Steamboat is a great environment for kids to learn and develop skills with the history of diligence and pride that the club has had for many years. Great attention to detail is paid to the acrobatic development of skiers through the fall with gymnastic, trampoline and water ramp training locally. In the winter, skiing fundamentals are mastered all over the mountain while mogul skiing skills are honed in age-appropriate mogul courses built both at Steamboat Ski Resort and Howelsen Hill.

CONTACT: Bobby Aldighieri, Director of Freestyle Skiing, 970.846.1918, baldighieri@sswsc.org

Youth Development

Freestyle skiers learn their foundational skiing skills through the U6, U8 and U10 Skiing programs in the [Youth Development](#) section of this guide. These programs teach the essential balance, carving and jumping skills necessary to progress in mogul skiing and the freeskiing disciplines starting in the U13 program.

U13 Freestyle (ages 10-12)

This program continues to develop a technical base of alpine skiing and freestyle knowledge and to further the desire of skiers to learn more about their sport. Training includes skiing slopestyle, halfpipe, moguls, big mountain, powder, trees, jumps, gates and steeps, equipment preparation and more. U13 Freestyle introduces competitive skiing, and allows athletes to develop their personal vision of the sport. Skiers participate in the Steamboat Cup Series, and athletes who want more competitive experience participate in the U.S. Ski & Snowboard Rocky Mountain Qualifier/Devo Series mogul events and/or USASA slopestyle and halfpipe events. Skiers have the option of three days a week on snow, or may choose to add a fourth day with an emphasis on moguls through the U13+ program. (A four day training program with park and pipe emphasis is through the [Freeskiing Junior Team](#).) U13+ skiers will start dryland training earlier and get additional gymnastics and trampoline training to support their development. The U13+ program is geared toward motivated young skiers with a passion for mogul skiing and training and skiers are expected to compete in Rocky Mountain Freestyle events.

Minimum skiing requirement: *Must be able to ski blue runs confidently*

Equipment requirements: *Alpine ski equipment, U13+ participants should have a mogul-specific ski*

Season pass information: *Purchase ski passes to Steamboat Ski Resort and Howelsen Hill*

Competition information: *SSWSC will choose selected events from the Rocky Mountain Freestyle and USASA competition series that will be staffed. To maximize training opportunities, all competitions may not be attended.*

Licensing requirements: *Skiers do not need a U.S. Ski & Snowboard license for the Steamboat Ski Cup Series, but it is required for U.S. Ski & Snowboard Rocky Mountain Division Moguls competitions, and a USASA license is required for USASA slopestyle and halfpipe competitions.*

Program	Dates	Dryland	On-Snow	Program fee (+\$350 work deposit)
U13	October 10 to March 24	T & Th 4:00-6:00pm @ HH	T, F 4:00-6:00pm @ HH Sa 8:30am-2:30pm @ SB	\$1,920 <i>\$1,600 if paid in full by 9/15</i>
U13 Free+ Moguls	September 19 to March 24	T & Th 4:00-6:00pm @ HH or WR	T, Th, F 4:00-6:00pm @ HH Th 1x a month 4:00-5:15pm @ Excel Gym Sa 8:30am-2:30pm @ SB	\$2,520 <i>\$2,100 if paid in full by 9/15</i>

*Training times may be adjusted for SSSD no school days.

U15 Moguls (ages 13-14)

This program is designed for the freestyle athlete who has selected moguls as their competitive focus. This program will continue to develop skiing skills and all aspects of competitive mogul skiing will be covered, including goal setting, physical conditioning, specific acrobatic training, technical and tactical development.

Minimum skiing requirement: *Desire and ability to ski black runs and a desire to improve skills*

Equipment requirements: *Must have mogul specific skis and helmet*

Season pass information: *Purchase ski passes to Steamboat Ski Resort and Howelsen Hill*

Competition information: *Athletes may participate in RMD Age Class Divisional events, Rocky Mountain Competitive Series and national level events (if qualified)*

Licensing requirements: *U.S. Ski & Snowboard license is required for competition*

Program	Dates	Dryland	On-Snow	Program fee (+\$350 work deposit)
U15	September 5 to April 8 <i>Spring Dates: March 12 - April 8</i>	T-Th 4:00–6:00pm @ HH As scheduled @ WR	T & Th 4:00–6:00pm @ HH Sa 8:30am–2:30pm @ SB Su 10:00am–1:00pm @ SB 3 trampoline sessions at Excel per month, days TBD <i>Spring training hours may be adjusted per snow conditions and ski area operating schedules.</i>	\$3,210 <i>\$2,675 if paid in full by 9/15</i>

U17/U19 Moguls (ages 15 and older)

This program is designed to help the competitive mogul skier develop their skiing skills to their full potential. All aspects of competitive mogul skiing will be covered, including goal setting, physical conditioning, specific acrobatic training, and technical and tactical development.

Minimum skiing requirement: *Desire and ability to ski moguls and perform upright aerials*

Equipment requirements: *Must have mogul specific skis and helmet*

Season pass information: *Purchase ski passes to Steamboat Ski Resort and Howelsen Hill*

Competition information: *Athletes may participate in regional, national and international events (if qualified)*

Licensing requirements: *U.S. Ski & Snowboard license is required for competition*

Dates	Dryland	On-Snow	Program fee (+\$600 work deposit)
August 29 to April 8 <i>Spring Dates: March 12 - April 8</i>	T-F 4:00-6:00pm @HH As scheduled @ WR	T, W, Th 12:30-4:00pm @ SB T 4:45-6:00pm @ HH Gym Th 4:45-6:00 Trampoline @ Excel Sa 8:30am-12:30pm @ SB Su 10:00am-1:00pm @ SB <i>Spring training hours may be adjusted due to conditions and spring operating schedules</i>	\$5,820 <i>\$4,850 if paid in full by 9/15</i> <i>Non-residents: \$7,270 (\$6,060 if paid in full by 9/15)</i>

High Performance Moguls (high school and older)

This program increases the intensity of the U17/U19 program and is designed to maximize an athlete's training with the goal of skiing at the highest international levels of the sport, specifically, to progress to and through the NorAm Cup Tour and on to the World Cup. This program is designed to educate and provide the individual with the skills to become an elite level athlete through a holistic approach. Such areas include year round training on snow domestically and internationally, as well as year round strength & conditioning training, water ramp, acrobatic / trampoline training and detailed goal setting.

Minimum skiing requirement: *This program requires an application and has competitive requirements in order to be accepted. Inquire with Freestyle Program Director Bobby Aldighieri baldighieri@sswsc.org*

Season pass information: *Purchase ski passes to Steamboat Ski Resort and Howelsen Hill*

Competition information: *Divisional, NorAm, selection and championship mogul events. Participants must have the ability and means to travel extensively for training and competition*

Licensing requirements: *U.S. Ski & Snowboard and FIS licenses required*

Dates	Dryland	On-Snow	Program fee (+\$450 work deposit)
September thru April	4-6 sessions per week These include a variety of strength and conditioning, acrobatics, trampoline, pilates, etc.	4-6 days a week @ SB & HH, monthly schedule provided *Training camps in Switzerland, Canada, Australia, etc. (<i>athletes pay all travel costs, coaching fees included in program fee</i>)	\$9,720 <i>\$8,100 if paid in full by 9/15</i> <i>Non-residents: \$12,150 (\$10,125 if paid in full by 9/15)</i>



Freeskiing

The SSWSC has offered freeskiing training options since 2000. Competitive freeskiing disciplines include halfpipe, slopestyle and big mountain. SSWSC Freeskiing offers training and competitive options from beginner freeskiers, with a skiing competency on black diamond terrain, through to the Revolution Tour level athlete, with a pipeline to any level of competition.

The Freeskiing winter program starts in September with pre-season training after school through a fun fitness based program. The teams start heading to Summit County for on-snow camps at the start of November, weather permitting. The main contest season starts in January and training goes through to the end of USASA Nationals in early April.

Our coaching staff is passionate about creating a rewarding experience centered on both personal and technical growth. The coaches have experience with IFSA, USASA, U.S. Ski & Snowboard competition, and media production. Our staff regularly attends coach education, including U.S. Ski & Snowboard Project Gold camps, working with U.S. Freeskiing athletes and coaches to improve our programs. We are fortunate to have great facilities available to us, including trampolines, water ramps, and a 50' airbag, and close proximity to the Summit County venues.

SSWSC Freeskiing understands that freeskiing athletes may have a wide variety of goals. We strive to create an environment that fosters growth within all visions of success, from creating a great media product, to competitive paths and a love of skiing. Our holistic look at the sport includes a deep rooted belief that great skiers ski all zones on the hill, and that a wide variety of skills can work together to create something larger than the sum of its parts. This allows any freeskiier to define success on their own terms, and then work towards their goals.

CONTACT: Tony Lodico, Freeskiing Head Coach, 970.819.2467, tlodico@sswsc.org

Freeskiing Junior Team Full Time (ages 10-15)

This program is designed for the competitively driven freeskiing athlete interested in regional competition. It is targeted at the phase 3 development level of the U.S. Ski & Snowboard Training System. All coaching will be geared toward freeskiing skill development across the entire mountain including the terrain parks, halfpipe, and big mountain, generally splitting time 40/60 between the competitive venue and out of venue. Cross-training activities will include trampoline and conditioning. Travel will be offered to Summit County for training camps.

Minimum skiing requirement: *Desire and ability to ski black runs, to improve skills and to improve in all phases of skiing including slopestyle, halfpipe and big mountain skills. Coach approval required; 10 and 11 year old riders will be required to petition for this team and should have had at least one year in the U10 or U13 Freestyle program. Contact Tony Lodico tlodico@sswsc.org for details.*

Equipment requirements: *Alpine skiing or telemark equipment and a helmet*

Season pass information: *Purchase ski passes to Steamboat Ski Resort (with night skiing add-on) and Howelsen Hill*

Competition information: *Athletes will participate in regional and national level USASA and or IFSA events*

Licensing requirements *A USASA license is required for USASA slopestyle and halfpipe competitions*

Dates	Dryland	On-Snow	Program fee (+\$350 work deposit)
September 19 – April 7 <i>Spring Dates: March 3 – April 7</i>	Sept 19 – Nov 17 T-F 4:00–6:00pm @ HH	T,W 4:15-6:15pm @ HH F 5:30-7:30pm @ SB Sa 9:00am-1:00pm @ SB <i>Air camps as scheduled</i> Spring hours Sa 11:00am-3:00pm @ SB, Su 11:00-3:00pm @ SB	\$3,060 <i>\$2,550 if paid in full by 9/15</i>

Freeskiing Junior Team Part Time (ages 12-15)

This program is designed for the younger freeskiing athlete who is less competitively focused. All coaching will be geared toward freeskiing skill development across the entire mountain including the terrain parks, halfpipe, and big mountain, generally splitting time 40/60 between the competitive venue and out of venue.

Minimum skiing requirement: *Desire and ability to ski black runs, improve skills and improve in all phases of skiing including slopestyle, halfpipe and big mountain skills*

Equipment requirements: *Alpine skiing or telemark equipment and a helmet*

Season pass information: *Purchase ski passes to Steamboat Ski Resort (with night skiing add-on) and Howelsen Hill*

Competition information: *Athletes may participate in regional and national level USASA and or IFSA events*

Licensing requirements *A USASA license is required for USASA slopestyle and halfpipe competitions*

Dates	Dryland	On-Snow	Program fee (+\$350 work deposit)
October 10-March 17 <i>Spring Dates: March 3-17</i>	Oct 10-Nov 17 T and F 4:00-6:00pm @HH	T 4:15–6:15pm @ HH F 5:30-7:30pm @ SB SA 9:00am–1:00pm @ SB <i>Air camps as scheduled</i> Spring Hours: Sa 11:00am-3:00pm @ SB	\$2,015 <i>\$1,680 if paid in full by 9/15</i>

_Freeskiing Senior Team Full Time (ages 15-19)

Designed for athletes who wish to improve in slopestyle, halfpipe or big mountain competitive freeskiing. This group focuses on continued development of the freeskiing fundamentals and competitive skills. Training in all competitive venues terrain park, halfpipe and big mountain, while allowing athletes to specialize within one discipline. The team generally splits training time 70/30 in the competition venue and out of venue. The Freeskiing Team is competition-oriented, competing USASA, the Revolution Tour, or the IFSA in all freeskiing disciplines, with a pipeline to international competition.

Minimum skiing requirement: *Ability to ski the entire mountain with a desire to improve skills*

Equipment requirements: *Alpine skiing or telemark equipment and a helmet*

Season pass information: *Purchase ski passes to Steamboat Ski Resort and Howelsen Hill. Recommend purchasing a Copper Pass for Copper Summit Trips*

Competition information: *Athletes may participate in regional and national level USASA and or IFSA events*

Licensing requirements *A USASA license is required for USASA slopestyle and halfpipe competition. A U.S. Ski & Snowboard membership is required for Rev Tour.*

Dates	Dryland	On-Snow	Program fee (+\$450 work deposit)
September 5-April 7 Spring Dates: March 3 -April 7	Sept 5- Nov 17 T, Th 3:00-5:00pm @HH W, F 4:00-6:00pm @ HH	T, Th, F 1:00-3:30pm @ SB Sa 9:00am-1:00pm @ SB <i>Tues at HH airbag as scheduled</i> Spring hours: T,Th,F 1:00-3:30pm, Sat 11:00-3:00pm @ SB	\$5,015 \$4,180 if paid in full by 9/15 Non-residents \$6,270 (\$5,225 if paid in full by 9/15)

Freeskiing Senior Team Part-Time (ages 15-19)

The part-time program is designed for athletes who are new to the sport of freeskiing, or are less competitively driven. This group focuses on development of the freeskiing fundamentals. Competition is focused at the regional level (USASA age class). Athletes work on freeskiing skill development across the entire mountain including the terrain parks, halfpipe, and big mountain, generally splitting time 50/50 between competition venues and out of the venue.

Minimum skiing requirement: *Ability to ski the entire mountain with a desire to improve skills*

Equipment requirements: *Alpine skiing or telemark equipment and a helmet*

Season pass information: *Purchase ski passes to Steamboat Ski Resort and Howelsen Hill. Recommend purchasing a Copper Pass for Copper Summit Trips*

Competition information: *Participation in two competitive events or one Summit County camp is recommended*

Licensing requirements *A USASA license is required for USASA slopestyle and halfpipe competition*

Dates	Dryland	On-Snow	Program fee (+\$450 work deposit)
October 17- March 17	Oct 17-Nov 17 T and Th 3:00-5:00pm @ HH	T, Th 1:00-3:30pm @ SB Sa 9:00am-1:00pm @ SB <i>Tues at HH airbag as scheduled</i> Spring hours T, Th 1:00-3:30pm @ SB Sa 11:00-3:00pm @ SB	\$3,180 \$2,650 if paid in full by 9/15 Non-residents: \$3,970 (\$3,310 if paid in full by 9/15)



Snowboarding

The SSWSC offers snowboard programming in alpine racing, snowboard cross, slopestyle and halfpipe. Our approach emphasizes development of superior fundamental riding skills. We want SSWSC riders to be the best snowboarders on the mountain. With these skills, they can choose whatever path they wish, whether it's competition, free ride or just having fun. We work hard to develop a love of the sport and a lifelong passion for snowboarding regardless of chosen path within the sport. Our coaches challenge, support, inspire and encourage our riders to bring out the best in themselves.

CONTACT: Tori Koski, Snowboard Program Director, 970.879.0695 x114, tkoski@sswsc.org

Youth Development Programs

The program starts at age 7 with the [Boardriderz](#) program as the entry level step into snowboarding. Riders then advance to the [Junior Ability](#) program once they've developed solid foundational skills in Boardriderz and want to get an extra day of training in. The focus on both of these programs is fun and skill development. Riders are encouraged to try out local competitions. Check out these programs in the [Youth Development](#) section earlier in this guide.

Junior Snowboard Team [JST] (ages 14 and younger)

This program is for the younger rider who is serious about his/her snowboarding and exhibits a high level of dedication to their personal riding improvement. Training in all competitive disciplines (Giant Slalom, Slalom, Snowboardcross, Slopestyle and Halfpipe) will be offered. Cross training will be offered Tuesday evenings and will include video review, competition analysis and indoor trampoline sessions (additional facility fee expected for trampoline use). Riders will work with coaches to establish a competition schedule for the season to achieve an optimal balance between training and events.

Minimum riding requirement: *Expert riding ability, highly motivated to improve and desire to compete. Coach approval required; elementary school riders will be required to petition for this team.*

Equipment requirements: *Snowboard equipment and a helmet*

Season pass information: *Purchase season passes at Steamboat Ski Resort and Howelsen Hill. Copper Mountain season pass recommended for events and training camps.*

Competition information: *Riders will participate in the USASA Regional Series; stronger riders may participate in U.S. Ski & Snowboard Revolution tour.*

Licensing requirements *A USASA license is required for USASA slopestyle and halfpipe competition. U.S. Ski & Snowboard membership required for Rev Tour.*

Dates	Dryland	On-Snow	Program fee (+\$450 work deposit)
September 26- April 6	T, W, Th 4:00-6:00pm @HH	T, W, Th 4:15-6:15pm @ HH T 6:30-7:30pm @ HH/Cross Sa 9:00am-2:00pm @ SB	\$3,410 \$2,840 if paid in full by 9/15

Senior Snowboard Team [SST] (ages high school and older)

The Senior Snowboard Team is for the high school rider who is serious about his/her snowboarding, exhibits a high level of dedication to the sport and is looking to develop competitive snowboard skills. Training sessions will focus on advanced techniques in Slopestyle, Halfpipe and Snowboardcross with the goal of developing a strong base for competition. Riders will work with coaches to establish a competition schedule for the season to achieve an optimal balance between training and events. Cross training sessions are scheduled for two evenings a week and will include video review, trampoline, weight training or conditioning. The SST Part-Time program is based on a partial skier schedule at SSHS.

Minimum riding requirement: *Advanced riding ability, highly motivated to improve and desire to compete. Attendance and participation standards must be met to maintain competition eligibility. Coach approval required.*

Equipment requirements: *Snowboard equipment and a helmet*

Season pass information: *Purchase season passes at Steamboat Ski Resort and Howelsen Hill. Copper Mountain season pass recommended for competitive athletes.*

Competition information: *Compete in USASA Regional Series; stronger riders may have an opportunity to participate in the U.S. Ski & Snowboard Revolution Tour or other high level events.*

Licensing requirements *A USASA license is required for USASA slopestyle and halfpipe competition. U.S. Ski & Snowboard membership required for Rev Tour.*

Program	Dates	Dryland	On-Snow	Program fee (+\$600 work deposit)
SST Full Time	September 5 – April 6	T, W, Th 4:00-6:00pm @ HH	T-F 1:00–3:30pm @ SB or HH F 5:00-6:00pm @ HH gym Sa 9:00am-2:00pm @ SB	\$4,380 \$3,650 if paid in full by 9/15 <i>Non-residents: \$5,470 (\$4,560 if paid in full by 9/15)</i>
SST Part Time	September 5 - March 31	T, W, Th 4:00-6:00pm @ HH	T,Th,F 1:00–3:30pm @ SB or HH F 5:00-6:00pm @ HH gym Sa 9:00am-2:00pm @ SB	\$3,780 \$3,150 if paid in full by 9/15 <i>Non-residents: \$4,720 (\$3,935 if paid in full by 9/15)</i>

Pro-Am Race [PAR] (ages high school and older)

This is an intensive snowboard race program. Training for all levels of snowboard racing is offered. Pro-Am race athletes desire to compete at the biggest events and reach the peak of snowboard racing both nationally and internationally. Specific attention is given to each athlete in designing and implementing a realistic competitive schedule to maximize performance and improve points. All aspects of snowboard racing are addressed, including physical conditioning, technical and tactical development, equipment preparation/set up and mental training.

Minimum riding requirement: *Prior competition experience and coach's recommendation. Strong internal motivation, willing to think outside the box and participate in team building within the group.*

Equipment requirements: *Alpine snowboard equipment and a helmet*

Season pass information: Purchase season passes at Steamboat Ski Resort and Howelsen Hill

Competition information: Compete in USASA, NorAm, RTTC, FIS, Europa Cup and World Cup

Licensing requirements A USASA license is required for USASA races. U.S. Ski & Snowboard and FIS licenses required for RTTC and higher level events.

Dates	Dryland	On-Snow	Program fee (+\$450 work deposit)
September 6 – April 6	Contact Head Coach	M, T, W 1:00-4:00pm @ SB or HH Sa, Su 10:00am-1:00pm @ SB or HH	\$6,600 \$5,500 if paid in full by 9/15 Non-residents: \$8,250 (\$6,875 if paid in full by 9/15)

Pro-Am Boardercross [PABX] (ages high school and older)

PABX is designed for riders committed to BoarderCross training. Specific attention is given to each athlete in designing and implementing a realistic competitive schedule to maximize performance and improve points. Coaches will focus on isolating and enhancing the various skill sets needed to excel in SBX. All aspects of BoarderCross racing are addressed including elements of freestyle, gate training, physical conditioning, video review, mental preparation, technical ability, tactical development and equipment preparation.

Minimum riding requirement: Advanced riding skills and prior competitive SBX experience. Must be 15 years of age to participate in any FIS-sanctioned event.

Equipment requirements: SBX-specific snowboard equipment and a helmet

Season pass information: Purchase season passes at Steamboat Ski Resort and Howelsen Hill

Competition information: Travel will be extensive and can include events such as U.S. Ski & Snowboard Grand Prix, Revolution Tour, Holeshot Tour, NorAm Cup races and other professional open events.

Licensing requirements A USASA license is required for USASA races. U.S. Ski & Snowboard membership and FIS license required for Holeshot Tour and higher level events.

Dates	Dryland	On-Snow	Program fee (+\$450 work deposit)
September 6 – April 6	Contact Head Coach	T-F 1:00-4:00pm @ SB or HH Sa 9:00am-2:00pm @ SB	\$6,935 \$5,780 if paid in full by 9/15 Non-residents: \$8,670 (\$7,225 if paid in full by 9/15)



Ski Jumping/Nordic Combined

The SSWSC Ski Jumping and Nordic Combined programs are currently the largest of their kind in North America, with more than 100 athletes ages 4-18. Since 1932, the SSWSC has had a ski jumper or Nordic combined athlete represented in every Winter Olympics with the exception of 1936, 37 Olympians in all.

Howelsen Hill also boasts one of the largest selections of ski jumps in North America with seven jumps ranging from a “bump jump” for beginners to the Olympic-sized HS100 and HS127-meter jumps. Howelsen Hill also offers 25 kilometers of exciting and challenging homologated cross country trails for our Nordic Combined athletes.

Ski jumping and Nordic Combined are exciting sports for children of all ages. In our most entry level programs beginning at age 4 or older, we get jumpers started on the “bump jump”. Here we develop a base of comfort and safety, with an understanding of how to approach, lift off, and land a jump, always keeping it fun and encouraging. From there, our professional staff coach the kids through a progression that moves them up little by little from the smaller jumps to the largest jumps sometime in their early teens. The focus is always first and foremost on safety, having fun, skill development, character, and respect for the sport.

We offer different levels of training/involvement for every age group, from the once a week casual jumper to the dedicated athlete with Olympic aspirations. Athletes can choose to focus solely on ski jumping or participate in the full sport of Nordic combined, which means learning ski jumping as well as cross country skiing. In order to make the sport more accessible, we maintain a full inventory of high-end ski jumping equipment.

CONTACT:

Todd Wilson, Jumping/Nordic Combined Program Director, 970.879.0695 x112, twilson@sswsc.org

Youth Development Programs

Regular, season long training with the ski jumping and nordic combined program begins with the [Little Vikings](#) program for jumpers as young as four years old. Little Vikings get one day of jumping and one day of cross country skiing per week. U10's have an option between a ski jump only program or jumping and cross country together in the [U10 Nordic Combined](#) program. These programs are the building blocks for jumping in the U12 program and beyond. New crossover programs give the option of adding a day of alpine [U8, U10 and U12 Ski Meisters](#) or adding some jumping to an alpine-based program ([U8, U10 and U12 Ski and Jump](#)). There are lots of great ways for children to get started with ski jumping and nordic combined!

Jumping and Nordic Combined U12 (ages 10-11)

This is a beginner to intermediate Jumping and Nordic Combined program in which participants further refine their skills on Nordic jumping and cross country equipment. Athletes continue to develop their skills in jumping or in both disciplines in a more challenging environment. Jumping takes place on jump hills up to and including HS45 meter jumping hill.

Minimum skiing requirement: *Successful completion of Jumping or Nordic Combined U10 or a coach's recommendation*

Equipment requirements: Fees include Nordic jumping equipment, but nordic combined participants must have their own cross country skate skiing equipment

Season pass information: Purchase a Howelsen Hill season pass. Nordic combined athletes need a lift and trail pass.

Competition information: Optional competitions are available through the Hitchens Brothers' Wednesday Night Jump Series, Steamboat Cup Series, and through local and regional U.S. Ski & Snowboard jumping, cross country and Nordic combined competitions.

Licensing requirements A U.S. Ski & Snowboard membership is required to compete in U.S. Ski & Snowboard sanctioned events.

Program	Dates	Dryland	On-Snow	Program fee (+\$450 work deposit)
Nordic Combined U12	Sept 19 to March 10	T, W & F 4:00-6:00pm @ HH	<i>Jumping:</i> W & F 4:00–6:00pm @ HH Sa 9:30–11:15am @ HH <i>Cross Country:</i> T 4–6pm @ HH Sa 11:30am–1pm @ HH	\$1,800 \$1,500 if paid in full by 9/15
Jumping U12	Sept 19 to March 10	T, W & F 4:00-6:00pm @ HH	<i>Jumping:</i> W & F 4–6pm @ HH SA 9:30–11:15am @ HH	\$1,315 \$1,095 if paid in full by 9/15

Jumping and Nordic Combined U14 (ages 12-13)

This is an intermediate to advanced Jumping and Nordic Combined program for those who have experienced the fundamentals of jumping and nordic combined on nordic gear. Through exposure to jumps up to and including the HS75, participants continue to gain confidence and improve skills. The program provides learning through fun, structured training sessions and competitions.

Minimum skiing requirement: Intermediate skiing skills and/or successful completion of the U12 program

Equipment requirements: Fees include Nordic jumping equipment, but nordic combined participants must have their own cross country skate skis, poles, boots and roller skiing equipment

Season pass information: Purchase a Howelsen Hill season pass. Nordic combined athletes need a lift and trail pass.

Competition information: Participants compete in Hitchens Brothers' Wednesday Night Jump Series, Steamboat Cup Series and local and regional jumping, cross country and nordic combined competitions.

Licensing requirements A U.S. Ski & Snowboard membership is required to compete in U.S. Ski & Snowboard sanctioned events.

Program	Dates	Dryland	On-Snow	Program fee (+\$450 work deposit)
Nordic Combined U14	Sept 19 to March 10	<i>Jumping:</i> W, F 4–6pm @ HH <i>XC & Strength:</i> T 4–6pm @ HH XC: Th 4-6pm @ HH	<i>Jumping:</i> W & F 4:00–6:00pm @ HH Sa 9:30–11:15am @ HH <i>Cross Country:</i> T (+strength) & Th 4:00–6:00pm @ HH Sa 11:30am–1:00pm @ HH	\$2,700 \$2,250 if paid in full by 9/15
Jumping U14	Sept 19 to March 10	<i>Jumping & Strength:</i> T 4–6pm @ HH <i>Jumping:</i> W,F 4-6pm @ HH	<i>Jumping:</i> W & F 4:00–6:00pm @ HH Sa 9:30–11:15am @ HH <i>Dryland:</i> T 5:00-6:00pm @ HH	\$2,100 \$1,750 if paid in full by 9/15

Jumping and Nordic Combined U16 (ages 14-15)

This program provides training opportunities for U16 skiers who wish to pursue their fullest potential in Jumping or in Nordic Combined. Athletes train and compete on the HS 75, HS100 and HS127 meter jumps. A strong emphasis is placed on physical conditioning and improving technique.

Minimum skiing requirement: *Successful completion of U14 Program or intermediate to advanced skiing skills*

Equipment requirements: *Participants need their own Nordic jumping equipment, cross-country skating equipment including roller ski equipment and cross-country no-wax classic equipment. Nordic jumping equipment available for rent from the club at an additional cost.*

Season pass information: *Purchase a Howelsen Hill season pass and a Nordic Valley Pass*

Competition information: *Participants compete in U.S. Ski & Snowboard regional and national competitions.*

Licensing requirements *A U.S. Ski & Snowboard membership is required to compete in U.S. Ski & Snowboard sanctioned events.*

Program	Dates	Dryland	On-Snow	Program fee (+\$600 work deposit)
Nordic Combined U16	September 5 to March 25	Strength: F 6:45-7:45am Jumping: W,F 4:00-6:00pm @ HH XC: M, T, Th 4:00-6:00pm @ HH	Strength: F 6:45-7:45am Jumping: W & F 4:00-6:00pm @ HH Sa 9:30-11:15am @ HH Cross Country: T & Th 4:00-6:00pm @ HH Sa 11:30am-1:00pm @ HH	\$3,960 \$3,300 if paid in full by 9/15 Non-residents: \$4,950 (\$4,125 if paid in full by 9/15)
Jumping U16	September 5 to March 25	Strength: F 6:45 - 7:45am @ HH Aerobic: M, Th 4:00-6:00pm @ HH Jumping: T, W & F 4:00-6:00pm @ HH	Strength: F 6:45-7:45am @ HH Aerobic: T & Th 4:00-6:00pm @ HH Jumping: W & F 4:00-6:00pm @ HH Sa 9:30am-noon @ HH	\$3,180 \$2,650 if paid in full by 9/15 Non-residents: \$3,970 (\$3,310 if paid in full by 9/15)

Jumping and Nordic Combined U18 & U20 (ages 16 and older)

This program provides maximum training opportunities for highly motivated skiers who wish to pursue their fullest potential in Jumping or Nordic Combined. A strong emphasis is placed on physical conditioning and improving technique. Athletes train and compete on the HS75, HS100 and HS127 meter jumps. Participants compete in regional, national and in some cases international competitions.

Minimum skiing requirement: *Successful completion of U16 program or the equivalent*

Equipment requirements: *Participants need their own Nordic jumping equipment, cross-country skating equipment including roller ski equipment and cross-country no-wax classic equipment.*

Season pass information: *Purchase a Howelsen Hill season pass and a Nordic Valley Pass*

Competition information: *Participants compete in U.S. Ski & Snowboard regional, national and in some cases, international competitions.*

Licensing requirements *A U.S. Ski & Snowboard membership is required to compete in U.S. Ski & Snowboard sanctioned events and a FIS license may be required for national and international events.*

Program	Dates	Dryland	On-Snow	Program fee (+\$600 work deposit)
Nordic Combined U18 & U20	September 5 - March 25	<i>Strength:</i> T & F 6:45–7:45am <i>Jumping:</i> W, F 4:00–6:00pm @ HH <i>XC:</i> M, T & Th 4:00–6:00pm @ HH	<i>Strength:</i> T & F 6:45–7:45am @ HH <i>Jumping:</i> W & F 4:00–6:00pm @ HH Sa 9:30–11:15am @ HH <i>Cross Country:</i> T & Th 4:00–6:00pm @ HH or TC Sa 11:30am–1:00pm @ HH or TC	\$4,710 <i>\$3,925 if paid in full by 9/15</i> <i>Non-residents: \$5,885 (\$4,905 if paid in full by 9/15)</i>
Jumping U18 & U20	September 5 - March 25	<i>Strength:</i> T & F 6:45–7:45am <i>Aerobic:</i> M 4:00–6:00pm <i>Jumping:</i> T, W & F 4:00–6:00pm @ HH	<i>Strength:</i> T & Th 6:45–7:45am @ HH <i>Aerobic:</i> T & Th 4:00–6:00pm @ HH <i>Jumping:</i> W & F 4:00–6:00pm @ HH Sa 9:30am–12:00pm @ HH	\$3,595 <i>\$2,995 if paid in full by 9/15</i> <i>Non-residents: \$4,495 (\$3,745 if paid in full by 9/15)</i>



Telemark

The SSWSC has offered telemark skiing programs since 2001. The telemark team consists of a development group which feeds into big mountain and racing. The purpose of the development group is to build fundamental and solid skiing skills to be able to ski all terrain and all snow conditions. We are fortunate to have a highly experienced staff of coaches who are all current on modern telemark skiing. The big mountain program works closely with the freeskiing team and the racing program works with the alpine program. Be sure to check out the new Telemark Race Fridays program.

CONTACTS:

Telemark Devo – Blair Seymour, Youth Development Director, 970.879.0695 x110, bseymour@sswsc.org
Telemark Big Mountain – Tony Lodico, Freeskiing Head Coach, 970.819.2467, tlodico@sswsc.org

Telemark Devo (ages 9-16)

This program seeks to improve each athlete's skiing through the development of the Telemark turn. It is designed to expose participants to the skills of telemark skiing through all-mountain adventures, tele race, bumps, trees and powder on telemark gear. The goal is to have a great time and acquire skiing confidence while utilizing a variety of terrain. Athletes are encouraged to participate in all of the Steamboat Cup Race Series including alpine, freestyle and cross country. Due to the broad age range of this program, the groups will likely be divided by age as well as ability.

Minimum skiing requirement: *Ability to alpine ski parallel turns on blue runs and Telemark skiing experience that allows for skiing on green and blue runs*

Equipment requirements: *Telemark skiing equipment and a helmet*

Season pass information: *Purchase a Steamboat Ski Resort season pass with night skiing*

Competition information: *Steamboat Cup events are an option. If athletes are interested in competition, contact the coach.*

Licensing requirements: *None*

DRYLAND:

Mondays, 4:00-5:30pm, starting November 6, at Howelsen Hill

ON-SNOW:

Mondays, 5:30-7:30pm, and Saturdays, 9:00am-1:00pm, starting December 2*, at Steamboat Ski Resort
Last day of training March 17.

*Regular Monday night skiing at Steamboat Ski Resort begins December 18. Thursday night skiing will be offered December 7 and 14 from 5:30-7:30pm in place of Monday nights for those weeks.

COST:

\$1,040 plus \$175 refundable work deposit (\$865 price if paid in full by September 15)

Telemark Big Mountain Team (ages 15-19)

This group focuses on development of freeskiing and big mountain fundamentals. Competition is focused at the regional level (IFSA and/or USASA.) Athletes work on freeskiing/tele big mountain skill development across the entire mountain including the terrain parks, halfpipe, and extreme terrain, generally splitting time 50/50 in venue and out of venue. Training takes place with the Freeskiing Teams.

Minimum skiing requirement: *Ability to ski the entire mountain with a desire to improve skills*

Equipment requirements: *Telemark skiing equipment and a helmet*

Season pass information: *Purchase a Steamboat Ski Resort season pass*

Competition information: *USASA or IFSA events will be offered*

Licensing requirements: *USASA events require USASA membership*

Dates	Dryland	On-Snow	Program fee (+\$350 work deposit)
October 17 - March 17	Oct 17 - Nov 17 T, Th 4:00-6:00pm @ HH	T, Th 1:00-3:30pm @ SB Sa 9:00am-1:00pm @ SB <i>Tues at HH airbag as scheduled</i> Spring hours T, Th 1:00-3:30pm @ SB Sa 12:00-3:30pm @ SB	\$3,180 <i>\$2,650 if paid in full by 9/15</i>



You're never too old to learn new tricks! Our coaches are there to keep you skiing strong or to learn new techniques to fly down the mountain, whether through the gates or on the nordic jumps.

Alpine Masters Training (ages 21 and over)

This program is for the adult skier who wishes to join an organized training program to improve their alpine skiing and to learn new skills. It is a great program to help prepare for the Town Challenge and Rocky Mountain Masters race series. Running gates is used as a tool to improve overall skiing regardless of the end goal. Our participants love getting the technical and tactical feedback from our coaches to help them ski better and have more fun on the mountain.

- *Participants need alpine ski equipment and ski passes to Steamboat Ski Resort and Howelsen Hill*
- *Contact: Kevin Hendrickson, trunks68@q.com*

DATES AND TIMES:

December 6 – March 9

Wednesdays 6:00-8:00pm at Howelsen Hill

Fridays 1:00-3:00pm at Steamboat Ski Resort or Howelsen Hill

Bonus sessions on select Tuesday and Thursday nights will be offered, check the training calendar

COST:

\$625 for full season, including bonus sessions

\$175 for 6-pack (choose any 6 sessions)

\$35 for single session

Masters Flight Night (ages 16 and older)

Think you have the gumption to go off the Nordic jumps? This is your chance to challenge your buddies and show your stuff. We open the HS30, HS45, HS75 and HS100 jumps to anyone on alpine, telemark or jumping skis that wants to let 'em fly. Fee includes basic instruction and a guaranteed adrenaline rush. Gelände jumpers welcome!

- *Minimum requirements: Intermediate skiing skills*
- *Participants need alpine, telemark or jumping skis, helmet and ski pass or lift ticket to Howelsen Hill*
- *Price: \$20 per night plus lift ticket*
- *Contact: Pat Arnone, 970.734.8966, arnonep@springsips.com*

DATES AND TIMES:

Wednesdays, January 3 – March 7, 6:00-8:00pm at Howelsen Hill

COST:

\$20 per night plus lift ticket

The Fine Print

Register on-line at www.sswsc.org using the ENROLL/LOGIN link at the top of the page.

Terms and conditions regarding program fees:

Participants must be fully registered prior to attending any training.

SSWSC fee schedule has two price categories. To receive the discounted fees, the full payment must be received by September 15th. **2.5% DISCOUNT FOR CASH OR CHECK PAYMENT IN FULL AT REGISTRATION!**

Payment contracts are available and are based on the full program fee prices. Please ask the SSWSC office for details. (If final payment is not postmarked or submitted to the SSWSC office by Tuesday, January 2, 2018, participation in Club activities will be suspended until final payment is received, or an alternate payment plan is developed.)

A \$25.00 handling fee will be charged each time a check is returned unpaid by the bank.

Pay in full by Friday, September 15, to receive the lowest fees available.

Steamboat Ski Resort season pass vouchers: All SSWSC athletes are eligible for vouchers for discounted Steamboat Ski Resort season passes. Vouchers for season passes will be issued only to an athlete whose SSWSC account is current.

Member handbook: Is available in the Forms & Documents section after you login to your account at sswsc.org. It includes important information with regard to discipline policies, parent contracts, refund policies, travel procedures, obtaining resident status, and more.

Combining SSWSC programs: SSWSC participants have a unique opportunity to try several different winter sport disciplines with the Club. Several crossover programs are offered in the Youth Development Programs session. In addition, SSWSC participants may register for two programs from two separate disciplines if desired. Please note, however, that the two programs must be in different disciplines and programs must be designated as primary and secondary at time of registration. There is an additional pro-rated coaching fee for the secondary program, which entitles the participant to one weekday of training per week in the secondary program. The available options will pop up during online registration once you've selected a primary program. Secondary program training is in addition to the regularly scheduled training sessions of the primary program. Dryland training for the secondary program is not included. Masters programs may not be combined. Adding a secondary program is a great way for younger athletes to sample different programs, or to supplement their skills for their primary program. It is available to U12 athletes and younger. Older athletes who are interested should work through their coach or program director to see if crossover training can be accommodated.

The U.S. Ski & Snowboard membership fee structure allows athletes to carry membership in multiple sports. When purchasing or renewing your U.S. Ski & Snowboard license, you will need to pay the amount for whichever membership is most expensive, but you can add the additional sport (or sports) at no cost (divisional fees apply in some sports). Athletes will then be able to compete in U.S. Ski & Snowboard events for the sports chosen.

Non-resident participants: Please see the price lists for non-resident fees and inquire at the SSWSC office or refer to the SSWSC Member Handbook for category definitions and more information about the non-resident policy.

Educational opportunities: The SSWSC works closely with each of the academic institutions in the community including the Steamboat Mountain School, Colorado Mountain College, and the Steamboat Springs Public Schools to ensure that excellence in academics is maintained along with excellence in athletics. SSWSC provides a staff person who serves as a liaison between students, parents, coaches, teachers and administrators.

Scholarships: Any participant age 18 and under, that is enrolled in a program and demonstrates financial need, may apply for a program fee scholarship from the SSWSC. Any post graduate participant age 19 and older who has completed two full time seasons in a competitive program with the SSWSC may also apply for a program fee scholarship. Post graduate athletes who are new to the SSWSC may apply for program fee scholarships but will be considered after all other applicants have been awarded funds.

Post graduate athletes 19 years and older who are enrolled in a full-time competitive program may also apply for a Steamboat Ski Resort Pass scholarship. All scholarship applications can be found at SSWSC.org under the scholarship tab. Application deadlines will be strictly adhered to and specific deadlines can be found on each application.

Specific scholarship questions may be directed to Sarah Floyd, 970-879-0695 #104 or sfloyd@sswsc.org.

Lockers: A limited number of ski and boot lockers are available for rent at Howelsen Hill. If interested, please inquire at the SSWSC office. Lockers are \$30 each for the season.

Work deposit: The work deposit is paid in addition to program fees at the time of registration. The purpose of the work deposit program is to support our philosophy and need for volunteerism to assist with SSWSC athletic and special events. Families with more than one child participating in the SSWSC pay only one work deposit. Families with athletes in different programs will pay the highest applicable work deposit fee.

Work deposit donation: At the time of registration, families have the opportunity to make a fully tax deductible contribution to the SSWSC equal to at least 125% of their applicable work deposit and choose not to work off their deposit for a refund during the season. Please see the SSWSC handbook for further details.

2017/2018 SSWSC Events

MOOSE'S LOOSE SCRAMBLE GOLF TOURNAMENT: Wednesday, September 20, 2017
SKI & SPORT SWAP: Friday, November 10 Drop-off & Saturday, November 11 Sale @ HH
105th WINTER CARNIVAL: Wednesday, February 7 - Sunday, February 11, 2018*
**All 2017/2018 program fees include a Winter Carnival button for the participant.*

Have extra space to share or rent?

If you are interested in providing housing this season to a SSWSC athlete or family, please contact Sarah Floyd at 970.879.0695 x104.

www.sswsc.org



2017-2018 PROGRAM TABLE

2.5% DISCOUNT FOR CASH OR CHECK PAYMENT IN FULL AT REGISTRATION!

PROGRAM	AGES	APPROX. # DRYLAND DAYS	APPROX. # ON-SNOW DAYS	START DATE	END DATE	PROGRAM FEE	<i>Price if paid in full by 9/15</i>	WORK DEPOSIT
YOUTH DEVELOPMENT & CROSSOVER PROGRAMS								
Little Toots	3-5	0	5	Jan 3	Mar 8	\$160	\$160	None
Mini-Cruisers	4-5	0	5	Jan 3	Mar 7	\$160	\$160	None
U6 Skiing	4-5	0	5	Jan 6	Mar 17	\$290	\$290	None
Little Vikings	5-8	0	30	Nov 29	Mar 9	\$650	\$540	\$100
U8 Skiing	5-7	0	15	Dec 2	Mar 10	\$700	\$585	\$100
U8+ Skiing	5-7	0	30	Nov 28	Mar 10	\$900	\$750	\$175
U8 Ski and Jump	5-7	0	29	Nov 29	Mar 10	\$995	\$830	\$175
U8+ Ski and Jump	5-7	0	44	Nov 28	Mar 10	\$1,195	\$995	\$175
U8 Ski Meisters	5-7	0	43	Nov 29	Mar 10	\$1,050	\$875	\$175
Cross Country Cruisers	6-9	0	28	Dec 5	Mar 8	\$625	\$520	\$100
Boardriderz	6-13	0	30	Nov 30	Mar 10	\$1,195	\$995	\$150
Junior Ability Snowboard	7-14	14	48	Oct 11	Mar 17	\$2,080	\$1,735	\$450
U10 Skiing 2-day	8-10	4	32	Nov 2	Mar 17	\$1,435	\$1,195	\$300
U10 Skiing 3-day	8-10	7	54	Oct 12	Mar 25	\$2,300	\$1,915	\$300
Cross Country U10/U12	8-11	14	48	Oct 3	Mar 10	\$1,320	\$1,100	\$200
Ski Jumping U10	7-9	16	30	Oct 3	Mar 10	\$955	\$795	\$300
Nordic Combined U10	7-9	16	45	Oct 3	Mar 10	\$1,320	\$1,100	\$300
U10 2-day Ski and Jump	8-9	12	45	Oct 11	Mar 17	\$1,895	\$1,580	\$400
U10 3-day Ski and Jump	8-9	15	65	Oct 11	Mar 17	\$2,760	\$2,300	\$400
U10 2-day + Ski Meisters	8-9	12	62	Oct 3	Mar 17	\$2,190	\$1,825	\$400
U10 3-day + Ski Meisters	10-11	15	84	Oct 3	Mar 25	\$3,175	\$2,645	\$400
U12 3-day + Ski Meisters	10-11	23	90	Sep 19	Mar 24	\$3,330	\$2,775	\$450
U12 4-day + Ski Meisters	10-11	29	118	Sep 6	Apr 8	\$4,680	\$3,900	\$450
U12 3-day Ski and Jump	10-11	23	75	Sep 19	Mar 24	\$2,845	\$2,370	\$450

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U12 4-day Ski and Jump	10-11	29	103	Sep 6	Apr 8	\$4,080	\$3,400	\$450
Telemark Devo	9-16	4	32	Nov 6	Mar 17	\$1,040	\$865	\$175
Weekend Explorers	9-12	0	16	Dec 2	Mar 17	\$935	\$780	\$150
AMP	10-16	4	32	Nov 2	Mar 18	\$1,495	\$1,245	\$300
It's a Girl's Thing	11-15	0	5	Dec 3	Feb 4	\$355	\$295	None
ALPINE								
Alpine U12 3-Day	10-12	12	60	Oct 9	Mar 24	\$2,545	\$2,120	\$450
Alpine U12 4-Day	10-12	18	88	Sep 6	Apr 8	\$3,780	\$3,150	\$450
Alpine U14	12-14	12	88	Oct 4	Mar 25	\$4,150	\$3,460	\$500
Alpine U14+	12-14	30	115	Sep 5	Apr 8	\$5,520	\$4,600	\$500
Alpine U16	14-15	45	140	Aug 28	Apr 8	\$7,200	\$6,000	\$600
<i>Non-resident</i>	<i>14-15</i>	<i>45</i>	<i>140</i>	<i>Aug 28</i>	<i>Apr 8</i>	<i>\$9,000</i>	<i>\$7,500</i>	<i>\$600</i>
Alpine U19/U21	16-20	45	140	Aug 28	Apr 8	\$9,300	\$7,750	\$600
<i>Non-resident</i>	<i>16-20</i>	<i>45</i>	<i>140</i>	<i>Aug 28</i>	<i>Apr 8</i>	<i>\$11,630</i>	<i>\$9,690</i>	<i>\$600</i>
Alpine Post Grad	18+	45	145	Aug 28	Apr 8	\$11,700	\$9,750	\$450
<i>Non-resident</i>	<i>18+</i>	<i>45</i>	<i>145</i>	<i>Aug 28</i>	<i>Apr 8</i>	<i>\$14,630</i>	<i>\$12,190</i>	<i>\$450</i>
CROSS COUNTRY								
Cross Country U14	11-13	24	75	Sep 19	Mar 17	\$2,280	\$1,900	\$300
Cross Country U16/U18/U20	14-19	55	110	Aug 23	Apr 1	\$4,440	\$3,700	\$500
<i>Non-resident</i>	<i>14-19</i>	<i>55</i>	<i>110</i>	<i>Aug 23</i>	<i>Apr 1</i>	<i>\$5,550</i>	<i>\$4,625</i>	<i>\$500</i>
Cross Country Post Grad	18+	55	110	Aug 23	Apr 1	\$5,200	\$4,335	\$400
<i>Non-resident</i>	<i>18+</i>	<i>55</i>	<i>110</i>	<i>Aug 23</i>	<i>Apr 1</i>	<i>\$6,500</i>	<i>\$5,420</i>	<i>\$400</i>
FREESTYLE								
U13 Freestyle	10-12	12	55	Oct 11	Mar 25	\$1,920	\$1,600	\$350
U13 Freestyle + Moguls	10-12	18	76	Sep 20	Mar 25	\$2,520	\$2,100	\$350
U15 Moguls	13-14	44	85	Sep 6	Apr 9	\$3,210	\$2,675	\$350
U17/U19 Moguls	15-21	44	105	Aug 29	Apr 9	\$5,820	\$4,850	\$600
<i>Non-resident</i>	<i>15-21</i>	<i>44</i>	<i>105</i>	<i>Aug 29</i>	<i>Apr 9</i>	<i>\$7,270</i>	<i>\$6,060</i>	<i>\$600</i>
Moguls High Performance	18+	60	120	Aug 22	Apr 9	\$9,720	\$8,100	\$450
<i>Non-resident</i>	<i>18+</i>	<i>60</i>	<i>120</i>	<i>Aug 22</i>	<i>Apr 9</i>	<i>\$12,150</i>	<i>\$10,125</i>	<i>\$450</i>

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FREESKIING								
Freeskiing Junior Team Part-Time	12-15	12	54	Oct 10	Mar 17	\$2,015	\$1,680	\$350
Freeskiing Junior Team Full-Time	10-15	36	80	Sep 19	Apr 8	\$3,060	\$2,550	\$350
Freeskiing Senior Team Part-Time	15-19	10	54	Oct 17	Mar 17	\$3,180	\$2,650	\$450
<i>Non-resident</i>	15-19	10	54	Oct 17	Mar 17	\$3,970	\$3,310	\$450
Freeskiing Senior Team Full-Time	15-19	42	90	Sep 5	Apr 7	\$5,015	\$4,180	\$450
<i>Non-resident</i>	15-19	42	90	Sep 5	Apr 7	\$6,270	\$5,225	\$450
SNOWBOARDING								
Junior Snowboard Team	9-14	21	86	Sep 26	Apr 6	\$3,410	\$2,840	\$450
Senior Snowboard Team Part-time	15-21	50	80	Sep 5	Mar 31	\$3,780	\$3,150	\$600
<i>Non-resident</i>	15-21	50	80	Sep 5	Mar 31	\$4,720	\$3,935	\$600
Senior Snowboard Team Full-Time	15-21	50	105	Sep 5	Apr 6	\$4,380	\$3,650	\$600
<i>Non-resident</i>	15-21	50	105	Sep 5	Apr 6	\$5,470	\$4,560	\$600
Pro-Am Race	15-30	TBD	110	Sep 6	Apr 6	\$6,600	\$5,500	\$450
<i>Non-resident</i>	15-30	TBD	110	Sep 6	Apr 6	\$8,250	\$6,875	\$450
Pro-Am BoarderCross	15-30	TBD	105	Sep 6	Apr 6	\$6,935	\$5,780	\$450
<i>Non-resident</i>	15-30	TBD	105	Sep 6	Apr 6	\$8,670	\$7,225	\$450

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JUMPING/NORDIC COMBINED								
Ski Jumping U12	10-11	30	45	Sep 19	Mar 10	\$1,315	\$1,095	\$450
Nordic Combined U12	10-11	30	60	Sep 19	Mar 10	\$1,800	\$1,500	\$450
Ski Jumping U14	12-13	45	55	Sep 19	Mar 10	\$2,100	\$1,750	\$450
Nordic Combined U14	12-13	40	80	Sep 19	Mar 10	\$2,700	\$2,250	\$450
Ski Jumping U16	14-15	95	70	Sep 5	Mar 25	\$3,180	\$2,650	\$600
<i>Non-resident</i>	14-15	95	70	Sep 5	Mar 25	\$3,970	\$3,310	\$600
Nordic Combined U16	14-15	55	110	Sep 5	Mar 25	\$3,960	\$3,300	\$600
<i>Non-resident</i>	14-15	55	110	Sep 5	Mar 25	\$4,950	\$4,125	\$600
Ski Jumping U18/U20	16+	95	70	Sep 5	Mar 25	\$3,595	\$2,995	\$600
<i>Non-resident</i>	16+	95	70	Sep 5	Mar 25	\$4,495	\$3,745	\$600
Nordic Combined U18/U20	16+	55	110	Sep 5	Mar 25	\$4,710	\$3,925	\$600
<i>Non-resident</i>	16+	55	110	Sep 5	Mar 25	\$5,885	\$4,905	\$600
TELEMARK								
Tele Devo	9-16	4	28	Nov 6	Mar 17	\$1,040	\$865	\$175
Tele Big Mtn	15-19	12	55	Oct 17	Mar 17	\$3,180	\$2,650	\$350
ADULT PROGRAMS								
Masters Racing	21+	0	35	Dec 7	Mar 10	\$625	\$625	None
Masters Flight Night	16+	0	10	Dec 7	Mar 8	\$20/night	\$20/night	None